



# The Island School

## SEMESTER & SUMMER TERM

### Dress Code & School Uniform

*Our Dress Code reflects our cultural, professional and academic setting. Please help us by abiding by these guidelines and showing respect for our community.*

**Uniform:** Following the lead of our host country, The Island School has a **school uniform**. The Island School shirt or polo (excluding IS athletic shirts) and solid khaki, navy, or black shorts (conservative length, 5" inseam or longer) or pants (no jean shorts, rips, or tears). For colder weather, jeans or pants free of rips or tears are acceptable.

**Field Uniform:** For SCUBA, field work, and expeditions (such as kayak) students are required to wear an Island School rashguard with black, navy, or Island School board shorts/athletic shorts.

**Athletic/Swim Uniform:** Athletic shorts, or bathing suit (one piece or two piece) for swimming or athletic compression shorts / spandex, full coverage bottoms and supportive athletic tops required.

**Dress Code:** When not in school uniform, casual attire is permitted as are most clothes. *We provide reasonable rules and procedures for daily dress outside of the academic school day/week as follows:*

- *No torn or ripped clothing.*
- *No clothing with inappropriate language or symbols (including vulgar, bigoted, belittling, or exclusionary language or imagery, or the promotion of tobacco, alcohol, or other drugs).*
- *Clothing must not expose midriffs, undergarments or buttocks, have open sides or be transparent/shear.*
- *Shirts must be worn except at the beach, in the water or when exercising.*
- *Footwear must be worn at all times (except on the beach, in dorms, on boats, or in the water).*
- *Students should plan on bringing casual but respectful clothing.*

#### **Clarifications:**

**Meals:** Uniform (Mon-Sat), dress code (Sun)

**Class Time:** Uniform

**Research or Fieldwork:** Field uniform, hat, sunglasses, and appropriate footwear. Your research advisor will inform you of the appropriate clothing for your specific research class once you are here.

**Athletics/Swim Uniform:** Morning Exercise, Expeditions

**Dorms:** Dress code

**Study Hours:** Dress code

**Community Outreach or special events:** Uniform, specifically an Island School polo shirt, and longer conservative skirts, shorts, or pants.

**Downtime:** Whenever students are outside of the dorm, they must always be wearing shorts/pants, and shirts unless swimming or participating in AMX.

*\*Note: Dress codes vary by program. The dress code outlined above pertains to Island School Semester and Summer Term students.*

## Summer Term Packing List

This checklist is our strong suggestion of quantities you will need for your stay. Keeping your bag **limited to one duffel** (we do not recommend suitcases with wheels, please check your airline policies as most limit bag weight to 50lbs) and a carry on is very important for travel and storage purposes in the dormitories. It is also important to note that **students will have the opportunity to send their laundry out once a week**. Finally, though you can buy some items in the school store, we recommend that you buy what you need ahead of time, and use the school store as a backup resource.

Please note, we do have a limited supply of donated items from previous students here on campus; please reach out if you would like to explore this option as you work through the packing list.

Before you come down to The Island School, we highly recommend labeling all your clothes with a permanent marker.

### Toiletries

Our artificial wetland that processes wastewater on campus is extremely sensitive to the chemicals in most bath products. With this in mind, when choosing your bath products (shampoo, conditioner, body wash, etc.) please choose responsibly and sustainably. We ask that you do NOT bring any product containing microbeads.

- 1 Shampoo ~12 oz
- 1 Conditioner ~12 oz
- 1 Body wash/bar of soap ~12 oz
- 1 Sunscreen ~12 oz SPF 30+ and Reef Safe if possible (we do not recommend spray)
- 2 SPF 15+ lip balm/chapstick
- 1 Toothpaste ~6 oz
- Bug spray

### Uniform (Classroom and Field)

- 3-4 IS T-shirts \*Please note, the IS athletics shirts are not uniform appropriate
- 2 IS Polo
- 3 Solid khaki/navy shorts (5" inseam or longer/no patterns)
- 1 Belt
- 2 Casual footwear (flip-flops, sandals, etc.) \*Please note, flimsy flip-flops do not last long when worn frequently across campus
- 1 Long-sleeve rash guard\*\*
- 1 Synthetic, long sleeve shirt (IS Athletics or Sun shirt is great for this)\*\*
- 1 pair Board shorts or black/navy running shorts for diving and field work\*\*

\*\* Available in The Island School store. IS brand not mandatory.

### **Workout Clothes**

- 1 Black/navy athletic bathing suit \*Please refer to dress code for additional details)
- 1 Running shoes
- 1 Closed-toe footwear that you can run in and that can get wet/dirty (old sneakers work great)
- 3-4 Black/navy athletic shorts (running or compression shorts) - We recommend having both depending on activity.
- 5 Black/navy sports bras
- 3 Athletic shorts
- 5 Athletic socks
- 1 Swim goggles/swim mask (no nose cover)

### **Other Clothes**

- 2 Casual shorts to be worn on free time (conservative length)
- 1 Pairs jeans/pants (no excessive holes/tears)
- 3-4 Tidy and appropriate t-shirts (no excessive graphics)
- 2 Button down or blouse
- 2 Modestly cut knee-length dress or skirt (no spaghetti straps or cutouts)
- 1 Sweatpants
- 1 Cardigan sweater
- Enough underwear to last **10 days**
- Hawaiian shirt, worn every Tuesday! (optional)
- 7 Reusable face masks

### **Outdoor Clothing & Gear**

- 1 Light polyester/cotton mix pant or synthetic leggings
- 1 Hooded sweatshirt or fleece pullover
- 1 Rain jacket
- 1 Knee-high socks
- 1 Long-sleeve rash guard
- 1 Synthetic, long sleeve shirt (IS Athletics shirt is great for this)
- 1 Headlamp & extra batteries
- 1 Bike helmet
- 1 Bowl & utensils
- 1 Leatherman-style multi-tool (pliers are great to have)
- 1 Lightweight sleeping bag
- 2-3 Water bottles
- 1-2 Hats (We recommend bringing both a baseball and a wide-brimmed hat)
- 1-2 Bandanas/buffs
- 2 Sunglasses (Sunglasses are very important in The Bahamas; however, they are also easily lost or broken, please take this into consideration when packing)
- 1 No-see-um/Mosquito bed net (e.g. stansport double mosquito net)
- 1 Versatile camping shoes (i.e Texas, Chacos, Keens, your "run-swim" shoes)

## **SCUBA Gear**

- 1 Dive mask, snorkel & fins set
- 1 Mesh gear bag (important for keeping your gear separate for risk management)
- 1 Wetsuit (3mm, full or shortie as a preference) \*Please note, this is optional as the summer months are warm enough for just a rash guard

## **School Supplies**

- 1 Laptop \*If you do not have access to a laptop to bring with you, please reach out before the start of the Term
- 1 External hard-drive or flash drive (we highly recommend an external hard drive with 4GB+ memory)
- 1 Three-subject notebook
- Pens/pencils
- 1 Backpack
- 1 Spare batteries as needed

## **Personal Items**

All medications (including PRN/over the counter) will be stored and administered by our Medical Team. Please be sure to come down with the necessary amounts for all medications for the entire course of the Semester (do not plan to refill anything during the term).

- 1 Waterproof digital watch (at least 50m depth, essential for day-to-day and dive training)
- 1 Spare watch (cheap, for backup)
- 2 Towels (1 bath, 1 beach)
- 1 Laundry bag with drawstring (clearly labeled)
- 2 Sets of standard, twin size bed sheets, including 2 pillowcases

Alumni have shared that make-up products are not a necessary part of our Summer Term. If you choose to bring make-up products, please bring only a small amount as you'll be packing out what you pack in!

## **Optional Items**

- 1 Sarong
- 1 Stadium Chair (e.g. Crazy Creek)
- 1 Sleeping pad for expeditions
- 1 Lufa (e.g. ecopouf sponge)
- Envelopes & stamps (US postage)
- 1 Digital camera or GoPro (strongly recommended, point and shoot is the most versatile)
- 1 Bugnet hammock (for use on expedition trips)
- 1 Bugnet Pants (no-see-um proof are recommended)
- Crocs
- Music playing device that does not require internet connection (e.g. iPod, mp3/compact player)