



THE SCHOOL FOR FIELD STUDIES



SEMESTER FIELD GUIDE

TURKS AND CAICOS

CENTER FOR MARINE RESOURCE STUDIES

TABLE OF CONTENTS

LIFE IN THE FIELD: WHAT TO EXPECT.....	3
SFS TCI: CENTER FOR MARINE RESOURCES.....	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.....	12
LUGGAGE	
WEAR & TEAR	
CONSIDER YOUR IMPACT	
FAA & TSA REQUIREMENTS	
MEDICAL MARIJUANA	
PACKING LIST: REQUIRED ITEMS.....	13
PACKING LIST: ADDITIONAL SUGGESTED ITEMS.....	15
PACKING LIST: SCUBA.....	15

STAY ENGAGED

- Keep up with the SFS [news from the field](#) blog
- Follow us on Instagram: [@theSFS/@the SFS tci](#)
- Want to learn more about the SFS team? [Find the full list of the SFS team bios here!](#)



LIFE IN THE FIELD:

WHAT TO EXPECT

SFS TURKS AND CAICOS: CENTER FOR MARINE RESOURCE STUDIES

- The center is located on the island South Caicos nestled within the larger British Overseas Territory of Turks and Caicos.
- Turks and Caicos Islands are surrounded by coral reefs, sea walls, a deep ocean trench, mangroves, and extensive seagrass beds.
- These marine ecosystems are critical to the tourism and fishery economies, but are under enormous pressure from coastal development, a rising demand for seafood, and the impacts of climate change.
- Turks and Caicos is home to spotted eagle rays, humpback whales, sea turtles, sharks, and dozens of fish species.

Academic Foci

- Marine Ecology and Conservation
- Climate Change and Ocean Acidification
- Sustainable Tourism and Fisheries
- Coral Health and Resilience
- Marine Protected Areas
- Marine Resource and Coastal Management

SEMESTER (FALL/SPRING)

Marine Resource Studies

Weather and Climate

Dry season is February through September. Wet season is September through January. Temperatures hover around 80-90°F and weather is generally hot and arid. Fresh water is in critically short supply so the center implements many water use restrictions (salt-water showers and hand washed laundry).

Setting

The center is a modest former hotel on South Caicos. Expect to spend your time on the water or in a hammock as there is limited recreational activities. The entire island is just 13 mi²!



COCKBURN HARBOR	PROVINCIALES
5-minute walk	30-minute flight or 90-minute ferry
Population ~1,000	Population ~24,000
Nearest town. Two seasonal resorts and few small stores. Mostly shrubs, modest houses, and stray cats, dogs, and horses.	Island with the most people in Turks and Caicos and largest tourism industry. International Airport.

Facilities

HOUSING	OTHER FACILITIES
<p>8 rooms, 4-6 students per room in twin sized bunk beds</p> <p>Personal storage cubby and plastic storage bin. Shared desk, shelves, and closet (2-ft wide).</p> <p>Each room has a private bathroom with showers (cold water) and western style toilets. Indoor showers are fresh water and are allowed to be used once per week. Outdoor showers are salt water and can be used as desired.</p>	<p>The main building houses the dining room, kitchen, classroom, and computer room facilities.</p> <p>No washing machines or dryers. All clothes washed by hand and hung on clotheslines. Can pay to have this done for you in town (8-10 USD per load plus additional money to use dryer)</p>

Food

- A cook prepares 3 meals a day, 6 days a week and 2 meals on Sundays.
- All food is imported to the island by boat every 2 weeks (weather dependent) so prepare for canned veggies and fruits to supplement fresh produce.
- Example meal: rice, beans, vegetables, plantains, and fresh fruit with some meat options.
- Snacks between meals include tea and coffee, fruit, popcorn, crackers and cheese, or bakery items.
- 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

- Swim lane, snorkel zone, and yoga mats available on campus.
- Students can also go for runs using the buddy system. Plan to do this early in the morning before it gets too hot.
- In town, there are some bodyweight exercise machines, a turf field for soccer/frisbee, and a gym.

Waterfront

Swimming is a large component of the program and much of the academic work is completed in the water, so being comfortable in the ocean is crucial. Students will be required to swim 200m and tread for 10 minutes. SCUBA certification is optional, and all work can be done by snorkeling. Some coursework will be required to be completed using a snorkel; if your primary interest is recreational scuba diving, we suggest you consider a different program.

SCUBA

Diving involves groups of 4-8 students and a Divemaster who go out in small boats to sites generally within a mile of the Center. Weather permitting, summer students can expect to dive an average of 5-7 times during each session. For your safety, please be prepared for scheduled activities to be changed or cancelled in the event of bad weather.

SCUBA divers are required to purchase their own gear either through SFS or on their own prior to arriving to their program. Unfortunately, there is no option at the moment to rent gear on South Caicos. Students who opt to purchase the SFS gear package will be expected to transport their gear home with them at the end of the program. SFS follows conservative diving practices and requires the use of dive computers for added safety. Additionally, all SCUBA divers will be required to purchase Divers Alert Network (DAN) Insurance on top of their international health insurance plan. More information about the gear package and insurance requirements will be given upon acceptance.

The PADI Open Water certification is offered during Summer 1 only. The PADI Advanced Open Water certification is offered during Summer 2 only. If you are only attending the Summer 2 session and wish to SCUBA dive you will need to obtain your open water SCUBA certification prior to arrival from a recognized organization such as PADI, NAUI, CMAS, SDI, or SSI.

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 Turks and Caicos is 120, the same as in the U.S. You will not need a voltage converter. Turks and Caicos uses plug type A (U.S. uses A and B). Students should bring a B to A adaptor.

Internet

Wireless internet is available in common areas of the center but not student rooms. 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 with unlocked phones can choose to purchase a local SIM card and phone plan. The center has some phones to loan for local use only and one phone that can receive international calls (no outbound).

Mail

- Average one-way travel time for mail from the U.S. to Turks and Caicos is 3-6 weeks, so no mail can be sent during this program unless attending the summer combined program. Mail will not be forwarded!
- Packages sent are subject to a 40% duty on both the value of the package and shipping. This is the responsibility of the student to pay.

Letters should be sent to:

Student Name, The School for Field Studies,
P.O. Box 007, South Caicos, Turks & Caicos Islands, British West Indies TKCA 1ZZ

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 Manager

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

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 us. 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 you do choose to consume alcohol, we ask that you do so in moderation and in accordance with SCUBA protocols. 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

- Students will enter as a visitor with a Student Visa in process. Temporary visas will be granted upon arrival to Turks and Caicos. Staff will process your Student Visas on campus after arrival. Visa costs are included in your tuition.
- Non-U.S. citizens may require a different visa process and are responsible for obtaining their own visa valid for the duration of their program.
- If traveling before or after the program, 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. Students will receive travel instructions 2-3 months prior to the start of their program. Do not book flights before receiving these instructions.

SFS staff will meet students at the airport on the date and time specified in the airport instructions and transport them to the center. Students will receive airport instructions 1-2 weeks prior to the start of their program.

If traveling before or after the program, 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 Health and Wellness
- 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

- Covid Vaccine Series and Booster (must be completed at least 2 weeks before arrival)

Recommended

- 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 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

Divers Alert Network Insurance

Required for all students who are opting to SCUBA dive. SFS will verify your policy at the start of the program. At minimum you must register for the DAN master plan, some states mandate more comprehensive DAN plans. Neither healthcare plans nor SFS' additional emergency evacuation policy will pay for treatment for decompression sickness or other diving-related conditions. Dive-related injuries and illnesses are extremely rare at SFS, but they can happen, and the costs of even basic treatment can easily exceed \$10,000. Recompression facilities are available in the Turks & Caicos Islands.

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

U.S. Values	Consider
Change	In the U.S., it is common to value change and novelty over tradition and the ways of the past. How might a tendency to look towards the future or past impact views surrounding issues like climate change?
Time	Many U.S. Americans live very scheduled lives, abiding strictly by time commitments and tardiness is not accepted 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. What are some ways that a difference in perception of time might impact you while abroad?
Equality	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. Consider how to adapt to your host culture.
Individualism	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. How will you navigate a culture that might be more collectivistic than you are used to?
Directness	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. Be cognizant of how you may want to adapt your communication style while abroad.

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 and home to our staff. Behavior that is disrespectful, illegal, or contrary to cultural norms can degrade the relationship with the community and can impede 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

The center relies heavily on bleach for sanitation, keep this in mind when packing. 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!

Culture and Clothing

A minimum of 3-inch seam is required of all shorts worn in town. Additionally crop tops are not appropriate community wear.

Hair Care

Travelers with type 3 or type 4 curls and/or hair that is damaged easily by chlorine, sun, and salt water may want to consider packing extra products and practicing preventative care. Quality hair care products vary greatly by region, so it is recommended you bring your preferred products with you in the quantity that will last for your entire program.

Some items you may consider are coconut oil, deep conditioner, hair masks, clarifying shampoo, a microfiber towel, and a swim cap and/or wide headband to keep flyaways away from your mask. You may also consider rinsing your hair with freshwater before and after swimming whenever possible, braiding or twisting your hair before swimming, and not sleeping with wet hair.

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. Turks and Caicos 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 use is illegal in Turks and Caicos. SFS does not allow possession or use of any drugs or medications that are illegal for the full duration of SFS programs including free time and weekends away.

PACKING LIST: REQUIRED ITEMS

Clothing

- **Pants**
 - **Pants** Lightweight blends that dry quickly. 2+ normal/leggings/flowy pants for day to day
 - **Shorts** Board shorts or quick dry are best. Minimum of 3 inch seam for shorts worn in town. Runners may want a few pairs of athletic shorts.

- **Tops and Outerwear**
 - **T-Shirts and Tank tops** Keep them loose-fitting with no midriff exposed. Cotton not recommended.
 - **Long-sleeved shirts** 2+ for outdoor work.
 - **Lightweight jacket or fleece**
 - **Lightweight Rain Jacket or Poncho**
- **Underwear and Socks**
- **A few casual clothes and nice clothes** for your off days in town or presentations. Light-weight items recommended.
- **Pajamas** appropriate for shared rooms and bathrooms
- **Swimsuit** 2+ sets. Alumni recommend more. Two-piece are okay with rash guard overtop.
- **Sun hat and Sunglasses** Hat should have brim and it is recommended to use polarized sunglasses. Inexpensive pairs work better since the salt corrodes many items.
- **Footwear**
 - **Casual shoes** for the center, in town, or working out.
 - **Sandals** with a heel strap
 - **Flip flops** for showering

Personal Items and Toiletries

- **Biodegradable Toiletries** Basic items such as toothpaste, soap and shampoo can be purchased in town. Water management is critical on the island so please ensure your toiletries are biodegradable.
- **Period care** You can buy pads in town but at a large markup. Tampons may be difficult or impossible to purchase. It is recommended to bring everything you will need with you. 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, Antihistamines, Pro-biotics, Anti-diarrheal, Vitamin C, Cold medicines, Hydration salts, 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** if you experience motion sickness.
- **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 Dormitory

- **One set of sheets and a pillowcase** standard twin size. A pillow is provided
- **Sleeping bag or Lightweight blanket** lightweight/higher temperature rated.
- **Towels** Bring one shower towel, one face towel/wash cloth, and one beach towel. Quick dry is best.
- **Small Personal Fan** or can be rented at the center for \$5 with \$15 deposit

For the Field and Classroom

- **Flash drives or External hard drive** at least 8 GB recommended
- **Computer with case** that can open Microsoft Office documents and has USB port
- **Surge protectors and Plug adaptors**
- **Waterproof Wristwatch** for snorkeling and SCUBA. Bring extra batteries.
- **Headlamp or Flashlight** Bring all the batteries you will need as local options are very expensive
- **Day Pack** suitable for taking gear into the field. 15-30L recommended
- **Notebooks and pens/pencils** for 3 classes
- **Underwater slate and Pencils** at least 6x6. Alumni recommend flat slates over the write model
- **Mr. Clean Magic Erasers** 2+ to clean underwater slate
- **Water bottles** Two bottles with 1L capacity each, or one bottle with 2L capacity
- **Sunscreen** at least two bottle. Reef safe brand. SPF 25 or greater.
- **Insect repellent** One or two bottles with 10%-35% DEET or natural alternative
- **Dive Mask and Extra strap** Check for good fit and solid strap construction. Full face masks and masks with prescription lenses are not recommended (use disposable contacts instead). ScubaPro, TUSA, Cressi, Mares and

Aqualung are reputable companies.

- **Snorkel** Full sized adult snorkel
- **Hard soled Diving Booties or Wading/diving shoe** Make sure they fit your fins
- **Full sized Fins and Replacement straps and clips** that fit over your diving booties. Do not opt for “travel size”
- **Long-sleeved Rash guard 2+** to be used for all snorkel excursions

PACKING LIST: SCUBA ITEMS

Students will have the option to order the SFS Dive Gear Package prior to the program. This package will include the items indicated with an * below.

- **Dive Computer*** (with at least 75% battery power): There will be no opportunities to repair a dive computer that fails, so bring a backup battery and O-ring that you can change yourself. Because of the lack of repair facilities, even students with a dive computer should bring dive tables from their dive certification organization.
 - A dive computer that provides depth, time, and no-decompression limits is mandatory.
 - Additional sensors for tank pressure are sometimes offered in this computer which is preferable. If your dive computer does not have these sensors, you will need a **submersible pressure gauge (SPG)**.
- **Buoyancy Compensator*** (“BC”): Try on the BC before purchasing it to ensure a good fit! You should stand sideways in front of a mirror and make sure that there is no gap between your shoulder blades and the BC. You may even want to consider connecting the BC to a tank before trying it on.
- **Primary (second stage) and secondary (second stage = octopus) *** - first stage must have a yoke connection, or you must bring a DIN to yoke adapter.
- **Alternate air source retainer***: Retains second stage regulator close to the body. Helps prevent damage to the reef and to your equipment and is important for safety.
- **Console clip or retainer***: Retains the console close to the body. Helps prevent damage to the reef and to your equipment and is important for safety. Retractors are available for purchase at the Center (\$15).
- **Clips or carabiners** to attach research equipment to your BCD, also available at the Center shop. Stainless bolt snaps or double-enders gate clips work well.
- **Save A Dive Kit** when purchasing your equipment, ask the dive shop to put one of these together for you. This should include fin straps, mask straps, spare computer batteries, mouth pieces and bulbs for your flashlight. If you purchased the scuba package from us, you only need to bring extra mask and fin straps.
- **Weight belt** If your BCD does not have integrated weight pockets, you must bring a weight belt. DO NOT bring weights to the program with you! SCUBA tanks and weights are provided at the Center.

PACKING LIST: ADDITIONAL SUGGESTED ITEMS

- **Neoprene mask strap cover**
- **Additional swim gear** consider swim leggings or a wetsuit (1-3mm); SCUBA divers full-length, Snorkelers shorty
- **Underwater flashlight** for optional night dives/snorkels. You cannot go out at night without it. 500-1000 lumens. LED.
- **Bright, neon-colored swim cap** for optional long-distance swims
- **Rechargeable batteries** or extra batteries
- **Sturdy plastic bags** Gallon-sized Ziploc bags work well
- **Purse/tote bag** for town.
- **Small clothing repair kit**
- **Bandana, Buff, or Scarf**
- **Laundry Bag**
- **Drybag or Waterproof container** to hold important items while diving
- **Earplugs and Eye mask**
- **Baby wipes**
- **Hand sanitizer**
- **Hair oil and/or Detangling conditioner**
- **Tiger balm and/or Lotion**
- **Ear drops and/or Eye drops**
- **Pocketknife** Do not carry this in your carry-on luggage

- **Underwater knife** or cutting tool specifically intended for diving (optional)
- **Tupperware and Travel mugs** for snacks
- **Hammock**
- **Journal**
- **Games, Movies, and Books**
- **Reading lamp**
- **Musical instruments or Sporting equipment** (Collapsible fishing pole, no spearguns, Fishing license is \$30 for 30 days)
- **Snacks, Drink powders, and Dietary supplements** Any favorites
- **Camera** preferably for underwater use too
- **Headphones and/or Bluetooth speaker**
- **Waterproof cases for electronics** along with silicone packets (or some water-absorbing equivalent)
- **External batteries and/or long charging cables**
- **Something white** Tie-dye is a popular activity each semester
- **Items to donate to the community** School supplies, books, boardgames, and sporting equipment are great options

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.