



Packing List - Forfar Field Station Forfar Marine Science Program

Read the list below and adjust it to your personal needs. You can support IFS by visiting [Product Links](#) website for direct links to recommended products for purchase where a small portion of the profits are donated to IFS. We appreciate the support!

We recommend using biodegradable, environmentally-friendly brands especially when it comes to sunscreens. Chemicals in sunscreens such as parabens, oxybenzone, octinoxate, and octisalate have been shown to be detrimental to coral reefs (University of Central Florida, 2015). Please try to source sunscreens that do not contain these harmful ingredients. Do not bring spray sunscreens; you will NOT be able to use them at Forfar. Please read [this blog post](#) for more information.

Weight Limits: When packing, remember important weight limits for small commuter flights from Nassau to Andros. The total weight of your checked baggage must weigh under 40 lbs. You are allowed one carry-on bag weighing 15 lbs or less, and it must abide by baggage size regulations, 12”H x 6”W x 14”L. Baggage that exceeds 40 lbs or a carry-on that exceeds 15 lbs will be subject to overweight charges of \$1.00-2.00 per additional pound, and any excess /oversized/overweight bags may be sent on the next available flight.

Laundry: With extended stays at the field station, we offer a laundry service for \$3.00 per load. It will be machine washed and line dried. Keep this in mind while you are packing. All bedding (sheets, pillow, small blankets) are provided.

Money and Valuables: Forfar Field Station is located in a humid environment with exposure to corrosive salt air - electronics do not like this! We are not responsible for items that are damaged, lost, or stolen. There is a safe on station where some valuables (such as money and passports) can be kept.

The US dollar is accepted everywhere. The amount of cash you bring may vary; however, some potential costs include baskets (\$10-30), Androsia Batik Factory (\$15-100), dinner out (\$20-25), snacks (\$1-5), and Forfar Field Station shirts (\$20-50).

Bedding: Beds in all of our cabins have a fitted sheet, a top sheet, and a pillow. Blankets are available on request.

Insects: There are various biting insects found on Andros including sand flies, mosquitoes, and large biting flies. We encourage you to bring insect repellent, clothes such as pants, long sleeve shirts, and socks, and remedies for bites such as antihistamine creams and oral medicine. Be prepared!

Most importantly if there are questions about the packing list or what to bring, please visit our FAQ or ask us at office@intfieldstudies.org or 614.268.9930

You can see the full packing list on the next pages!

Revised 2024

ESSENTIALS

Passport	This needs to be a passport book. A passport card will not get you into the Bahamas!
Money	Bring US cash in small bills like \$20, \$10, \$5 and \$1's (Past students have spent between \$150-\$500+)
Sunscreen	Do NOT bring spray sunscreens you will not be able to use them at Forfar! We recommend at least 30+ SPF. Zinc Oxide mineral based sunscreens are much better for the coral reefs than those containing chemicals such as oxybenzone. Read our blog post for more details.
Bug repellent	Bring what works for you (Natural or Deet based), however, Deet based repellents can't be sprayed while on the boats (eats away the paint)
Aloe vera	Aloe vera lotions/gels that contain lidocaine help sore sunburns
Water bottle	Needed for <u>all</u> trips. 32oz is recommended
Sunglasses	We recommend inexpensive polarized sunglasses
Sunglass Cord (croakies)	Handy for securing sunglasses while kayaking and on boat trips
Sun Hat	Something that can be secured when riding on the boat
Towels (Bath and Beach)	Microfiber towels are much smaller, dry quicker, and take up much less space and weight than a traditional towel
Itch Relief Cream	Island life is notorious for sand flies and mosquitoes so it's best to be prepared.
Bug Net	IFS no longer provides bug nets
Hand sanitizer	
Educational Supplies	Composition notebook, pens and pencils (laptops are optional)
Dry Bag	Useful to keep items and extra clothes dry during boat trips
Small Backpack	For excursions to carry your stuff
Flashlight or Headlamp	

TOILETRIES: Please try to source environmentally and biodegradable brands such as: Burt's Bees, Jason's Naturals, Nature's Gate, Kiss My Face, Dr. Bronners, Alba etc.

Shampoo/ Conditioner	
Soap	
Deodorant	
Feminine products	Ample supplies as needed (Cups are great and reduce waste)
Toothbrush/Toothpaste	
Hairbrush or comb	
Sunscreen	Do NOT bring spray sunscreens you will not be able to use them at Forfar! We recommend at least 30+ SPF. Zinc Oxide mineral based sunscreens are much better for the coral reefs than those containing chemicals such as oxybenzone. Read our blog post for more details.
Hair Ties	For diving and snorkeling

CLOTHES

Ample underwear & socks	Long socks are great for bug protection and help to have when sleeping. Sand flies love ankles!
2+ Bathing suits	
T- Shirts	
Long sleeve T-Shirts	2+ for sun and bug protection
Lightweight shorts	2+ pairs
Lightweight pants	2+ pairs for bug protection
Pants	2+ pairs for warmth - can have cold days and evenings
Sweatshirts or Fleece	Nights can get cooler
Rain jacket	Lightweight - Used for both land trips or on boats
Winter/Light Down Jacket	Can be cold in the evenings and on some boat days
Water shoes/ Sport sandals or Dive Boots	Tougher sole will be needed to walk on sharp rock and slippery surfaces/ shallow waters (Teva/Chaco/ Keen/Merrell). Something that can be worn all day
Flip flops	For general day-to-day wear (open toe slides are nice so you can wear with socks if needed)
Athletic or hiking shoes	Closed-toe shoes are necessary for land trips
Winter Hat	Nights can sometimes get down to 60 degrees and there is no heat

FIRST AID KIT (small personal kit)

Ibuprofen/Acetaminophen	
Neosporin	
Motion Sickness Relief	Dramamine, Bonine etc.
Antihistamines	Useful for allergic reactions or bug bites: Benadryl, Zyrtec etc.
Anti-diarrhea Medicine	In tablet form
Band Aids	Various sizes
Alcohol Wipes	
Technu	Technu is for exposure to Poisonwood (similar to Poison Ivy)
Prescription Medication	When appropriate, include in your first aid kit - make sure you have enough to last the entire 6 weeks
Bug repellent	Bring what works for you (Natural or Deet based), however, Deet based repellents can't be sprayed while on the boats (eats away the paint)
Aloe vera	Aloe vera lotions/gels that contain lidocaine help sore sunburns
Itch Relief Cream	Island life is notorious for sand flies and mosquitoes so it's best to be prepared.

OPTIONAL ITEMS

Camera and/or Waterproof Camera	
Sleeping bag (lightweight)	Optional for the overnight trip or used when cold at night. *Blankets are available upon request for the camping trip or when cold at night in your cabin.
Binoculars	Great if you are interested in the birds found on Andros but we do have binoculars available for your use
Work Boots	Sturdy closed toe shoes for working in the field during your service learning project (trail maintenance)
Work Gloves/ Clothes	You will perform service work during your trip
Plastic bags/Ziplock bags	Good for carrying home shells, wet clothes, muddy/sandy shoes, etc.
Blanket	Blankets are provided upon request
Surge Protector	Power outages can happen here. Having a small surge protector for your electronics will help protect them and the chargers.
Bluetooth speaker	
GoPro	Will need an underwater diving housing case
Book	For downtime
Hammock	
Snacks	You can bring some shelf stable snacks - stored in the lodge in plastic tubs - will have a chance to stop at small shops on island for snacks too

SNORKEL/DIVE GEAR

Mask*	Please ensure that the mask fits well before your trip, see note below
Mask Strap (optional)	
Buff (optional)	Recommended for diving if you have long hair.
Snorkel	
Fins*	See note below
Dive Boots*	Depending on your choice of fins, boots may be necessary, see note below
Long sleeved rash guard	You may also want to consider shorts to wear over swimsuits bottoms when snorkeling for extra sun protection
Gear Bag	Big enough to carry all snorkel gear together
Mask Defogger or Baby Shampoo	To keep your mask from fogging up (baby shampoo works as well!)
Wetsuits*	*see note below about thickness recommendations
Buoyancy Control Device (BCD), Full Regulator Set, Pressure Gauge and Depth Gauge	Provided for free at Forfar

*Additional Information about Snorkel/Scuba Gear

Mask: Make sure that whatever mask you purchase has tempered glass (on the lens it will either say "tempered" really small or just "T" really small). This means it's able to withstand increasing water pressure as they go deeper.

Fins: You will generally want bigger/longer fins for diving to compensate for all of the equipment. With snorkeling you can get away with short fins because you're just pushing your own body (not all the scuba gear). You can use your diving fins for snorkeling while at Forfar.

Dive Boots: We recommend fins that you wear dive boots with (they have either an adjustable strap/spring strap or bungee strap) as opposed to full foot fins. The reason for this is that dive boots will come in handy throughout the trip (walking through coppices, sea kayaking out to the cays & walking around etc.) Most of the island (and small cays you will explore) have karst topography with sharp limestone. Dive boots are perfect water shoes that can be used during many activities during your trip.

Wetsuits: The average water temperature in the Bahamas during the fall and spring is between 70-75 degrees. This may seem warm, but the water will wick away heat from your body much quicker than air. If you get cold easily we suggest a full 7mm wetsuit, and if you don't, we recommend a 5mm. If you have a high tolerance to cold you may be fine in a full 3mm. The thicker the wetsuit, the more it usually costs but it will be worth it since you will be spending a lot of time in the water.

Columbus SCUBA offers our students a [20% discount on equipment](#)! Contact them to order today. Here is a [link](#) with more Diving Product Recommendations from Columbus Scuba.

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