International Field Trips in Biology: Marine Biology, Roatan
Ideas, suggestions, and some tips for packing and traveling:

Here are some suggestions for packing to help guide you in preparing/packing for our marine biology field trip.

Bring a big duffel bag/pack/suitcase for your gear. Do not completely fill it at home, but leave a bit of room for the treasures that you will inevitably find and want to bring home. Alternatively, pack a second empty bag in your big one to allow for expansion on the return trip. Pair up with a buddy to work out your medicine kit. You do not need whole bottles of things, only a reasonable amount. You might consider getting anti-motion sickness pills. Dramamine is one such product. Don't forget that Insect repellent. Pack all shampoos and bottle liquids in zip lock bags. They tend to ooze in airplane cargo holds. Don't bring expensive jewelry, leave things like that safe and at home. Bring the majority of your money in the form of travelers checks and charge card, it is safer that way. We do not recommend bringing expensive i-pods/CD players/Cds etc.

One large duffel bag/pack/suitcase and one small backpack/carry-on.
Passport.
Spending money as travelers checks (don’t forget cash for the $31.50 departure tax and $5.00 inspection tax). VISA/Mastercard.
Safe keeper or bosom buddy (for passport, money etc.). Camera and film (might also consider disposable underwater camera for when snorkeling/diving).
1-2 pair long pants, belt.
2-3 pair shorts.
4-5 T shirts.
1-2 long sleeve shirts.
2-3 short sleeve shirts.
One "nice" outfit just in case.
Sleep wear.
Sneakers/hiking shoes (i.e. closed walking shoes).
Several pairs of socks.
Several sets underwear.
Sweat shirt/light jacket/nylon wind breaker/light weight raincoat.
Note pads/pens/pencils.
Journal.
Sunscreen (waterproof, spf 15 or higher).
Sun glasses.
Hat.
Insect repellent.
Personal hygiene items.
Medicine kit (antacid, laxative/anti-diarrheal, aspirin, antiseptic cream, few Band-Aids, sunburn relief, Sudafed, Seasick/motion sickness medicine, etc.).
Personal medication, extra glasses/contact lenses.
Swimsuits.
1 beach towel.
Waterproof bag.
Mask, snorkel, fins, dive booties.
Water proof dive slate and pencil.
Plastic clipboard (water proof) and Grease pencil for surveys.
Reef fish/creature identification cards.
Dive logbook.
Mesh bag to hold your diving/snorkeling gear.
Other diving and snorkeling accessories that you may have (dive skin/wetsuit, dive light, etc.).
Field guide for identification of marine life.
“C-card” for certified SCUBA divers.
Referral Card and Medical form for those to be certified.
Materials for your on-site oral presentation of your research project: overhead transparencies, marker pens, photos, copies of handouts outlining your presentations.