

Items to Bring and Dress Code

A few items you may want to bring:

- Sunscreen (at least SPF 20)
- Hat or visor
- Sunglasses
- Insect Repellant
- Water shoes—old tennis shoes, aqua socks or crocs as long as they are closed toed
- Extra pair of “dry” comfortable walking shoes
- Gallon size zip-lock bags for collecting items
- Two towels
- Small, easily carried backpack
- Reusable water bottle
- Lightweight, fast drying shorts or wind pants ***Denim is highly discouraged due to chaffing/blisters
- Camera
- Light parka or wind breaker is recommended due to cool wind on the islands
- Hair ties or headbands to secure long hair

Remember that we are working in and around water...bring only items that you do not mind getting wet!

Dress Code

- Bikinis, shorts with less than a 5 inch inseam, spaghetti-strap tank tops, and brief style male swimsuits are not permitted.
- No bare midriffs are allowed at any time. This applies to both male and female participants.
- Students may wear sandals or flip flops at our facilities, but not during the field trips to the East Beach or the islands. For these trips, closed toed shoes are required
- Swimsuits are not allowed in the dining hall. Males may wear a shirt with swim shores and girls may wear a swimsuit cover or shirts and short over their swimsuit. Shoes must be worn at all times in the dining hall.