

Suggested Packing List for *Shenandoah* Voyage

Please remember to pack lightly, and to use a soft-sided bag or duffle if possible.

- Toiletries: toothbrush, toothpaste, floss, ocean-friendly shampoo/soap.
If applicable: glasses and/or contacts with solution, feminine hygiene products
- 1 Beach towel and washcloth
- 2 Sunhats: 1 baseball cap, 1 full coverage hat
- Sunglasses
- Raincoat and rain pants (*rain pants optional*)
- 2 Bathing suits
- 1 Soft-soled shoes (sneakers)
- 1 Pair flip-flops
- 1-2 Sweatshirts/fleece
- 1-2 Long pants
- 2-3 Shorts
- 4-5 T-shirts
- 1-2 Sweatpants
- 5-6 Underwear
- 1-2 Pairs of socks
- 1 Flashlight or headlamp
- 1 Water bottle

Optional Extras:

- Book for summer reading
- Musical instrument
- Spending money for a possible shore visit: suggested amount \$10-\$20
- Spending money for a *Shenandoah* voyage shirt: \$35, also available for purchase via credit card after the voyage
- Disposable, film, or non-phone digital camera

What You Should **NOT** Bring:

- Blowdryers, curling irons, etc.
- Pocket knives and other weapons
- Candy, soda, snacks and gum
- Electronic devices unless it is an e-reader such as a kindle and is only used for reading
- Apple watches or other similar devices with communication capabilities
- Bedding
- Valuables, jewelry, or other irreplaceable items

Optional items that **MUST** be handed directly to staff at check-in and cannot be packed in student bags:

- Prescription medications including epi-pens and inhalers (see below for more information)
- Non-prescription medications: including melatonin, vitamins, chewables, advil, dramamine, etc. Please keep in mind that the ship carries a well-stocked first aid kit with many of these meds.
- Cell phones (see below for more information)

Note on cell phones:

The ship's staff have contact with the Ocean Academy office and can be reached in emergencies. If a cell phone is viewed as necessary by parents (for their child's travel, emergency use, etc.) they are allowed onboard but not for use throughout the week. It must be packed in a waterproof bag and given to Ocean Academy staff at check in.

Note on prescription medications:

If your child takes any prescription medications, please pack them in their original containers per MA regulations. Place original containers in a ziplock bag marked with your child's name in sharpie on the bag. Please complete a medication administration form (found on your parent portal) for each medication. Make sure you indicate whether the medication is to be taken daily or "as needed". Hand over all prescription and non-prescription meds at check-in to Ocean Academy staff. Staff follow specific administration protocols that are reviewed annually by our health-care consultant. Please contact us with any questions or concerns.