



THE SCHOOL FOR FIELD STUDIES



# SUMMER FIELD GUIDE

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AUSTRALIA

CENTER FOR RAINFOREST STUDIES

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



# SFS AUSTRALIA CENTER: CENTER FOR RAINFOREST STUDIES

- The Center is amongst the rainforests that lie at the foothills of the Gillies Range (elevation 2624 ft) on eastern edge of Atherton Tablelands in Northern Queensland. The national park has been designated a world heritage area.
- Tropical rainforests cover less than 0.01% of Australia forming a narrow, broken belt along the northeast coast of Queensland, bordered to the east by the great barrier reef and to the west by grasslands and eucalypt savannas.
- These rainforests have been subjected to abuses that rainforests all over the world are just now experiencing. Australia is where the world's tropical countries may be in 20-30 years, and their rainforest management may serve as a model for the rest of the world to follow.
- The forests house ancient tree ferns, towering kauri pines, platypuses, 15-foot amethystine pythons, brush turkeys, king parrots, sulfur-crested cockatoos, rainbow lorikeets, Victoria's riflebird, three species of bowerbird, and marsupials such as pademelons, bandicoots, musky rat-kangaroos, tree kangaroos, sugar-gliders, and a range of possums.

## Academic Foci

- Tropical rainforest fragmentation, restoration, and management and its connection with the great barrier reef
- Opportunities and constraints of tropical rainforest restoration including impacts of climate change
- Population assessment of vertebrate species
- Eco-cultural tourism



## Weather And Climate

The "dry" season runs from May to October. Despite this being the dry season, the rainforest is always rainy, so be prepared to get wet. Temperatures range from 63-79°F but can get down to 50°F.

## Setting

The center is extremely secluded and isolated; no town is accessible by walking. It is 153 acres, and 99% forested.



YUNGABURRA	ATHERTON	CAIRNS
20-minute drive	40-minute drive	90-minute drive
Population ~1,000	Population ~8,000	Population ~130,000
Nearest town. Doctor, pharmacy, library, hotel, restaurants, post office, and a supermarket	Grocery stores, hairdressers, a pharmacy, etc.	Major tourist destination. International airport, auto rental facilities and a large resort community

## Facilities

MAIN BUILDING	HOUSING	OTHER FACILITIES
5-10 minute walk from cabins on forested trails  Includes classroom, library, computer room with four laptops, staff offices, main kitchen, and covered outdoor dining facility	Four, 8-person student cabins in twin beds. 22 feet x 22 feet each  Personal drawers and storage cubbies  Restroom blocks with showers (warm water) and western style toilets are a short walk away from cabins	Common room with TV, couches, and games  Two washing machines (detergent provided). Two dryers, but clotheslines requested as weather permits

## **Food**

- A cook prepares dinners Monday-Sunday but on long weekends (1-2 per session) students are expected to provide their own meals
- Example breakfast: cereal buffets, toast with spread, yogurt, and eggs
- Example lunch: make your own sandwich or salad
- Dinners are prepared hot by a cook and include a variety of meat, fruits, and vegetables. Similar cuisine to the US.
- Fruit is always available for students to snack on and on some afternoons the chef will prepare cookies/biscuits
- 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**

- Basic weights and yoga mats at the center
- Trails for walking/running, grass volleyball court, and basketball hoop

## **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. Community service at the Center for Rainforest Studies is usually focused on rainforest restoration or community enhancement with local organizations.

## **Chores**

Students and staff alike are expected to do their own dishes and to engage in keeping the center beautiful. There is no cleaning staff or service at the Center for Rainforest Studies so students are expected to take responsibility for their space during the duration of their stay. Students will be expected to help set up/cleanup for meals about once a week and engage in a center-wide clean up once a week. Specific chore responsibilities and schedules will be shared during orientation.

## **Center Hours**

The center has no curfew, due to the impossibility of leaving campus without staff.

## **Electrical Appliances**

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

Australia uses plug type I (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 often choose to bring their own unlocked phones or purchase international phone plans. Telstra Sim cards can be purchased at the airport and plans range from 10-40 USD per month depending on the data capacity. Only select areas of the center receive cell service.

## Mail

- Packages are permitted to be sent to the center
- Letters sent to Australia from the U.S. should be marked "airmail"
- Average one-way travel time for airmail from the U.S. to Australia is 10-14 days (14- 16 weeks for surface)
- No mail can be sent the last three weeks of the program, as you will not receive it! Mail will not be forwarded.

### Letters should be sent to:

Student name, SFS Centre for Rainforest Studies  
P.O. Box 141, Yungaburra, Queensland, 4884, Australia

### End-of-Program Shipping (Optional):

- Surface freight is the least expensive, generally costing \$60-\$100 per 40 lb. Package and taking 10-14 weeks in transit. Parcel size is limited to items less than 3 feet in length and 3 feet in circumference.
- Airmail is many times more expensive but takes about two weeks for delivery

## 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
- 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. Many students also struggle with the rigorous schedule that is inherent to the nature of SFS programs.

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. Many students find time to run on campus or use the gym area a couple days a week, but it may not be at the same time each day. 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

The Center for Rainforest Studies is a dry campus, so no consumption or possession of alcohol is permitted. However, if drinking alcohol is part of how you socialize with friends, this will remain an option during your days off in which you are off campus (long weekends).

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**

Students' E-visas will be applied for and granted before the program start date. Visa costs are the responsibility of the student and are approximately \$15 USD, subject to change. Students will enter using an Australian Electronic Authority (ETA) Subclass 601, 3-month duration which will be applied for prior to departure. E-visa instructions will be given upon acceptance.

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.

### **Note for Summer Combined Students**

If you are participating in both summer sessions, you will be responsible for yourself during the time between sessions. You will be dropped off in Cairns at the end of session 1 and are expected to meet the group back at the airport for the beginning of session 2. Summer combined students are permitted to store luggage at the field station between sessions.

## **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 HIPPA-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***

- 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

## **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. <b>How might a tendency to look towards the future or past impact views surrounding issues like climate change?</b>
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. <b>What are some ways that a difference in perception of time might impact you while abroad?</b>
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. <b>Consider how to adapt to your host culture.</b>
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. <b>How will you navigate a culture that might be more collectivistic than you are used to?</b>
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. <b>Be cognizant of how you may want to adapt your communication style while abroad.</b>

## 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

The rainforest is hard on clothes and your belongings will very likely get moldy. 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!

## 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. Think about bringing a reusable shopping tote, metal straw, cloth napkins and other items. We also highly encourage biodegradable soaps, shampoos, and conditioner.

## A Note about Insects and Dark Clothing

Marsh flies (which have a nasty bite) are common around the center throughout the year and are particularly attracted to dark clothing. Keep this in mind when packing.

## 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. Australia 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 many states of Australia. 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:**
  - **Shorts** 2+ pairs of casual shorts to wear around the center and 2+ pairs of athletic shorts if you run/workout
  - **Pants** Lightweight blends that dry quickly – bring 2+ pairs for fieldwork
- **Tops and Outerwear**
  - **T-shirts** Synthetic, quick-dry athletic fabrics are best
  - **Long-sleeved shirts** Light-weight fabric for working in the field and heavier ones for warmth
  - **Tank tops**

- **Warm wool sweaters, jackets, or fleeces** Nights can be chilly, so bring adequate warm layers.
- **Waterproof rain pants and jacket** with a hood
- **Wool or Fleece hat**
- **Underwear and Socks** for more than one week including 3+ pairs of light wool or synthetic (not cotton) hiking socks
- **Casual clothes and nice clothes** for your off days in town and weekends in Cairns
- **Pajamas** appropriate for shared rooms and bathrooms
- **Swimsuit**
- **Sun-smart rash guard**
- **Sun hat and sunglasses**
- **Footwear**
  - **Gumboots/wellies/rubber boots** The center has several pairs of gumboots that you can use, but if you have an especially large or small foot it is recommended you bring your own. If you want your own pair, lightweight, shin-high boots with good tread are best. (Optional for session 2)
  - **Sturdy hiking boots** preferably waterproof. Please break-in prior to arrival. You will be required to wear closed-toe shoes after dark.
  - **Sneakers**
  - **Flip-flops or Crocs** Toms or keens tend to mold!

### Personal Items and Toiletries

- **Biodegradable toiletries** Basic items such as toothpaste, soap and shampoo can be purchased in town, but you should plan to bring enough with you for at least a week
- **Period care** You can purchase basic period care products in town. 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-diarrheals, Vitamin C, Cold medicines, etc.
- **Over-the-counter medications or Prescriptions.** Note that overseas prescriptions are not always 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. The highway to the center is very windy and long, and you will be on boats too.
- **Two compression ("ace") bandages**
- **Masks and Covid tests** Bring enough masks to last the duration of the program and 5+ home rapid tests
- **Record of immunizations and Health history**

### For the Cabin

- **One set of sheets and a pillowcase** standard twin size. A pillow is provided.
- **Sleeping bag** synthetic fill (down is much harder to keep dry/ mold-free), lightweight/higher temperature rated.
- **Towels** Two large towels and one face or hand towel. Please bring only quick dry towels!

### For the Field and Classroom

- **Flash drives and/or External hard drive** at least 2 GB recommended
- **Computer** that can open Microsoft Office documents and has USB port
- **Protective case** for your computer
- **Surge protector and Plug adaptors**
- **Wristwatch** preferably water-resistant or waterproof
- **Headlamp** with several packs of batteries. A flashlight should be brought as a backup, but not as a replacement
- **Waterproof bags or Sturdy plastic bags** Gallon-sized Ziploc bags work well
- **Day pack** Small backpack suitable for taking gear into the field. 15-30L recommended.
- **Weekend bag** to bring on overnight field excursions or weekends in Cairns. 35-55L recommended.
- **Notebooks and Pens/Pencils** Can buy locally
- **Sturdy work gloves** for weeding
- **Water bottles** Two bottles with 1l capacity each. Alumni recommend insulated bottles!
- **Insect Repellant** at least one bottle



- **Reef-safe Sunscreen** at least one bottle
- **Tupperware and Travel mugs** for packing lunches

## PACKING LIST: ADDITIONAL SUGGESTED ITEMS

- **Purse/tote bag** for town
- **Small clothing repair kit**
- **Laundry bag**
- **Earplugs and Eye mask** You may have up to 7 roommates!
- **Drybag or Water-proof daypack cover** You might also consider several smaller drybags for personal items
- **Pocketknife** Do not carry this in your carry-on luggage
- **Small botanical hand lens** 10x magnification. For those interested in plants and invertebrates.
- **Lightweight blanket** Past students suggest bringing one in addition to your sleeping bag
- **Sleeping pad for camping a few nights** You will only use this for 2-3 nights during the program
- **Hammock**
- **Umbrella**
- **Journal**
- **Games, Downloaded Movies and Books** note that the DVD player on campus does not play American DVDs
- **Musical instruments** May be subject to undesirable storage and weather conditions. Two guitars and a didgeridoo are available to play at the center
- **Snacks, Drink powders, and Dietary supplements** Any favorites
- **Personal tent and Camping equipment** If you are interested in camping after the program. Students may not borrow SFS tents or equipment during these times. If you bring your own, make sure there is no dirt or plant matter on it or you may be delayed at customs.
- **Camera**
- **Voltage converter** If needed for electronics
- **Headphones and/or Bluetooth speaker**
- **Binoculars** preferably 8 x 40 but anything in the 6 x 30 to 10 x 40 range is fine
- **Waterproof cases for electronics** along with silicone packets (or some water-absorbing equivalent)
- **External batteries**

## QUESTIONS

**Questions about your program or your enrollment?** [Admissions@fieldstudies.org](mailto:Admissions@fieldstudies.org)

Which program is the best fit for you, submitting application materials, travel and visa logistics, and other program-specific questions.

**Questions about the billing process?** [Billing@fieldstudies.org](mailto: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](mailto: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](mailto:Academics@fieldstudies.org)

Students with learning accommodations should contact the Office of Academic Affairs prior to entering the field.

## STAY ENGAGED

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