



Fort Wilderness Marine Biology 2018 Check List

- Snorkel gear. (Optional as Fort can supply used gear, but personal gear is superior. You can buy on line at www.divers-supply.com/ or www.diversdirect.com/.)
- Thick gloves (rubber is good). This is to protect you from touching something you shouldn't. Dishwashing gloves work well as do any aquatic gloves.
- Sneakers for walking in the ocean. These should be an old pair for which you have no future plans. So don't purchase a new pair for this. Dive shoes work.
- Heavy socks for swim fins. (If you get blisters easily from fins, this protects.)
- Protective clothing for swimming. (T-shirt, lycra dive suit, long sleeved shirt, etc.) Most sea creatures cannot sting through material. This helps against sunburn too.
- Clothing for one week. (Keep minimal; you will be limited to one standard-sized suitcase and one handbag. Divers gear is an exception.) As for all scientific expeditions, space is valuable.
- Heavy-duty flashlight. (Waterproof is desirable, but not necessary.)
- Suntan lotion, skin ointment, sunscreen, etc. and a brimmed hat & sunglasses.
- Motion sickness tablets, Bonine works better than Dramamine.
- Camera • *Optional*.
- One pillow for the bus ride.
- Playing cards, MP3, travel games, I-pads, pleasure reading books, homework, etc. for the bus ride. (You might need a battery charger for your electronic gadgets.)
- Four, yes, four-dozen cookies. (Bring separate, not in luggage. We will pack these in coolers.) This is our snack food for the trip. Fish like them too.
- Meal money for trip. (Covers the bus ride meals [approx. 10] and the optional special restaurant meal. The Whale Harbor Restaurant is about \$25)
- Souvenir money.
- Books, writing instrument, highlighters and a set of colored pencils.
- Insect repellent. (Optional) No mosquitoes, but we do occasionally have sandflies – noseums. Their bite is like a mosquito bite.
- Large towel or beach towel.
- Water bottle like a Nalgene or Camelbak.
- Bath soap & shampoo (PLEASE)! The hotel will supply little bars.
- Laundry soap • *Optional*. A coin operated washer and dryer are available.
- Swimsuit. (Two is ideal as putting on a cool wet suit in the morning is not fun.) Fort Wilderness has a policy for female swimwear. Only modest one piece or "tankini" suits are allowed. Please no string bikini's.