



## **GENERAL PACKING INSTRUCTIONS AND LISTS FOR ALL PARTICIPANTS attending the Shoals Marine Laboratory on Appledore Island, Maine.**

**GENERAL PACKING INSTRUCTIONS:** Remember! Shoals Marine Laboratory is located on an ISLAND!! Everyone travels to Shoals Marine Laboratory on Appledore by BOAT—it's the only way to get there.

*Please read the information below carefully and pack according to our simple instructions. If you are FLYING, check: <http://www.tsa.gov/> for instructions about restrictions for air travel in the USA.*

- Your belongings will be going from a dock on the mainland to a boat, off a boat at Appledore Island to another dock, then up a hill to a truck, then from a truck to a dorm— packs, duffels and luggage will be handled by you and your fellow students, and the SML staff SEVERAL TIMES. This means that HOW you pack your belongings is VERY important.
- WATERPROOF your belongings by packing them in plastic bags. Pack these bags INSIDE your duffel or backpack. Please don't wrap a plastic bag outside your luggage; a bag outside your luggage can get ripped, and is hard to handle; plus, bags inside luggage can be REUSED!
- LABEL your gear clearly on the outside with your name and destination (Shoals Marine Lab, Appledore Island).
- Though there is no limit to the NUMBER of bags you may bring, please be sure that the bags you bring are well packed. Two light duffel bags are MUCH easier to handle than one heavy trunk or giant duffel bag. **Luggage with wheels is not recommended.**
- Pack a DAY BACKPACK or small bag that you can keep with you during the boat ride. All other gear will be stowed away and not accessible during the ride out! The weather can change drastically and rapidly, so be prepared by packing a rain jacket, a hat, sunglasses, sunscreen, etc. in your day backpack. This is also a good place for DELICATE items such as a camera or a computer.
- If you are prone to MOTION SICKNESS, take non-drowsy Bonine about 1 hour PRIOR to the trip (you can get this over the counter at most drug stores).
- If you are, for any reason, unable to participate in the movement of luggage and gear during the trip, please let a SML staff member know before hand. They will assist you in finding another group task to which you can contribute.

**GENERAL PACKING LIST: (BIOSM 160 Oceanography of the Gulf of Maine students, see page 2)**

**ATTENTION STUDENTS: THE LIST BELOW INCLUDES ITEMS YOU WILL DEFINITELY NEED, SO PLEASE READ CAREFULLY! SML does NOT provide linens\* for students in SML programs and user groups; bring a set of twin-sized sheets, a pillowcase, a towel or two and a washcloth. SML provides blankets and pillows. A sleeping bag is highly recommended, and is required if you will be on the island in May or June (you won't need one in July or August). \*Adult and Family Ed participants: SML provides linens for your stay on Appledore.**

Linens for a single bed, pillowcase  
Paper and notebooks, pens, pencils  
Writing paper, envelopes, stamps  
A dissecting kit\* (see next page)  
Alarm clock and batteries (battery operated is best)  
Flashlight and batteries  
Hat and gloves or mittens  
Lots of socks and undergarments  
Toothpaste and toiletries  
Sunscreen and insect repellent  
Bathing suit and 2 beach towels  
Sunglasses  
Fleece or sweater (or both)  
Windbreaker

**Foul weather gear:** for work outdoors in rain, including sturdy rain jacket, pants and hat  
Small "day" backpack

Water bottle  
Long pants and shorts  
Cords, adapters, etc. for computers, iPods, cameras

**Footwear:**

Waterproof boots for May and June classes (knee-high or hip- rubber boots are recommended)  
Sneakers or sturdy, comfortable footwear (such as light hiking boots)  
2 pair water shoes or extra sneakers: to be used for wading in the intertidal (this approach is not recommended for May/June courses, use waterproof boots). Please note that "Teva" sandals can be worn in classrooms, dorms, labs and dining hall, but are not acceptable on boats or in the intertidal. You will need shoes that cover your entire foot for these activities.  
Flip-flops or the like are great for shower time!

**SPECIAL NOTE FOR MAY and JUNE classes:** Foul weather gear (jacket, pants and hat/hood), waterproof boots, extra sneakers, a sleeping bag and warm clothes are especially important during the early summer months at the Isles of Shoals. Please don't forget any of these items!

**ITEMS YOU MAY WANT TO BRING (be sure to check "Specific Course Instructions" as well):**

Laptop computer is highly recommended

*A small computer lab available for student use is located in Lighton House on Appledore Island. During final presentation time—the computer lab can get quite busy, so if you don't have a laptop of your own consider renting one! Most universities have computer rentals available.*

Digital camera (with all adapters and chargers)

Binoculars

10X hand lens\*

Field guides (bring your favorites or see below\*)

USB drive and/or

Formatted PC or Macintosh CDs, DVDs

Ear plugs\*

Pocket compass

Snorkeling gear and a wet suit (if you own one)

Calculator (with instructions and batteries)

Shower caddy

Febreze (for smelly shoes)

Wet Wipes (for between showers)



**\*Available at SML's Appledore Store (located in Kiggins Commons)**

**Cost (subject to change)**

Pocket sized waterproof ("Rite in the Rain") field notebook

\$7.00

Standard dissecting kit

\$18.00

10X hand lens

\$15.00

Ear plugs

\$1.00

**\*Field guides available at SML's Appledore Store**

**Cost (subject to change)**

K.L. Gosner's Field Guide to the Atlantic Seashore

\$21.00

The Sibley Field Guide to Birds of Eastern North America by David Sibley

\$20.00

Peterson's Field Guide to Birds by Roger Tory Peterson

\$22.00

The Birder's Handbook by Paul Ehrlich, et al.

\$18.00

Field Guide to the Birds of North America by the National Geographic Society

\$24.00

**SPECIAL NOTES REGARDING LAUNDRY, FREE TIME and TIME BETWEEN PROGRAMS:** Students enrolled in programs that last longer than 2 weeks will be given free time to go ashore (to Portsmouth, NH) to do laundry. Non-academic, free time on Appledore can include a quiet get together on a porch, listening to or playing music, enjoying the sunset, etc. If space allows, then "movie nights" can be arranged with your teaching staff. Overnight housing arrangements for any time before and/or between SML programs and/or *Working Internships* should be made before arriving at SML/Appledore. Special requests for overnight housing on Appledore before and/or between SML programs or *Working Internships* will be dealt with on a case-by-case basis—Contact SML! The charge for an overnight stay on Appledore is \$89/student (includes 3 meals).

**SPECIAL NOTES FOR BIOSM 160: OCEANOGRAPHY OF THE GULF OF MAINE students:**

(1) Everything that you pack for your stay on Appledore Island for the shore component of *Oceanography of the Gulf of Maine (OGM)* must fit into YOUR bunk on SEA's vessel *Corwith Cramer*! SEA advises that OGM students pack their gear in a single, large duffel bag – no hard luggage please! Please refer to the packing list provided by SEA for the sea component of OGM. This information will be sent to you directly from the SEA office in Woods Hole.

(2) OGM should leave their laptops at home! Sorry about this, but SPACE on board the *Corwith Cramer* is LIMITED! Please do not bring a laptop computer with you to Appledore Island as you will not be able to take it to sea with you.

**QUESTIONS or NEED HELP?**

Contact: [shoals-lab@cornell.edu](mailto:shoals-lab@cornell.edu) OR (607) 255-3717