

MCERC GENERAL PACKING LIST FOR ALL PROGRAMS

Hi Everyone!

Here is a recommended list of what to bring to MCERC field programs. *Look to your program descriptions to pack items that are specific to your course!*

It is warm during the day (80-90 deg F) and cool in the early morning hours. Think about summer weather while packing, and go light on the warm stuff.

On boat days we wear bathing suits with a tank top and shorts over it. You will need a rain coat (waterproof!), water shoes or bare feet (no flip flops walking around the boat – they slip!), and something warm as a cover up. A fleece cover up and rain pants are a good example.

The days we are on land hiking around, please plan on comfortable shoes appropriate for the terrain. Sneakers are better than flip flops!

Please remember that people who have never been seas sick before tend to get sea sick while working with equipment!. Please consider bringing Bonine, non-drowsy Dramamine or something similar. Ginger is a good thing to have but will not be enough if you get sick to make you feel better. The ear patches work well for some people if you are good at remembering to put them on well ahead of time.

A sunburn can ruin your day or your week. We recommend you bring sunscreen, a hat and don't forget the lipbalm with sunscreen! Burnt lips take you by surprise and are very uncomfortable. Although MCERC does not usually recommend specific brands, we have lots of luck with Coppertone Waterbabies sunblock!

A good rule of thumb is to pack in a small suitcase (the size that can qualify as a carry on, but won't fit under your seat on the airplane) if you are flying in for one week programs. You need more tank tops, shorts and bathing suits than anything else.

Please bring your own body wash, shampoo and conditioner Please bring a shower puff or wash cloth. You will need two towels (one for showers and one for beaches).

Packing list:

bathing suits (3 is a good idea as they don't dry as fast as you expect)

shorts

tank tops

t shirts

one pair of long pants (khaki, for example)

hat for the sun

back pack (lightweight) with a small waterproof bag (1 gallon ziplocks work well)

waterbottle: required

ear phones or ear buds: required with programs doing acoustics

your lap top computer: required for programs that are a week long.

2 towels: bath towel and a beach towel: required

sneakers, water shoes, or anything that you can wear on the beach, boat, or climbing to a land station

flip flops are needed at the house for washing away the sand outdoors.
Any medicine you take every day
Bathroom toiletries
Something warm to cover up (sweat suit, fleece jacket)
Bonine, non-drowsy Dramamine, seasick ear patches, etc (remember, we can't end the day for seasickness) highly recommended
Chapstick
Your health insurance card: required
Waterproof sunblock (we use Waterbabies)
Polarized sunglasses with a strap (we recommend you put a small float on the strap)
Small notebook is very useful
Raincoat: waterproof

Specific to your course:

You may have field guides, a camera, or other items required for your program. Please be sure to look at the detailed information in the program description!