



TURKS & CAICOS

FIELD GUIDE



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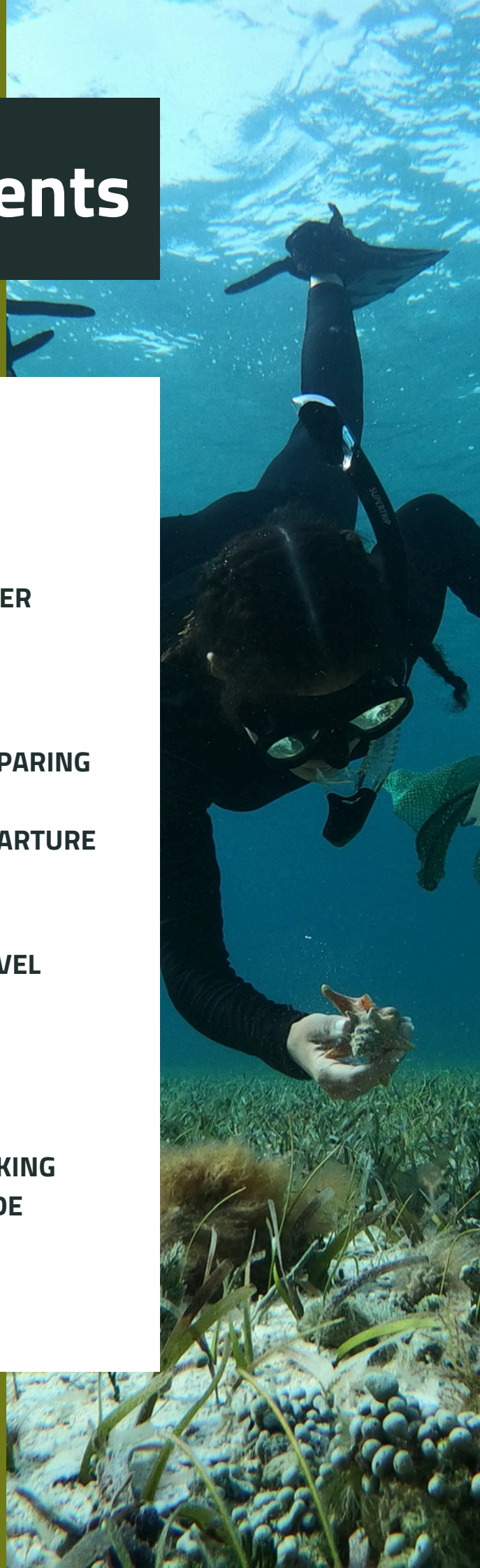
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LIFE IN THE FIELD



The Center



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.
- Turks and Caicos is home to spotted eagle rays, migrating humpback whales, sea turtles, sharks, and numerous fish.

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.



Setting and Facilities

A former hotel on South Caicos, a rocky island of 13mi². **RURAL** ← ● → **URBAN**

COCKBURN HARBOR

Local Town

Population ~1,000

Two seasonal resorts 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 computer room facilities. Dogs and cats live on site.

No washing machines or dryers. All clothes are washed by hand in salt-water (detergent not provided) and hung on clotheslines. Laundromat short walk from center open when water supplies permit (8-10 USD per load plus additional money to use dryer).



Food

SFS can accommodate most dietary needs, but the variety of food may be 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. Due to limited dietary variety, SFS always recommends bringing 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 are bodyweight exercise machines, a field for soccer/frisbee, and a free gym.



Climate

The weather is hot and arid 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 your bank that you will be traveling internationally.

You should bring the entire amount of USD you plan to spend with you to start (bills no larger than \$20 USD) (see page 12). The one ATM on the island 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 who take boats to sites within a mile of the center. Weather permitting, summer students dive 5-7 times during each summer session, and semester students dive 15-20 times during their program. For students' safety, be prepared for scheduled activities to be changed or canceled in the event of bad weather.

SCUBA divers are required to purchase their gear either through SFS or on their own prior to arriving. Unfortunately, there is no option at the moment to rent gear on South Caicos. Students who opt to purchase their own gear will be expected to provide a receipt of purchase or service within one year of their program end date. Students who purchase SFS gear will need to transport their gear home with them. 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. Some locals also speak Spanish and/or Creole.

Culture and Diversity: 87% of the population identifies as Black, 8% White, 3% Mixed, 1% Asian, and 1% other. 86% of the population is Christian. Catcalling is common.

Physical Rigor: Students will need to walk for up to 1 hour at a time and need to swim and snorkel in the open ocean. SCUBA divers must carry their own gear (~ 50 lbs). Divers also need to submit Spirometry results/Pulmonary Function Test and complete additional health screenings.

Hazards: Jellyfish, sharks, stingrays, sea urchins, stray dogs, heat, etc.

Travel: Students will frequently travel short distances by boat.



Electricity

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

Internet

Wireless internet is available at the center, but it is slow and intermittent. 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

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 devices.

Phones

Students can be loaned basic phones for local use when hiking on the island or students with unlocked phones can buy a local SIM card to use. Plans range from \$20-150 USD per month.

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,
P.O. Box 007, 1 West Street, South Caicos, Turks & Caicos Islands,
British West Indies, TKCA 1ZZ





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, swim lessons, and outreach at schools.



Chores

There is no cleaning service at the center, so students are expected to take responsibility for their space during their stay. Students and staff will help set up/clean-up for meals and engage in a center-wide, bi-weekly clean-up. Specific chore responsibilities and schedules 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 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.



Alcohol & Substances

Consumption or possession of alcohol is limited on campus. Students who choose to consume alcohol, 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; no 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 doing independent study during the Directed Research portion of the program.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
7-8am Breakfast	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			
8-11am Free time at the Center/ In Town (Laundry, Homework, Relaxation)	8-10am Principles of Marine Resource Managements - Documentary	8-10am Tropical Marine Ecology - Field Quiz (Group 1)	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 Managements - Lecture	8-10am Tropical Marine Ecology - Field Exercise (Group 1)	8-10am Optional Waterfront Dive / Snorkel	
	10:30-12:30pm Principles of Marine Resource Managements - 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)	10:30-12:30pm Marine Conservation Governance - Podcast Project	8-12:30pm Free time (Group 2)	10am-12pm Free Time at the Center/In Town
11-11:30am Bunch	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 Managements - Lecture	4-6pm Free time at the Center/ In Town						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 Managements - Group Discussion					4:30-6:30pm Principles of Marine Resource Managements - 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	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
- Curfew
- Classroom Time
- Field Work
- Free Time
- Community Engagement



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. 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 local 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	\$22,600	\$6,400	\$6,400	\$12,800
Room & Board	\$7,200	\$2,550	\$2,550	\$5,100
BASIC PROGRAM COST	\$29,800	\$8,950	\$8,950	\$17,900

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	\$800	\$800	\$800	\$800
Personal Expenses	\$800	\$400	\$400	\$800
Program Breaks	\$1,100	N/A	N/A	\$600
ESTIMATED ADDITIONAL PROGRAM COSTS	\$3,900	\$2,400	\$2,400	\$3,400

TOTAL PROGRAM COSTS (BASIC + ADDITIONAL COSTS)				
ESTIMATED TOTAL PROGRAM COST	\$33,700	\$11,350	\$11,350	\$21,300

SEE PAGE 17 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 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 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, make sure that the visa will remain valid for the entire stay.

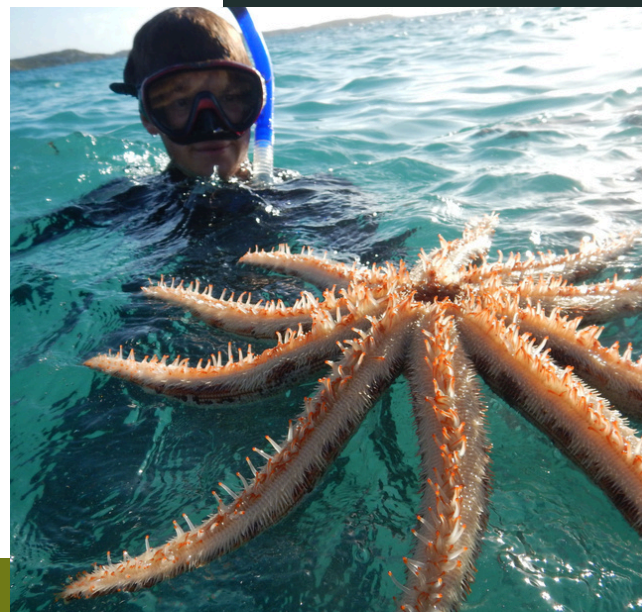


FLIGHTS

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 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.



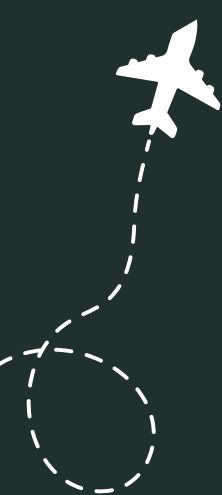
Culture & Climate

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. Additionally, crop tops are not appropriate community wear. On certain occasions, SFS will require knees and shoulders to be covered.

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

- **Pants** 1+ field pants and optional normal/flowy pants for day-to-day. Lightweight blends that dry quickly.
- **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** Keep them loose-fitting with no midriff exposed. Cotton not recommended.
- **Long-sleeved shirts** 1+ for fieldwork. Cotton not recommended.
- **Casual/nice clothes** for town. 1+ outfits.
- **Lightweight jacket or sweatshirt and sweatpants** for chilly days.
- **Lightweight rain jacket with a hood or Poncho**
- **Underwear and Socks**
- **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.

- **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 towel, and 1 beach towel. Quick dry towels are best!
- **Personal fan** Can rent at the center for \$5.
- **Biodegradable toiletries and Laundry detergent**
Basic items can be purchased in town but plan to bring enough for at least a week.

- **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.
- **Surge protector and Plug adaptors**
- **Wristwatch with extra batteries** Waterproof for snorkeling and SCUBA.
- **Headlamp or Flashlight with extra batteries**



- **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.
- **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**
- **Period care** Students can purchase pads in town, but they are costly. Tampons are uncommon to find. We encourage menstrual cups or environmentally friendly, biodegradable options.

- **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.
- **Insect Repellent** 1+ bottles.
- **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 or soft soled. 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.

- **Buoyancy Compensator Device/BCD with integrated weight belt*** Try on before purchasing to ensure a good fit. 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.

- **Backup battery and Extra O-ring for dive computer** There will be no opportunities to repair a dive computer that fails. Students need to know how to change these themselves.
- **Console Retractor and Clips/carabiners** to attach gear and research 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 put one of these together. 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	\$1,000	\$1,000	\$1,000	\$1,000
DAN Insurance	\$75	\$75	\$75	\$75
ESTIMATED OPTIONAL SCUBA COSTS	\$1,875	\$1,625	\$1,325	\$1,875

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

ESTIMATED TOTAL PROGRAM COST	\$35,575	\$12,975	\$12,675	\$23,175
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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.
- **Neoprene mask strap cover**
- **Additional swimwear** such as swim leggings, wetsuits, or dive skins (1-3mm).
- **Pocketknife and/or diving knife** Checked luggage.
- **Underwater flashlight** for optional night dives/snorkels. Cannot participate without it.
- **Neon swim cap** for optional long-distance swims.
- **Dry bags or sturdy plastic bags** Gallon-sized Ziploc bags work well.
- **Hammock**
- **Tupperware and travel mugs** for packing snacks.
- **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**
- **Tiger balm and/or Lotion/Aloe vera**
- **Earplugs and Eye mask**
- **Baby wipes and Hand sanitizer** Can purchase 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**
- **Reading lamp**
- **Camera**
- **Headphones and/or Bluetooth speaker** Noise canceling recommended.
- **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!](#)

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