Personal items:
- _____ bedding -- minimum to include 2 sheets, pillow case, and light bedspread
- _____ beach towel, bath towel, and wash cloth
- _____ lightweight clothing, minimum list to include:
  1. travel clothes
  2. sweatshirt or light windbreaker jacket
  3. 1 pair long pants for casual wear
  4. 1 long sleeve shirt (for casual wear and sun protection, as needed)
  5. 2 pairs of shorts
  6. 4 or 5 T-shirts
  7. socks and underwear, etc.
  8. casual shoes (sneakers / tevas) to wear around campus
- _____ 1 pair rubber-soled field shoes (not heavy hiking boots; heavy-soled sneakers OK)
- _____ 1 pair water sneakers (old sneakers; dive booties with hard soles are an excellent alternative)
- _____ lightweight rain slicker (or get wet if it rains)
- _____ personal toilet and cosmetic items
- _____ sun hat
- _____ sun glasses
- _____ sun screen
- _____ after-sun lotion
- _____ insect repellent
- _____ hydrocortisone cream for insect bites
- _____ chapstik or equivalent
- _____ bandaids and antiseptic (personal first aid kit)
- _____ other personal medications as needed – e.g., motion sickness medicine, antihistamine for allergies, etc.
- _____ flashlight with fresh batteries and/or headlamp
- _____ spending money in small bills (shouldn't need more than $150)
- _____ proof of citizenship (must have a passport)
- _____ your domestic flight itinerary

Field/lab items:
- _____ water bottle: about 1 qt., for field use
- _____ field bag to carry personal gear
- _____ field notebook and pens & pencils
- _____ hand lens (can be purchased or borrowed from instructors)
- _____ 1 m tape (provided by instructors)
- _____ sand gauge (provided by instructors)
- _____ 6” ruler with metric scale
- _____ camera and digital cards or plenty of film
- _____ sample bags (plastic zip-locs OK)
- _____ marker (black, waterproof)

Dive items: **op = optional**
- _____ mask, fins, and snorkel
- _____ 2 bathing suits
- _____ beach wrap (sarong) - **op**
- _____ dive skin or tropical weight dive suit - **op**
- _____ dive booties and gloves – **op**
- _____ SCUBA certification card (if you plan to dive) – **op**
- _____ Sudafed (or similar) to relieve congestion – **op**

Optional items:
- _____ bandana
- _____ pocket knife
- _____ calculator
- _____ personal music gear
- _____ binoculars
- _____ travel alarm clock
- _____ paperback book or two
- _____ cards and/or small games
- _____ gum, lifesavers, etc.
- _____ other?????

NOTE: Don't plan to buy any of the above items on San Salvador Island -- they likely will not be for sale there. Even if you can find such items, they will be relatively expensive.

PACK CAREFULLY AND BE SELF-SUFFICIENT