



AUSTRALIA

FIELD GUIDE



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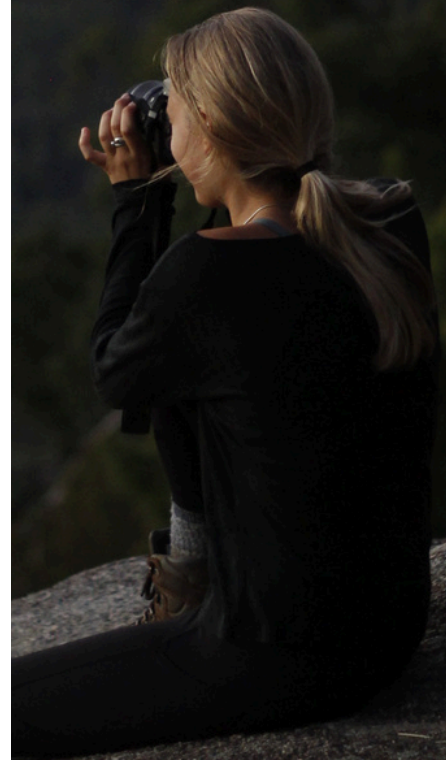
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LIFE IN THE FIELD



Academic Foci

Australia

- The center is located in the Atherton Tablelands in Northern Queensland, a designated world heritage area.
- Tropical rainforests cover less than 0.01% of Australia forming a narrow, broken belt along the northeast coast of Queensland, bordered to the east by the Great Barrier Reef and to the west by grasslands and eucalypt savannas.
- These rainforests have been subjected to abuses that rainforests worldwide are just now experiencing. Australia is where tropical countries may be in 20-30 years, and their rainforest management may serve as a future worldwide model.
- The forests house tree ferns, kauri pines, platypuses, 15-foot amethystine pythons, king parrots, rainbow lorikeets, and marsupials such as pademelons, bandicoots, tree kangaroos, sugar-glidens, a range of possums, and much more.

Indonesia (Summer 2)

- The hotel in Bali, Indonesia is situated in the bustling town of Ubud, which is a popular tourist spot known for its central location amongst famous temples, rice fields, and natural attractions.
- Bali has scenic mountains, volcanic lakes, and coastlines. Much of the landscape is agrarian with World Heritage-listed rice fields, agroforest farms, and smallholder operations, making it an ideal locality for examining various traditional forms of agriculture and regenerative agroecosystems.
- Bali is home to macaques, civet cats, Bali starlings, manta rays, and numerous lizards, turtles, and snakes.

SEMESTER: TROPICAL RAINFOREST STUDIES

Rainforest ecology, development, fragmentation, and conservation. Aboriginal ecotourism. Habitat restoration. Threatened species conservation. Animal behavior.

SUMMER 1: MARSUPIALS OF AUSTRALIA

Ecology, evolution, biogeography, taxonomy, and adaptations of major Australian wildlife including marsupials. Impact of humans and climate change. Conservation policies.

SUMMER 2: FARMING FOR THE FUTURE

Agroecology. Economic botany. Agricultural landscapes. Indigenous knowledge. Human development impacts.

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.



Setting and Facilities

Australia

153-acre center isolated in the rainforest.

RURAL ← ● → URBAN

YUNGABURRA	ATHERTON	CAIRNS
20-minute drive. Cannot walk. No public transport or taxis.	40-minute drive. No public transport or taxis.	90-minute drive. No public transport or taxis.
Population ~1,200	Population ~8,000	Population ~150,000
Nearest town. Doctor, pharmacy, library, hotel, post office, and supermarket.	Similar amenities to Yungaburra.	Major tourist destination. International airport, auto rental facilities, and large resort community.

HOUSING	MAIN BUILDING	OTHER FACILITIES
Four student cabins, 8 students per cabin in twin beds. Personal drawers and storage cubbies. No WIFI or AC.	5-10 minute walk from cabins on forested trails.	Common room with TV, couches, and games.
Restroom blocks with showers (cold water) and western-style toilets are a short walk away from cabins.	Includes classroom, library, computer room, staff offices, kitchen, and covered outdoor dining facility.	Two washing machines available to students once a week (detergent provided). No dryers, clotheslines only.

Indonesia (Summer 2)

Hotel accommodations in downtown Ubud.

RURAL ← ● → URBAN

UBUD	DENPASAR
Local town	1-2 hour drive
Population ~74,000	Population ~897,000
Major tourist destination. Doctor, pharmacy, hotels, restaurants, boutique stores, and markets.	Capital city of Bali. International airport and advanced medical care.

HOTEL	OTHER FACILITIES
Twelve rooms, 2-3 people per room in twin beds. Shared storage areas.	Shared hotel areas.
En-suite bathroom with shower (warm water) and western-style toilets.	Laundry can be washed locally for approximately \$1.50 USD per 4 lbs.



Food

SFS can accommodate most dietary needs, but the variety of food may be limited due to local availability and cost. SFS cannot accommodate strict Halal or Kosher diets. For Summer 2 students, SFS cannot accommodate allergies to peanuts or MSG. Due to limited dietary variety, SFS always recommends bringing vitamins, protein bars, nuts, favorite snacks, etc.

Australia

The cuisine will be similar to the U.S. with breakfasts including cereals, yogurt, eggs, and toast and lunch/dinners consisting of sandwiches, salads, and pastas. Fruit is always available for students to snack on and occasionally cookies.

Indonesia (Summer 2)

Breakfasts will consist of rice cakes, fruits, bread and spreads. Most lunches and dinners will include rice, vegetables, fish, and curries.



Considerations

Language: In Australia, English is the official language. In Indonesia (Summer 2), Bahasa Indonesia is the official language. In Bali, most people speak Basa Bali. Locals have intermediate to advanced knowledge of English.

Culture and Diversity: In Cairns, Australia, 75% identify as White and 10% as Indigenous. Australia also has significant Asian immigration. Religious beliefs vary. In Indonesia (Summer 2), 99.9% of Bali is Indonesian but has a strong tourist presence. 95% of Bali is Hindu. Students may be required to cover their shoulders/knees/midriff to visit certain locations.

Physical Rigor: Students must walk/stand for up to 2 hours at a time. Some sessions will require swimming and snorkeling in the open ocean (0-2 times per session).

Hazards: Snakes, spiders, insects, heat and humidity, motion sickness, drowning, etc. In Australia, cassowaries and terrestrial leeches are also present on campus. Indonesia (Summer 2), also has monkeys, bats, and stray dogs.

Travel: Students will frequently travel short distances by car. Summer 2 students will fly from Australia to Indonesia.



Exercise

The Australian center has basic weights, yoga mats, trails for walking/running, a grass volleyball court, and a basketball hoop. In Indonesia (Summer 2), students can pay to use gym facilities in town. There is also a public soccer field nearby.



Climate

Students will be exposed to high heat and humidity and mud and mold. The "dry" season runs May - October, although, the rainforest is always rainy! Average temperatures during the dry season range from 62-85°F but can drop to 50°F in Australia and 72-88°F in Indonesia (Summer 2). The wet season runs November - April. Average temperatures during the wet season range from 70-88°F.



Money

The local currency is the Australian Dollar (AUD) and Indonesian Rupiah (Rp) (Summer 2).

Both cash and debit/credit cards are widely accepted in Australia and Indonesia (Summer 2). 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.

Students need to bring at least 100 AUD to start (see page 13). AUD can be ordered from banks prior to traveling, exchanged for USD at the airport, or withdrawn from ATMs. There is no opportunity to exchange USD for AUD outside the airport. In Indonesia (Summer 2), Rp can be withdrawn from ATMs or exchanged for USD. When bringing USD to exchange, travel with bills in excellent condition (clean, unwrinkled, unmarked, with no tears). Students will have access to ATMs in Cairns, Atherton, and Yungaburra and in Ubud (Summer 2).



Electricity

The electrical voltage in Australia and Indonesia (Summer 2) is 230 (the U.S. uses 120). Check all electrical devices to see if voltage converters are needed. Australia uses plug type I and Indonesia (Summer 2) uses types C and F (the U.S. uses A and B). All students will need plug adaptors.



Internet

Wireless internet is available at the Australian center and Indonesian hotel (Summer 2), but it is slow and intermittent. WIFI does not reach the student cabins at the Australia center. 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.).



Computers

Students need to bring laptops with Microsoft Office (or the ability to open Microsoft files offline) and a USB port. Electronic devices are subjected to a much harsher environment than normal. In particular, Apple products do not fare well in high humidity and are more difficult to repair or replace locally. Please take precautions to protect all devices.



Phones

Australia

Students with unlocked phones can purchase Telstra SIM cards at the airport (\$10-40 USD/ month). Only some of the center receives cell service.

Indonesia (Summer 2)

Students with unlocked phones can purchase SIM cards at the airport (\$15-30 USD/month). Most areas will have cell service.



Mail

Any packages and letters sent to Australia from the U.S. should be marked "airmail." The average one-way travel time for airmail from the U.S. to Australia is 10-14 days. Therefore, no mail can be sent during the last two weeks of the Summer 1 and Semester programs or during the entirety of the Summer 2 program as students will not receive it! Mail will not be forwarded.

Address: Student name, SFS Centre for Rainforest Studies,
P.O. Box 141, Yungaburra, Queensland, 4884, Australia





Community Engagement

Students live at a field station, rather than a homestay, local apartment, or university dorm. This means they will not necessarily navigate the local culture, cuisine, or language every day. However, SFS believes that meaningful research is only possible with the input of local people, so community engagement varies each term to reflect the requests of our partners. Some examples of past community engagement projects at our centers include planting trees, working in community gardens, picking up trash, and outreach at schools.



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.



Off-Campus Policies

Because center locations are often unfamiliar to students, there are off-campus policies in place to keep students safe including nightly curfew, sign-out logs, and a buddy system. Specific campus policies will be shared during orientation.



Time-off

Semester students will be given 5-7 weekends off and a 7-9 day mid-semester break. Summer students will be given 1-2 weekends off. Additionally, Summer 2 students have some evenings and afternoons off while in Indonesia. Travel to certain regions or neighboring countries during time off may be prohibited based on risk levels or center policies.

Students are responsible for their own food and accommodations during non-program time. Students are not allowed to stay at the center during weekends off, mid-semester break, or the interim between Summer 1 and Summer 2 sessions. See page 13 for estimated costs.



Alcohol & Substances

Consumption or possession of alcohol is prohibited on campus. Students who choose to consume alcohol on non-program time, need to do so in moderation and maintain respectful behavior toward others.

Possession of marijuana and cannabis-infused products, including some cannabidiol (CBD) oils, is currently illegal under U.S. federal law. 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. Students should discontinue the use of these products in anticipation of participating on SFS programs. Check local laws before possessing, purchasing, or using electronic cigarettes or vaping devices on program.



Sample Schedule

This is just a sample; not one week will follow this outline exactly. Students will receive program schedules after their arrival. Schedules are always subject to change based on weather, event availability, and other factors outside of SFS' control, including the day of, so students should arrive with a flexible mindset. All events apart from Free Time are mandatory.

Semester students should expect to spend more time in the classroom at the start of the semester, followed by more time spent in the field collecting data and independently studying during the Directed Research portion of the program.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Free time at the Center (Laundry, Homework, Relaxation).</p> <p>During days off at the center, students will be provided meals.</p> <p>During long weekends in Cairns, students will be asked to buy food and provide housing for themselves Friday-Sunday. See Page 13 for budgeted costs.</p>	6:45-7:45am Breakfast	7:30-9am Breakfast and Morning Meeting	7:30-9am Breakfast and Morning Meeting	7:30-9am Breakfast and Morning Meeting	7:30-8:30am Breakfast	7:30-9am Breakfast and Morning Meeting	
	<p>8am-6:30pm Field Trip</p> <p>Field trips can be any day of the week and occasionally last multiple days.</p>	9-10am Tropical Biome Ecology & Climate Change - Lecture	9-10am Environmental Sustainability & Socio-Economic Values - Lecture	9am-12pm Tropical Biome Ecology & Climate Change - Group Presentations	8:30am-12pm Community Engagement	9-10am Wildlife & Conservation Biology - Lecture	
		10-11am Environmental Sustainability & Socio-Economic Values - Lecture	10-11am Environmental Sustainability & Socio-Economic Values - Project			10-11am Environmental Sustainability & Socio-Economic Values - Guest Lecture	
		11am-12pm Wildlife & Conservation Biology - Lecture	11am-12pm Tropical Biome Ecology & Climate Change - Lecture	11am-12pm Wildlife & Conservation Biology - Lecture			
		12-1pm Lunch/Announcements	12-1pm Lunch/Announcements	12-1pm Lunch/Announcements			
		1-5pm Wildlife & Conservation Biology - Evaluation	1-5:30pm Tropical Biome Ecology & Climate Change - Presentation Prep	1-5:30pm Free time at the Center		1-5pm Environmental Sustainability & Socio-Economic Values - Field Work	1-4:30pm Field Trip
		5:30-6:30pm Dinner	5:30-6:30pm Dinner	5:30-6:30pm Dinner		5:30-6:30pm Dinner	5:30-6:30pm Dinner
		6:30-7:30pm Dinner	6:30pm-Sunset Free time at the Center	6:30pm-Sunset Free time at the Center		7-9pm Wildlife & Conservation Biology - Field Work	6:30pm-Sunset Free time at the Center
	Sunset Curfew	Sunset Curfew	Sunset Curfew	Sunset Curfew	Sunset Curfew	Sunset 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.



Student Health & Wellness Manager

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



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 a detailed risk assessment and management plan outlining risks and response protocols, including nearby medical facilities and their treatment capabilities. These plans ensure staff are always aware of the best route for appropriate medical care.

If a medical care facility visit is needed, staff will accompany the student to the appointment. There may be times when medical care access is delayed. Students are responsible for all medical costs and all incidental expenses incurred by all parties involved including transportation, accommodations, etc. This may include costs related to COVID-19 quarantining. Some medical conditions may necessitate medical withdrawal from the program. Final decisions on medical withdrawal are made by SFS.



Mental Health Support

Adjusting to new routines, relationships, and environments while away from usual support systems can be challenging. Many students also struggle with the rigorous schedule that is inherent to SFS programs. The ways students manage stress, take care of themselves, or find joy may not be available while they are abroad. There is decreased communication with home, limited privacy and alone time, and infrequent or modified opportunities for exercise.

SFS is partnered with Telus Health to provide students with access to free, mental health and wellness support by chat, phone, and video via WIFI. Students should download My Student Support Program (My SSP) in the app store or on the [My SSP website](#). My SSP is a supplemental resource, and students should work with their mental health provider to create a primary support plan. Students with regular counseling should verify that their mental health provider is available while they are abroad.



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. Additionally, most students expect differences between themselves and their host country but don't realize the most significant differences may be between themselves and their student group. Students should research how their identity might be perceived in a new context, in specific local political and societal issues, racial, ethnic, and religious composition, LGBTQIA+ climate, and cultural norms and laws.

It is a privilege to study in another country and be welcomed into their community. It is not our students' place to change its culture or values. While students are learning about the country and its people, they will be ambassadors of their own country and culture. SFS campuses are permanent fixtures, and these communities are home to staff year-round. Behavior that is disrespectful, illegal, or contrary to cultural norms can degrade the relationship with the community and impede meaningful interactions.



Sexual Health & Wellness

When it comes to sexual health and wellness during the program, 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 that makes them uncomfortable without concern for being culturally inappropriate. They can report harassment or assault to any staff member.
- In the case of a sexual assault, SFS will make every effort to support students. This includes access to medical care, the option to report to local law enforcement, and identifying additional support resources. Local laws, definitions, and legal implications often differ from those in the U.S. Different laws and limited availability of resources such as rape kits can be complicating factors in responding to a report of sexual harassment or sexual assault in foreign countries.



LGBTQIA+

SFS is welcoming of all students at our centers. However, when traveling throughout the country, please be aware of the following:

- Laws and social customs may differ from one's home country, and countries that criminalize same-sex partnerships may also use the law to criminalize gender identities or expressions.
- Cultural practices may not support freedom of expression and travelers may experience discrimination and harassment.
- Some cultural practices are based on traditional gender roles and expressions. As a result, those who do not identify as they physically present may sometimes be misgendered or mispronounced.
- Some languages are gendered, resulting in a lack of terms that encompass non-binary and gender-neutral identities.
- Health services specific to transgender people may be limited or unavailable. Students may also be denied services in their affirmed gender while they are traveling abroad.
- It is not always possible to use preferred names or gender (visa paperwork, plane tickets, hotel reservations, and government sites). Gender X is not recognized worldwide, and students may need to provide binary sex 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 the 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, meals during program time, field excursions and cultural activities, emergency evacuation and 24/7 support, and official transcript processing.

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	\$22,750	\$5,750	\$5,750	\$11,500
Room & Board	\$5,750	\$2,580	\$2,580	\$5,160
BASIC PROGRAM COST	\$28,500	\$8,330	\$8,330	\$16,660
ADDITIONAL COSTS (ESTIMATED, ACTUAL COSTS MAY VARY)				
Airfare to Australia	\$3,000	\$3,000	\$3,000	\$3,000
Passport	\$200	\$200	\$200	\$200
Visa fees (if applicable)	\$100	\$15	\$60	\$60
Immunizations/Medications	\$800	\$800	\$2000	\$2000
Personal Expenses	\$600	\$200	\$200	\$600
Program Breaks	\$1,600	\$400	\$400	\$1,600
ESTIMATED ADDITIONAL PROGRAM COSTS	\$6,300	\$4,615	\$5,860	\$7,460
TOTAL PROGRAM COSTS (BASIC + ADDITIONAL COSTS)				
ESTIMATED TOTAL PROGRAM COST	\$34,800	\$12,945	\$14,190	\$24,120



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 welcomed. 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](#).



PASSPORT

Students must have a passport in hand four months prior to departure that is valid for their entire stay in Australia or 6 months after arrival to Indonesia (Summer 2).



VISA

Australia

Students' Australian visas will be applied for and granted before the program start date. Australia Visitor Visas (Subclass 600, 6-month) (Semester programs) cost \$150 USD and Australia Visitor Visas (Subclass 601, 3-month) (Summer 1 and Summer 2) cost \$15 USD. E-visa instructions will be given upon acceptance.

Indonesia (Summer 2)

Students' Indonesian Tourist Visas will be granted upon arrival and cost \$45 USD. Nothing needs to be done for the visa pre-arrival.

Visa costs are the responsibility of the student, and prices are subject to change. If traveling before or after the program, ensure that visa(s) will remain valid for the entire stay.

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 program.



FLIGHTS

Students are responsible for the cost of flights to and from their program. SFS will book flights for all Summer 2 students from Australia to Indonesia. 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 using our HIPPA-compliant portal to inform SFS staff of their medical and mental health needs and accommodations. The review is not meant to exclude, but to inform and allow support systems to be put in place. No student may enter the field until medical approval is granted by SFS. [More information.](#)



Vaccinations & Medications

Required

- None

Recommended

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



Insurance

Students are required to buy health insurance. It is the student's responsibility to ensure that their coverage is valid in their program country(s) for the full duration of their program and covers basic medical care, including non-urgent illness or injury, laboratory tests, and pharmaceutical needs. SFS does not provide company recommendations. Keep in mind:

- Most domestic health insurance plans do not provide comprehensive coverage for out-of-country medical expenses.
- Schools may provide international health insurance or have their own insurance requirements for studying abroad.
- Most insurance companies provide coverage on a reimbursable basis. Therefore, students need to bring an emergency credit card/debit card with at least \$3,000 USD to pay for medical expenses and then request reimbursement later on.

Emergency Evacuation and Repatriation Insurance

All students are automatically enrolled in an emergency evacuation and repatriation insurance plan through American International Group, Inc. (AIG) for the duration of their program only. This plan covers the cost of transportation, accommodations, and medical care associated with medically or politically necessary evacuations (e.g., life-saving support during air evacuation). It includes up to \$350,000 for emergency medical evacuation, \$100,000 for emergency security evacuation, and \$20,000 for repatriation of remains. The coverage provided does not cover basic medical care, laboratory tests, or pharmacy needs. Students on SFS programs are required to supply their own comprehensive health insurance as outlined above.



Accommodating Disabilities

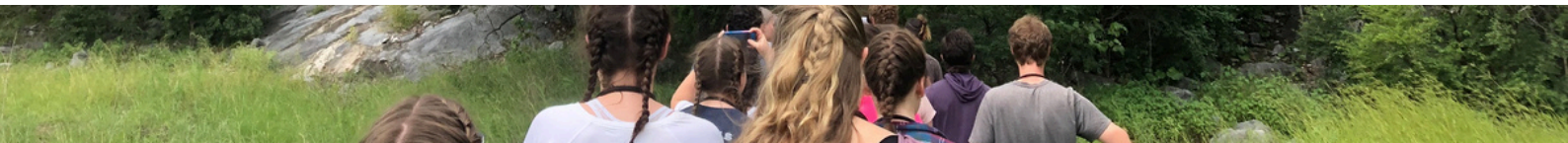
SFS works with students, schools, and physicians to determine required accommodations and whether they can be safely and reasonably maintained on program. We strive to meet students' needs, but due to the remote nature of programs, there are varying levels of accessibility. Questions regarding physical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



PACKING GUIDE



Packing Considerations



Luggage

SFS does not have policies regarding how much or what type of luggage students bring, so pack according to personal needs. Bring only what can be maneuvered oneself and check with all airlines for luggage restrictions and fees. Summer 2 students' flights to Indonesia will limit each person to 45 lbs of luggage which includes carry-ons; some students choose to pay the correlated fees for excess weight instead.



Culture & Climate

The rainforest is hard on clothes, and belongings will likely get moldy. Many students bring old clothes to wear in the field and leave behind at the end of the program. Avoid white clothing and do not bring anything that cannot be damaged!

March flies (which have a nasty bite) are common around the center and are attracted to dark clothing in particular.

Travelers with curls or hair that is damaged easily might consider packing extra products and practicing preventative care. Hair care products vary by region, so we recommended bringing preferred products in a quantity that will last for the entire program. Some items to consider are coconut oil, deep conditioner, leave-in conditioner, hair masks, clarifying shampoo, microfiber towel, swim cap, and wide headbands.

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

- **Shorts** 2+ pairs of casual shorts to wear around the center and athletic shorts for workouts.
- **Pants** 3+ pairs for fieldwork, lightweight blends that dry quickly. 1+ pair of sweatpants for colder nights. Prioritize pants over shorts.
- **T-shirts/Tank tops** Synthetic, quick-dry athletic fabrics are best.
- **Long-sleeved shirts** Light-weight fabric for working in the field and heavier ones for warmth.
- **Warm Sweaters/jackets** Nights can be chilly, so bring adequate warm layers.
- **Warm hat**
- **Underwear and Socks** for more than one week including 3+ pairs of light wool or synthetic (not cotton) hiking socks. Long socks preferable to tuck pants into
- **Casual/nice clothes** for off days in town.
- **Pajamas** appropriate for shared spaces.
- **Swimsuit**
- **Rash guard (SEMESTER ONLY)**
- **Sun hat and sunglasses**
- **Rain boots** The center has several older pairs of rain boots for student use, but students with especially large or small feet or who would like a new pair should bring their own. Lightweight, shin-high boots with good tread are best.
- **Rain jacket** with a hood
- **Hiking boots** Preferably waterproof.
- **Sneakers**
- **Flip-flops or Crocs** Keens tend to mold! You may consider an extra pair for showering

- **One set of sheets and a pillowcase** standard twin size. A pillow is provided.
- **Sleeping bag** Synthetic fill (down is much harder to keep dry/ mold-free), lightweight/higher temperature rated.
- **Towels** 2 large towels and 1 face/hand towel. Quick dry towels only!
- **Toiletries** Basic items can be purchased in town but bring enough for at least a week. Preferably biodegradable.
- **Laundry bag**

- **Masks and COVID tests** Bring enough masks to last the duration of the program and home rapid tests.
- **Record of immunizations and Health history**

- **Personal first-aid kit** including 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.
- **Two compression ("ace") bandages** in case of snake bites.
- **Prescriptions** Overseas prescriptions are not always accepted. Bring adequate supplies of prescription medications to last the entire 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**
- **Period care** Students can purchase basic period care products in town. Tampons do not have applicators. We encourage menstrual cups or environmentally friendly, biodegradable options.

- **Flash drives and/or External hard drive** at least 2 GB recommended.
- **Computer** that can open Microsoft Office documents offline and has a USB port.
- **Waterproof cases for electronics and silica packets** (or some water-absorbing equivalent).
- **Surge protector and Plug adaptors**
- **Wristwatch** preferably water-resistant or waterproof.
- **Headlamp with extra rechargeable batteries** flashlight can be brought as a backup, but not as a replacement.
- **Dry bags or sturdy plastic bags** gallon-sized Ziploc bags work well. Great for helping protect clothes against mold.
- **Day pack** small backpack suitable for taking gear into the field. 15-30L recommended.
- **Weekend bag** to bring on overnight field excursions or weekends off. 35-55L recommended.
- **Notebooks and Pens/Pencils** Can buy locally.
- **Sturdy work gloves** for community service work.
- **Water bottles** 2 bottles with 1L capacity each. Alumni recommend insulated bottles!
- **Insect Repellent** 1+ bottles. Can buy locally.
- **Sunscreen** 1+ bottles. Can buy locally. **REEF SAFE FOR SEMESTER PROGRAMS**
- **Tupperware and Travel mugs** for packing lunches.



Optional Packing

- **Purse/tote bag** for town.
- **Small clothing repair kit**
- **Waterproof rain pants (SEMESTER ONLY)**
- **Water-proof daypack cover**
- **Umbrella**
- **Pocketknife** Checked luggage only.
- **Lightweight blanket** in addition to the sleeping bag.
- **Hammock**
- **Earplugs and Eye mask** Up to 7 roommates!

- **Baby wipes and Hand sanitizer**
- **Journal**
- **Games, Movies, Books, and Crafts** No DVDs as the DVD player on campus only plays Australian DVDs.
- **Musical instruments** may be subject to undesirable storage and weather conditions. Two guitars and a didgeridoo are available to play at the center.
- **Snacks, Drink powders, and Dietary supplements**
Any favorites
- **Camera**
- **Voltage converter** if needed for electronics.
- **Headphones and/or Bluetooth speaker** Noise canceling recommended.
- **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**



Contact Us

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

Questions about billing? Billing@fieldstudies.org

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

Questions about health and safety? StudentLife@fieldstudies.org

Medical paperwork, Immunizations, managing medical conditions on program, and dietary needs and preferences.

Questions about academics? Academics@fieldstudies.org

Learning accommodations, syllabi, and directed research.

Questions about admissions or enrollment? Admissions@fieldstudies.org

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