



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 layers 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 housing space. Please pack your belongings carefully.

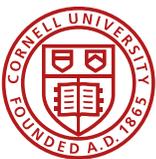
**Organize** your gear in advance and plan to pack a few smaller, lighter bags rather than one heavy trunk or giant duffel bag. Extra-large rolling suitcases are NOT recommended.

**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 (i.e. Bonine) at least **1 hour prior to the trip**.



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## REQUIRED PACKING LIST

**NOTE: Proof of vaccination + government issued ID required if opting out of pre-arrival testing**

### 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 (fleece and similar polyester masks will **not** be allowed)

### 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)
- Bath and/or beach towel, washcloth (showers available to public program attendees)
- Pillow and pillowcases
- NOTE: In a standard year, we sterilize pillows between programs; however, we are unable to offer pillows this year due to complications presented by COVID-19.

### 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 wear
- Sturdy water shoes, rain boots, or extra sneakers for wading in the intertidal
- Flip-flops for showers (Flips-flops are NOT appropriate for walking around the island)

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

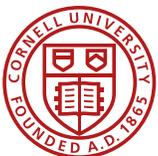
- Fleece jackets, hoodies, or sweaters for cooler days and nights
- Both shorts and pants, including sweats and/or pajamas for nightwear
- T-shirts, sun shirts, multiple pairs of socks, and undergarments
- Bathing suit and a beach towel
- Sun protection: sun hat, ball cap, UV protection shirts, polarized sunglasses, etc.

### General

- Toiletries (toothbrush, toothpaste, shampoo, soap, etc.)
- Prescription medication(s), allergy medications, epi-pen, etc.
- Reusable water bottle
- Sunscreen
- Insect Repellent

### Additional Suggested Items

- Flashlight or headlamp
- Binoculars (SML has limited supply available)
- Snorkeling equipment (masks, snorkel, fins) and wetsuit (not required)



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