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PANAMA
LIFE IN THE FIELD

PERU
### Academic Foci

- 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 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, migrating humpback whales, sea turtles, sharks, and numerous fish.

<table>
<thead>
<tr>
<th>SEMESTER: MARINE RESOURCE STUDIES</th>
<th>SUMMER 1: FUNDAMENTALS OF MARINE CONSERVATION</th>
<th>SUMMER 2: MARINE FAUNA</th>
</tr>
</thead>
</table>

Each program combines theory learned in the classroom alongside field-based applications. Time in the classroom is structured to give students a solid understanding of environmental history, theory, and conservation techniques before deploying their knowledge or specific techniques in the field.

### Setting and Facilities

A former hotel on South Caicos, a rocky island of 13mi².

<table>
<thead>
<tr>
<th>COCKBURN HARBOR</th>
<th>PROVIDENCIALES</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-minute drive</td>
<td>30-minute flight or 90-minute ferry</td>
</tr>
<tr>
<td>Population ~1,000</td>
<td>Population ~24,000</td>
</tr>
</tbody>
</table>

**Housing**

- Eight rooms, 4-6 people per room in twin bunk beds. Shared desk, closet, and shelves. Personal storage cubby. No AC and one fan per room.
- En-suite bathroom with fresh-water shower (cold water) and western-style toilet. One fresh-water shower permitted per week. Outdoor salt-water showers as desired.

**Other Facilities**

- The main building houses the dining room, kitchen, classroom, and computer room facilities. Dogs and cats live on site.
- No washing machines or dryers. All clothes are washed by hand (detergent not provided) and hung on clotheslines. Laundromat in town open when water supplies permit (8-10 USD per load plus additional money to use dryer).
Food
SFS can accommodate most dietary needs, but the variety of food may be limited due to local availability and cost. SFS cannot accommodate life-threatening cumin allergies or strict Halal or Kosher diets. Infrequent food deliveries to the island mean that fresh produce may be limited. Due to limited dietary variety, SFS always recommends bringing vitamins, protein bars, nuts, favorite snacks, etc.

Meals may consist of rice or pasta, vegetables, meat, and fruit. Snacks may include tea, coffee, crackers and cheese, and pastries.

Exercise
At the center, there is a swim lane, snorkel zone, and yoga mats. In town, there are bodyweight exercise machines, a field for soccer/frisbee, and a gym. Students can run in town using the buddy system.

Climate
The weather is hot and arid year-round. Average temperatures range from 70-90°F. Hurricanes are possible June-September.

Money
The local currency is the U.S. Dollar (USD).

Turks & Caicos is primarily a cash-based economy. However, all students are required to bring a credit/debit card with at least $3,000 in funds in case of emergencies. Mastercard and Visa are the most commonly accepted cards internationally. Notify your bank that you will be traveling internationally.

You should bring the entire amount of USD you plan to spend with you to start (bills no larger than $20 USD). The one ATM on the island is frequently out of order or without money.

SCUBA
Diving involves 4-8 students, a Divemaster, and a safety diver who take boats to sites within a mile of the center. Weather permitting, summer students dive 5-7 times during each summer session, and semester students dive 15-20 times during their program. For students’ safety, be prepared for scheduled activities to be changed or canceled in the event of bad weather.

SCUBA divers are required to purchase their gear either through SFS or on their own prior to arriving. Unfortunately, there is no option at the moment to rent gear on South Caicos. Students who opt to purchase their own gear package will be expected to provide a receipt of purchase or service within one year of their program end date. Students who purchase the SFS gear package will need to transport their gear home with them at the end of their 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, order due dates, and insurance requirements can be found in the student portal after acceptance.

The PADI Open Water certification is offered during Summer 1 and Semester programs. The PADI Advanced Open Water certification is offered during Summer 2 and Semester programs. Students only attending the Summer 2 session and wanting to SCUBA dive will need to obtain their open water SCUBA certification prior to arrival from a recognized organization such as PADI, NAUI, CMAS, SDI, or SSI.
Electricity

The electrical voltage and plug type in Turks & Caicos are the same as in the U.S. Students will not need a voltage converter or plug adapters. During some overnight semester excursions electricity will not be available.

Internet

Wireless internet is available at the center, but it is slow and intermittent. SFS reserves the right to limit internet activities occurring on our servers including, but not limited to, streaming or downloading audio/video content (Facetime, Netflix, etc.). During some semester overnight excursions, WiFi will not be available.

Computers

Students need to bring laptops with Microsoft Office (or the ability to open Microsoft files offline) and a 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 devices.

Phones

Students are provided basic phones for local use or students with unlocked phones have the option to buy a local sim card to use. Plans range from $20-150 USD per month.

Mail

Average one-way travel time for mail from the U.S. to Turks & Caicos is 3-6 weeks. Therefore, no mail can be sent during the summer programs or the final 1.5 months of semester programs, as students will not receive it! Mail will not be forwarded.

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

Students live at a field station, rather than a homestay, local apartment, or university dorm. This means they will not necessarily navigate the local culture, cuisine, or language every day. However, SFS believes that meaningful research is only possible with the input of local people, so community engagement varies each term to reflect the requests of our partners.

Chores

There is no cleaning service at the center, so students are expected to take responsibility for their space during their stay. Students and staff will help set up/clean up for meals and engage in a center-wide, bi-weekly clean-up. Specific chore responsibilities and schedules will be shared during orientation.

Off-Campus Policies

Because center locations are often unfamiliar to students, there are off-campus policies in place to keep students safe including nightly curfew, sign-out logs, and a buddy system. Specific campus policies will be shared during orientation.

Time-off

Semester students will be given a mid-semester break. Summer students will not be given time off to travel independently.

Students are responsible for their own food and accommodations during non-program time. Students are not allowed to stay at the center during mid-semester break or during the interim between Summer 1 and Summer 2 sessions. See page 11 for estimated costs.

Social Drinking & Drugs

There is limited consumption and possession of alcohol allowed on campus. Students who choose to consume alcohol need to do so in moderation and maintain respectful behavior toward others.

Possession of marijuana and cannabis-infused products, including some cannabidiol (CBD) oils, is currently illegal under U.S. federal law. 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. Check local laws before possessing, purchasing, or using electronic cigarettes or vaping devices on program.
Adjusting to new routines, relationships, and environments while away from usual support systems can be challenging. Many students also struggle with the rigorous schedule that is inherent to SFS programs. The ways students manage stress, take care of themselves, or find joy may not be available while they are abroad. There may also be decreased communication with home, limited privacy and alone time, and infrequent or modified opportunities for exercise.

SFS is partnered with Morneau Shepell to provide students with access to free, mental health and wellness support by chat, phone, and video via WIFI. Students should download My Student Support Program (My SSP) in the app store or on the My SSP website. My SSP is a supplemental resource, and students should work with their mental health provider to create a primary support plan. Students with regular counseling should verify that their mental health provider is available while they are abroad.
When it comes to sexual health and wellness during the program, please consider:

• The ramifications that a short-term relationship may have on a small residential campus or within the local community.
• Access to protection, medication for sexually transmitted infections, and emergency contraception may not be available.
• The current dialogue and understanding of consent in the U.S. does not always apply in other cultures.
• If anyone feels subjected to sexual harassment, they should walk away from the situation that makes them uncomfortable without concern for being culturally inappropriate. They can report harassment or assault to any staff member.
• In the case of a sexual assault, SFS will make every effort to support students. This includes access to medical care, the option to report to local law enforcement, and identifying additional support 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.

It is a privilege to study in another country and be welcomed into their community. It is not our students’ place to change its culture or values. While students are learning about the country and its people, they will be ambassadors of their own country and culture. SFS campuses are permanent fixtures, and these communities are home to staff year-round. Behavior that is disrespectful, illegal, or contrary to cultural norms can degrade the relationship with the community and impede meaningful interactions.

LGBTQIA+

SFS is welcoming of all students at our centers. However, when traveling throughout the country, please be aware of the following:

• Laws and social customs may differ from one’s home country, and countries that criminalize same-sex partnerships may also use the law to criminalize gender identities or expressions.
• Cultural practices may not support freedom of expression and travelers may experience discrimination and harassment.
• Some cultural practices are based on traditional gender roles and expressions. As a result, those who do not identify as they physically present may sometimes be misgendered or misidentified.
• Some languages are gendered, resulting in a lack of terms that encompass non-binary and gender-neutral identities.
• Health services specific to transgender people may be limited or unavailable. Students may also be denied services in their affirmed gender while they are traveling abroad.
• It is not always possible to use preferred names or gender (visa paperwork, plane tickets, hotel reservations, and government sites). Gender X is not recognized worldwide, and students may need to provide binary sex information.
PREPARING FOR DEPARTURE
### Program Costs

The relationship SFS has with students’ schools will determine the billing process. Within a week of acceptance, students or their schools will be required to pay a non-refundable deposit to reserve the spot. Afterward, we will reach out to students or their schools to collect tuition payments. Up-to-date costs and refund policies can be found here.

Included in SFS program costs are program advising and orientations, tuition and research fees, airport transfers, housing, meals during program time, field excursions and cultural activities, emergency evacuation and 24/7 support, and official transcript processing.

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<table>
<thead>
<tr>
<th>BASIC COSTS (BILLED BY SFS)</th>
<th>SEMESTER</th>
<th>SUMMER 1</th>
<th>SUMMER 2</th>
<th>SUMMER 1 + 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuition</td>
<td>$22,600</td>
<td>$6,400</td>
<td>$6,400</td>
<td>$12,800</td>
</tr>
<tr>
<td>Room &amp; Board</td>
<td>$7,200</td>
<td>$2,550</td>
<td>$2,550</td>
<td>$5,100</td>
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<td>BASIC PROGRAM COST</td>
<td>$29,800</td>
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### ADDITIONAL COSTS (ESTIMATED, ACTUAL COSTS MAY VARY)

<table>
<thead>
<tr>
<th></th>
<th>SEMESTER</th>
<th>SUMMER 1</th>
<th>SUMMER 2</th>
<th>SUMMER 1 + 2</th>
</tr>
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<tbody>
<tr>
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<td>$1,000</td>
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<tr>
<td>Passport</td>
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<td>$200</td>
<td>$200</td>
<td>$200</td>
</tr>
<tr>
<td>Visa fees (if applicable)</td>
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<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Immunizations/Medications</td>
<td>$800</td>
<td>$800</td>
<td>$800</td>
<td>$800</td>
</tr>
<tr>
<td>Personal Expenses</td>
<td>$800</td>
<td>$400</td>
<td>$400</td>
<td>$800</td>
</tr>
<tr>
<td>Program Breaks</td>
<td>$1,100</td>
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<td>N/A</td>
<td>$600</td>
</tr>
</tbody>
</table>

ESTIMATED ADDITIONAL PROGRAM COSTS: $3,900 + $2,400 = $6,300

### TOTAL PROGRAM COSTS (BASIC + ADDITIONAL COSTS)

<table>
<thead>
<tr>
<th></th>
<th>SEMESTER</th>
<th>SUMMER 1</th>
<th>SUMMER 2</th>
<th>SUMMER 1 + 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESTIMATED TOTAL PROGRAM COST</td>
<td>$33,700</td>
<td>$11,350</td>
<td>$11,350</td>
<td>$21,300</td>
</tr>
</tbody>
</table>

SEE PAGE 17 FOR OPTIONAL SCUBA COSTS

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### Financial Aid

All students are encouraged to apply for SFS financial aid. Financial aid applications are reviewed on a rolling basis starting in February for summer programs, April for fall programs, and September for spring programs. Early submissions are welcomed. Students who submit an SFS financial aid application by the payment deadline will be considered for our full range of aid options. Learn more here.
Students are responsible for the cost of flights to and from their program.

Students will receive travel instructions at least 2 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 students are traveling before the program, they are responsible for meeting the group at the airport at the designated date and time. Additionally, SFS is not responsible for transporting or storing luggage before or after the program.

SFS is not responsible for reimbursing travel expenses for programs canceled 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 Approval Process

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. The review is not meant to exclude, but to inform and allow support systems to be put in place. No student may enter the field until medical approval is granted by SFS. More information.

Vaccinations & Medications

- **Required**
  - None

- **Recommended**
  - Centers for Disease Control, travel clinics, or medical providers can provide further recommendations.

Insurance

Students are required to buy health insurance. It is the student’s responsibility to ensure that their coverage is valid in their program country(s) for the full duration of their program and covers basic medical care, including non-urgent illness or injury, laboratory tests, and pharmaceutical needs. SFS does not provide company recommendations. Keep in mind:

- Most domestic health insurance plans do not provide comprehensive coverage for out-of-country medical expenses.
- Schools may provide international health insurance or have their own insurance requirements for studying abroad.
- Most insurance companies provide coverage on a reimbursable basis. Therefore, students need to bring an emergency credit card/debit card with at least $3,000 USD to pay for medical expenses and then request reimbursement later on.

Emergency Evacuation and Repatriation Insurance

All students are automatically enrolled in an emergency evacuation and repatriation insurance plan through American International Group, Inc. (AIG) for the duration of their program only. This plan covers the cost of transportation, accommodations, and medical care associated with medically or politically necessary evacuations (e.g., life-saving support during air evacuation). It includes up to $350,000 for emergency medical evacuation, $100,000 for emergency security evacuation, and $20,000 for repatriation of remains. The coverage provided 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.

Accommodating Disabilities

SFS works with students, schools, and physicians to determine required accommodations and whether they can be safely and reasonably maintained on program. We strive to meet students’ needs, but due to the remote nature of programs, there are varying levels of accessibility. Questions regarding physical and mental health accommodations or learning accommodations can be directed to the Office of Student Affairs and the Office of Academic Affairs respectively.
PACKING GUIDE

TURKS AND CAICOS
Luggage

SFS does not have policies regarding how much or what type of luggage students bring, so pack according to personal needs. Bring only what can be maneuvered oneself and check with all airlines for luggage restrictions and fees.

Culture & Climate

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 cannot be damaged!

A minimum of 3-inch seams are required for all shorts worn in town. Additionally, crop tops are not appropriate community wear. On certain occasions, SFS will require knees and shoulders to be covered.

Travelers with curls or hair that is damaged easily might consider packing extra products and practicing preventative care. Hair care products vary by region, so we recommended bringing preferred products in a quantity that will last for the entire program. Some items to consider are coconut oil, deep conditioner, leave-in conditioner, hair masks, clarifying shampoo, microfiber towel, swim cap, and/or wide headbands.

While packing, consider the impact of the products brought to the program, both the ingredients and packaging. Plastic can be difficult for waste management in remote environments. Think about bringing a reusable tote, metal straw, cloth napkins, etc. We also highly encourage biodegradable soaps, shampoos, and conditioners.
Required Packing

- **Pants** Lightweight blends that dry quickly. 2+ normal/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.
- **T-shirts and Tank tops** Keep them loose-fitting with no midriff exposed. Cotton not recommended.
- **Long-sleeved shirts** 2+ for fieldwork. Cotton not recommended.
- **Casual/nice clothes** for town.
- **Lightweight jacket**
- **Lightweight rain jacket with a hood or Poncho**
- **Underwear and Socks**
- **Pajamas** appropriate for shared spaces.
- **Swimsuit** 2+ sets. Alumni recommend more. Two pieces can be used only in combination with rash guard.
- **Sun hat and sunglasses** Hat should have brim, and it is recommended to use polarized sunglasses. Inexpensive is best since salt is corrosive.
- **Sneakers** or other casual shoes.
- **Sandals** with heel straps.
- **Flip flops** for showering.
- **One set of sheets and pillowcase** Twin size. A pillow will be provided at the center.
- **Sleeping bag or lightweight blanket**
- **Towels** 1 large shower towel, 1 face/hand towel, and 1 beach towel. Quick dry towels are best!
- **Personal fan** Can rent at the center for $5 with $15 deposit.
- **Biodegradable toiletries and Laundry detergent** Basic items can be purchased in town but plan to bring enough for at least a week. Dr. Bronners recommended.
- **Flash drives and/or External hard drive** At least 8 GB recommended.
- **Computer** that can open Microsoft Office documents offline and has a USB port.
- **Surge protector and Plug adaptors**
- **Wristwatch with extra batteries** Waterproof for snorkeling and SCUBA.
- **Headlamp or Flashlight with extra batteries**

- **Masks and COVID tests** Bring enough masks to last the duration of the program and home rapid tests.
- **Record of immunizations and Health history**
- **Personal first-aid kit** including Anti-itch creams, Neosporin, Bacitracin, Tylenol, Ibuprofen, Pepto Bismol, Band-Aids, Tape, Tweezers, Nail clippers, Antihistamines, Pro-biotics, Antidiarrheals, Vitamin C, Cold medicines, Hydration salts, etc.
- **Prescriptions** Overseas prescriptions are not always accepted. Bring adequate supplies of prescription medications to last the duration of the program alongside doctors’ prescriptions to avoid customs delays. Think about inhalers, allergy medication, contacts/glasses, etc.
- **Motion sickness medication/Dramamine/ginger chews**
- **Period care** Students can purchase pads in town, but they are costly. Tampons are uncommon to find. We encourage menstrual cups or environmentally friendly, biodegradable options.
- **Day pack** Suitable for taking gear into the field. 15-30L recommended.
- **Water bottles** 2 bottles with at least 1L capacity each.
- **Reef Safe Sunscreen** 2+ bottles. Recommend creams over sprays.
- **Insect Repellant** 1+ bottles.
- **Notebooks and Pens/Pencils** for 3 classes.
- **Underwater slate and Pencils** at least 6x6. Alumni recommend flat slates over the wrist model.
- **Mr. Clean Magic Erasers** 2+ to clean underwater slate.
- **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). Snorkel packs found at department stores will not be sufficient for field needs. ScubaPro, TUSA, Cressi, Mares, and Aqualung are reputable companies.
- **Snorkel** Full-sized adult snorkel. Snorkel packs found at department stores will not be sufficient for field needs.
- **Diving Booties or Wading/diving shoes** Hard or soft soled. Make sure they fit inside fins.
- **Full sized Fins and Replacement straps and clips** that fit over diving booties. Do not opt for “travel size”
- **Long-sleeved rash guard** 2+ to be used for all snorkel excursions.
The items with an * are included in SFS gear packages. Students who purchase the SFS gear package will need to transport their gear home with them at the end of their program.

- **Buoyancy Compensator Device/BCD*** Try on before purchasing to ensure a good fit. Consider connecting the BCD to a tank before trying it on. Stand sideways in front of a mirror and ensure there is no gap between shoulder blades and the BCD.
- **Weight belt*** If the BCD lacks integrated weight pockets, students must bring a weight belt. Weights are provided on-site.
- **Regulator*** equipped with First-stage, Primary second-stage, alternate second-stage/octo, BCD inflator hose, and pressure gauge.
- **Octo Retainer/octo holder*** Retains second stage regulator close to the body to prevent damage to the reef and equipment. Available for purchase at the center for $5 USD.
- **Dive Computer*** with at least 75% battery power that provides depth, time, and no-decompression limits.

Students who opt to purchase their own gear package will be expected to provide a receipt of purchase or gear servicing within one year of their program end date.

- **Backup battery and Extra O-ring for dive computer*** There will be no opportunities to repair a dive computer that fails. Students need to know how to change these themselves.
- **Console Retractor and Clips/carabiners** to attach gear and research equipment to the BCD. Stainless steel bolt snaps or double-ended gate clips work well. Console Retractors available for purchase at the center for $15 USD and clips/carabiners for $7 USD.
- **Save-A-Dive Kit** Ask the dive shop to put one of these together. This should include extra mouthpieces, extra flashlight batteries, extra fin straps, and extra mask straps.
- **Divers Alert Network (DAN) Insurance** Regular membership and at least DAN Master Plan coverage. SFS sponsor number: 030697. [Register here](#).

### Optional SCUBA Costs

<table>
<thead>
<tr>
<th></th>
<th>Semester</th>
<th>Summer 1</th>
<th>Summer 2</th>
<th>Summer 1 + 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>PADI Open Water Certification</td>
<td>$550</td>
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<td>N/A</td>
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<tr>
<td>PADI Advanced Open Water Certification</td>
<td>$250</td>
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</tr>
<tr>
<td>SCUBA Gear</td>
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</tr>
<tr>
<td>DAN Insurance</td>
<td>$75</td>
<td>$75</td>
<td>$75</td>
<td>$75</td>
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<tr>
<td>ESTIMATED OPTIONAL SCUBA COSTS</td>
<td>$1,875</td>
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<td>$1,325</td>
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### Total Program Costs with SCUBA (Basic + Additional + SCUBA Costs)

<table>
<thead>
<tr>
<th></th>
<th>Estimated Total Program Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESTIMATED TOTAL PROGRAM COST</td>
<td>$35,575</td>
</tr>
<tr>
<td>SUMMER 1</td>
<td>$12,975</td>
</tr>
<tr>
<td>SUMMER 2</td>
<td>$12,675</td>
</tr>
<tr>
<td>SUMMER 1 + 2</td>
<td>$23,175</td>
</tr>
</tbody>
</table>
Optional Packing

- **Purse/tote bag** for town.
- **Small clothing repair kit**
- **Bandana, buff, or scarf**
- **Something white** to tie dye.
- **Laundry bag**
- **Neoprene mask strap cover**
- **Additional swimwear** such as swim leggings, wetsuits, or dive skins (1-3mm).
- **Pocketknife and/or diving knife** Checked luggage only.
- **Underwater flashlight** for optional night dives/snorkels. Cannot participate without it.
- **Neon swim cap** for optional long-distance swims.
- **Dry bags or sturdy plastic bags** Gallon-sized Ziploc bags work well.
- **Hammock**
- **Tupperware and travel mugs** for packing snacks.
- **Items to donate to the community** School supplies, books, boardgames, and sporting equipment.
- **Swimmer’s ear drops and eye drops** Highly recommended.
- **Hair oil and/or detangling conditioner**
- **Tiger balm and/or Lotion/Aloe vera**
- **Earplugs and Eye mask**
- **Baby wipes and Hand sanitizer** Can purchase in town.
- **Journal, Games, Movies, Books, and Crafts**
- **Fishing pole** license is $30 for 30 days. No spear guns.
- **Snacks, Drink powders, and Dietary supplements**
- **Reading lamp**
- **Camera**
- **Headphones and/or Bluetooth speaker** Noise canceling recommended.
- **Waterproof cases for electronics and silicone packets** (or some water-absorbing equivalent).
- **Binoculars** Preferably 8 x 40 but anything in the 6 x 30 to 10 x 40 range is fine.
- **Extra batteries and External battery packs**
- **Long charging cable**
- **Purse/tote bag** for town.
- **Small clothing repair kit**
- **Bandana, buff, or scarf**
- **Something white** to tie dye.
- **Laundry bag**
- **Neoprene mask strap cover**
- **Additional swimwear** such as swim leggings, wetsuits, or dive skins (1-3mm).
- **Pocketknife and/or diving knife** Checked luggage only.
- **Underwater flashlight** for optional night dives/snorkels. Cannot participate without it.
- **Neon swim cap** for optional long-distance swims.
- **Dry bags or sturdy plastic bags** Gallon-sized Ziploc bags work well.
- **Hammock**
- **Tupperware and travel mugs** for packing snacks.
- **Items to donate to the community** School supplies, books, boardgames, and sporting equipment.
- **Swimmer’s ear drops and eye drops** Highly recommended.
- **Hair oil and/or detangling conditioner**
- **Tiger balm and/or Lotion/Aloe vera**
- **Earplugs and Eye mask**
- **Baby wipes and Hand sanitizer** Can purchase in town.
- **Journal, Games, Movies, Books, and Crafts**
- **Fishing pole** license is $30 for 30 days. No spear guns.
- **Snacks, Drink powders, and Dietary supplements**
- **Reading lamp**
- **Camera**
- **Headphones and/or Bluetooth speaker** Noise canceling recommended.
- **Waterproof cases for electronics and silicone packets** (or some water-absorbing equivalent).
- **Binoculars** Preferably 8 x 40 but anything in the 6 x 30 to 10 x 40 range is fine.
- **Extra batteries and External battery packs**
- **Long charging cable**

Contact Us

**Keep up with SFS** Follow us on Instagram @theSFS/@the_SFS_tci, read news from the field, and find the full list of the SFS team bios here!

**Questions about billing?** Billing@fieldstudies.org
Deposit payments, invoices, billing deadlines, financial aid packages, and loan paperwork.

**Questions about health and safety?** StudentLife@fieldstudies.org
Medical paperwork, Immunizations, managing medical conditions on program, and dietary needs and preferences.

**Questions about academics?** Academics@fieldstudies.org
Learning accommodations, syllabi, and directed research.

**Questions about admissions or enrollment?** Admissions@fieldstudies.org
Which program is the best fit, application materials, and travel and visa logistics.