



PACKING LIST FOR SHOALS MARINE LAB

The Shoals Marine Laboratory (SML) is located on an isolated island. Everyone and everything arrives and departs by boat. You are required to depart SML with all of the personal items that you brought with you; including footwear, clothing, and all containers of any kind, even if empty. If you are flying, check: <http://www.tsa.gov/> for air travel instructions and restrictions.

GENERAL PACKING INSTRUCTIONS

- Weather on Appledore can be unpredictable and the temperature can fluctuate drastically, so it is always best to pack layers. Early May/June tend to be colder months ranging from the high 40's to mid 60's, whereas July/August tend to be warmer and range from the lower 70's to upper 80's. Please remember these are estimates, so prepare for a range of conditions.
- Buildings on Appledore Island are not heated; pack warm clothes for inside and outside.
- Laundry facilities (washer/dryer) are **not** provided for participants, except for those who are enrolled in courses/programs for more than two consecutive weeks (see bottom pg. 2).
- Your luggage and gear will be going from a dock on the mainland to a Shoals vessel, off the vessel, up a hill to a trailer; then transported to your dorm. Please pack your belongings carefully. If for any reason you are unable to participate in the movement of gear during the trip, please let an SML staff member know upon arrival to our Portsmouth dock.

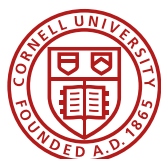
Organize your gear in advance and plan to pack a few smaller, lighter bags rather than one heavy trunk or giant duffel bag. Extra-large rolling suitcases are NOT recommended.

Waterproofing your gear for transit on our vessel is strongly encouraged. Your luggage will be stored below deck in a dry compartment; however, we cannot guarantee they will remain completely dry during transit from the mainland to Appledore in the event of rough seas or inclement weather. This is extremely uncommon, but it is best to be safe. Weatherproof luggage or large trash bags are great options to secure your belongings below deck. Any items that absolutely cannot get wet should be placed in plastic bags, and if possible, stored in a day pack that can be kept on your person (see below). Shoals Marine Lab is not responsible for damaged items.

Label your luggage clearly on the outside with your first and last name.

Bring a day pack or small bag to keep with you during the boat ride to the island. All other gear will be stowed below deck and inaccessible during the trip. Be prepared for sudden weather changes by packing appropriate clothing (e.g., a rain jacket, hat), sunglasses, and sunscreen in your day pack, in addition to delicate items such as computers, cameras, and other electronic devices.

Motion sickness prone individuals should consider taking non-drowsy, anti-sea sickness medication (e.g. Bonine) at least **1 hour prior to the trip**.



Cornell University



University of
New Hampshire

REQUIRED PACKING LIST

Personal Protective Equipment (PPE)

- Masks are required and must be well fitting to cover the nose and mouth
- Masks utilizing exhaust valves or face shields will **not** be permitted
- Masks need to be constructed of suitable materials for reduction of airborne viral transmission
- Masks made of fleece and similar polyester materials will **not** be allowed
- All participants will be expected to bring a sufficient number of masks for daily replenishment or a mask that is suitable for safe multiple-day use
- Ethanol-based hand sanitizer stations will be installed in all dormitory, classroom, and laboratory spaces. We recommend you bring a small bottle to keep on your person

Linens

- A set of sheets (fitted and flat) for a twin bed
- Blanket and/or sleeping bag (good option for ease of transport and warmth in May/June)
- Pillow and pillow cases
- Bath and/or beach towel, washcloth

Foul weather gear

- Sturdy, waterproof jacket with hood
- Suggested: Rain pants or any type of waterproof pants

Footwear

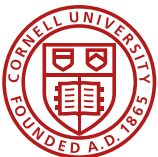
- Sneakers or light hiking boots for general use
- Sturdy water shoes, rain boots, or extra sneakers for wading in the intertidal
- Flip-flops for showers (showers are available only for participants staying 3 nights or more)
 - Flips-flops and sandals are NOT appropriate for walking around the island

Clothing (plan to dress casually, comfortably, and in layers)

- Fleece jackets, hoodies, sweaters (May and early June are colder than late June and August)
- Long pants and shorts, including sweats and/or pajamas for dorms
- T-shirts, sun shirts, multiple pairs of socks, and undergarments
- Bathing suit and a beach towel (for late June, July and August programs)
- Sun protection: Sun hat, ball cap, UV protection shirts, polarized sunglasses, etc.

General

- Toiletries (tooth brush, tooth paste, shampoo, soap, etc.)
 - Please try to bring and use biodegradable shampoos and soaps, not antibacterial
- Prescription medication(s), allergy medications, epi-pen, etc.
- Flashlight or headlamp with batteries
- Reusable water bottle
- Sunscreen
- Insect Repellent



Cornell University



University of
New Hampshire

Suggested extra items for May and early June programs

- Fleece or wool hat, and gloves or mittens
- Wool socks
- Sleeping bag

RECOMMENDED ADDITIONAL ITEMS

Course Materials for Students

- Writing paper, notebooks, pens, pencils
- Laptop computer (SML has two desktop computers available in the island library)
- Cables, chargers, adapters for laptops, tablets, and phone
- Digital camera (with all adapters, memory cards and chargers)
- Binoculars
- Underwater Research students must bring the dive gear listed on the UWR course page

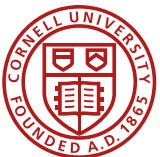
REGARDING MAIL AND PACKAGES

- For USPS mail (letters or packages): Your Name, Shoals Marine Lab, Morse Hall, Suite 113, 8 College Road, Durham, NH 03824
- For UPS or FedEx mail (packages): Your Name, Shoals Marine Lab, Judd Gregg Marine Research Complex, 29 Wentworth Road, New Castle, NH 03854
- Please note packages will be delayed if the instructions above are not followed.

REGARDING TIME BETWEEN COURSES

- Students enrolled in consecutive courses for more than 2 weeks may use Appledore's laundry facilities. Please speak to an SML staff member while on the island for more information.

Questions? shoals-lab@cornell.edu or (603)862-5346



Cornell University



**University of
New Hampshire**