



# TURKS & CAICOS

## FIELD GUIDE

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**LIFE IN THE FIELD**



## Academic Foci

- The center is located on the island of South Caicos nestled within the British Overseas Territory of Turks and Caicos.
- Turks and Caicos Islands are surrounded by coral reefs, sea walls, a deep ocean trench, mangroves, and seagrass beds.
- These marine ecosystems are critical to the tourism and fishery economies, but are under enormous pressure from coastal development, a rising demand for seafood, and the impacts of climate change.

### SEMESTER: MARINE RESOURCE STUDIES

Marine ecology and conservation. Ocean acidification. Marine resource management. Approaches to sustainable tourism and fisheries. Coral health and resilience. Traditional island livelihoods. Coastal Management. Marine protected areas.

### SUMMER 1: FUNDAMENTALS OF MARINE CONSERVATION

Marine ecology and conservation. Ocean acidification. Marine resource management. Approaches to sustainable tourism and fisheries. Coastal Management. Marine protected areas.

### SUMMER 2: MARINE FAUNA

Large fauna behavior and tracking. Marine species population health. Marine ecology and conservation. Marine protected areas. Ocean acidification.

Each program combines theory learned in the classroom alongside field-based applications. Time in the classroom is structured to give students a solid understanding of environmental history, theory, and conservation techniques before deploying their knowledge or specific techniques in the field. All classes are taught in English.



## Setting and Facilities

A former hotel on South Caicos, a rocky island of 13mi<sup>2</sup>.

RURAL



URBAN

### COCKBURN HARBOR

Local Town

Population ~1,000

Rural town with seasonal hotels and a few small stores. Stray horses, donkeys, dogs, cats, etc.

### PROVIDENCIALES

30-minute flight or 90-minute ferry

Population ~24,000

Island with largest population in Turks & Caicos. Tourist hub, international airport, and decompression treatment.

### HOUSING

Seven rooms, 4-6 people per room in twin bunk beds. Shared desk, closet, and shelves. Personal storage cubby. No AC and one fan per room.

En-suite bathroom with fresh-water shower (cold water) and western-style toilet. One fresh-water shower permitted per week. Outdoor salt-water showers as desired.

### OTHER FACILITIES

The main building houses the dining room, kitchen, classroom, and meeting room with communal computers. Dogs and cats live on site.

All clothes are washed by hand in salt-water (detergent not provided) and hung on clotheslines. Laundromat short walk from center which is open when water supplies permit (8-10 USD per load plus additional money to use dryer).

# Center Map





# Campus Policies



## CURFEW, SIGN-OUT LOG & BUDDY POLICY

Because center locations are often unfamiliar to students, policies including nightly curfew, sign-out logs, and a buddy system help keep students safe.



## CHORES

There is no cleaning service at the center, so students are expected to take responsibility for their space. Students will help set up/clean-up for meals and engage in center-wide clean-ups. Specific chore responsibilities will be shared during orientation.



## DRUGS PROHIBITED

Consumption or possession of alcohol is limited on campus. Students who consume alcohol need to do so in moderation and maintain respectful behavior toward others.

SFS does not allow possession or use of any medications or substances that are illegal in the U.S. or host country for the full duration of SFS programs including free time and weekends away. Check local laws before possessing or using e-cigarettes or vaping devices on program.



## NO VISITORS

Students are obligated to stay at the center during program time. No visitors are allowed on campus without center staff approval. If family or friends are planning on visiting have them do so during program breaks or coordinate with the center director for approval. Time off during program time to spend with guests is limited.



## TIME OFF IS LIMITED

Students will have highly structured schedules from 7am-7pm weekdays and Saturdays with Sundays generally free to spend at the center or in town. Attendance is required for all activities including any multi-day trips that may fall on the weekends. Semester students will be given a 5-8 day mid-semester break. Summer students will not be given time off to travel independently.

Students are responsible for their own food and accommodations during non-program time. Students are not allowed to stay at the center during mid-semester break or during the interim between Summer 1 and Summer 2 sessions. See page 12 for estimated costs.



## NO KNIVES OR WEAPONS



## Community Interaction

Students live at a center rather than a homestay, local apartment, or university dorm. This means they will not navigate the local culture, cuisine, or language every day. However, meaningful research is only possible with the input of local people, so community engagement and Directed Research projects vary each term to reflect the requests of our partners. Some examples of past outreach initiatives include swim lessons, planting trees, working in community gardens, and outreach at schools.



## Food

SFS can support most dietary needs, but the variety of food will be extremely limited due to local availability and cost. SFS cannot accommodate life-threatening cumin allergies or strict Halal or Kosher diets. Infrequent food deliveries to the island mean that fresh produce may be limited. Meals are simple and repeat every week, so SFS always recommends bringing electrolytes, vitamins, protein bars, nuts, favorite snacks, etc.

Meals may consist of rice or pasta, vegetables, meat, and fruit. Snacks may include tea, coffee, crackers and cheese, and pastries.



## Exercise

At the center there is a swim lane, snorkel zone, and yoga mats. In town, there is a free gym with exercise machines and weights and a turf field for activities.



## Climate

The weather is hot and humid year-round. Average temperatures range from 70-90°F. Hurricanes are possible June-November.



## Money

The local currency is the U.S. Dollar (USD).

Turks & Caicos is primarily a cash-based economy. However, all students are required to bring a credit/debit card with at least \$3,000 in funds in case of emergencies. Mastercard and Visa are the most commonly accepted cards internationally. Notify banks about international travel.

It is recommended to bring the entire amount of USD you plan to spend with you to start (bills no larger than \$20 USD) (see page 12). There are two ATMs on the island, although one is frequently out of order or without money. In general, expect much higher costs in Turks & Caicos than in the U.S.



## SCUBA

Diving involves 4-8 students, a Divemaster, and a safety diver diving at sites within a mile of the center. Summer students will likely dive 5-7 times during each summer session, and semester students 15-20 times. For students' safety, scheduled activities may be changed or canceled in the event of bad weather.

SCUBA divers are required to purchase gear either through SFS or on their own prior to arriving. There is no option to rent gear on South Caicos! Students purchasing gear on their own will need to provide a receipt of purchase or service within one year of their program end date. Students purchasing SFS gear will need to transport their gear home. SFS follows conservative diving and requires the use of dive computers for added safety. Additionally, all SCUBA divers are required to purchase Divers Alert Network (DAN) Insurance on top of their international health insurance plan. More information can be found in the student portal after acceptance.

The PADI Open Water certification is offered during Summer 1 and Semester programs. The PADI Advanced Open Water certification is offered during Summer 2 and Semester programs. Students only attending the Summer 2 session and wanting to SCUBA dive will need to obtain their Open Water SCUBA certification prior to arrival from a recognized organization such as PADI, NAUI, CMAS, SDI, or SSI.



## Considerations

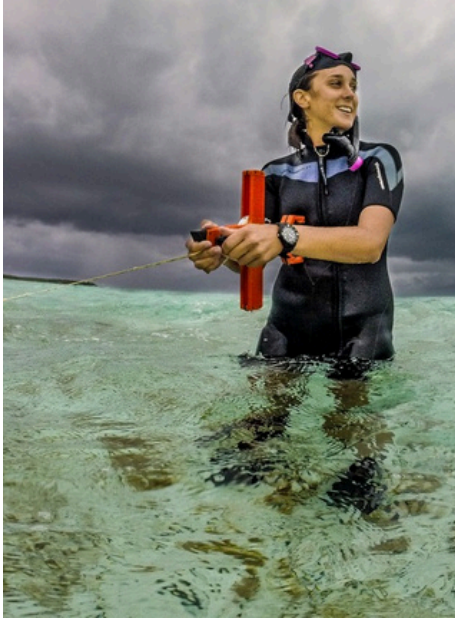
**Language:** English is the official language. Many locals also speak Spanish and/or Creole.

**Diversity and Local Culture:** Predominately Afro-Caribbean (over 85%) with smaller expat communities from the U.S, U.K., and Canada. Largely Christian (over 85%) split amongst various denominations. Conservative dress is occasionally required off-campus. Flirting and catcalling are common.

**Physical Readiness:** Students will need to walk and swim/snorkel in the open ocean for up to 1 hour at a time. Swim assessment required to swim without lifejacket. SCUBA divers must carry their own gear (~ 50 lbs).

**Hazards:** Jellyfish, lionfish, sharks, stingrays, sea urchins, stray dogs, heat/sun, etc.

**Travel:** Students will frequently travel short distances by walking, boat, or car.



## Electricity

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The electrical voltage and plug type in Turks & Caicos are the same as in the U.S.. U.S. Students will not need a voltage converter or plug adapters. During some overnight semester excursions electricity will not be available.



## Internet

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Wireless internet is available at the center, but it can be slow and frequently unavailable. SFS reserves the right to limit internet activities occurring on our servers including, but not limited to, streaming or downloading audio/video content (Facetime, Netflix, etc.). During some semester overnight excursions, WIFI will not be available.



## Computers

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Students must bring laptops with Microsoft Office (or the ability to open Microsoft files offline) and a USB port (or USB adapter). Electronic devices are subjected to a much harsher environment than normal, which may cause malfunction. In particular, Apple products do not fare well in high humidity, and there are no nearby Apple stores. All devices are difficult to repair or replace locally, so please take extra precautions.



## Phones

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Students with unlocked phones can buy a local SIM card to use. Plans range from \$20-150 USD per month. Most students choose to rely solely on WIFI. Students without plans will be loaned basic phones when hiking on the island for local use in case of emergencies.



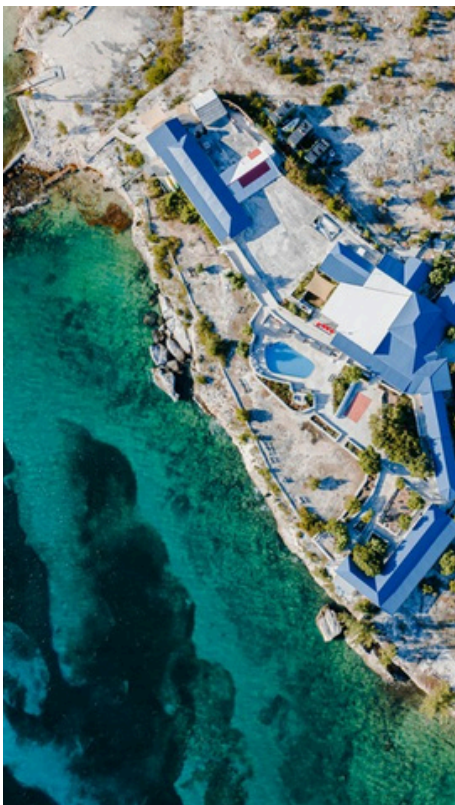
## Mail

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Packages should be sent by FedEx or USPS, not DHL or UPS. Do not send any medications by mail. Average one-way travel time for mail from the U.S. to Turks & Caicos is 3-6 weeks. Therefore, no mail can be sent during the summer programs or the final 1.5 months of semester programs, as students will not receive it! Mail will not be forwarded.

Address: Student Name, The School for Field Studies,  
1 West Street\*, South Caicos, Turks & Caicos Islands,  
British West Indies, TKCA 1ZZ

\*ONLY FOR USPS ADD PO BOX 7 IN THE ADDRESS.





# Sample Schedule

This schedule is a sample; no week will follow it exactly. Programs typically begin with long classroom days and transition into more fieldwork later on. Final schedules are provided upon arrival and are subject to change, including the day-of, due to weather, availability, and factors outside of SFS' control. Flexibility is essential.

All events are mandatory. We respect religious and cultural observances, but because of our cohort-based field programs, accommodations (schedule changes, special meals, personal observance time, etc.) may be limited. Communicate any anticipated needs with SFS in advance to discuss any feasible arrangements.

| SUNDAY                                                                          | MONDAY                                                                            | TUESDAY                                                                 |                                                                | WEDNESDAY                                  |                                                     |                                                | THURSDAY                                                         | FRIDAY                                                         |                                                             | SATURDAY                                    |
|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------|-----------------------------------------------------|------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------|
| 8-11am Free time at the Center/ In Town (Laundry, Homework, Relaxation)         | 7-8am Breakfast and Morning Meeting                                               | 7-8am Breakfast and Morning Meeting                                     |                                                                | 7-8am Breakfast                            |                                                     |                                                | 7-8am Breakfast and Morning Meeting                              | 7-8am Breakfast and Morning Meeting                            |                                                             | 7-8am Breakfast                             |
|                                                                                 | 8-10am Principles of Marine Resource Management - Documentary                     | 8-10am Tropical Marine Ecology - Field Quiz (Group 1)                   | 8-10am Free time (Group 2)                                     | 8-10am Waterfront Dive / Snorkel (Group 1) | 8-10am Community Engagement (Group 2)               | 8-10am Free time (Group 3)                     | 8-10am Principles of Marine Resource Management - Lecture        | 8-10am Tropical Marine Ecology - Field Exercise (Group 1)      | 8am-12:30pm Free time (Group 2)                             | 8-10am Optional Waterfront Dive / Snorkel   |
|                                                                                 | 10:30am-12:30pm Principles of Marine Resource Management - Documentary Discussion | 10:30am-12:30pm Free Time (Group 1)                                     | 10:30am-12:30pm Tropical Marine Ecology - Field Quiz (Group 2) | 10:30am-12:30pm Free Time (Group 1)        | 10:30am-12:30pm Waterfront Dive / Snorkel (Group 2) | 10:30am-12:30pm Community Engagement (Group 3) | 10:30am-12:30pm Marine Conservation Governance - Podcast Project | 10am-12:30pm Free time (Group 1)                               |                                                             | 10am-12pm Free Time at the Center/In Town   |
| 11-11:30am Brunch                                                               | 12:30-1:30pm Lunch                                                                | 12:30-1:30pm Lunch                                                      |                                                                | 12:30-1:30pm Lunch                         |                                                     |                                                | 12:30-1:30pm Lunch                                               | 12:30-1:30pm Lunch                                             |                                                             | 12:30-1:30pm Lunch                          |
| 11:30am-4:30pm Free time at the Center/ In Town (Laundry, Homework, Relaxation) | 2-3pm Tropical Marine Ecology - Lecture                                           | 2-3pm Tropical Marine Ecology - Lecture                                 |                                                                | 2-4pm Community Engagement (Group 1)       | 2-4pm Free time (Group 2)                           | 2-4pm Waterfront Dive / Snorkel (Group 3)      | 1:30-6:30pm Marine Conservation Governance - Podcast Project     | 1:30-4pm Free time (Group 1)                                   | 1:30-4pm Tropical Marine Ecology - Field Exercise (Group 2) | 2-4pm Community Engagement                  |
|                                                                                 | 3-4pm Marine Conservation Governance - Lecture                                    | 3-4pm Principles of Marine Resource Management - Lecture                |                                                                |                                            |                                                     |                                                |                                                                  |                                                                |                                                             | 4-4:30pm Mandatory Center Student Clean-up  |
| 4:30-6:30pm (Optional) Community Engagement                                     | 4:30-6:30pm Marine Conservation Governance - Group Discussion                     | 4:30-6:30pm Principles of Marine Resource Management - Group Discussion |                                                                | 4-6pm Free time at the Center/ In Town     |                                                     |                                                | 6:30-7:30pm Dinner                                               | 4:30-6:30pm Principles of Marine Resource Management - Lecture |                                                             | 4:30-6:30pm Free Time at the Center/In Town |
| 6:30-7:30pm Dinner                                                              | 6:30-7:30pm Dinner                                                                | 6:30-7:30pm Dinner                                                      |                                                                | 6-7:30pm Student Meeting and Dinner        |                                                     |                                                |                                                                  | 6:30-7:30pm Dinner                                             | 6:30-7:30pm Dinner                                          |                                             |
| 7:30-9pm Free Time at the Center / In Town                                      | 7:30-9pm Free Time at the Center / In Town                                        | 7:30-8:30pm Advanced Open Water                                         |                                                                | 7:30-9pm Free Time at the Center / In Town |                                                     |                                                | 7:30-8:30pm Game night                                           | 7:30-8:30pm (Optional) Night Dive/Snorkel                      |                                                             | 7:30-11pm Free Time at the Center / In Town |
| 9pm Curfew                                                                      | 9pm Curfew                                                                        | 9pm Curfew                                                              |                                                                | 9pm Curfew                                 |                                                     |                                                | 9pm Curfew                                                       | 9pm Curfew                                                     |                                                             | 11pm Curfew                                 |

- Meals and Announcements
- Free Time
- Community Engagement
- Classroom Time
- Field Work
- Curfew



# Health & Safety in the Field



## 24-Hour Emergency Hotline

SFS maintains a 24-hour emergency hotline. To urgently contact a student in the field, call 978.219.5113.



## Health & Wellness Manager

The Student Health & Wellness Manager is a full-time primary medical responder and student support personnel on campus and on excursions. They are certified in Wilderness First Response, or an equivalent certification, and trained in sexual assault first response. They also advise students on life abroad, conduct risk assessments, and attend medical appointments.



## Orientation

Prior to departure, SFS requires attendance at a pre-departure orientation focused on essential aspects of the program. Students must also research the inherent risks associated with traveling abroad and cultural considerations themselves. Upon arrival to campus, students receive an additional orientation about the local community and culture, center operations, and relevant risks.



## Medical Care

SFS maintains detailed risk assessment and management plans. If a medical care facility visit is needed, staff will accompany the student to the appointment. There may be times when medical care is delayed. Students are responsible for all medical costs and all incidental expenses related to injury, illness, or quarantine incurred by any party involved, including but not limited to transportation, accommodations, etc. Some medical conditions may necessitate medical withdrawal from the program. Final decisions on medical withdrawals are made by SFS. See the Health and Safety Guide for more information.



## Mental Health Support

Adjusting to new environments while away from usual support systems is challenging. While abroad, there is decreased communication with home, limited privacy, and fewer opportunities for exercise. Many students find the rigorous schedule of SFS programs and the rare opportunities for alone time overwhelming.

SFS is partnered with Telus Health ([My SSP website](#)) to provide students with access to free, mental health and wellness support via WIFI. My SSP is a supplemental resource, and students should work with their mental health provider to create a primary support plan while abroad. See the Health and Safety Guide for more information.



# Identity

Each country is shaped by its history, and therefore attitudes towards gender, sexual orientation, ethnicity, and religion can differ greatly. What seems like discrimination may simply be curiosity. Students should research how their identity might be perceived in a new context.

Studying abroad is a privilege, and it is not our students' place to change the host country's culture or values. SFS campuses are permanent fixtures and home to staff year-round. As representatives of SFS and students' own countries, behavior that is disrespectful, illegal, or contrary to cultural norms can degrade the relationship with the community.



## Sexual Health & Wellness

Please consider:

- The ramifications that a short-term relationship may have on a small residential campus or within the local community.
- Access to protection, medication for sexually transmitted infections, and emergency contraception may not be available.
- The current dialogue and understanding of consent in the U.S. does not always apply in other cultures.
- If anyone feels subjected to sexual harassment, they should walk away from the situation without concern for being culturally inappropriate. They can report harassment or assault to any staff member.
- In the case of a sexual assault, SFS provides support to student including access to medical care and support systems and the option to report to law enforcement. However, local laws and limited availability of resources such as rape kits can complicate reports of sexual harassment or sexual assault in foreign countries.



## LGBTQIA+

SFS welcomes all students at our centers, but recommends students know the following when traveling:

- Laws and social customs of other countries may criminalize same-sex relationships or certain gender expressions.
- Travelers may experience discrimination and harassment when traveling.
- Some cultural practices are based on traditional gender roles. As a result, when traveling, students might be misgendered.
- Some languages are gendered, resulting in a lack of terms that encompass non-binary and gender-neutral identities.
- In other countries, health services specific to transgender people may be limited or unavailable.
- In some situations, it is not possible to use preferred names or genders (visa paperwork, plane tickets, hotel reservations, and government sites). Gender X is not recognized worldwide, and students may need to provide binary sex information. See the LGBTQ+ Resource Guide for more information.



## **PREPARING FOR DEPARTURE**



# Program Costs

The relationship SFS has with students' schools will determine the billing process. Within a week of acceptance, students or their schools will be required to pay a non-refundable deposit to reserve their spot. Afterward, we will reach out to students or their schools to collect tuition payments. Up-to-date costs and refund policies can be found [here](#).

Included in SFS program costs are program advising and orientations, tuition and research fees, airport transfers, housing and meals during program time, field excursions and cultural activities, official transcript processing, and evacuation and 24/7 support in case of emergencies.

| PROGRAM         | BILLING DEADLINE |
|-----------------|------------------|
| Spring          | November 1st     |
| Summer 1 or 1+2 | April 1st        |
| Summer 2        | May 1st          |
| Fall            | June 1st         |

| BASIC COSTS (BILLED BY SFS)                         | SEMESTER | SUMMER 1 | SUMMER 2 | SUMMER 1 + 2 |
|-----------------------------------------------------|----------|----------|----------|--------------|
| Tuition                                             | \$22,500 | \$6,500  | \$6,500  | \$13,000     |
| Room & Board                                        | \$7,450  | \$2,550  | \$2,550  | \$5,100      |
| BASIC PROGRAM COST                                  | \$29,950 | \$9,050  | \$9,050  | \$18,100     |
| ADDITIONAL COSTS (ESTIMATED, ACTUAL COSTS MAY VARY) |          |          |          |              |
| Airfare                                             | \$1,000  | \$1,000  | \$1,000  | \$1,000      |
| Passport                                            | \$200    | \$200    | \$200    | \$200        |
| Visa fees (if applicable)                           | N/A      | N/A      | N/A      | N/A          |
| Immunizations/Medications                           | \$200    | \$200    | \$200    | \$200        |
| Personal Expenses                                   | \$800    | \$400    | \$400    | \$800        |
| Program Breaks - Accommodation & Food               | \$1,100  | N/A      | N/A      | \$600        |
| ESTIMATED ADDITIONAL PROGRAM COSTS                  | \$3,300  | \$1,800  | \$1,800  | \$2,800      |
| TOTAL PROGRAM COSTS (BASIC + ADDITIONAL COSTS)      |          |          |          |              |
| ESTIMATED TOTAL PROGRAM COST                        | \$33,250 | \$10,850 | \$10,850 | \$20,900     |
| SEE PAGE 18 FOR OPTIONAL SCUBA COSTS                |          |          |          |              |



## Financial Aid

All students are encouraged to apply for SFS financial aid. Financial aid applications are reviewed on a rolling basis starting in February for summer programs, April for fall programs, and September for spring programs. Early submissions are welcome. Students who submit an SFS financial aid application by the payment deadline will be considered for our full range of aid options. Learn more [here](#).



# TRAVEL



## PASSPORT

Students must have a passport in hand 4 months prior to departure that is valid for at least 6 months after departure from Turks & Caicos.



## VISA

Summer students will enter Turks & Caicos using tourist visas. Summer students' tourist visas will be granted upon arrival and last for up to 90 days. Nothing needs to be done for the visa pre-arrival. Tourist visas are currently free to obtain, but visa costs are the responsibility of the student and prices are subject to change.

Semester students will enter Turks & Caicos on tourist visas with student visas in progress. Staff will apply for and pay for semester students' student visas. Staff will collect students' passports once on program for immigration officials to complete the student visa process.

Non-U.S. citizens may require a different visa process and are responsible for applying for, obtaining, and paying for their own visa valid for the duration of their stay.

If traveling before or after the program, students should make sure that the visa will remain valid for their entire stay.

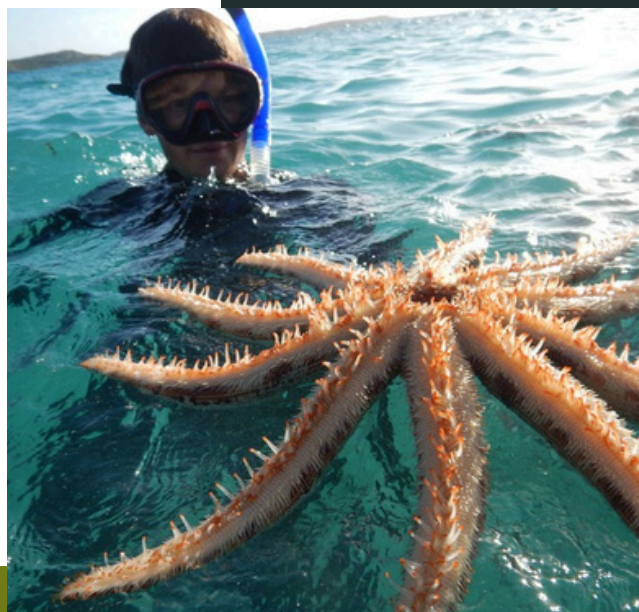


## FLIGHTS

Students are responsible for the cost of flights to and from their program. Students will receive travel instructions at least 2 months prior to the start of their program. Do not book flights before receiving these instructions.

SFS staff will meet students at the airport on the date and time specified in the airport instructions and transport them to the center. Students will receive airport instructions 1-2 weeks prior to the start of their program. If students are traveling before the program, they are responsible for meeting the group at the airport at the designated date and time. Additionally, SFS is not responsible for transporting or storing luggage before or after the program.

SFS is not responsible for reimbursing travel expenses for programs canceled or rescheduled due to acts of war or civil unrest, strikes, weather, quarantine/epidemics/sickness, government regulations, or failure of equipment, power, or communications.





# Medical Requirements



## Medical Approval Process

Students are required to complete the SFS medical approval process. The review is not meant to exclude, but to inform and allow support systems to be put in place.

Students electing to SCUBA dive must submit additional paperwork through their physician as certain medical conditions can increase the risk of diving-related complications.

No student may enter the field until medical approval is granted by SFS. See the Health & Safety Guide for more information.



## Vaccinations & Medications

### Required

- None

### Recommended

- [Centers for Disease Control](#), travel clinics, or medical providers can provide further recommendations.



## International Health Insurance

Students are required to buy international health insurance. Students will receive international health insurance requirements upon acceptance to their program. Keep in mind most companies reimburse medical costs, so students need an emergency credit card/debit card with at least \$3,000 USD to pay for medical expenses upfront.

All students are enrolled in an emergency evacuation and repatriation insurance plan through American International Group, Inc. (AIG) for the duration of their program only. This is supplemental insurance to students' own comprehensive health insurance outlined above. See the Health & Safety Guide for more information.



## Accommodating Disabilities

SFS works with students, schools, and physicians to determine required accommodations and whether they can be safely and reasonably maintained on program. We strive to meet students' needs, but due to the remote nature of programs, there are varying levels of accessibility. Questions regarding health or learning accommodations can be directed to the Student Life Department or the Office of Academic Affairs respectively.



## **PACKING GUIDE**





# Packing Considerations



## Luggage

SFS does not have a specific policy regarding how much or what type of luggage students bring, however, students will be sharing a room, and there is limited space to store belongings. Bring only what can be maneuvered oneself and check with all airlines for luggage restrictions and fees.



## Culture & Climate

The center relies heavily on bleach for sanitation, keep this in mind when packing. Many students bring old clothes to wear in the field and leave behind at the end of the program. Do not bring anything that cannot be damaged!

A minimum of 3-inch seams are required for all shorts worn in town. On certain occasions, SFS will require knees, midriff, and shoulders to be covered.

Hair care products vary by region. Travelers with curls or hair that is easily damaged might consider packing preferred products in a quantity that will last for the entire program.

While packing, consider the impact of the products brought to the program, both the ingredients and packaging. Plastic can be difficult for waste management in remote environments. Think about bringing a reusable tote, metal straw, cloth napkins, etc. We also highly encourage biodegradable soaps, shampoos, and conditioners.





# Required Packing

- **Pants (SEMESTER REQUIRED, Summer optional)** 1+ pairs of field pants and optional pants for day-to-day. Flowy, lightweight blends dry quickly and help prevent bug bites.
- **Shorts** Board shorts or quick dry are best. Minimum of 3-inch seam for shorts worn in town. Runners may want a few pairs of athletic shorts.
- **T-shirts and Tank tops** Loose-fitting with no midriff exposed. Cotton not recommended. Can be bought in town.
- **Long-sleeved shirts/rash guard** 1+ for fieldwork. Lightweight. Cotton not recommended.
- **Casual/nice clothes** for town. 1+ outfits. Bring some conservative options for town. Some past students recommend casual dresses.
- **Lightweight jacket or sweatshirt and sweatpants (SEMESTER REQUIRED, Summer optional)** for chilly days or when in rooms with A/C.
- **Lightweight rain jacket with a hood or Poncho (SEMESTER REQUIRED, Summer optional)**
- **Underwear and Socks** Note, you will mostly be in sandals
- **Pajamas** appropriate for shared spaces.
- **Swimsuit** 2+ sets. Alumni recommend more. Two pieces can be used only in combination with rash guard.
- **Sun hat and sunglasses** Hat should have brim, and it is recommended to use polarized sunglasses. Inexpensive is best since salt is corrosive.
- **Sneakers** or other casual shoes.
- **Sandals** with heel straps.
- **Flip flops** for showering. Can be bought in town.
- **One set of sheets and pillowcase** Twin size. A pillow will be provided at the center.
- **Sleeping bag or lightweight blanket (SEMESTER ONLY)**
- **Towels** 1+ large shower towels, 1+ face/hand towels, and 1+ beach towels. Quick dry towels are best!
- **Personal fan** Can rent at the center for \$5.
- **Flash drives and/or External hard drive** At least 8 GB recommended.
- **Computer** that can open Microsoft Office documents offline and has a USB port or USB port adapter.
- **Surge protector, Plug adaptors, and Extension cord**
- **Wristwatch with extra batteries** Waterproof for snorkeling and SCUBA.
- **Headlamp or Flashlight with extra batteries**

- **Record of immunizations and Health history**
- **Personal first-aid kit** Consider Anti-itch creams, Neosporin, Bacitracin, Tylenol, Ibuprofen, Pepto Bismol, Band-Aids, Tape, Tweezers, Nail clippers, Antihistamines, Pro-biotics, Antidiarrheals, Vitamin C, Cold medicines, Immune boosters, Hydration salts/Liquid IV, etc. Some items can be bought in town. Alumni recommend bringing lots of hydration salts.
- **Prescriptions** Overseas prescriptions are not always accepted. Bring adequate supplies of prescription medications to last the duration of the program alongside doctors' prescriptions to avoid customs delays. Think about inhalers, allergy medication, contacts/glasses, etc.
- **Motion sickness medication/Dramamine/ginger chews** preferably non-drowsy.
- **Period care** Students can buy pads in town, but they are costly. Tampons are uncommon to find. We encourage menstrual cups or environmentally friendly, biodegradable options.
- **Biodegradable toiletries and Laundry detergent** Basic items can be bought in town, but plan to bring enough for at least a week.
- **Day pack** Suitable for taking gear into the field. 15-30L recommended.
- **Water bottles** 1+ bottles with at least 1L capacity.
- **Reef Safe Sunscreen** 2+ bottles. Recommend creams over sprays. Can be bought in town.
- **Insect Repellent** 1+ bottles. Can be bought in town.
- **Notebooks and Pens/Pencils**
- **Underwater slate and Pencils** at least 6x6. Alumni recommend flat slates over the wrist model.
- **Mr. Clean Magic Erasers** 2+ to clean underwater slate.
- **Dive Mask and Extra strap** Check for good fit and solid strap construction. Full-face masks and masks with prescription lenses are not recommended (use disposable contacts instead). Snorkel packs found at department stores will not be sufficient for field needs. ScubaPro, TUSA, Cressi, Mares, and Aqualung are reputable companies.
- **Snorkel** Full-sized adult snorkel. Snorkel packs found at department stores will not be sufficient for field needs.
- **Diving Booties or Wading/diving shoes** Hard soled recommended. Make sure they fit inside fins.
- **Full sized Fins and Replacement straps and clips** that fit over diving booties. Do not opt for "travel size"
- **Long-sleeved rash guard** 1+ to be used for all snorkel excursions.



# SCUBA Packing + Prices

The items with a \* are included in SFS gear packages. Students who purchase the SFS gear package will need to transport their gear home with them at the end of their program. There are no refunds for SFS gear after arrival to the program.

- **Buoyancy Compensator Device/BCD with integrated weight belt\*** Try on before purchasing to ensure a good fit. Many brands run big. Consider connecting the BCD to a tank before trying it on. Stand sideways in front of a mirror and ensure there is no gap between shoulder blades and the BCD. Weights are provided on-site.
- **Regulator\*** equipped with First-stage, Primary second-stage, alternate second-stage/octo, BCD inflator hose, and pressure gauge.
- **Octo Retainer/octo holder\*** Retains second stage regulator close to the body to prevent damage to the reef and equipment. Available for purchase at the center for \$5 USD.
- **Dive Computer\*** with at least 75% battery power that provides depth, time, and no-decompression limits.

Students who opt to purchase their own gear package will be expected to provide a receipt of purchase or gear servicing within one year of their program end date.

Don't forget you need luggage space to transport your gear home with you!

- **Backup battery and Extra O-ring for dive computer\*** There are no shops to repair a failed dive computer. Students need to know how to change these themselves. Purchase of the SFS gear package provides access to these backups while on program.
- **Console Retractor and Clips/carabiners** to attach gear and equipment to the BCD. Stainless steel bolt snaps or double-ended gate clips work well. Console Retractors available for purchase at the center for \$15 USD and clips/carabiners for \$7 USD.
- **Save-A-Dive Kit** Ask the dive shop to make this. This should include extra mouthpieces, extra flashlight batteries, extra fin straps, and extra mask straps.
- **Divers Alert Network (DAN) Insurance** Regular membership and at least DAN Master Plan coverage. SFS sponsor number: 030697. [Register here.](#)

## OPTIONAL SCUBA COSTS

|                                        | SEMESTER | SUMMER 1 | SUMMER 2 | SUMMER 1 + 2 |
|----------------------------------------|----------|----------|----------|--------------|
| PADI Open Water Certification          | \$550    | \$550    | N/A      | \$550        |
| PADI Advanced Open Water Certification | \$250    | N/A      | \$250    | \$250        |
| SCUBA Gear                             | \$1,200  | \$1,200  | \$1,200  | \$1,200      |
| DAN Insurance                          | \$75     | \$75     | \$75     | \$75         |
| ESTIMATED OPTIONAL SCUBA COSTS         | \$2,075  | \$1,825  | \$1,525  | \$2,075      |

## TOTAL PROGRAM COSTS WITH SCUBA (BASIC + ADDITIONAL + SCUBA COSTS)

|                              |          |          |          |          |
|------------------------------|----------|----------|----------|----------|
| ESTIMATED TOTAL PROGRAM COST | \$35,325 | \$12,675 | \$12,375 | \$22,975 |
|------------------------------|----------|----------|----------|----------|



# Optional Packing

- **Purse/tote bag** for town.
- **Small clothing repair kit**
- **Bandana, buff, or scarf**
- **Something white** to tie dye.
- **Laundry bag**
- **Mosquito Net** for the bed. Square twin sized nets recommended. Alumni highly recommend.
- **Neoprene mask strap cover**
- **Additional swimwear** such as swim leggings, wetsuits, shorties, or dive skins (1-3mm). Alumni recommend.
- **Underwater flashlight** for optional night dives/snorkels. Cannot participate without it. Alumni highly recommend.
- **Neon swim cap** for optional long-distance swims.
- **Dry bags or sturdy plastic bags** Gallon-sized Ziploc bags work well.
- **Tupperware and travel mugs** for packing snacks. Can be bought in town.
- **Items to donate to the community** School supplies, books, boardgames, and sporting equipment.

- **Swimmer's ear drops and eye drops**
- **Hair oil and/or detangling conditioner** Can buy in town.
- **Tiger balm and/or Lotion/Aloe vera** Can buy in town.
- **Earplugs and Eye mask**
- **Baby wipes and Hand sanitizer** Can buy in town.
- **Journal, Games, Movies, Books, and Crafts**
- **Fishing pole** license is \$30 for 30 days. No spear guns.
- **Snacks, Drink powders, and Dietary supplements**
- **Additional Hydration Salts/Liquid IV**
- **Reading lamp**
- **Camera and/or Underwater Camera**
- **Headphones and/or Bluetooth speaker** Noise canceling recommended.
- **HDMI Adapter**
- **Waterproof cases for electronics and silicone packets** (or some water-absorbing equivalent).
- **Binoculars** Preferably 8 x 40 but anything in the 6 x 30 to 10 x 40 range is fine.
- **Extra batteries and External battery packs**
- **Long charging cable**
- **Wireless Charger**



## Contact Us

**Keep up with SFS** Follow us on Instagram [@theSFS/ @the\\_SFS\\_tci](#), read [news from the field](#), and find the [full list of the SFS team bios here!](#)

**Questions about billing?** [Billing@fieldstudies.org](mailto:Billing@fieldstudies.org)

Deposit payments, invoices, billing deadlines, financial aid packages, and loan paperwork.

**Questions about health and safety?** [StudentLife@fieldstudies.org](mailto:StudentLife@fieldstudies.org)

Medical paperwork, immunizations, managing medical conditions, and dietary needs and preferences.

**Questions about academics?** [Academics@fieldstudies.org](mailto:Academics@fieldstudies.org)

Learning accommodations, syllabi, and directed research.

**Questions about admissions or enrollment?** [Admissions@fieldstudies.org](mailto:Admissions@fieldstudies.org)

Which program is the best fit, application materials, and travel and visa logistics.