

Stuff for Tropical Field Ecology

You have a **maximum of 40 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

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

other stuff

Swiss army knife or dive knife
sheet (upper & lower) for bed
extra batteries
camera
film
extra pencils
spare bulbs
waterproof watch
waterproof bag
binoculars
extra ziplock baggies
field guide
spending money
passport
ibuprofen
swimmer's ear stuff
surgical adhesive tape
insect repellent
sun screen
laundry soap for one load
roll of 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.

In the 40 pound weight limit, make sure that you include your camera bag or back pack. They have often weighed these all together.