



## Visitor Dress Code & Packing List

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

**Academic Uniform:** Following the lead and requirements of our host country, The Island School has a school uniform: an Island School shirt or polo (excluding IS athletic shirts) and solid khaki, navy, or black shorts (modest length) or pants (no jean shorts, athletic shorts, rips, tears, or cut-offs). For colder weather, jeans or pants free of rips or tears are acceptable.

**Field Uniform:** For scuba, fieldwork, and expeditions (such as kayak), students are required to wear a rashguard with black, navy, or Island School board shorts/athletic shorts. IS athletic shirts are acceptable.

**Exercise Uniform:** Athletic/board shorts or bathing suit (one-piece or two-piece with sports bra-style top) for swimming activities. Athletic compression shorts/spandex (full coverage bottoms) and supportive athletic tops are required for all other exercises. IS athletic shirts are acceptable.

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

- 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. No cut-outs, open backs, or transparent/shear materials. No spaghetti straps (two-finger width or more), strapless tops, or shirts that reveal underarm hair.
- Shirts must be worn on campus at all times 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).

## Visitor Packing List

Please pack accordingly for the duration of your stay. Depending on the time of year and the nature of your visit, some items may not be necessary. *We highly recommend labeling all your items 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 and opt for biodegradable, eco-friendly, and plant-based where possible.

- Shampoo, conditioner & bodywash (please note, visitors staying in CEI Dorms are provided with these items i.e. Visiting Programs groups).
- Toothpaste
- Personal hygiene items: toothbrush, deodorant, feminine products
- Sunscreen SPF 30+ and Reef Safe if possible (we do not recommend spray)
- Bug spray (non-DEET, oil-based products recommended)
- Personal medication (please let campus leaders know)

### Clothing & Gear

- Dress code-appropriate T-shirts
- Casual Shorts (modest length)
- Exercise clothes (running or compression shorts, t-shirts)
- Tennis/running shoes
- Long pants and sleeves for bug and sun protection
- Swimsuits (board shorts and athletic-style one-piece or two-piece with sports bra-style top, full-coverage bathing suit bottoms or spandex shorts are all acceptable)
- Long-sleeve rash guards or long-sleeve sun shirt (IS Athletics or sun shirt is great for this, opt for a quick-dry material)\*\*
- Rain jacket
- Water bottle
- Mask, fins & snorkel (If you wear prescription glasses it is highly recommended that you have contacts or a prescription mask for snorkeling or diving).
  - Fins should be standard dive fins, about 25 inches in length. Please do not bring freediving fins
- Hat (We recommend bringing both a baseball and a wide-brimmed hat)

- Sunglasses (Sunglasses are very important in The Bahamas; however, they are also easily lost or broken, please consider this when packing)
- Water shoes (something with a hard sole)
  - Closed-toe footwear that you can run in and get wet/dirty (old sneakers work great)
- Casual footwear (flip-flops, sandals, Crocs, lightweight slip-on style shoes, etc.) \*Please note, flimsy flip-flops do not last long when worn frequently across campus
- Headlamp/flashlight (must have if going to the caves)

\*\*Available in The Island School store on campus and online. Island School brand is **not** mandatory.

### **Personal Items**

- 2 towels (1 bath, 1 beach) \*Sarong or quick-dry/microfiber towel works great
  - Recommendation: many students prefer a towel poncho in place of a standard beach towel
- Set of standard, twin-size bed sheets, including a pillowcase. Blanket is recommended for the winter months \*Pillows are provided
- Pen/pencil
- Notebook
- Water-resistant digital watch (resistant to a minimum 18m, 100m recommended) \*This does **not** need to be a dive watch and is essential for day-to-day and dive training

### **Optional Items**

- Laptop
- Camera/GoPro

Please do not bring snacks to campus. All snacks will be provided throughout the duration of your program.

Please consider unplugging for the week. In an effort to immerse yourself in the program and to conserve energy, the use of personal electronic devices is discouraged. Our campus is powered by solar and wind energy.

We recommend biodegradable or all-natural soaps/shampoos/sunscreen to support our campus' waste management systems and sustainability initiatives. Please also check your plastic bottles/containers to ensure they have plastic recycling codes 1, 2, or 5. These codes are normally found in a triangle at the bottom of the bottle/container.