Stuff for Tropical Field Ecology
You should aim for around 45 pounds for the flight to and from the island

**dive equipment**
- snorkel
- mask
- fins
- dive boots
- mesh bag for dive equipment
- dive gloves (optional)
- dive light (optional)
- snorkeling buoyancy compensator (optional)
- wet suit, dive skins, or running tights (optional)
- mask defogger

**other stuff**
- Swiss army knife or dive knife
- sheet (upper & lower) for bed
- extra batteries
- camera
- extra pencils
- waterproof pen
- spare bulbs
- waterproof watch
- waterproof bag
- binoculars
- extra ziplock baggies
- field guide (1 or 2)
- field notebook (I will give you this)
- spending money
- passport
- ibuprofen
- antibiotic cream
- ace bandage
- swimmer ear stuff
- sudafed
- hydrocortizone cream
- imodium
- dramamine
- vitamins
- surgical adhesive tape
- betadine
- gauze pads/band aids
- insect repellant
- sun screen
- vaseline
- laundry soap for one load
- $2 to $3 in quarters

I would suggest that anything that you have that might leak should be put into ziplock baggies. I will double bag my bottles of leaky stuff and the baggies can later be used for souvenirs. Luggage handling could be rough and there would be no effective way of dealing with a mess among your clothes.

**updated 5 Oct 2015**

**clothes** (in your bag)
- 1 pair of jeans or sweatpants
- 3 short-sleeve t-shirts
- 1 sweatshirt
- underwear
- socks
- 1 long-sleeve t-shirt
- 1 bathing suit
- 1 hat or baseball cap
- 1 pair of shorts
- 1 emergency poncho
- 1 pillow case
- 1 light blanket

**toiletries**
- toothbrush
- toothpaste
- dental floss
- deodorant
- razor
- hair ties
- hair brush
- shampoo
- bar soap
- washcloth
- towel
- fingernail clipper
- lip balm

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