



Student Packing list for Shoals Marine Laboratory on Appledore Island, Maine

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:

- Buildings on Appledore Island are not heated; pack warm clothes for inside and outside.
- Laundry facilities (washer/dryer) are not provided for participants (see next page).
- Your luggage and gear will be going from a dock on the mainland to a Shoals vessel, off the vessel and up a hill to a truck, then to your dorm. Luggage and gear will be handled by you, your fellow participants, and Shoals staff several times. Please pack your belongings carefully. If you are, for any reason, unable to participate in the movement of luggage and gear during the trip, please let a staff member know upon arrival (don't worry, there will be other tasks that you can help with).
- ORGANIZE your gear in advance. Packing a few smaller, lighter bags rather than one heavy trunk or giant duffel bag is suggested. **Extra-large rolling suitcases are not recommended.**
- WATERPROOF your gear for transit on our vessel. Any items that absolutely cannot get wet should be placed in plastic bags (Ziploc, etc.). SML cannot guarantee that your gear will remain dry in transit.
- LABEL each of your bags/luggage clearly on the outside with your NAME (first & last).
- Bring a DAY BACKPACK or small bag to keep with you during the trip to the island. All other gear will be stowed below deck on the vessel and will be inaccessible during the trip. Be prepared for sudden weather changes by packing appropriate clothing (e.g., a rain jacket, hat), sunglasses, sunscreen. Also keep delicate items such as laptops, cameras, and binoculars in your day backpack.
- If you are prone to MOTION SICKNESS, take non-drowsy, anti-sea sickness medication (e.g. Bonine) about 1 hour prior to the trip.

WHAT TO BRING:

- **Linens**
 - A set of sheets (flat & fitted) for a twin bed + a pillowcase, towels and a washcloth
 - SML provides 1 pillow and 2 blankets for all students
 - Students may wish to bring a sleeping bag or additional blanket(s), especially in May and 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
 - Waterproof boots (especially in May and early June)
 - Water shoes or extra sneakers for wading in the intertidal (these will get wet), e.g. Chacos, Keens
 - Flip-flops for showers (flip-flops and sandals are not appropriate for walking around the island)

STUDENT PACKING LIST CONTINUED...

- **Clothing** (plan to dress casually, comfortably, and in layers)
 - Fleece jackets, hoodies, sweaters (May & early June are typically colder than late June-August)
 - Long pants and shorts, including sweats and/or pajamas for dorms
 - T-shirts, 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 (tooth brush, tooth paste, shampoo, soap, etc.)
 - o Please try to bring and use biodegradable shampoos and soaps, *not* antibacterial.
 - Prescription medication(s), epi-pen, etc.
 - Flashlight or headlamp with batteries
 - Reusable water bottle
 - Sunscreen
 - **Suggested extra items for May and early June programs**
 - Fleece or wool hat, and gloves or mittens
 - Sleeping bag
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RECOMMENDED PACKING LIST:

- **Course materials**
 - 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
 - USB memory stick
 - Underwater Research students must bring the dive gear listed on [the UWR course page](#).
 - **Other**
 - Insect repellent
 - Alarm clock equivalent
 - Shower caddy (shower facilities are located in Kiggins Commons, not in the dorms)
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Regarding mail and packages

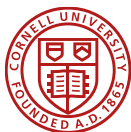
- For USPS mail (letters or packages): Your Name, PO Box 88, Portsmouth, NH 03802
- For UPS or FedEx mail (packages): Your Name, Shoals Marine Lab, Judd Gregg Marine Research Complex, 29 Wentworth Road, New Castle, NH 03854

Please note that if you do not follow the above instructions, USPS, FedEx, or UPS will return your mail.

Regarding free time and time between courses

- Students enrolled in consecutive courses and/or work-study for > 2 consecutive weeks may go ashore to do laundry in Portsmouth (Portsmouth Laundry: www.portsmouthlaundry.com).

QUESTIONS? shoals.lab@unh.edu or (603) 862-5346



Cornell University



University of
New Hampshire