



THE ISLAND SCHOOL
STUDENT HANDBOOK

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Dear Island School Student,

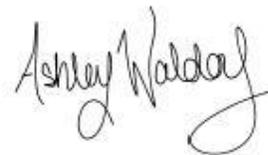
Congratulations on your acceptance and welcome to The Island School experience! You are about to embark on an expedition to a new and amazing world that will challenge you intellectually, emotionally and physically.

The rigorous academic program is designed to develop you into a more active participant in the discovery process. For example, you will be involved in authentic scientific research that will teach you how to investigate and effect solutions to real world problems. Consequently, your work at The Island School moves far beyond the quest for a final grade.

As a member of this small community, you will have an opportunity to lead others and to contribute to the on-going development of our great school. At all times, you will be immersed in the environment—paddling your sea kayak into the wilderness, looking through the lens of your mask at the magical world beneath the sea, or interviewing a local inhabitant about life on the island. The Island School experience has proven to be a catalyst for tremendous personal growth. You will come to learn as much about yourself as the world around you. There is much to be excited about, and we are very eager to meet you and learn alongside you.

Please take the time to read through this handbook carefully. Do not hesitate to contact us if you have any questions. Again, congratulations and thank you for accepting the challenge.

Warmest Regards,

A handwritten signature in cursive script that reads "Ashley Waldorf". The signature is written in black ink and is positioned below the "Warmest Regards," text.

Ashley Waldorf

Director of Semester Programs

INTRODUCTION

This handbook is designed to outline the rules and policies of The Island School and to introduce students and parents to life at our school. The Island School community depends on the pillars of **respect, responsibility, integrity, and trust**. Students are coached to act responsibly in a wilderness environment and to care for each other as a community. Safety is the top priority for everyone at the school.

WHAT IS *THE ISLAND SCHOOL*?

The Island School is a 14-week semester program for high school sophomores and juniors on the island of Eleuthera in The Bahamas. The program began in March of 1999 when The Lawrenceville School supported a pilot program for 20 students. The Island School began accepting students from all schools in the fall of 1999. The semester program is comprised of three central components: academic classes; outdoor and physical education programs; and cultural contact programs.

The academic program includes coursework in, Literature & Writing, Applied Mathematics, Land and Environmental Art, Histories of The Bahamas, Applied Scientific Research, Seminar and Marine Ecology. The coursework is augmented by outdoor and physical education programming, including SCUBA, sea kayak and sailing expeditions, and cultural programming like Community Outreach, Settlement Days, and Down Island Trips.

Students live on campus in open-bay dormitory buildings. They learn to negotiate close community living and are responsible for clean-up and campus duties. Life at The Island School is fast paced and rigorous. Through academic, social and physical challenges, students discover much about themselves, each other, and this remote, beautiful place where they are living.

ACADEMIC PROGRAM

The educational philosophy of The Island School is based on students asking and answering their own questions. Such a style allows for growth and maturation, presses students to apply specific skills they are learning in the classroom to solve problems, and helps develop a tolerance for uncertainty.

Credit offered—The Island School offers high school credit in each course, Applied Scientific Research (science), Literature & Writing (English), Mathematics (math), Histories of The Bahamas (history), Marine Ecology (science/physical education), Land and Environmental Art (studio art), Seminar (capstone) and morning exercise (physical education). Additionally, students earn approximately 30 hours of community service credit (Fall and Spring semesters only). **Language instruction is not offered at The Island School.** Sending schools typically preview The Island School curriculum to help students plan their overall course of study to meet their own graduation requirements and review work completed at The Island School when students return from their semester away. The portfolio of work that students compose during the semester is a key resource for this process. Responsibility lies with the student to follow through with coursework s/he may miss while attending The Island School.

Orientation—The first two weeks at The Island School are spent introducing students to their surroundings. Orientation includes safety briefings and discussions of general rules and practices as well as a 3-day introductory kayak trip and SCUBA certification. Students meet their advisors, are introduced to the school's curriculum and its grading system, and become acquainted with The Island School schedule.

Academic Honesty—Individual integrity is essential to a successful community. Academic honesty is particularly important in a school community. Cheating and plagiarism represent two forms of academic dishonesty that will not be tolerated at The Island School and can result in dismissal of a student. We often do group work on projects and research in which students collaborate and share results. In these cases it is expected that all members of the group will cooperate and take an equal role in the completion of assignments.

Advising and Student Support—Each student is assigned a faculty advisor. The advisor serves as a point person for academic concerns and monitors overall student progress at school. If an issue arises, the advisor works in concert with an administrator, the student, and the student's parents to bring about positive change. All advisors have three to six advisees. In a small community such as ours, there are often a number of resources to assist students with any concern. Time is allotted in the weekly schedule for meetings with the faculty advisor. This faculty advisor is also responsible for providing a written report on the student's progress at midterm and semester's end. There is always a faculty member trained in crisis/medical emergency management present on campus to

supervise students and grant permissions.

Assessment—The Island School uses a skill-based assessment system focused on students acquiring fundamental tools that can be applied to all subjects and disciplines. The cross-disciplinary skills assessed throughout the term are Reasoning, Writing, Speaking & Listening, and Organization. A standard A, B, C, D, F grading system with pluses and minuses is used. Our use of this skill-based system of assessment and evaluation allows us to give more detailed and focused feedback than traditional systems. Approximately seven weeks into the semester, students receive midterm progress reports from their teachers and advisor. Progress reports are thorough, including overall grades broken down into the skill areas and narrative feedback. But they are not grades of records; they are simply our way of giving the students and parents timely feedback. Final grades, which are sent to parents and sending schools, arrive approximately two weeks after the completion of the semester or after all financial obligations have been met. These serve as the official grades of record for the semester.

Standardized Testing—Although it is possible to take standardized tests at The Island School, we recommend students take these tests before or after their Island School semester. AP tests are particularly difficult for students as there is little time to prepare during the semester, and they typically require the student missing a day of IS programming. The ETS testing center nearest our campus is Windermere High School (test center code 89110), approximately one hour away. Windermere High School follows the international testing schedule and does not offer tests on every ETS testing date. Students wishing to take the SAT must register with ETS before arriving at the School at www.ETS.org. We will register students for AP tests, although you must notify us in writing as to exactly which test you would like to take. Additionally, we can register fall semester students for the PSAT. The ACTs are not offered on Eleuthera. Please avoid test dates later in the semester as they may conflict with final presentations. It is very challenging for us to grant any student additional time as we work with the external testing center aforementioned. If students require this, we strongly advise the student to take this exam at home before or after their semester.

Schedule—The daily schedule at The Island School changes often. We start our day as a community—staff and students alike—exercising together. We find that this activity helps jump-start the day, waking our minds as well as our bodies, and allows more time later for work, play and reflection. Exercises vary daily, building endurance, strength, and confidence in a variety of activities. Following morning exercise, students do campus chores, which can entail anything from helping the kitchen staff prepare breakfast to cleaning the bathrooms in the dorm. Chores are followed by time to organize personal space and clean up before breakfast. Advisor groups take turns doing dishes and general clean-up after meals. Students can expect to be “on dish crew” about once every six days. Classes are held throughout the morning and afternoon. Students have “exploration time” from the end of classes until dinner, usually 4:15 – 5:55 PM. At 5:55 PM the

entire community gathers for dinner circle at which time we share announcements and pause to reflect on the day. The student leaders, or *caciques*, work with the faculty members on duty to ensure that the community stays on task throughout the day. Occasionally classes will meet after dinner. Teachers are accessible for consultation or extra help throughout the day and evening hours.

Sundays are usually “days off”, when students can catch-up on sleep or work. Saturday evenings and Sundays provide time for recreation, socializing, work, or relaxation. Local church services take place Sunday mornings for those wishing to attend.

Study Hours—Study hours are from 7:15 - 10:00 PM Sunday through Friday. It is expected that the atmosphere throughout campus during study hours remain conducive to productive study. There are designated work spaces for quiet, individual study and group work. Also, a computer laboratory in the library has a few computers the students may use, but students are encouraged to bring laptops. The dining hall is open for study breaks and snacks during these hours. Students, with the guidance of their advisor, are expected to take responsibility for managing their time. Students check in to their dorms at 10:00 PM, at which time they may continue quiet study in the common room. All lights are out at 10:30 PM.

COMMUNITY OUTREACH

Students spend approximately 30 hours working with local Deep Creek Middle School (DCMS) children during the course of the term. Island School students are paired with a DCMS “buddy” throughout the semester. This program provides invaluable cultural immersion experiences for both our students and the DCMS students.

EXPEDITIONS / OUTDOOR EDUCATION

Several times throughout the semester student groups travel away from campus for various reasons. History classes travel to cultural sites around the island, while research groups travel to various sites to gather data. Additionally, students participate in two expeditions; one 3-day sea-kayaking expedition, and the other, either a 9-day kayak or sailing expedition. During the 9-day expedition students have a "solo" experience. More information on the expeditions and solos can be found at www.islandschool.org. SCUBA certification is another part of the outdoor education program. While it is not necessary to become certified, or to be physically able to dive, all students learn basic seamanship and natural history skills.

Extensive policies and procedures regarding wilderness and marine safety are covered during orientation. Emphasis is placed on developing sound judgment and decision-making skills necessary to life in a remote setting.

COMMUNITY LIFE

As stated at the beginning of this handbook, The Island School community depends on the pillars of respect, responsibility, integrity, and trust. These same concepts, along with our overriding concern for the physical and emotional safety of our community members guide our rule structure. **All school rules apply to all students at all times during their enrollment at The Island School, whether on or off campus. Enrollment at The Island School constitutes acceptance of all school rules and the consequences of their violation.**

Rules fall into two categories at The Island School - Major School Rules and General Rules and Expectations.

Major School Rules

The following rules cover situations or behaviors that are considered central to our safety and success as a community in a remote environment. Students violating these rules can expect to be dismissed from school.

- 1. You must not put yourself or anyone else in any kind of danger.** This includes, and is not limited to: disobeying any safety rules or directions from faculty, disrespecting the emotional rights of others (bullying, hazing, etc.), or any other behaviors that jeopardize the physical or emotional health of a community member.
- 2. You must be honest and trustworthy at all times.** This includes, and is not limited to: lying, cheating, stealing, plagiarism, straying beyond established boundaries, sneaking out of the dormitories, etc.
- 3. You must not use or misuse any drugs.** This includes, and is not limited to: alcohol, tobacco, marijuana, misuse of prescription medications, or any illicit substances.

General Rules and Expectations

Violation of any of the rules leads to one of the following three responses:

1. Minor, initial infractions are typically dealt with by the faculty member involved and reported to the student's advisor and the administration;
2. More serious infractions of general school rules and expectations are typically dealt with by an administrator and may involve restrictions to the student's activities at The Island School. Formal documentation of the infraction is recorded in an incident report and parents are informed of the infraction and repercussions;
3. In the case of repeated infractions, a meeting among the student(s) and teacher(s) involved, the advisor(s), and an administrator is convened, an incident report is filed, and the parents are notified of the situation and plan of action. Repeated minor infractions may lead to the dismissal of a student from the school.

General rules and expectations are as follows:

Academic Expectations— It is expected that students will attend all classes and complete all assignments on time and to the best of their ability.

Community Expectations— It is expected that all students will work toward helping to foster a positive community environment and atmosphere.

Exclusive Relationships— Much of what transpires during the 14 week semester at The Island School focuses on building a community. We encourage students to develop close and lasting friendships. Exclusive relationships, however, have the potential to harm the community by creating boundaries between people. For this reason, exclusive relationships, whatever their nature, are discouraged as they disrupt the cohesiveness of a positive and productive community. Intimate contact and sexual relationships are prohibited for the reasons stated above as well as for health considerations.

Transportation – Students may only travel in motor vehicles driven by Island School faculty members unless specific permission has been granted and the student has signed out.

Cell Phones - Students are not permitted to have a cell phone, iTouch or other small, hand held device with wi-fi capability at The Island School. If they arrive at school with one, they are expected to store it with the faculty for the duration of the semester.

Signing Out – Students must sign out to leave campus for any reason other than sanctioned Island School activities. Students may not be off campus unaccompanied after dark under any circumstance.

Dormitory Rules and Expectations — Visitation in the dormitories of the opposite sex is not permitted at any time. Check-in is at 10:00 PM each evening. After this time, students may not leave their dorm. Lights are turned off in the dormitory at 10:30 every night. The dormitory space is the responsibility of all occupants. The dormitory must remain clean and clear of food. Food should never be consumed or stored in dorm space. All dormitory rules and expectations are strictly enforced.

Dress Code — Following the lead of our host country, The Island School has a uniform policy. Classroom attire is an Island School T-shirt or polo shirt with shorts, pants, or skirt. For off-campus functions, community outreach or special events, students wear an Island School polo shirt and khaki or navy shorts or pants. Island School swimwear or similar coverage swimsuit must be worn during research, SCUBA and kayak expeditions, and community outreach.

Shoe Policy — For safety reasons, all members of The Island School community are required to wear footwear at all times, with exception of specified indoor and deck spaces.

HARASSMENT POLICY

The Island School is a community in which every individual should be treated with respect and sensitivity. These are vital elements to the success of our community. Tolerance and patience should always be practiced and individuality should be encouraged. Harassment of any kind (ethnic, religious, gender, sexual, or sexual orientation) has no place in The Island School community. Harassment includes both overt acts of physical assault and less obvious forms of unnecessary touching, suggestive remarks, verbal abuse, graffiti, epithets or “humor.” Violations will be considered a violation of the first major school rule.

A member of the community who believes that he or she has experienced any form of harassment, or has learned of such harassment to another community member, should bring it to the attention of a faculty member immediately. All members of the community are obligated to take these complaints seriously, and immediate action will be taken against the individual or group that is determined to harass others.

MAIL AND COMMUNICATIONS

Although students can bring cell phones for ease of communication during travel to and from Rock Sound, it is required that they turn in their phones for safe keeping upon arrival. The separation from family and lack of communication can be challenging, but it has proven to be a valuable part of the experience. Separation from the familiar is integral to The Island School experience. Students are in a foreign country, away from the lifestyle and comfortable connections on which they have come to rely. Students are able to communicate with family and friends through the practice of letter writing. Practice in the skill of letting go has proven to be a positive force in the personal growth and learning of our students. In addition, we post weekly updates about the community on our blog at <http://www.islandschool.org/blog/> to inform family and friends about what we are doing.

To contact the school, please call (242) 334-8551, fax (954) 252-2440 or e-mail info@islandschool.org. This is a business address, and as such can be used to contact teachers and administrators. **Students do not have access to e-mail**, though it is possible for parents or sending school teachers to communicate with faculty via e-mail. Faculty e-mail is: firstname.lastname@islandschool.org. Each student’s advisor will be your first point of contact as a parent, if you need someone else’s email address, a list of faculty names can be found at www.islandschool.org. Calling cards and phone cards do not work on our system. Upon arrival, students select a weekly time slot for phone use. Students will receive 20 minutes / week to call home. However, when our schedule changes during expedition rotations, students and parents can expect to speak to with each other more infrequently.

Please limit the packages you send to only items that are absolutely necessary, and please use your child’s advisor as a sounding board before you ship anything. Not only can they help you

identify alternatives to shipping packages, but they can assist with tracking packages that are sent. When sending packages to your son or daughter, please realize that our mail forwarder is providing a service to the school outside of their normal operation. **Also, be aware that our carrier charges freight costs on packages and these charges are forwarded to parents throughout the semester.** Additionally, the Bahamian Customs Department may charge duty on these packages. All correspondence to students is most efficiently processed through the address below. Regular U.S. postal rates apply. **Mail usually takes between 1-2 weeks to arrive to campus, and packages typically take 2-6 weeks.**

STUDENT NAME

Cape Eleuthera Island School

PO Box EL-26029

Rock Sound, Eleuthera,

The Bahamas

HEALTH AND SAFETY

The Island School program is focused on healthy living. Five days a week begin with exercise, and fresh fruit is served with breakfast each day. Our goal is for students to return from The Island School program strong in body, mind, and spirit.

In the event of illness, there is an experienced and competent doctor, along with nurse practitioners, on call 24 hours a day at the Rock Sound Clinic located twenty miles from campus. More serious illness or injury that requires evacuation off the island is coordinated through The Island School staff. Teachers and staff members are trained in advanced wilderness first aid and there is always a staff member with a wilderness first responder (WFR) certification on call at the campus and on all wilderness expeditions. Strong reliance on the buddy system ensures that students take responsibility for themselves and their classmates.

The Island School must have complete and up-to-date health information for each student. During orientation, the medical staff conducts personal interviews with each student. It is critical that every student has a medical form and a liability agreement signed by a parent and a physician. Additionally, The Island School medical liability agreement must be completed and signed authorizing Island School staff to act and serve *in loco parentis*. No special immunizations are required for travel to The Bahamas. All necessary forms are mailed to you well in advance of the start of your semester.

All students are required to purchase Diver Alert Network (DAN) Preferred level insurance for emergency evacuations. The DAN phone number is (800) 446-2671 and the web site address is www.diversalertnetwork.org.

For legal reasons, students cannot access a first aid kit without faculty supervision. All student prescription and over-the-counter medications are checked by the medical staff upon arrival at the School and must be kept in the medical office and dispensed by the medical director or approved

staff member. If a student feels ill, they should notify a faculty member who will make a judgment as to their care.

By placing great emphasis and importance on training, health, and safety, we hope to prevent the occurrence of illness and accidents.

NATURAL DISASTER CONTINGENCY PLANNING

Students and parents often express concern about the possibility of hurricanes or severe tropical storms striking the campus. While its leeward location and relatively shallow waters have historically shielded Cape Eleuthera from any serious storm related damage, we are prepared, in the event of an approaching hurricane, to relocate to an established shelter in a local settlement on Eleuthera. Given the unpredictability of a storm, evacuating students off the island may put students more directly in the path of a hurricane. Large population centers may carry many more potential dangers in severe weather than the relative sparseness of Eleuthera. We track the path of storms using a variety of resources and make decisions based on that information. If a storm does pass over the school we are likely to experience lengthy loss of power and cell phone communication. In such circumstances, our satellite phone serves as our primary means of communication.

KITCHEN AND DINING

Students are expected to attend all meals. Due to the level of activity at The Island School, snacks are also available during some free times during the school day.

SCHOOL STORE / STUDENT ACCOUNTS

The School Store operates at designated times throughout the day. Students can purchase, journals, school supplies, stamps, envelopes, dive tables and log books, Island School clothing and other items. All students will have an account to which they can charge school store items. Students may also draw cash from their accounts for trips to town or other incidentals. Parents will be billed monthly and at the end of the semester after the students return home. Typical charges to the store account are about \$500-\$800 for the semester. **If you would like a specific limit set on the student store account, please notify us.**

LAUNDRY

Laundry is sent out and picked up once a week. It is usually returned the following day. The cost per load is \$5.50 and is charged to the student's school store account. Students should bring 2 sets of standard twin sheets.

PARENTS WEEKEND

Parents and immediate family are invited to come to The Island School campus for a long weekend during the semester. Exact dates for the fall and spring Parents Weekends will be communicated in a later mailing. Parents should make their plane reservations to arrive at Rock Sound Airport on the Wednesday of Parents Weekend and depart Sunday. Parents' Weekend ends at 10pm on Saturday evening, so many parents opt to leave on Sunday. For accommodations and more information on travel, please contact **Anne Maxey** at **(561) 797-0523** or **reefrat23@yahoo.com** and leave a message. The messages are checked regularly and Anne will call you back. Anne, a resident of Cotton Bay for over thirty years, is a volunteer and the mother of Chris Maxey, co-founder and director of The Island School. Cotton Bay is one of the locations that accommodate parents for Parents' Weekend. We require that students remain on campus overnight throughout the weekend.

TRAVEL AND LOGISTICS

Students should make plans to travel on the first and last days of the program. All students should meet us at **Rock Sound Airport, Eleuthera, Bahamas (airport code RSD)**. Part of the beauty of our location lies in its inaccessibility. Flights may be difficult to arrange, so we cannot overstate the importance of planning your travel well in advance. Once in Rock Sound, the School will provide transportation to and from the campus. There are direct flights to Rock Sound via Nassau, Bahamas.

There are three commercial carriers flying into Rock Sound Airport, **Bahamas Air, Pineapple Air** and **Southern Air**. Flights to Rock Sound Airport leave Nassau twice a day, morning and evening (call **Bahamas Air** at 1-800-222-4262 or www.bahamasair.com, **Southern Air** at 1-242-377-2014 or www.southernaircharter.com, and **Pineapple Air** at 242-377-0412 or www.pineappleair.com). In the event you are unable to find a way to Rock Sound, you may opt to land at **Governor's Harbour Airport (GHB)**, which receives a larger number of commercial flights. You will need to take a taxi, normally \$100, to Rock Sound where we will be waiting to pick you up.

Note: The North Eleuthera Airport (ELH) is a 2.5 hour \$200+ cab ride to Cape Eleuthera. Please do not fly in here.

YOU MUST BE CARRYING A VALID PASSPORT WHEN FLYING INTO THE BAHAMAS. CRITICAL IMMIGRATION DOCUMENTS THAT NEED TO BE RETURNED WELL IN ADVANCE OF THE SEMESTER WILL BE MAILED TO YOU.

ISLAND SCHOOL CLOTHING / GEAR LIST

Our dress code emphasizes appropriate clothing for the cultural setting in The Bahamas; this level of modesty is substantially more conservative than what you are likely accustomed. Consequently, please understand that you will always be expected to dress appropriately, on or off campus. Please take that into account when selecting your clothing.

The below checklist is our strong suggestion of quantities you will need for your stay. This list has been generated and updated by several semesters of Island School students. Keeping your bags limited to two duffels and a carry on is very important for travel purposes and for storage reasons in the barrack-style dormitories. It is also important to note that students will have the opportunity to send their laundry out once a week.

Finally, though you can buy some items in the school store, we recommend that you buy what you need ahead of time, and use the school store as a backup resource. After the cost of duty and shipping, prices at the school store are typically around double what they are in the States.

(* Denotes items that can be purchased from the school store.

Classroom/uniform

- 3-4 IS T-shirts*
- 2 IS Polo*
- 3 Solid (**No plaid or patterns**) khaki/navy shorts (5" inseam or longer).
- 1 Belt
- 2 Casual footwear (flip-flops, sandals, etc...)

Workout clothes

- 1 **Black or navy** athletic bathing suit* (please refer to dress code for more details)
- 1 Good running shoes
- 1 Closed toe footwear that you can run in *and* that can get wet and dirty (old sneakers work fine)
- 5-6 **Black or navy** Compression shorts/spandex shorts
- 5-6 **Black or navy** sports bras (girls)
- 3 Athletic shorts
- 5 Athletic socks
- 1 Swim goggles/swim mask (no nose cover)

Other clothes

- 2 Casual shorts to be worn on free time (conservative length)
- 1 Nice jeans/pants (no holes, excessive graphics, etc.)
- 3-4 Tidy and appropriate t-shirts*
- 2 Boy's button down or blouse
- 2 Modestly cut knee-length dress or skirt (no spaghetti straps or cut outs)
- 1 Sweat pants
- 2 Cardigan sweater
- Enough underwear to last 10 days

Outdoor clothing & gear:

- 1 Light polyester/cotton mix pants or synthetic leggings
- 1 Hooded sweatshirt or fleece pullover
- 1 Rain jacket
- 1 Knee-high socks
- 1 Long-sleeve rash guard*
- 1 Synthetic, long sleeve shirt*
- 1 Head lamp
- 1 Bowl and utensils
- 1 Leatherman-style multi-tool (pliers are very useful on expeditions)
- 1 Lightweight sleeping bag
- 2-3 Water bottles*
- 1 SPF 30 or higher sunscreen
- 1 SPF 15 or higher lip balm
- 1 Hat* (the wider the brim, the better)
- 1-2 Bandanas
- 2 Sunglasses (Sunglasses are very important in The Land of Sun and Sea; however, they are also easily lost or broken. Please take this into consideration when packing /purchasing for your semester).
- 1 Mosquito bed net (e.g. stansport double mosquito net)

SCUBA gear:

- 1 Dive mask* and snorkel
- 1 Dive fins
- 1 Wetsuit (2/3 mm is best, full or shortie is a matter of preference)
- 1 Mesh gear bag

School supplies

- 1 External hard-drive or flash drive (*we highly recommend an external hard drive with lots of memory, however anything, flash-drive or otherwise, with >4 GB memory will suffice*)
- 1 5-subject notebook
- 1 Assignment notebook
- Pens/pencils
- 1 Scientific or graphing calculator (it must have sine, cosine, tangent, etc. functions)
- 1 Backpack
- 1 Set of batteries for any electronics

Personal items

- 1 Waterproof (up to 100m) digital watch (essential for day-to-day and dive training)
- 2 Towels

- Laundry bag with draw string (clearly labeled)
- Glasses/contacts
- Medications (must be delivered to Medical Director upon arrival)
- 2 Sets of standard, twin size bed sheets, including 2 pillow cases
- 1 Laptop **If you do not have access to a laptop to bring with you, please reach out to your advisor in the week leading up to the semester*

Optional items:

- 1 Warm hat
- 1 Sarong
- 1 Crazy Creek
- 1 Bike helmet
- 1 Sleeping pad for expeditions
- 1 Lufa (e.g. ecopouf sponge)
- Envelopes & stamps (US postage)
- 1 Digital camera (strongly recommended, point and shoot is the most versatile)
- 1 Bugnet hammock (for use on kayak trips, but will not be allowed for kayak-solo)
- 1 Bugnet Pants
- Music playing device that doesn't connect to the internet (e.g. ipod nano or any other mp3 compact player without a touch screen)
- On Wednesdays, we host Hawaiian shirt Wednesdays. Please plan accordingly if you are interested in participating.

*Toiletries**

Our artificial wetland that processes waste water on campus is extremely sensitive to the chemicals in most shampoo and conditioners. With this in mind, when choosing your shower products (shampoo, conditioner, body wash, etc.) please choose responsibly. We ask that you do NOT bring any product containing microbeads. Biodegradable products that students have chosen in the past include Dr. Bronner's and Burt's Bees. If you are unable to purchase these products, please look for products with minimal dyes and chemicals, biodegradable if at all possible. Thank you for your consideration. Additionally, past female students insist that girls do not bring make-up.

*Cooler Weather in Spring**

In the beginning of the spring semester, it tends to be on the cool side during the evenings. Although not required, we suggest that students bring a heavier blanket, an extra fleece and pair of sweatpants.