THE SCHOOL FOR FIELD STUDIES

SEMESTER FIELD GUIDE

BHUTAN

CENTER FOR CLIMATE AND SUSTAINABLE FUTURES
# TABLE OF CONTENTS

**LIFE IN THE FIELD: WHAT TO EXPECT**.................................................................................................................. 3

**SFS BHUTAN CENTER: CENTER FOR CLIMATE CHANGE AND SUSTAINABLE FUTURES**.............. 4

    - ACADEMIC FOCI
    - WEATHER AND CLIMATE
    - SETTING
    - FACILITIES
    - FOOD
    - EXERCISE
    - COMMUNITY
    - CHORES
    - CENTER HOURS
    - ELECTRICAL APPLIANCES
    - INTERNET
    - COMPUTERS
    - PHONES
    - MAIL

**HEALTH, SAFETY, & WELLNESS**........................................................................................................................... 6

    - 24-HOUR EMERGENCY HOTLINE
    - STUDENT HEALTH & WELLNESS MANAGER
    - ORIENTATION
    - MEDICAL CARE
    - MENTAL HEALTH SUPPORT
    - SELF CARE & WELLBEING
    - SEXUAL HEALTH AND WELLNESS
    - MANAGING SOCIAL DRINKING

**PREPARING FOR DEPARTURE**............................................................................................................................. 8

    - BILLING
    - TRAVEL ARRANGEMENTS
    - MEDICAL REQUIREMENTS
    - IDENTITY AND CULTURE

**PACKING GUIDE**................................................................................................................................................ 13

    - LUGGAGE
    - WEAR & TEAR
    - CONSIDER YOUR IMPACT
    - FAA & TSA REQUIREMENTS
    - MEDICAL MARIJUANA
    - PACKING LIST: REQUIRED ITEMS.................................................................................................................. 15
    - PACKING LIST: ADDITIONAL SUGGESTED ITEMS.......................................................................................... 16
LIFE IN THE FIELD:
WHAT TO EXPECT
SFS BHUTAN CENTER: CENTER FOR CLIMATE CHANGE AND SUSTAINABLE FUTURES

- The center is set in the Himalayan mountains (elevation 7218 ft) surrounded by Rhododendron forests.
- Bhutan is known as Druk Yul or Land of the Thunder Dragon and is one of the world's top ten biodiverse hotspots.
- Gross National Happiness is more important than Gross National Product and Buddhist philosophy resounds throughout Bhutan's culture competing with community livelihoods to inform their ever-evolving environmental policies.
- Endemic species such as black-necked cranes, mountain-dwelling takins, golden langurs, snow leopards, and tigers all call Bhutan home.

Academic Foci
- Mountain, forest, and river ecology and conservation
- Geology and Hydrology of Mountain Regions
- Forest and Natural Resource Management
- Environmental Governance
- Gross National Happiness and Influence of Buddhist Philosophy
- Climate change and Rural-urban migration
- Agriculture, food security, and rural livelihoods

Weather and Climate
- Fall runs from September through November. Temperatures in Paro range from 47-63ºF.
- Winter runs from December through March and brings light snow and temperatures below freezing at night. Temperatures in Paro during Winter range from 20-54ºF.
- Spring follows April to June with warming weathers and increasing rainfall. Temperatures in Paro during Spring range from 39-63ºF.
- Climate varies widely depending on elevation, so be prepared for both hotter and colder weather.

Setting
The center is nearby a quiet town in what was once an old hotel.

<table>
<thead>
<tr>
<th>PARO</th>
<th>THIMPHU</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-20 minute walk</td>
<td>60-minute drive</td>
</tr>
<tr>
<td>Population ~15,000</td>
<td>Population ~115,000</td>
</tr>
</tbody>
</table>

Facilities

<table>
<thead>
<tr>
<th>HOUSING</th>
<th>OTHER FACILITIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 rooms, 2-3 students per room in twin sized beds</td>
<td>Common room with books, board games, and movies</td>
</tr>
<tr>
<td>Personal desks and storage spaces</td>
<td>Classrooms, kitchen, dining area</td>
</tr>
<tr>
<td>Each room has a private bathroom with showers and hot water and western style toilets</td>
<td>Terraces and a greenhouse</td>
</tr>
<tr>
<td></td>
<td>Five washing machines (detergent provided). No dryers, but clotheslines available</td>
</tr>
</tbody>
</table>
Food
- Cooks prepare 3 meals a day Monday-Saturday, and pre-prep meals for Sunday.
- Example meal: Rice, starchy vegetables, chilies, and legumes. Cheese, butter, and milk often included in meals.
- Snacks between meals include tea, milk tea, cereal, crackers, juice, fruit and/or bread.
- SFS can accommodate most dietary needs and preferences, but variety of food may be limited due to local availability and cost. SFS recommends bringing vitamins, protein powder or bars, nuts and nut butters, your favorite snacks, etc.

Exercise
- Ping pong table, volleyball net, and badminton rackets at the center
- Few running routes around campus through town or surrounding nature
- Gym available in Paro for ~30 USD/month

Community
You will live at a field station, rather than a homestay, local apartment, or university dorm. You will spend most of your time with your cohort living, working, and studying as a group. This means that you will not necessarily be eating local cuisine, speaking a local language, or navigating the local culture every day.

However, we fundamentally believe that meaningful research is only possible with the input of local people and in consideration of cultural history. We always take the lead from our community, so community engagement may vary each term to reflect the requests of our partners.

Chores
Students and staff alike are expected to do their own dishes and to engage in keeping the center beautiful. Specific chore responsibilities and schedules will be shared during orientation.

Center Hours
Due to the residential nature of SFS programs, there is a curfew set for when students are required to return to campus. We will share these specific times during orientation.

Electrical Appliances
The electrical voltage in Bhutan is 230 (U.S. uses 120). Check all electrical devices for "Input: 100-240." If it says something like 100-120, you need a voltage converter.

Bhutan uses plug type D (U.S. uses A and B). All students will need to buy plug adaptors for their electronics.

Internet
Wireless internet is available at the center, but you should expect slow and intermittent connection. SFS reserves the right to limit internet activities occurring on our servers. This includes, but is not limited to, prohibiting streaming or downloading audio or video content for example video calls or subscription-based streaming services.

Computers
Students need to bring their own laptops with Microsoft Office (or the ability to open Microsoft files) and USB port.

Electronic devices are subjected to a much harsher environment than normal. In particular, Apple products do not fare well in high humidity and are more difficult to repair or replace locally. Please take precautions to protect your device.

Phones
Students are provided with local phones and/or local sim cards. Students are responsible for maintaining credit on their phone to communicate with staff and peers.
Mail
- Packages are not permitted to be sent to the center
- Incoming letters may or may not arrive due to unpredictability of local mail
- Send all letters through USPS (not FedEx or DHL)
- Average one-way time for mail to Bhutan from the U.S. is 3-4 weeks
- No mail can be sent the last three weeks of the program, as you may not receive it! Mail will not be forwarded.

Letters should be sent to:
ATTN: Staff, Student Name, The School for Field Studies, Gangtey Palace
P.O. Box 1308, Taju, Wangchang Gewog, Paro, 12001, Bhutan

HEALTH, SAFETY, AND WELLNESS

24-Hour Emergency Hotline
SFS maintains a 24-hour emergency hotline while students are abroad. If a parent or guardian needs to urgently contact a student in the field, call 978.219.5113.

Student Health & Wellness Managers
Each center has a full-time Student Health & Wellness Manager (SHAWM) who is the primary medical responder and student support personnel on campus.
- Certified as a Wilderness First Responder (WFR)
- Trained in sexual assault first response
- Advises and counsels students on group dynamics and adjusting to life abroad
- Conducts in-country risk assessment and management
- Also coordinates program logistics and engages students in community outreach

Orientation
Upon arrival to campus, students participate in an orientation about local community and culture, daily center operations, and relevant risks and hazards. Prior to arrival on program, SFS recommends students understand the risks associated with travel in a foreign country.

Medical Care on Program
SFS maintains a detailed risk assessment and management plan which outlines risks and response protocols, including local, national, and international medical facilities and their treatment capabilities. These plans ensure that staff are always aware of the best route for appropriate medical care.

If a visit to a medical care facility is needed, a SFS staff member will accompany the student to the appointment. Please be aware that there may be times when access to medical care may be delayed or unavailable, such as during travel or on expedition. Some medical emergencies or conditions may necessitate medical withdrawal from the program. Final decisions on medical withdrawal are made by SFS.

Mental Health Support
SFS is partnered with Morneau Shepell to provide students with My Student Support Program (My SSP).
- Downloaded the free app in your app store or by visiting the My SSP website
- Provides 24/7 mental health and wellness support by chat, phone, and video
- My SSP is a supplemental resource. Students should work with their mental health provider to make a support plan.

Self-Care and Wellbeing
Study abroad can be amazing for personal reflection and growth. However, the adjustment to new routines, relationships, and cultural environments, while away from your usual support systems can be challenging. The ways you manage stress, take care of yourself, or find joy may not be available to you while you are abroad on an SFS program.
For example:

- **Communication with support systems.** Limited internet connectivity, unexpected power outages, and busy academic schedules can reduce the frequency and ease with which you are able to contact family, friends, counselors, etc. or post to social media. Talk to your family, friends, and mental health provider prior to departure to figure out a communication plan and to reduce the stress of providing updates in real time.
- **Privacy and time alone.** On a residential campus, there will be a lot of interaction with your peer group (i.e. sharing meals, attending classes, studying, recreational time, etc.). It may not be possible to find a private spot to rest and recharge daily. Think of ways that you can create some space for yourself when you are unable to physically distance yourself from others such as using headphones.
- **Solo runs or hikes.** While SFS campuses allow for regular exercise, it may look different from your normal routines. For example, you will be required to use the buddy system when exercising off campus (see SFS Policies and Procedures). Additionally, while away from the center, it may not be feasible to find time or space for exercise. Think of how you can be flexible with your exercise routines.

**Sexual Health and Wellness**

When it comes to sexual health and wellness during your program, please consider:

- The ramifications that a short-term relationship may have on a small residential campus or within the community
- The current dialogue and understanding of consent in the U.S. does not always apply in other cultures
- If you decide to engage in sexual interactions, use protection
- Medication for sexually transmitted infections and emergency contraception may not be available
- If you feel subjected to sexual harassment, you should walk away from any situation that makes you uncomfortable without concern for being culturally inappropriate. You can report harassment or assault to any SFS staff member or HQ representative with whom you feel comfortable.
- In the case of a sexual assault, SFS will make every effort to support you. This includes access to medical care, the option to report to local law enforcement, and identifying support systems and additional resources. Local laws, definitions, and legal implications often differ from those in the U.S. Different laws and limited availability of resources such as rape kits can be complicating factors in responding to a report of sexual harassment or sexual assault in foreign countries.

**Managing Social Drinking**

If drinking alcohol is part of how you socialize with friends, this will remain an option during your days off. However, due to the semi-remote nature of the campus, options are limited.

If you do choose to consume alcohol, we ask that you do so in moderation. Situational awareness and understanding of local cultures are important factors in reducing risk. It is always important to demonstrate gratitude towards the local community by maintaining respectful behavior.
PREPARING FOR DEPARTURE
BILLING
Our finance department will reach out to you after acceptance to collect your deposit and process your tuition payment. Up to date costs and refund policies can be found here.

TRAVEL ARRANGEMENTS
Passport
You must have a passport in hand four months prior to departure that is valid for at least six months after your intended program departure date.

Visas
Bhutan
Students’ Bhutanese visas will be arranged by field staff and will last for the duration of the program only. Visa costs for Bhutan are currently covered through your tuition payment. Travel before or after the program in Bhutan is not allowed.

Citizens of China or Nepal may be denied a Bhutan visa by the Bhutanese government and should investigate other SFS program options.

Thailand
US Citizens do not need a visa to travel through Thailand for under 30 days. You may need proof of onward travel or sufficient funds.

Non-U.S. citizens may require a different visa process and are responsible for obtaining their own visa valid for the duration of their stay in Thailand.

If traveling before or after the program in Thailand, make sure that your visa will remain valid for the entirety of your stay.

Arrival to your Program
Students are responsible for the cost of flights to and from their program. SFS will book flights for all students from Thailand into Bhutan and invoice students thereafter. Students will receive travel instructions 2-3 months prior to the start of their program specifying when to arrive in Thailand. Do not book flights before receiving these instructions.

SFS staff will meet students at the airport in Thailand on the date and time specified in the airport instructions and transport them to a local hotel. The following morning, SFS staff will travel with students into Bhutan. Students will receive airport instructions 1-2 weeks prior to the start of their program.

If traveling before or after the program in Thailand, make necessary arrangements for your luggage. SFS is not responsible for transporting or storing luggage before or after the program. You are also responsible for meeting the group at the airport at the designated date and time.

SFS is not responsible for reimbursing travel expenses for programs cancelled or rescheduled due to acts of war or civil unrest, strikes, weather, quarantine/epidemics/sickness, government regulations, or failure of equipment, power, or communications.

MEDICAL REQUIREMENTS
SFS Medical Approval Process
No student may enter the field until medical approval is granted by SFS. The review is not meant to exclude, but to inform and allow support systems to be put in place. Students are required to complete the SFS Medical Approval Process using our HIPAA-compliant portal to inform SFS staff of their medical and mental health needs and accommodations. More information.
Accommodating Students with Disabilities

- Students requesting physical and mental health accommodations should contact SFS Office of Student Affairs
- Students requesting learning accommodations should contact the SFS Office of Academic Affairs
- SFS will work with students, home institutions, and physicians to determine the required accommodations and whether it can be safely and reasonably maintained on program. While SFS strives to make accommodations for most disabilities, due to the remote nature of the programs, there are varying levels of accessibility, services, and accommodations.

Mental Health

Students who undergo regular counseling should verify that their mental health provider is available while the student is abroad.

Vaccinations and Prophylactic Medication

**Required**

- Rabies Pre-exposure Vaccination Series (must be completed at least 2 weeks before arrival)
- Malaria Prophylactic Medication (valid for one week of exposure with pre-exposure and post-exposure dosage)
- Covid Vaccine Series and Booster (must be completed at least 2 weeks before arrival)

**Recommended**

- Typhoid Fever Vaccine
- Japanese Encephalitis Vaccination Series (takes 28+ days, so plan ahead)
- Up to date with routine vaccinations (i.e. MMR, Hepatitis A, Hepatitis B, etc.)
- Centers for Disease Control, travel clinics, or medical providers can provide further recommendations

Insurance

**Health Insurance**

Students are required to procure their own comprehensive health insurance. SFS does not review insurance policies; it is the student’s responsibility to ensure that their coverage meets these requirements:

- **Valid** in the program country(s) for full duration of the program. Keep in mind any personal pre- or post-program travel.
- **Covers** more than just emergency medical care. Look for comprehensive medical insurance that includes basic medical care, including non-urgent illness or injury, laboratory tests, and pharmaceutical needs.

Students looking to obtain health insurance should keep the following in mind:

- Most domestic health insurance plans do not provide comprehensive coverage for out-of-country medical expenses. Check with your policy provider on what services are available out-of-country.
- Students should check if their home institution provides international health insurance. Some universities may have their own insurance requirements for participation in study abroad.
- Most insurance companies provide international coverage on a reimbursable basis. Therefore, students should bring sufficient funds (i.e. a credit card with a limit of at least $3,000) to pay for medical expenses up front, and then request reimbursement when they return home. Students are responsible for all insurance billing, medical costs, and all incidental expenses including transportation, accommodations, etc., incurred by all parties involved.

**Emergency Evacuation and Repatriation Insurance**

All students are automatically enrolled in the SFS Emergency Evacuation and Repatriation insurance plan through American International Group, Inc. (AIG).

- **Effective** for the duration of the program only and does not cover personal travel before or after the program
- **Covers** the cost of transportation, accommodations, and medical care associated with an evacuation in cases where evacuation is deemed medically necessary (e.g. life-saving support during air evacuation)
- The coverage provided by the SFS emergency evacuation and repatriation insurance plan is not the same as health, medical, or dental insurance. This insurance plan does not cover basic medical care, laboratory tests, or pharmacy needs. Students on SFS programs are required to supply their own comprehensive health insurance as outlined above.
- **Benefits** of the SFS Emergency Evacuation and Repatriation insurance plan include:
  - $350,000 for emergency medical evacuation
  - $100,000 for emergency security evacuation
  - $20,000 for repatriation of remains
IDENTITY AND CULTURE

Every country is shaped by its history, and therefore attitudes towards gender identity, sexual orientation, race and ethnicity, and religion can differ greatly. Consider how different aspects of your identity might be perceived in a new cultural context. Keep in mind that what seems like discrimination may simply be curiosity.

Researching the country that you will be living in can help you prepare yourself. In specific, you may want to research:
- Current and past political and societal issues
- Racial, ethnic, and religious composition
- LGBTQIA+ climate – Resources: 1 and 2
- Cultural norms and local laws

Most SFS students expect to encounter differences between themselves and their host country, but don’t realize the most significant differences may be between themselves and their own student group. Reflecting on your own culture and identity before studying abroad can help you better navigate your experience abroad.

This table lists several common U.S. values and prompts you to consider how other people might have different values:

<table>
<thead>
<tr>
<th>U.S. Values</th>
<th>Consider</th>
</tr>
</thead>
<tbody>
<tr>
<td>Change</td>
<td>In the U.S., it is common to value change and novelty over tradition and the ways of the past. <strong>How might a tendency to look towards the future or past impact views surrounding issues like climate change?</strong></td>
</tr>
<tr>
<td>Time</td>
<td>Many U.S. Americans live very scheduled lives, abiding strictly by time commitments and tardiness is not accepted in most contexts. In other cultures, human interaction is generally valued more than timeliness. It may be acceptable to be 30 minutes late to a commitment if it means spending time with family or friends. <strong>What are some ways that a difference in perception of time might impact you while abroad?</strong></td>
</tr>
<tr>
<td>Equality</td>
<td>While inequality in the U.S. certainly exists, there remains a culture of democracy, self-determination, and an expectation for equal treatment. Other cultures place a greater emphasis on hierarchy and social rank. Think of countries where there is not a democratic tradition and where it is expected to respect and honor the government, prevailing religion(s), and certain cultural beliefs. <strong>Consider how to adapt to your host culture.</strong></td>
</tr>
<tr>
<td>Individualism</td>
<td>There is a common emphasis on the individual in the U.S. There is an idea hard work can determine your future success. Think about how commonplace it is to set personal goals or enrich your personal knowledge and skills. In contrast, in other countries instead of self-reliance, it may be more customary to rely on advice or assistance from others. It is often expected to help others and share knowledge and resources. <strong>How will you navigate a culture that might be more collectivistic than you are used to?</strong></td>
</tr>
<tr>
<td>Directness</td>
<td>In the U.S., there is a tendency to express opinions, thoughts, and dissent openly and directly. Other cultures may have a more indirect communication style where it is not typical to express dissent or emotions directly and confrontation is avoided. <strong>Be cognizant of how you may want to adapt your communication style while abroad.</strong></td>
</tr>
</tbody>
</table>

**LGBTQIA+**

SFS is welcoming of all students at our centers. However, when traveling outside the center, please be aware of the following:
- Laws and social customs may differ from your home country. In many countries, only heterosexual partnerships between cisgender people are recognized as legal and/or accepted within the culture.
- Local laws may be enforced inconsistently. Countries that criminalize same-sex partnerships may also use the law to criminalize gender identities and gender expressions.
- Even if there are no legal concerns, cultural practices may not support freedom of expression and travelers may experience discrimination and harassment. Attitudes may vary, even within the same country.
- Some languages are gendered, resulting in there being a lack of terms that encompass non-binary and gender-neutral expression. Furthermore, some cultural practices are based on traditional gender roles and gender expression. As a result, those who do not identify as they physically present may sometimes be misgendered or misidentified.
- Health services specific to transgender people may be limited or unavailable in your program location. You may be denied services in your affirmed gender while you are traveling outside of your home country.
Legal Name and Passport Information
While traveling on an SFS program, in some cases it is not possible to use preferred names and gender identities. For example, visa paperwork, plane tickets, hotel reservations, and tours at historical sites typically require the use of your legal name and sex as it corresponds to your passport information. Also, please keep in mind that some countries do not legally acknowledge Gender X on a passport and may ask travelers to provide binary sex information.

Your Role in the Community
It is a great privilege to study in another country and be welcomed into these communities. It is not your place to try and change its culture or its values. While we will be learning about the country and its people, each of you will be an ambassador of your own culture, country, and school. SFS is a place-based program, and our campuses are permanent fixtures in the community. These communities are home to our staff members who live either on-campus or nearby year-round. Behavior that is disrespectful, illegal, or contrary to cultural norms can degrade the relationship with the community and can impede healthy and meaningful interactions for your peers, SFS staff members, and future students.
PACKING GUIDE
PACKING TIPS

Luggage
SFS does not have a specific policy regarding how much or what type of luggage students bring, just make sure you bring only what you can maneuver yourself! The following packing list does not suggest amounts, so pack according to your own needs.

Wear and Tear
Many students bring old clothes to wear in the field and leave behind at the end of the program. Do not bring anything that you would not want damaged!

Cultural Considerations
Bhutan regulates that all citizens wear traditional dress in workplaces, businesses, and schools. While SFS students do not need to buy traditional clothing, please be aware you will be required to dress culturally appropriate. Students should not plan on wearing sweats, leggings, athletic clothing, v-necks, tank tops or other shirts reveling mid-rift or shoulders, shorts or skirts with hems above the knee, or anything ripped or stained. Pack enough jeans, t-shirts, and sweaters for casual wear as well as formal pants/skirts/dresses for special occasions.

Consider your Impact!
As you pack, please consider the impact of the products that you bring with you to your program, both the ingredients and packaging.

Plastic can be difficult for waste management in remote environments. To keep single-use plastic/paper consumption to a minimum, think about bringing a reusable shopping tote, metal straw, cloth napkins and other items. We also highly encourage biodegradable soaps, shampoos, and conditioner.

FAA And TSA Requirements
When packing, please make sure to check federal aviation association (FAA) and transport security administration (TSA) for the latest prohibited items. You can find this information at https://www.faa.gov/.

Electronic cigarettes and vaping devices
The FAA prohibits these devices in checked bags and they may only be carried in the aircraft cabin. Bhutan has restrictions on vaping. Check local laws before possessing, purchasing, or using electronic cigarettes or vaping devices on program.

Medical Marijuana
Possession of marijuana and cannabis-infused products, including some cannabidiol (CBD) oils, is currently illegal under federal law. Similarly, marijuana is illegal in Bhutan. SFS does not allow possession or use of any drugs or medications that are illegal for the full duration of the SFS program including free time and weekends away.
PACKING LIST: REQUIRED ITEMS

Clothing
- **Pants**
  - **Shorts** Knee-length shorts. Shorter shorts can be worn with leggings underneath only while exercising.
  - **Pants** Lightweight blends that dry quickly. Some for field work, jeans for day to day, and comfy pants for inside your room. You may consider waterproof pants as well. **NO SWEATS OR ATHLETIC PANTS**
- **Tops and Outerwear**
  - **NO TANK TOPS, CROP TOPS, OR V-NECKS**
  - **T-shirts** Synthetic or merino wool for chilly nights, wet weather, and field days. Cotton shirts for non-fieldwork days but must be loose-fitting with no midriff exposed.
  - **Long-sleeved shirts** Light-weight fabric for working in the field and heavier ones for warmth
  - **Formal top** Can buy local, traditional clothing instead
  - **Light wool or Fleece sweater** Worn near daily
  - **Waterproof hooded rain jacket** Water resistant is not sufficient
  - **Winter Coat, Warm scarf, Hat, Gloves etc.** One set should suffice
- **Underwear** Past students recommend a pair of synthetic/quick-dry underwear for the trek
- **Socks** 4-5 pairs of wool or synthetic hiking socks (not cotton)
- **Pajamas** appropriate for shared rooms and bathrooms
- **Sun hat and Sunglasses**
- **Footwear**
  - **Hiking boots** Waterproof highly recommended. Be sure to break in your boots in before the program.
  - **Casual shoes/Sneakers** Durable, close toed, and good in the rain
  - **Rubber sandals**

Personal Items and Toiletries
- **Toiletries** Basic items such as toothpaste, soap and shampoo can be purchased in town
- **Period care** Can buy pads in town, but tampons may be difficult to find. We encourage you to use a menstrual cup or environmentally friendly, biodegradable options.
- **Personal first-aid kit** including Anti-itch creams, Neosporin, Bacitracin, Tylenol, Ibuprofen, Pepto Bismol, Band-Aids, Tape, Tweezers, Nail clippers, Anti-histamines, Pro-biotics, Anti-diarrheals, Vitamin C, Cold medicines, etc.
- **Over-the-counter medications or Prescriptions** Note that overseas prescriptions are not accepted. You should bring adequate supplies of prescription medications with you to last the duration of your program alongside your doctor’s prescription to avoid customs delays. Think about inhalers, allergy medication, contacts/glasses, etc.
- **Motion sickness medication/Dramamine/Ginger Chews** Even if you normally do not experience motion sickness, roads in Bhutan are extremely curvy.
- **Masks and Covid tests** Bring enough masks to last the duration of the program and 4+ home rapid tests
- **Record of immunizations and Health history**

For the Cabin
In the dorms and at hotels, sheets, towels, a pillow and a blanket will be provided.
- **Sleeping bag** at least 20°F rating for the camping trip and to supplement bedding provided
- **Towels** Bring one shower towel and one face towel/wash cloth to use during the trek. Quick dry is best.

For the Field and Classroom
- **Flash drives or External hard drive** at least 1 GB recommended
- **Computer** that can open Microsoft Office documents and has USB port
- **Surge protectors and Plug adaptors**
- **Wristwatch** preferably water-resistant
- **Headlamp or Handheld flashlight**
- **Sleeping pad** Therma-rest or cell foam pad for camping
- **Waterproof bags or Sturdy plastic bags** Gallon-sized Ziploc bags work well
- **Day pack with Waterproof pack cover** For field work and trekking. 15-30L recommended.
- **Weekend bag** for overnight excursions. 35-55L recommended.
• Notebooks and Pens/Pencils Can buy locally
• Water bottle(s) Two bottles with 1L capacity each, or one bottle with 1.5-2L capacity. Camelbaks are nice for the trek.
• Tupperware and Travel mugs For packed lunches. Can buy locally
• Small gift for day-stay family There may be an opportunity for a day stay with a local family. If this occurs, it’s good to bring a gift. We recommend that the gift be modest and represent your home. Great gifts are calendars, locally made items (maple butter, nice candy), picture frames, a CD, magnets, and photos of you or your family etc.

PACKING LIST: ADDITIONAL SUGGESTED ITEMS
• Purse/tote bag for town
• Rubber boots or Gaiters Lightweight, calf height with good tread. Can purchase in Bhutan.
• Swimsuit
• Additional formal outfits
• Small clothing repair kit
• Laundry bag There is one shared laundry bin per room. Can pack additional personal bag.
• Earplugs and eye mask
• Baby wipes Can be purchased locally
• Hand sanitizer
• Pocketknife Do NOT carry this in your carry-on luggage
• Small botanical hand lens 10x magnification. For those interested in plants and invertebrates.
• Sleeping pad This is used 1 or 2 nights
• Trekking poles
• Umbrella Can be purchased locally
• Journal Can be purchased locally
• Games, Movies, and Books
• Snacks, Drink powders, and Dietary supplements Any favorites
• Camera
• Voltage converter if needed for electronics
• Headphones and/or Bluetooth speaker
• Binoculars For birders! Preferably 8 x 40, but anything in the 6 x 30 to 10 x 40 range is fine
• Waterproof cases for your electronics along with silicone packets (or some water-absorbing equivalent)
• External batteries

QUESTIONS
Questions about the billing process? Billing@fieldstudies.org
Deposit payments, invoices, charges to your account, financial aid packages, billing deadlines, and loan paperwork.

Questions about medical approval or health and safety? Health@fieldstudies.org
Immunizations, safety in the field, managing a medical condition during your program, and dietary needs and preferences.

Questions about learning accommodations? Academics@fieldstudies.org
Students with learning accommodations should contact the Office of Academic Affairs prior to entering the field.

Questions about your program or your enrollment? Admissions@fieldstudies.org
Which program is the best fit for you, submitting application materials, travel and visa logistics, and other program-specific questions.

STAY ENGAGED
• Keep up with the SFS Life in the Field blog
• Follow us on Instagram: @theSFS/@theSFS_bhutan_la
• Want to learn more about the SFS team? Find the full list of the SFS team bios here!