



# Caribbean Ecosystem Field Studies

## Equipment List

Required Personal equipment- Course fees include a once-per week laundry service during the course

- \_\_\_ **2-3 bathing suits**
- \_\_\_ **4-5 shirts**
- \_\_\_ **2-3 Shorts**
- \_\_\_ **Long pant & sweater/sweatshirt-** it often surprises people that it can get chilly in evenings, especially on winter-break
- \_\_\_ **Rainjacket**
- \_\_\_ **Lightweight walking shoes or sturdy strap-type sandals-** for walking on rocky coast
- \_\_\_ **Extra shoes/flip flops**
- \_\_\_ **1 shower towel**
- \_\_\_ **Durable notebook** with pens/pencils
- \_\_\_ **Daypack** for carrying snorkel gear, field equipment, water, snacks, notebook
- \_\_\_ **Personal toiletries-** the more biodegradable products the better as the wastewater system is primitive
- \_\_\_ **Personal first aid kit with any medications you might need** (consider seasickness meds)
- \_\_\_ **Sun Hat/Sunglasses** (consider an extra pair)
- \_\_\_ **Sunscreen, lip balm-** a natural, biodegradable sunscreen is strongly suggested to avoid pollution of ocean water
- \_\_\_ **Insect repellent/bite ointment-** bugs can be bad (natural repellents are best for environment but DEET based often work better), consider bite/itch medication/ointments for skin
- \_\_\_ **Extra batteries** for anything that requires them
- \_\_\_ **Flashlight/headlamp-** a headlamp with red filter is great for nocturnal observation
- \_\_\_ **Reusable water bottle-** at least 1 full quart

For campers:

- \_\_\_ **Light sleeping bag or blanket/sheet set & pillow**
- \_\_\_ **Sleeping Pad-** EcoFS has small-sized air mattresses to loan campers if necessary.

For bungalow rooms: A fitted sheet, top sheet, pillow, pillowcase are provided in bungalow rooms and will be laundered weekly but if you are at all picky about your sleeping accessories, bring your own for a full size mattress.

Required Snorkel/SCUBA gear

- \_\_\_ **Mask-** make sure you try on the mask in a store to ensure right fit (once you know the model that fits you can look online as SCUBA retail stores tend to be expensive). A comfortable strap is optional but nice. Mask defog is not necessary as saliva is the best choice (seriously) and we have a solution available as well.
- \_\_\_ **Fins/Flippers-** can use either barefeet type or with booties. For snorkelers, a small fin is best to avoid kicking up sediment and contacting the corals. Make sure fins fit and are comfortable.
- \_\_\_ **Snorkel -**you want a “dry” snorkel or one with a splashtop to prevent water entering from the top & into your mouth

Optional Snorkel/SCUBA gear

- \_\_\_ **Wetsuit -** If you are at all unsure of how warm you’ll be you should have a wetsuit. Wetsuits also provide excellent skin protection. Water temperature is about 78-82F. Some people, especially college students with high metabolism, stay warm easily & do not need insulation so it is not *required*. If you are susceptible to getting cold you will need one. Most people find the water is a little chillier than they thought and they appreciate thermal protection. A full, 3mm thick is the best option, a smaller 2-3mm Shortie is another option.
- \_\_\_ **Swimshirt/Rash Guard-** these do not offer insulation, but are good protection from sun/coral exposure when snorkeling & adds comfort if SCUBA diving without a wetsuit.
- \_\_\_ **BCD/Regulator-** Included in course fees but nice to have your own.
- \_\_\_ **Dive hat/hoodie, lightweight dive gloves-** good for warmth and protection
- \_\_\_ **Underwater camera-** EcoFS has underwater cameras for research, but not recreational use. A red filter for SCUBA diving brings out true colors
- \_\_\_ **Waterproof watch**

Optional personal items

- \_\_\_ **1 beach towel-** do not expect much time lying on the beach
- \_\_\_ **Tent-** EcoFS provides tents (1 person in a spacious 3-person tent) however if students prefer they can bring their own. Max size allowed for individual tents is a “3-person” tent.
- \_\_\_ **Snacks-** Mexico Customs only allows unopened, packaged food items. Endless snacks are provided but if you have a need for a specific item make sure it is in commercial, unopened packages such as bars, boxes, jars.
- \_\_\_ **Laptop-** Xpu-Ha is safe & we have wifi & a place to store valuables. Outlets are standard 3-prong type.
- \_\_\_ **Cell phone/charger-** there is service, but you’ll need to temporarily add Mexico onto your cell plan
- \_\_\_ **Compass, binoculars, books/field guides, hand lens or any other field tools you like**
- \_\_\_ **Games, frisbee, balls, hammock, hacky sack**