

**BIOL-ENVR 354  
2024  
PACKING LIST**

	<b>ITEM</b>	<b>DESCRIPTION</b>
	1 Suitcase or Travel Bag	Medium to large size to hold 30 days' worth of clothing and supplies; do not overpack; you will be able to do laundry/shop
	1 Backpack	Regular size backpack to bring on day trips
	Medium duffle bag – carry-on size	For trip field trips to Somas (4 nights) and Kyparissia (1 night) Islands
	4-10 T-shirts	Bring old shirts – you will get dirty
	1-2 Long sleeve shirts	You will need to protect your arms from the sun and from insect bites
	Casual clothes and shoes/classroom and daily attire	As you see fit for class and personal time; feel comfortable; you are in Greece!
	1 Sweatshirt, sweater or light jacket	For cooler evening weather
	Field trips: 4 Shorts	You may wear short pants, but it is not advisable to wear shorts in the field due to biting/stinging insects and plants that may be abrasive, thorny or poisonous
	Field: 2 Long pants	Hiking pants that are water repellent are preferred – pants should cover your ankles!
	2 Nice outfits; 1 semi-professional outfit	For going out to a restaurant; for professional panel discussions and final International Undergraduate Research Symposium
	Underwear	Enough for 10 days
	Socks	Bring enough for ten days and include a few pairs of long socks that can be pulled up over your pants (mid-calf or higher) so that you can keep insects out of your pant legs
	Sturdy closed-toe walking shoes	Shoes that offer good support and comfort for walking long distances and/or over trails
	Pair of comfortable travel shoes such as sandals	For bus rides and time not doing research
	1 -2 bandannas	Use to keep face cool and dry
	Hat with broad brim	To protect from sun and rain
	Rain gear	Poncho or jacket; pants optional
	Swimwear and beach towel	Full piece suits for women - no two-piece bikini styles please; more conservative attire required, additionally swimming areas may contain jellyfish and other creatures that can brush up against you
	Water shoes	To protect your feet when we walk in natural water environments
	Canteen or water bottle	We want to do our best to avoid buying single use plastic

	Wash cloth and towel	For bathing/showering
	Personal toiletries	Soap, shampoo, toothbrush, toothpaste, deodorant, hairbrush, etc.
	Medication/vitamins	Whatever pills you normally take daily, and also what you may need travelling such as motion sickness pills, anti-itch cream for insect bites, aspirin, etc..
	Sun Protection	For both body (lotion) and lips (lip balm)
	Insect Protection	
	Sunglasses	
	Waterproof bags	Bags such as zip-lock bags to keep clothing and supplies dry
	Extra prescription glass/contact lens	Only for students who need to wear them
	Laundry bag	Used to separate your dirty clothes from your clean clothes
	Pens and pencils	Used for recording data in the field and journal writing in the evenings
	<b>OTHER OPTIONAL ITEMS</b>	
	Binoculars	
	Camera	
	Book or reading material	You may wish to read during free time in evening
	Laptop or tablet with ability to connect to Wi-Fi	Used in data collection and preparing presentations