

Packing Guidelines for a SEA Seminar Program

At Sea in the Atlantic, Caribbean or Pacific

Your Living Space

- ◆ Space aboard is limited. EVERYTHING you bring, with the exception of foul weather gear, will live with you in your bunk.
- ◆ You will be provided with a mattress, pillow & pillowcase. Bring a set of twin sheets & either a warm blanket or a sleeping bag.
- ◆ Pack in soft-sided luggage (duffel bag or backpack). Do not bring rolling or hard suitcases, as your luggage will need to find a place in your bunk too.

Clothing

- ◆ Everything you bring to sea will be put to hard use. Clothes will get torn, stained, covered in zooplankton guts & so forth. Think of this as an opportunity to take some of your oldest T-shirts out for one last fling (& maybe not bring them back).
- ◆ Everything you bring should be comfortable & easy to move in. You will change your clothes much less frequently than you do on land. Plan to wear things for multiple days.
- ◆ You must be prepared to dress in a culturally-appropriate & sensitive manner during port stops in all areas of the world. This may mean covering your arms, shoulders & lower legs; mid-length shorts/skirts; & clothing options that are modest, tidy & not body-hugging. If you have questions about culturally appropriate attire, please reach out to your point of contact at SEA.
- ◆ Layering is key – clothes that fit over/under other layers are best. For both base & outer layers, fibers that dry quickly (such as nylon, capilene, polypropylene, fleece & wool) are better than heavy cotton. Avoid heavy cotton items, denim & thick towels; once wet, they will never dry.
- ◆ Protection from the elements is crucial. Make sure to have a broad-brimmed hat, polarized sunglasses & light-weight long sleeves for sunny conditions as well as sufficient warm layers & a hat for the cold.

Some potential sources for appropriate non-cotton layers at very discounted prices include:

Gear.com	Altrec.com	Campmor.com	Backcountry.com	Mountaingear.com
	Sierratradingpost.com	Thrift Stores	Borrow from friends & family	

Other Important Details

- ◆ If you wear prescription glasses, bring a second pair. If you wear contact lenses, you must bring your glasses as well.
- ◆ The ship has a few desktop computers for your use; however, if you think that you'll need a laptop for project work, you are welcome to bring it. Laptops will be used exclusively for academic work (there is no internet access onboard the ship). You will keep your computer below decks where standard care will keep it safe at sea.
- ◆ Optional: Marlinespike, writing material, reading material, camera, chargers, musical instrument, Ziploc/waterproof bags, USB or external hard drive to transfer pictures/personal files.
- ◆ DO NOT BRING SCUBA gear, hair dryers or irons, food, candy or liquor.

The lists below are recommendations for a 10-day cruise. Please reach out to your contact at SEA if you have questions about scaling this for the length of your cruise.

You Should Bring

Temperate Trips

Waterproof foul weather gear, jacket & pants	1 set – robust gear recommended (hiking-type “breathable” gear won’t cut it if you’re on watch in the rain for 6 hours). <i>Please contact SEA if you have questions about what you should be looking for.</i>
Rain boots	Required – inexpensive ones are fine; should fit with 2 pairs of warm socks.
Shoes, non-skid/rubber-soled	2-3 pairs – 1 Teva/Chaco/Keen or similar with heel strap & 1 pair closed-toe, captured-heel sneakers. <i>Flip-flops & Crocs are not allowed to be worn on watch.</i>
Light jacket	1, optional – windbreaker or shell, for an outer layer when it’s not raining.

Sweaters or Fleece	1-2 – wool or synthetic only. Layers of different weights are ideal so you can combine them in a variety of ways; <u>must</u> fit under raincoat.
Additional warm layer	1 – vest or midweight synthetic top.
Long underwear	1 pair, both tops & bottoms – synthetic only, different weights ideal.
Pants	2 pairs – at least 1 pair lightweight canvas or synthetic recommended.
Shorts	1-2 pairs – quick-dry or cotton is fine.
Long-sleeved shirts	1-2 – quick-dry or cotton is fine, for a mix of sun protection & layering.
T-shirts & tanks	3-4 – quick-dry or cotton is fine.
Underwear	Enough for the duration
Socks	2-3 pairs, wool or synthetic only – wet cotton will freeze your feet.
Swimsuits	1
Hat, broad-brimmed	1 – for sun protection.
Hat, warm	1 – wool or synthetic only.
Gloves, warm	1 pair – wool or synthetic only.
Clean “travel” clothes	1 set – keep in a Ziploc bag during trip.
Towel	1 – light & quick-drying only.
Twin sheets	1 set, top & bottom; plus an extra set if room.
Sleeping bag or Blanket	1 – three-season weight recommended.
Sunblock & Lip Balm	SPF 30 or greater for both.
Polarized sunglasses	2 pairs, with UV protection & strap.
Toilet Kit	Toothpaste, toothbrush, shampoo, body wash, an appropriate supply of feminine hygiene products, etc. <i>Please remove excess plastic packaging before joining the ship & avoid plastic beads in products.</i>
Prescription medications	You <u>must</u> bring a 150% supply of any medications you will need at sea. <i>Redundancy is critical in case of loss or seasickness.</i>
Flashlight or headlamp	1 small
Sheath or pocket knife	1 – blade ~ 3”; must meet TSA requirements & pack in checked bag.
Wristwatch	1 – water-resistant & digital.
Water bottle	1 – 1 Liter volume recommended.
Notebook/Sheet Anchor/ pens/pencils	Whatever you need for academic work, including digital project files & drafts of final papers.
Passport	<i>DO NOT FORGET YOUR PASSPORT IF YOUR CRUISE TRACK REQUIRES IT! (it’s also a good idea to bring a back-up color photocopy)</i>
Cash & Credit/ATM Cards	<i>Enough for your pre and post cruise needs</i>