

# Acadia Institute of Oceanography

## Suggested Clothing and Equipment List for 2 week sessions

### TO BRING...

- face masks if needed
- personal bottle of hand sanitizer
- 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

### OPTIONAL...

- camera
- binoculars
- snack food\*
- 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
- wetsuit for water temp of 55-60°F
- day pack for hikes
- snorkel and mask
- letter writing material (paper, stamps, envelopes, etc)
- snack food (excluding gum)
- change for soda machine / laundry

### DO NOT BRING...

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

### 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 for field work and without language that might offend others. Shorts should have a minimum 3" inseam. Clothing shouldn't expose underclothing or private body parts. If you are wearing these you will be asked to change. All clothing should be comfortable and appropriate for work in the field.
- 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 allowed but they must be kept out of the dorm.
- Leave all electronics at home for this week. Only bring a cell phone if you needed for travel. All cell phones will be collected on the first day and returned as you leave. We have a free landline for calls home.