

Packing List - Forfar Field Station

Forfar Field Station is owned and operated by International Field Studies (IFS), a non-profit founded in 1970 dedicated to providing environmental education, scientific research, and cultural awareness through experiential learning.

Important notes are highlighted below and please see our full packing list (based on a week-long stay) on the next pages. We encourage using biodegradable, environmentally-friendly brands. You can help support IFS by visiting [Product Links](#) website for direct links to recommended products for purchase where a small portion of the profits are donated to IFS. We appreciate the support!

Weight Limits: When packing, remember important weight limits for small commuter flights from Nassau to Andros. The total weight of your checked baggage must weigh under 40 lbs. You are allowed one carry-on bag weighing 15 lbs or less, and it must abide by baggage size regulations, 12”H x 6”W x 14”L. Baggage that exceeds 40 lbs or a carry-on that exceeds 15 lbs will be subject to overweight charges of \$1.00-2.00 per additional pound, and any excess /oversized/overweight bags will be sent on the next available flight.

Weather: Forfar Field Station is located in a humid environment with exposure to corrosive salt air - electronics do not like this! Be sure to check the [weather in Nassau](#) (very similar to Andros) or [check the weather report for Andros](#) before you arrive.

Snorkel Gear: Students should purchase snorkel equipment before their trip and test it for fit and comfort before arriving at the field station. In case of an equipment failure, we do have limited backup equipment available.

Scuba Gear: Forfar Field Station has SCUBA gear available for rental. We have a limited set of gear so please contact our office to make sure there is enough gear available to you or your group before arrival.

Sunscreen: We encourage the use of biodegradable, environmentally-friendly brands especially when it comes to sunscreens. Chemicals in sunscreens such as parabens, oxybenzone, octinoxate, and octisalate have been shown to be detrimental to coral reefs ([University of Central Florida, 2015](#)). Please try to source sunscreens that do not contain these harmful ingredients. Do not bring spray sunscreens; you will NOT be able to use them at Forfar. Please read this [blog post](#) for more information.

Insects: There are various biting insects found on Andros including sand flies, mosquitoes, and large biting flies. We encourage you to bring insect repellent, a bug net for sleeping, clothes such as pants, long sleeve shirts, socks, and remedies for bites such as antihistamine creams and oral medicine. Be prepared!

Money: The US dollar is accepted everywhere. The amount of cash you bring may vary; however, some potential costs include Baskets (\$10-30), Wood carving (\$20-100), Androsia Batik Factory (\$15-100), Dinner out (\$20-25), snacks (\$1-10), and Forfar Field Station t-shirts and rashguards (\$20-50).

Most importantly if there are questions about the packing list or what to bring, please visit our [FAQ](#) or ask us at office@intlfieldstudies.org or 614.268.9930

ESSENTIALS

Passport	This needs to be a passport book. A passport card will not get you into the Bahamas!
Money	Bring small bills. Thursday 'Cooks Night Off' dinner out is cash only (\$20-25).
Sunscreen	Reef safe sunscreens ONLY (learn more here). Spray sunscreen is NOT allowed.
Bug repellent	Bring what works for you (Natural or Deet based), however, Deet based repellents can't be sprayed while on the boats (eats away the paint).
Aloe vera	Aloe vera lotions/gels that contain lidocaine help sore sunburn
Water bottle	Needed for <u>all</u> trips. 32oz is recommended
Sunglasses	We recommend inexpensive polarized sunglasses
Sun hat	Something that can be secured when riding on the boat
Towel	Microfiber towels are much smaller, dry quicker, and take up much less space and weight than a traditional towel.
Itch Relief Cream	Island life is notorious for sand flies and mosquitoes so it's best to be prepared,

CLOTHES

Ample underwear & socks	Long socks are great for bug protection. Sand flies love ankles!
2+ Bathing suits	
T- Shirts	Up to one a day
Long sleeve T-Shirts	2+ for sun and bug protection
Lightweight shorts	2+ pairs
Lightweight/Long pants	1+ pairs for bug protection
Sweatshirt or Fleece	Nights can get cooler (depending on the time of year)
Rain jacket	Lightweight - Used for both land trips or on boats
Water shoes/Sport sandals or Dive Boots	Tougher sole will be needed to walk on sharp rocks and slippery surfaces/shallow waters (Teva/Chaco/Keen/Merrell). Something that can be worn all day
Flip flops	For general day-to-day wear on the station (optional)
Athletic or hiking shoes	Closed-toe shoes are necessary for land trips

TOILETRIES

Shampoo/Conditioner	Please try to source environmentally and biodegradable brands such as: Yes To!, Burt's Bees, Jason's Naturals, Nature's Gate, Dr. Bronners, Alba etc.
Soap	Dr. Bronners, Burt's Bees, Kiss My Face, Alba etc.
Deodorant	
Feminine products	Ample supplies as needed (Cups are great and reduce waste)
Toothbrush/Toothpaste	
Hairbrush or comb	
Personal Medications	Prescription and over-the-counter drugs must be carried in their original labeled container.

WINTER ITEMS

Sweatshirts/fleece	
Long Pants	
Blanket	
Winter hat	It can get down to 60 degrees Fahrenheit and there is no heat

SNORKEL + DIVE GEAR

Mask (required)	Please ensure the mask fits well before your trip
Snorkel (required)	
Fins (required)	
Dive Boots	Depending on your choice of fins, boots may be necessary
Long sleeved rash guard	Used for sun protection. You may want to consider shorts to wear over swimsuits bottoms when snorkeling for extra sun protection.
Gear bag	Big enough to carry all snorkel gear together
Mask Defogger	For your snorkel mask
Snorkel Vest (BC)	Provided free of charge from
Full regulator set	Primary and Secondary Regulator, Pressure Gauge and Depth Gauge. Rental available at Forfar for \$25/day.
Buoyancy Control Device (BCD)	Included in SCUBA gear rental
Dive light	Required for night snorkel/dive. Available for rent for \$5 from Forfar.
Wetsuits	Optional for warmer months but recommended if you get cold easily

OPTIONAL

Camera and/or waterproof camera	
Dry Bag	Useful to keep items and extra clothes dry during boat trips
Composition Notebook/pen	Check your course requirements
Flashlight or headlamp	
Binoculars	Great if you are interested in the birds found on Andros (also available at the field station)
Plastic bags/Ziplock bags	Good for carrying home shells, wet clothes, muddy/sandy shoes, etc.
Bug nets	Forfar does not provide bug nets for your bed. If you would like to bring a bug net, we recommend this one

Please Note: We are not responsible for items that are damaged, lost, or stolen. There is a safe on station where some valuables (such as money and passports) can be kept.

