Packing list for Shoals Marine Laboratory on Appledore Island, Maine

The Shoals Marine Laboratory is located on an isolated island; everyone and everything arrives and departs by boat. As our island community is responsible for handling and recycling all forms of waste and trash, we ask all participants to “pack it in, pack it out.” You are required to depart Shoals with all of the personal items that you brought with you; including, but is not limited to, footwear, clothing, all toiletries, and all containers of any kind, even if empty. If you are flying, check: [http://www.tsa.gov/](http://www.tsa.gov/) for air travel instructions and restrictions.

**General packing instructions**

- Buildings on Appledore Island are not heated; pack warm clothes for inside and outside.
- Laundry facilities (washer/dryer) are not provided for participants (see page 2).
- Your luggage and gear will be going from: a dock on the mainland to a Shoals vessel; off the vessel and up a hill to a truck; then to your dorm. Luggage and gear will be handled by you, your fellow participants, and Shoals staff several times; please pack your belongings carefully. If you are, for any reason, unable to participate in the movement of luggage and gear during the trip, please let a staff member know upon arrival (don’t worry, there will be other tasks that you can help with).
- Organize your gear in advance; packing a few smaller, lighter bags rather than one heavy trunk or giant duffel bag is recommended.
- Waterproof your gear by packing everything in plastic bags; then pack the plastic bags inside your luggage; this means all the plastic bags can be reused for your trip home.
- Label your luggage clearly on the outside with your name and email.
- Bring a day backpack or small bag to keep with you during the trip to the island. All other gear will be stowed below deck and inaccessible during the trip. Be prepared for sudden weather changes and exciting events by packing appropriate clothing (e.g., a rain jacket, hat), sunglasses, sunscreen and delicate items such as computers and cameras and binoculars in your day backpack.
- If you are prone to motion sickness, take non-drowsy, anti-sea sickness medication (e.g. Bonine) about 1 hour prior to the trip.

**Required packing list** (plan to dress casually, comfortably and in layers)

- **Linens:**
  - A set of sheets for a single bed, pillowcases, towels, and/or a sleeping bag
  - Pillows and blankets are provided in all dorm rooms.

- **Foul weather gear**
  - Sturdy, waterproof jacket with hood
  - Rain pants or any type of waterproof pants

- **Footwear**
- Sneakers or light hiking boots for general use
- Waterproof boots (especially in May and early June)
- Water shoes or extra sneakers for wading in the intertidal (these will be wet most of the time)
- Flip-flops for showers (showers are available only for participants staying 3 nights or more)

**Required packing list continued...**

**• General**
- Fleece, jackets, hoodies, sweaters (May-early June are typically colder than late June-August)
- Long pants and shorts, including sweats and/or pajamas for dorms
- T-shirts, socks, and undergarments
- Ball cap or any type of hat for sun protection
- Toiletries and prescriptions
- Flashlight or headlamp with batteries

**• Suggested extra items for May and early June programs**
- Fleece or wool hat, and gloves or mittens
- Sleeping bag

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**Recommended packing list**
- Writing paper, notebooks, pens, pencils, stamps (all are available in The Appledore Store)
- Sunscreen, sunglasses and insect repellent
- Bathing suit and a beach towel (for late June, July and August programs)
- Alarm clock equivalent
- Cables, chargers, adapters for laptops, tablets, and cameras
- Digital camera (with all adapters, memory cards and chargers)
- Binoculars
- IF snorkeling is listed on your course syllabus, bring mask, fins, and snorkel
- Underwater Research students must follow instructions on the UWR course page
- USB memory stick
- Reusable water bottle
- Shower caddy (shower facilities are located in Kiggins Commons, not dorms)

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**Items available for sale at The Appledore Store** (MC, Visa, American Express accepted)
- 10X hand lens
- Ear-plugs
- Various field guides for birds, marine mammals, and invertebrates
- Waterproof field notebooks (Rite-in-the-Rain®)

**Regarding mail and packages**
• For letters: Your Name, PO Box 88, Portsmouth, NH 03802
• For packages: Your Name, Shoals Marine Lab, Judd Gregg Marine Research Complex, 29 Wentworth Road, New Castle, NH 03854

**Regarding free time and time between courses**

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• Students enrolled in consecutive courses and/or work-study for > 2 consecutive weeks may go ashore to do laundry in Portsmouth (Google: Modern Launderette, Portsmouth, NH).
• Participants may request overnight housing for time between credit courses and/or internships, however, arrangements must be made in advance and can only be assigned if space is available. Please make requests for inter-program housing on your initial application.

Questions? shoals-lab@cornell.edu or (607) 255-3717