



PACKING LIST FOR SHOALS MARINE LAB

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

GENERAL PACKING INSTRUCTIONS

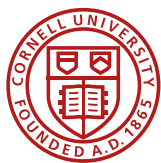
- Buildings on Appledore Island are not heated; pack warm clothes for inside and outside.
- Laundry facilities (washer/dryer) are not provided for participants, except for those who are enrolled in programs/courses for greater than two consecutive weeks (see bottom of page 2).
- Your luggage and gear 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 luggage and gear during the trip, please let an SML staff member know upon arrival at 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 it will remain completely dry during transit from the mainland to Appledore in the event of rough seas or inclement weather. 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 daypack 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



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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**.

REQUIRED PACKING LIST

Linens

- A set of sheets (fitted and flat) for a long twin bed, pillow case, blanket(s) and/or sleeping bag, towel(s), washcloth
- Note: SML provides a pillow for each participant/student.
- Sleeping bags are a good option for ease of transport and warmth (especially in May/June)

Foul weather gear

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

Footwear

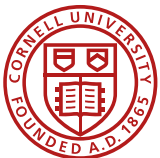
- Sneakers or light hiking boots for general use
- Sturdy water shoes, rain boots, or extra sneakers for wading in the intertidal
- Flip-flops for showers (showers are available only for participants staying 3 nights or more)
 - Flips-flops and sandals are NOT appropriate for walking around the island

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

- Fleece jackets, hoodies, sweaters
 - May and early June are typically colder than late June-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)
- Ball cap or any type of hat for sun protection, and sunglasses

General

- Toiletries (toothbrush, toothpaste, 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



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Suggested extra items for May and early June programs

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

We ask that you limit electronic devices to those needed for educational activities (e.g., computer or tablet, phone, watch) but ask that you refrain from bringing other electric devices (e.g., hair dryer, curling or straightening irons, gaming devices, etc).

RECOMMENDED ADDITIONAL ITEMS

Course Materials

- Writing paper, notebooks, pens, pencils
- Laptop computer
- Cables, chargers, adapters for laptops, tablets, and phone
- Digital camera or equivalent
- Binoculars
- Underwater Research students must bring the dive gear listed on the UWR course page

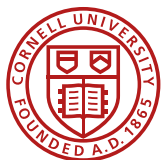
REGARDING MAIL AND PACKAGES

- 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 send only essentials and expect delays due to the logistics of getting mail to the island.

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@unh.edu (603)862-5346



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