



The Island School

Semester 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 kayaking), students are required to wear a rashguard with 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/sheer materials. No spaghetti straps (two-finger width or more), strapless tops, or cutoff shirts.
- 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).

Clarifications

- Meals: Uniform (Mon-Sat), dress code (Sun)
- Class Time: Uniform
- Research or Fieldwork: Field uniform, hat, sunglasses, and appropriate footwear. A research advisor will inform you of any other items necessary for that specific field type.

- Athletics/Swim Uniform: Morning exercise, expeditions
- Dorms: Dress code
- Study Hours: Dress code
- Community Outreach or Special Events: Uniform
- Downtime: Whenever students are outside of the dorm, they must always be wearing shorts/pants and shirts unless swimming or participating in AMX.

Packing List

This checklist is our strong suggestion of the quantities you will need for your stay. Keeping your bags limited to two duffel bags (we do not recommend hard-top suitcases, 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. Please 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. ***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.

- 1 Shampoo ~12 oz
- 1 Conditioner ~12 oz
- 1 Body wash/bar of soap ~12 oz
- 1 Toothpaste ~6 oz
- Personal hygiene items: toothbrush, deodorant, feminine products (please bring what you know works well for you)
- 2 Sunscreen ~12 oz SPF 30+ and Reef Safe if possible (we do not recommend spray)
- 2 SPF 15+ lip balm/chapstick
- Bug spray (non-DEET, oil-based products recommended)

Classroom & Field Uniform

- 5-6 IS T-shirts *Please note, the IS athletics shirts are not uniform-appropriate
- 1-2 IS Polos
- 5 Solid khaki/navy shorts (modest length, non-athletic)
- 1 Belt (optional)
- 1 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

- 2-4 Long-sleeve rash guards or long-sleeve sun shirt (IS Athletics or sun shirt is great for this, opt for a quick-dry material)**
- 1 Pair Board shorts or running shorts for diving and fieldwork**

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

Athletic Uniform

Please note that white is not an acceptable color for bathing suits, shorts, or sports bras.

- 2 Athletic bathing suits (**athletic-style one-piece or two-piece with sports bra-style top, full-coverage bathing suit bottoms, or spandex shorts, and board shorts are all acceptable**)
- 1 Running shoes
- 1 Closed-toe footwear that you can run in and get wet/dirty (old sneakers work great)
- 5-6 Athletic shorts (running or compression shorts) *Both recommended depending on activity
- 5-6 Black/navy sports bras (if appropriate)
- 5 Athletic socks
- 1-2 Swim goggles/swim mask (no nose cover)

Other Clothes (suggested)

- Water shoes (highly recommended for entry/exit at rocky shorelines)
- 4 Casual shorts to be worn during free time (modest length)
- 2 Pairs of jeans/pants (no holes/tears). Lightweight, flowy pants are ideal for bug protection
- 6 Dress code-appropriate t-shirts
- 2 Lightweight button-downs or tops
- 2 Knee-length dresses or skirts (optional, no open back or midriff cutouts)
- 1 Sweatpants
- 1 Sweater (optional, lightweight cardigan as a warm layer following dress code)
- Enough underwear to last 15 days
- Tropical shirt, worn every Tuesday! (optional)

Outdoor Clothing & Gear

- 1 Long lightweight/quick-dry camping pants (leggings are not suitable for bug protection)
- 1-2 Hooded sweatshirt or fleece pullover
- 1 Rain jacket
- 1 Knee-high socks

- 1 Headlamp & extra batteries
- 1 Spork
- 1 Lightweight sleeping bag
- 2 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 consider this when packing)
- 1 Carabiner that can hook to your water bottle (optional, does not need to be expensive or hefty)

Scuba Gear

- 1 Dive mask, snorkel, and fins (If you wear prescription glasses, it is highly recommended that you have contacts or a prescription mask for diving).
 - Fins should be standard dive fins, about 25 inches in length. Please do not bring freediving fins
- 1 Mesh gear bag (important for keeping your gear separate for risk management)
- 1 Wetsuit (optional, 3mm full or shortie as a preference) *Please note, this is optional, and some students choose to wear a rash guard.

School Supplies

- 1 External hard drive or flash drive (we recommend an external hard drive with 4GB+)
- 2 Notebooks
 - 1 Five-subject
 - 1 Assignment
- 2 Standard pocket folders
- 10 Pens (can be assorted colors, eco brand preferred)
- 5 Pencils (standard or mechanical, eco brand preferred)
- 1 Backpack (used daily to carry school supplies)

The School will provide Chromebooks to complete computer-based academic work when needed. **Please do not bring a personal computer.

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 of all medications for the entire course of the term** (do not plan to refill anything during the term). If you are unable to fill your student's prescription for the full duration, please contact the Enrollment Team to discuss an alternative course of action.

- 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
- 1 Spare watch (cheap, for backup)
- 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
- 2 Washcloths; *the use of a loofah is not permitted
- For individuals with textured hair, we recommend arriving with fresh braids or another protective style.
 - Other recommendations: a leave-in conditioner, detangler, and a wide-toothed comb or detangling brush.
 - For students with textured hair, braiding and grooming services can be arranged throughout the term.
- Grooming: Students are permitted to have razors for personal grooming and hair care.
- 1 Laundry bag with drawstring (clearly labeled)
- 2 Sets of standard, twin-size bed sheets, including 2 pillowcases. *Pillows are provided
- Electrolyte tablets/packets (e.g. Nuun, LMNT, Pedialyte Sport) (optional)
- Topical itch cream (e.g., Topical Benadryl, Hydrocortisone) (optional)
- \$200-\$300 Cash (recommended for store purchases, Down Island Trips, and travel)

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

Additional Optional Items

- 1 Warm hat/beanie
- 1 Bike helmet (encouraged when possible)
- 1 Stadium Chair (e.g., Crazy Creek)
- Envelopes & stamps (US postage if mailing to a US address)
- 1 Digital camera or GoPro (strongly recommended, point-and-shoot is most versatile)
- 1 Bugnet Pants (no-see-um proof is recommended)
- 1 Hanging No-See-Um/Mosquito net ([see example](#)); these are supplied by Island School for camping
- Music-playing device that does not have wifi capabilities (e.g. mp3/compact player)
- Collapsible storage cubes (for organization in dorms)
- Ear Plugs & Sleeping Eye Mask
- 1 Swim cap
- Art supplies (string for making bracelets, instruments, watercolor paints, colored pencils, etc.)
- Foldable or lightweight inflatable sleeping pad for camping