Packing list for the 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. Our island community is responsible for handling and recycling all forms of waste and trash, and we ask all participants to “pack it in, pack it out.” You are required to depart SML with all of the personal items that you brought with you; including, but not limited to, footwear, clothing, all toiletries, 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.
• 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 participants.
  - You 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, water shoes or extra sneakers for wading in the intertidal (these will get wet), e.g. Chacos, Keens
  - Flip-flops/sandals for the dorm or bathroom (these are not appropriate on boats or island walks)
SHOALS 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 sweatpants 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.)
    - 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:**

- Cables, chargers, adapters for laptops, tablets, and phone
- Digital camera (with all adapters, memory cards and chargers)
- Binoculars
- Mask, fins, snorkel, wetsuit if you own them. SML has a limited number of snorkel sets to borrow.
- Insect repellent
- Alarm clock equivalent
- Shower caddy (shower facilities are located in Kiggins Commons, not in the dorms)
  - In an effort to conserve water, we ask that participants limit their showers while on-island! Students in SML courses are asked to shower no more than 2 times per week. If you are participating in a 3-day program, that amounts to 1 shower (or none, if you can!).

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**Items available for sale** at The Appledore Store (MC, Visa, American Express accepted)

- 10X hand lens
- Ear-plugs
- Various field guides for birds, marine mammals, and invertebrates
- Waterproof field notebooks (Rite-in-the-Rain®)

**Regarding mail and packages**

- For USPS mail (letters): 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

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