International Field Studies
Packing List for Forfar Field Station

IDENTIFICATION
- Passport
- Original notarized Medical form (your group leader should carry all originals)

YEARD ROUND
- Lightweight, long-sleeved shirt
- 4 pair’s lightweight shorts and 1 pair long, lightweight pants.
- Lightweight shirts, T-shirts
- 1 sweatshirt
- Adequate Underwear
- 2 swimsuits
- 2 towels and a washcloth
- Tennis shoes, flip-flops or sandals, water shoes
- Socks
- Lightweight windbreaker, and rain poncho
- Hat or sun visor
- Sunglasses
- Toothbrush and toothpaste
- Soap, shampoo, deodorant
- Hairbrush and comb
- Waterproof sunscreen (SPF 15 or higher--no pre-sun or oils)
- Lip Balm
- Zinc Oxide, Noxzema, or favorite sunburn balm.
- Insect Repellent (the stronger the deet level the better)
- Mosquito Netting (for a twin bed)
- Flashlight with new batteries
- Notebook and pens
- Cash in small denominations ($1’s, $5’s, and $10’s)
- Snorkel gear Mask, Fins, & Snorkel.
- Mesh bag for snorkel gear
- 2 medium- size plastic bags for wet, dirty clothes
- 1 large Ziploc for collecting.
- LARGE PLASTIC DRINKING CUP or WATER BOTTLE

WHAT NOT TO BRING
- Hair dryers
- Hot rollers
- Curling irons
- Radios
- Tape recorders, CD players
- Make-up
- Cell phones, beepers, laptops
- Hand held games

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**OPTIONAL**
- Camera and film (with protective plastic bag)
- Underwater cameras
- Bonine, Dramamine, Marizine, or Emetrol for seasickness.
- Mosquito netting (twin size bed)

**WINTER**  
*Adjust your gear according to the season*
- Warm socks
- Jeans and/or sweat suit
- Warm jacket
- Wetsuit

**SCUBA GEAR** (certified divers only)
- Regulator, Octopus
- Buoyancy compensator with power inflator
- Alternate air source
- Depth and submersible pressure gauges.
- Mask, snorkel, and fins
- Certification card and log book
- Liability release forms read, completed, and signed.
- Optional: whistle, compass, wetsuit (esp. for November-May), light, underwater slate.

Please pack in medium-sized soft-sided carry-on’s or duffel bags (NO HARD-SIDED SUITCASES). 40-pound weight limit for non-divers; 60-pound limit for scuba divers. Luggage will be weighed in Ft. Lauderdale. Any excess weight shall be paid at the rate of $3.00 per pound over the limit. This amount due will be payable at the time of flight. The weight limit includes diving gear, camera equipment, etc.

Please do not bring tape recorders, radios, hot rollers, hair dryers, etc. These are unnecessary items you will not be able to use that will add to your weight. Items that require electric outlets are difficult for IFS to transport and they do not work well on the island.

**IFS is not responsible for theft, loss, or damage of valuables.**