

I - Suggested Packing List

Please pack according to the duration of your stay. There is a list below of items you should bring and feel free to add to this list. Depending on the time of the year and focus of your course, some items listed below may be inappropriate.

- Water bottle
- Sunscreen (30 or better)
- Hat/sunglasses
- Bug spray
- Bedding (twin sheet set) (a blanket or sleeping bag for winter months)
- Alarm clock (Optional)
- Sports Watch
- Pens, Pencils, Notebook(s)
- Mask, Fins, Snorkel
- T-shirts
- Long-sleeve T-shirt (for bug protection)
- Shorts
- Sweatshirt or Fleece
- Pants or jeans (for bug protection)
- Exercise clothes (shorts and t-shirt)
- Conservative clothing for dining hall(**NO STRAPLESS, SPAGHETTI OR TANKS**)
- Socks
- Swimsuit (**NO STRING BIKINIS**)
- Sneakers (able to run in them)
- Flip-flops
- Water-friendly sandals that strap on tightly (Teva or Watersocks)
- Towel
- Toiletries
- Personal medication (please let your instructors know)
- Bug Bite Soothing Cream (Hydrocortisone)
- Rain gear (Optional)
- Flash light or Headlamp
- Camera
- Batteries (Optional)

There is a school store that sells swimming shorts, T-shirts, polo shirts, hats, and such necessities as soap, sunscreen, and school supplies. There may be minimal opportunity for souvenir shopping so bringing large amounts of cash is therefore unnecessary and unwise.

We do not encourage excessive electronics and we do not support hairdryers (our campus is fully solar powered) or other large loads. We also discourage bottles of soap and shampoo as we provide a biodegradable choice here that is consistent with our systems on campus. If there is a question about something you should bring, please ask. The airlines allow only limited weight (50-60lbs), so please pack accordingly.