

# Acadia Institute of Oceanography

## Suggested Clothing and Equipment List for 2 week sessions

### TO BRING...

- 2 pair of sneakers
- 7-9 pair of socks and underwear
- 4 or more pants, jeans, etc.
- 4-5 pair of shorts (no short shorts)
- 6-8 t-shirts or equivalent
- a sweatshirt or heavy sweater
- rain coat (pants optional)
- a windbreaker or light jacket
- 2 bathing suits
- 2-3 bath towels and washcloth
- facial tissue
- a toiletries kit (soap, shampoo, etc)
- 2 pair of pajamas
- a sleeping bag or heavy blanket
- single fitted sheet
- 1 pillow and cases
- a beach towel
- a pair of sandals or flip-flops
- water bottle
- 3-ring binder with paper
- flashlight and batteries
- old sneakers, boots or aqua socks for wading
- sun block lotion
- insect repellent
- hat and sunglasses
- spare eyeglasses or contacts
- 2-3 long sleeve shirts

### EQUIPMENT NOTES...

- You will need enough clothing for one week since you'll do laundry in the middle of two-week session. The numbers above are just estimates.
- Please only bring clothing that will cover your body appropriately. Leave short shorts, low cut shirts, low waist jeans, etc., at home so you can work in the field comfortably.
- We will provide hypoallergenic powdered detergent and dryer sheets.
- Mark your name on everything with a marking pen or name tags.
- AIO is not responsible for any items or money left behind or lost by the student.
- Storage space within the dorms is extremely limited. Though there are a few shelves, most belongings are kept in suitcases or trunks at the foot of or under the bed.
- Students must wear shoes at the tidal pools so bring old sneakers or water shoes.
- Non-perishable snack foods are welcome but they must be kept out of the dorm.
- **AIO has a NO CELL PHONE/NO ELECTRONICS policy. If you need your phone for travel, it will be collected and returned on the last day.**

### OPTIONAL...

- camera
- binoculars
- tennis racket, frisbee, etc.
- softball glove
- hiking shoes or boots
- board games or handheld video
- fishing pole for on-shore fishing
- guidebooks (seashore, birds, etc)
- reading books
- guitar or other musical instruments
- Ipod (headphones)
- day pack for hikes
- snorkel and mask
- letter writing material (paper, stamps, envelopes, etc)
- snack food (excluding gum)
- change for soda machine /laundry
- wetsuit for water temp of 55-60°F

### DO NOT BRING...

- skateboards, bicycles or scooters
- knives
- lighters or other flammables
- chewing gum
- cell phones or electronics