



## Packing Guidelines for the SEA Semester Shore Component On campus in Woods Hole, Massachusetts

### *Temperatures in Woods Hole, MA*

Early Fall (Sept - Oct)	60-80°F; can get as low as 40s at night
Fall (Oct - Nov)	40-60°F; can get as low as 30s at night
Early Spring (Jan - Feb)	10-40°F; can get as low as 0s at night
Spring (Feb - March)	30-50°F; can get as low as 10s at night
Late Spring (March - May)	30-70°F; can get as low as 20s at night
Summer (May - June)	60-90°F; can get as low as 50s at night

- ◆ Use the seasonal temperatures above as a guide for determining the appropriate “shore clothes” to pack for your time on campus.
- ◆ You will often be walking outdoors & will likely spend several class periods outdoors or on field trips. Please bring appropriate outerwear for the season (warm coat, raingear, hat, gloves, boots, etc.)
- ◆ Each student is provided with a pillow & a standard-size twin bed. Cottage rooms also have desks, lamps & ample storage space.
- ◆ You must bring a set of twin sheets (top, bottom & pillowcase), sleeping bag/blanket/comforter, & towels.
- ◆ There are laundry facilities on campus; \$1.00 wash, \$1.00 dry.
- ◆ Cottage kitchens are adequately equipped with standard kitchen appliances.
- ◆ Cars are permitted on campus. Bicycles are available to students through SEA at no cost.
- ◆ If you have a personal laptop computer, please bring it; contact us in advance if you do not have a laptop. SEA also has computer labs on shore. There is wireless internet access throughout the campus.
- ◆ If you are planning to travel directly to the ship from Woods Hole, remember that you need to pack for both the shore & sea components. Note that you are able to mail clothes home at the end of the shore component.

### Which Sea Component Packing List do I follow?

SEA Semester packing lists have been carefully compiled & are based on our extensive experience in cruise track locations. Please identify below & follow the appropriate list for your program/voyage:

#### *SEA Semester Programs*

- Sustainability of Polynesian Island Cultures & Ecosystems – Tropics/Temperate Trips List (pages 3 & 4)
- Global Ocean: New Zealand – Temperate Trips List (page 4)
- Oceans & Climate – Temperate Trips List (page 4)
- Ocean Exploration – Temperate Trips List (page 4)
- Colonization to Conservation in the Caribbean – Tropics Only Trips List (page 3), emphasis on insect protection
- Caribbean Reef Expedition – Tropics Only Trips List (page 3), emphasis on insect protection
- Marine Biodiversity & Conservation – Tropics Only Trips List (page 3), with two warm layers for final week
- Stanford @ SEA – Tropics Only Trips List (page 3)

#### *SEA Summer Sessions*

- Pacific Reef Expedition – Tropics Only Trips List (page 3)
- Protecting the Phoenix Islands – Tropics Only Trips List (page 3)

Your captain will conduct a “sea orientation” during the shore component & go into more detail at that time. If you have questions regarding what conditions to expect & what clothing to bring, be sure to ask at that time or contact Student Services (800-552-3633 ext. 535) before you arrive.

## Packing Guidelines for the SEA Semester Sea Component At Sea in the Atlantic, Caribbean or Pacific

### *Your Living Space*

- ◆ Space aboard is limited. EVERYTHING you bring, with the exception of foul weather gear, will live with you in your bunk.
- ◆ You will be provided with a mattress, pillow & pillowcase. Bring a set of twin sheets & either a warm blanket or a sleeping bag. An extra set of sheets is a great mid-cruise treat.
- ◆ Pack in soft-sided luggage (duffel bag or backpack). Do not bring rolling or hard suitcases.

### *Clothing*

- ◆ Everything you bring to sea will be put to hard use. Clothes will get torn, stained, covered in zooplankton guts & so forth. Think of this as an opportunity to take some of your oldest T-shirts out for one last fling (& maybe not bring them back).
- ◆ Everything you bring should be comfortable & easy to move in. You will change your clothes much less frequently than you do on land. A pair of shorts might last 10 days at sea. Do not plan to do laundry. Pack what you need for six weeks.
- ◆ You must be prepared to dress in a culturally-appropriate & sensitive manner during port stops in all areas of the world. This may mean covering your arms, shoulders & lower legs; mid-length shorts/skirts; & clothing options that are modest, tidy & not body-hugging. Cruise track specifics will be addressed during the shore component, or you may contact Student Services for guidance in advance.
- ◆ Layering is key – clothes that fit over/under other layers are best. For both base & outer layers, fibers that dry quickly (such as nylon, capilene, polypropylene, fleece & wool) are better than heavy cotton. Avoid heavy cotton items, denim & thick towels; once wet, they will never dry.
- ◆ Protection from the elements is crucial. Make sure to have a broad-brimmed hat, polarized sunglasses & light-weight long sleeves for sunny conditions as well as sufficient warm layers & a hat for the cold.

Some potential sources for appropriate non-cotton layers at very discounted prices include:

Gear.com	Altrec.com	Campmor.com	Backcountry.com	Mountaingear.com
Sierratradingpost.com		Thrift Stores	Borrow from friends & family	

### *Other Important Details*

- ◆ If you wear prescription glasses, bring a second pair. If you wear contact lenses, you must bring your glasses as well.
- ◆ Bring all academic resources you might need for your projects, either as printed copies or digital files. Make sure to also bring the electronic versions of your draft proposal/papers so you can build on them for your final assignments. Having these files is your responsibility.
- ◆ The ship has a few desktop computers for your use; however, students who own laptops should bring them to sea to facilitate project work. Laptops will be used exclusively for academic work. You will keep your computer below decks where standard care will keep it safe at sea.
- ◆ Optional: Marlinespike, writing material, reading material, camera, chargers, small daypack for port stops, musical instrument, Ziploc/waterproof bags, USB or external hard drive to transfer pictures/personal files.
- ◆ DO NOT BRING SCUBA gear, hair dryers or irons, food, candy or liquor.

***For questions, please contact Student Services at 800-552-3633 ext. 535.***

*Is this the correct packing list for your program & cruise?*

**You Should Bring****Tropics Only Trips**

Waterproof foul weather gear, jacket & pants	1 set – heavy duty/offshore type not needed, hiking gear will be fine. <i>SEA has foul weather jackets &amp; pants available for \$50 each.</i>
Rain boots	Optional, inexpensive ones are fine.
Shoes, non-skid/rubber-soled	2 pairs – 1 Teva/Chaco/Keen or similar with heel strap & 1 pair closed-toe, captured-heel sneakers. <i>Flip-flops &amp; Crocs for travel only.</i>
Light jacket	1 – windbreaker or shell, for an outer layer when it's not raining.
Sweaters or Fleece	1-2 – wool or synthetic only. Must fit under raincoat; bring 2 if you get cold or your cruise may encounter cooler conditions (MBC).
Pants	2 pairs – at least 1 pair loose lightweight canvas or synthetic recommended for sun & insect protection.
Shorts	4-6 pairs – quick-dry or cotton is fine.
Long-sleeved shirts	2-3 – quick-dry or cotton is fine, for sun & insect protection.
T-shirts & tanks	8-12 – quick-dry or cotton is fine.
Underwear	15 pairs
Socks	2-6 pairs – fewer if you wear sandals, more if you wear sneakers.
Swimsuits	2
Hat, broad-brimmed	1 – for sun protection.
Hat, warm	1 – wool or synthetic only.
Clean “travel” clothes	1 set – keep in a Ziploc bag during trip.
Towel	1-2 – light & quick-drying only.
Twin sheets	1 set, top & bottom; plus an extra set if room.
Sleeping bag or Blanket	1 – summer or 3-season weight is fine.
Non-Spray, Reef-Safe Sunblock & Lip Balm	SPF 30 or greater for both. Mineral-based sunblock required for any in-water activity. Look for titanium dioxide or zinc oxide in non-nano formula. No oxybenzone, octinoxate, octocrylene, PABA (Aminobenzoic Acid), enzacamene, octisalate, homosalate, or avobenzene.
Polarized sunglasses	2 pairs, with UV protection & strap.
Toilet Kit	Toothpaste, toothbrush, shampoo, body wash, a 6-week supply of feminine hygiene products, etc. <i>Please remove plastic packaging before joining the ship &amp; avoid plastic beads in products.</i>
Prescription medications	You <u>must</u> bring a 150% supply of any medications you will need at sea. <i>Redundancy is critical in case of loss or seasickness.</i>
Insect Repellent	1 – DEET or equivalent; plus anti-itch cream if you anticipate wanting it.
Flashlight or headlamp with Red light	1 small, with 1 set extra batteries.
Sheath or pocket knife	1 – blade ~ 3”; must meet TSA requirements & pack in checked bag.
Wristwatch	1 – water-resistant & digital.
Water bottle	1 – 1 Liter volume recommended.
Notebook/Sheet Anchor/ pens/pencils	Whatever you need for academic work, including digital project files & drafts of final papers.
Passport	<b>DO NOT FORGET YOUR PASSPORT!</b> (& a back-up color photocopy)
Cash & Credit/ATM Cards	<b>DO NOT FORGET YOUR \$\$\$!</b>

*Is this the correct packing list for your program & cruise?*

## You Should Bring Temperate Trips

Waterproof foul weather gear, jacket & pants	1 set – robust gear recommended. <i>SEA has foul weather jackets &amp; pants available for \$50 each.</i>
Rain boots	Required – inexpensive ones are fine; should fit with 2 pairs of warm socks.
Shoes, non-skid/rubber-soled	2-3 pairs – 1 Teva/Chaco/Keen or similar with heel strap & 1-2 pairs closed-toe, captured-heel sneakers. <i>Flip-flops &amp; Crocs for travel only.</i>
Light jacket	1, optional – windbreaker or shell, for an outer layer when it's not raining.
Sweaters or Fleece	2-3 – wool or synthetic only. Layers of different weights are ideal so you can combine them in a variety of ways; <u>must</u> fit under raincoat.
Additional warm layer	1 – vest or midweight synthetic top.
Long underwear	2 pairs, both tops & bottoms – synthetic only, different weights ideal.
Pants	3 pairs – at least 1 pair lightweight canvas or synthetic recommended.
Shorts	2-3 pairs – quick-dry or cotton is fine.
Long-sleeved shirts	2-3 – quick-dry or cotton is fine, for a mix of sun protection & layering.
T-shirts & tanks	8-12 – quick-dry or cotton is fine.
Underwear	15 pairs
Socks	6-8 pairs, wool or synthetic only – wet cotton will freeze your feet.
Swimsuits	1-2
Hat, broad-brimmed	1 – for sun protection.
Hat, warm	2 – wool or synthetic only.
Gloves, warm	2 pair – wool or synthetic only.
Clean “travel” clothes	1 set – keep in a Ziploc bag during trip.
Towel	1-2 – light & quick-drying only.
Twin sheets	1 set, top & bottom; plus an extra set if room.
Sleeping bag or Blanket	1 – 3-season weight recommended.
Non-Spray Sunblock & Lip Balm	SPF 30 or greater for both.
Polarized sunglasses	2 pairs, with UV protection & strap.
Toilet Kit	Toothpaste, toothbrush, shampoo, body wash, a 6-week supply of feminine hygiene products, etc. <i>Please remove plastic packaging before joining the ship &amp; avoid plastic beads in products.</i>
Prescription medications	You <u>must</u> bring a 150% supply of any medications you will need at sea. <i>Redundancy is critical in case of loss or seasickness.</i>
Flashlight or headlamp with Red light	1 small, with 1 set extra batteries.
Sheath or pocket knife	1 – blade ~ 3”; must meet TSA requirements & pack in checked bag.
Wristwatch	1 – water-resistant & digital.
Water bottle	1 – 1 Liter volume recommended.
Notebook/Sheet Anchor/ pens/pencils	Whatever you need for academic work, including digital project files & drafts of final papers.
Passport	<b><i>DO NOT FORGET YOUR PASSPORT!</i></b> (& a back-up color photocopy)

Cash & Credit/ATM Cards	<i>DO NOT FORGET YOUR \$\$\$!</i>
-------------------------	-----------------------------------