

## Climate Change: Sea to Trees at Acadia National Park

### Expedition Packing List

#### REQUIRED COVID-19 SAFETY ITEMS

The following items are required to be prepared in the event you or another person on site displays symptoms or tests positive for COVID-19:

- Multiple face masks—enough for the duration of the project (N95, FFP2, or equivalent are recommended)
- **IMPORTANT:** Multiple (3–4) COVID-19 antigen (rapid) tests
- Personal thermometer
- Hand sanitizer
- Proof of COVID-19 vaccination (if required by your destination country)
- Enough personal medications or other necessities to cover possible time in quarantine beyond your planned travel days.

#### GENERAL

- Expedition Logistics Document
- Your travel plans, rendezvous details, and Earthwatch's emergency contact information
- Photocopies of your passport, flight itinerary, and credit cards in case the originals are lost or stolen; the copies should be packed separately from the original documents.
- Passport and/or visa (if necessary)
- Certification of vaccination (if necessary)
- Documentation for travel by minors (if necessary)
- Calling card or mobile phone (**Note:** the campus does not have good cell phone reception, but does have wireless internet available throughout)
- Credit card that may be used in an emergency (travel delays, etc.)

#### CLOTHING/FOOTWEAR FOR FIELDWORK

- Warm layers of clothing (e.g., jacket or fleece)—please prepare for temperatures to get down to 40°F
- Lightweight, quick-drying, long-sleeved shirts
- Lightweight, quick-drying, short-sleeved shirts
- Lightweight, quick-drying long pants
- Rain jacket
- Well-worn-in, comfortable, sturdy, closed-toed shoes with grippy soles.
- Well-worn-in sneakers that can get dirty.
- Wide-brimmed hat for sun protection
- Warm hat
- Mittens or gloves

#### CLOTHING/FOOTWEAR FOR LEISURE

- At least one set of clothing to keep clean for the end of the expedition.
- Pair of light shoes or sandals



300 Washington St., Suite 713, Newton, MA 02458  
1.800.776.0188 | [info@earthwatch.org](mailto:info@earthwatch.org) | [earthwatch.org](http://earthwatch.org)

#### FIELD SUPPLIES

- Small daypack
- Sunscreen lotion SPF 30+ (We encourage biodegradable reef/fish-friendly products like those from [Stream2Sea](#). Get 10% off with promo code 'Earthwatch')
- Flashlight with extra batteries (Schoodic is a dark, sky-friendly campus. Therefore, it is really important to have a flashlight or headlamp. A cell phone flashlight will not suffice)
- Two one-liter water bottles
- Sunglasses
- Insect repellent (ideally fragrance-free or with a mild perfume); repellents with permethrin are most effective against ticks.

#### BEDDING AND BATHING

**Note:** the project will provide linens, pillows, towels, blankets, etc.

#### PERSONAL SUPPLIES

- Personal toiletries + (We encourage biodegradable reef/fish-friendly products like those from [Stream2Sea](#). Get 10% off with promo code 'Earthwatch')
- Antibacterial wipes or lotion (good for cleaning hands while in the field)
- Personal first aid kit (e.g., anti-diarrhea pills, antibiotics, antiseptic, itch-relief, allergy meds, pain reliever, bandages, blister covers, etc.) and medications.
- Spending money

#### OPTIONAL ITEMS

- Camera, film or memory card(s), extra camera battery
- Hardware for sharing digital photographs at the end of the expedition.
- Dry bag or plastic sealable bags (e.g., Ziploc) to protect equipment like cameras from dust, humidity, and water.
- Books, games, art supplies, etc., for free time
- Earplugs for light sleepers
- Binoculars
- Flip flops or sandals for the shower
- Walking stick for forest and intertidal
- Knee pads for kneeling while in intertidal

**Note:** *Bring only what you can carry and handle on your own. If traveling by air and checking your luggage, we advise you to pack an extra set of field clothing and personal essentials in your carry-on bag in case your luggage is lost or delayed.*