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## **Packing list for Students at the Shoals Marine Laboratory on Appledore Island, Maine**

The Shoals Marine Laboratory (SML) is located on an isolated island. Everyone and everything arrives and departs by boat. Our island community is responsible for handling and recycling all forms of waste and trash, and we ask all participants to “pack it in, pack it out.” You are required to depart SML with all of the personal items that you brought with you; including, but not limited to, footwear, clothing, all toiletries, and all containers of any kind, even if empty. If you are flying, check: <http://www.tsa.gov/> for air travel instructions and restrictions.

### **GENERAL PACKING INSTRUCTIONS:**

- Buildings on Appledore Island are not heated; pack warm clothes for inside and outside.
- Laundry facilities (washer/dryer) are not provided for participants (see next page).
- Your luggage and gear will be going from a dock on the mainland to a Shoals vessel, off the vessel and up a hill to a truck, then to your dorm. Luggage and gear will be handled by you, your fellow participants, and Shoals staff several times. Please pack your belongings carefully. If you are, for any reason, unable to participate in the movement of luggage and gear during the trip, please let a staff member know upon arrival (don't worry, there will be other tasks that you can help with).
- ORGANIZE your gear in advance. Packing a few smaller, lighter bags rather than one heavy trunk or giant duffel bag is suggested. Extra-large rolling suitcases are not recommended.
- WATERPROOF your gear for transit on our vessel. Any items that absolutely cannot get wet should be placed in plastic bags (Ziploc, etc.). SML cannot guarantee that your gear will remain dry in transit.
- LABEL each of your bags/luggage clearly on the outside with your NAME (first & last).
- Bring a DAY BACKPACK or small bag to keep with you during the trip to the island. All other gear will be stowed below deck on the vessel and will be inaccessible during the trip. Be prepared for sudden weather changes by packing appropriate clothing (e.g., a rain jacket, hat), sunglasses, sunscreen. Also keep delicate items such as laptops, cameras, and binoculars in your day backpack.
- If you are prone to MOTION SICKNESS, take non-drowsy, anti-sea sickness medication (e.g. Bonine) about 1 hour prior to the trip.

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### **WHAT TO BRING:**

- **Linens**
  - A set of sheets (flat & fitted) for a twin bed + a pillowcase, towels and a washcloth
  - SML provides 1 pillow and 2 blankets for all students
  - Students may wish to bring a sleeping bag or additional blanket(s), especially in May and June.
- **Foul weather gear**
  - Sturdy, waterproof jacket with hood
  - Rain pants or any type of waterproof pants
- **Footwear**
  - Sneakers or light hiking boots for general use
  - Waterproof boots (especially in May and early June)
  - Water shoes or extra sneakers for wading in the intertidal (these will get wet), e.g. Chacos, Keens
  - Flip-flops for showers (flip-flops and sandals are not appropriate for walking around the island)

### **STUDENT PACKING LIST CONTINUED...**

- **Clothing** (plan to dress casually, comfortably, and in layers)
  - Fleece jackets, hoodies, sweaters (May & early June are typically colder than late June-August)
  - Long pants and shorts, including sweats and/or pajamas for dorms

- T-shirts, socks, and undergarments
- Bathing suit and a beach towel (for late June, July and August programs)
- Ball cap or any type of hat for sun protection, and sunglasses

• **General**

- Toiletries (tooth brush, tooth paste, shampoo, soap, etc.)
  - o Please try to bring and use biodegradable shampoos and soaps, *not* antibacterial.
- Prescription medication(s), epi-pen, etc.
- Flashlight or headlamp with batteries
- Reusable water bottle
- Sunscreen

• **Suggested extra items for May and early June programs**

- Fleece or wool hat, and gloves or mittens
- Sleeping bag

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**RECOMMENDED PACKING LIST:**

• **Course materials**

- Writing paper, notebooks, pens, pencils (also available in The Appledore Store)
- Laptop computer (SML has two desktop computers available in the island library)
- Cables, chargers, adapters for laptops, tablets, and phone
- Digital camera (with all adapters, memory cards and chargers)
- Binoculars
- USB memory stick
- Underwater Research students must bring the dive gear listed on [the UWR course page](#).

• **Other**

- Mask, fins, snorkel, wetsuit if you own them. SML has a limited number of snorkel sets to borrow.
- Insect repellent
- Alarm clock equivalent
- Shower caddy (shower facilities are located in Kiggins Commons, not in the dorms)

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

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

**Regarding mail and packages**

- For USPS mail (letters): Your Name, PO Box 88, Portsmouth, NH 03802
- For UPS or FedEx mail (packages): Your Name, Shoals Marine Lab, Judd Gregg Marine Research Complex, 29 Wentworth Road, New Castle, NH 03854

**Regarding free time and time between courses**

- Students enrolled in consecutive courses and/or work-study for > 2 consecutive weeks may go ashore to do laundry in Portsmouth (Portsmouth Laundry: [www.portsmouthlaundry.com](http://www.portsmouthlaundry.com)).

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



## Marine Immersion

### More information about what to bring (or not)

this document is a supplement to SML's official packing list, available online at [http://www.shoalsmarinelaboratory.org/sites/shoalsmarinelaboratory.org/files/media/pdf/VisitorForms/ada\\_student\\_packing\\_list.pdf](http://www.shoalsmarinelaboratory.org/sites/shoalsmarinelaboratory.org/files/media/pdf/VisitorForms/ada_student_packing_list.pdf)

**Packing note:** Every single piece of luggage will be handled several times en route to the island, so it's much better to pack several small bags than one huge one. Don't pack anything over 50 lbs. Please avoid enormous suitcases or trailer-sized duffle bags.

Books, notebooks: There is no textbook for this class (whew). There are reference books on the island, and you can buy a field guide from the Appledore Store if you want your own. We will provide a field notebook for each student.

Please bring paper, writing implements, and any other equipment you need to take notes – including outdoors! You can use your field notebook for lecture notes if you wish.

Computers: If you have a laptop, bring it. If you don't have one, you can use the SML computer lab on the island, or rent one for the week. If you are planning to get a new computer for the start of your college career, this would be a great time to set it up and get used to using it.

If you have a digital camera, bring it (also spare batteries). If you don't, don't worry about it. If it's part of your cell phone that's fine, though note that during most of the week class policy requires that you leave your phone in your dorm room.

What to have in your daypack on board the boat the day you head out to the island: Depending on the tides, we may head straight out into the field as soon as we get to the island, so be prepared. Major luggage will be stowed below decks, and inaccessible during the trip. Please make sure you have in your daypack (or are wearing):

**windbreaker/rain gear, sweatshirt, hat, sunblock, sunglasses**

**snack, water bottle** (if you use **seasick meds** such as non-drowsy Bonine, take an hour ahead of time)

**footwear for intertidal field work – wear or have accessible on the boat!**

**FOOTWEAR:** we will be climbing around rocky, slippery, wet areas that require rugged, closed-toed shoes that are either waterproof, or designed to get wet. Closed Tevas, Keens, or other water shoes are good; some of us prefer sturdy rubber boots with good treads. *Sandal-style Tevas, crocs, "five-finger" shoes, or flip-flops are not okay for intertidal work*, though you might want them for classroom wear. *Dive boots are not recommended* (too flimsy).

*(continued on next page)*



Things that are nice, but not essential, to have on the island (ones marked \* can be purchased in the Appledore Store):

binoculars  
hand lens\*  
calculator  
field guides, especially K.L. Gosner's *Field Guide to the Atlantic Seashore* (one of the Peterson's Field Guide series)\*  
facemask and snorkel – if you have them; there are some spares on the island. There may be one (optional) snorkeling opportunity during the week. There is no scuba diving during Marine Immersion.

A few things on the official SML list that you will probably **NOT** need during Marine Immersion:

dissecting kit (we'll use tools already in the lab)\*  
mittens  
sleeping bag (SML provides blankets; bring your own sheets & pillowcase)  
wet suit

Please **don't** bring any extra trash or packaging – you'll just have to haul it all off the island again (the island has a carry-in/carry-out rule). Unwrap or repackage personal items to minimize what you throw away on Appledore: there really isn't any "away."



## Transportation to and from Marine Immersion - details

The Shoals Marine Lab provides extensive and detailed travel information via their web site <http://www.shoalsmarinelaboratory.org/getting-shoals-adult-and-family-programs> (you may wish to print some of it out and bring along with you for reference). The information provided in this document is specific to Marine Immersion, and supplements the general instructions for SML.

**PARKING AND DROP-OFF:** There is no parking at the dock, though you can pull in for a few minutes. If someone is dropping you off, they should bring you and your luggage directly to the dock, and then they can go park at a nearby meter or in the municipal garage if they want to come back to the dock to see you off. Similarly, at the end of the week, they can park nearby and then stroll down to the dock to meet you. There are plenty of nearby parking options explained here: <http://parkportsmouth.com>.

If you are planning to drive yourself and park your car for the week, you'll want to leave it at the nearby Pease Regional Transportation Center/NH Rideshare lot <http://www.nh.gov/dot/programs/rideshare/lots/portsmouth-transit-center.htm>. Parking here is convenient, safe, and free! However, you will need to call a cab to get from Pease to the dock (Great Bay Taxi: (603) 326-8294; Market Square Taxi: (603) 205-1788; Annie's Taxi: (603) 531-9955). To save money (and get a head start meeting your classmates), you might want to share a cab with someone else who is arriving at Pease: you'll have everyone's email ahead of time so you can coordinate.

**LONG-DISTANCE TRAVEL:** There's lots of information about plane, bus, train, etc. here: <http://www.shoalsmarinelaboratory.org/getting-shoals-adult-and-family-programs>. If you are traveling a long distance (e.g. from California, or internationally) and won't be returning home before you move into your UNH dorm, ***please let me know ASAP*** so I can work with move-in staff to figure out a way for you to move your stuff to campus (maybe even into your dorm room) early. I can't guarantee this, but I will do my best.

