IDENTIFICATION
- Passport
- Original notarized Medical form (your group leader should carry all originals)

GENERAL SUGGESTIONS
- Notebook, pencils, pens
- Mask, snorkel, fins, and mesh bag
- Plastic drinking container / water bottle
- Sunglasses
- Toothbrush, soap, shampoo
- 2 towels
- Waterproof sunscreen
- Insect Repellent
- Laptop
- Flashlight
- Cash in small denominations
- Underwater camera (optional)
- Motion sickness medication (optional)

CLOTHING SUGGESTIONS
- Lightweight, long-sleeved shirt
- Lightweight shorts
- 1 pair lightweight pants
- Lightweight shirts
- Lightweight windbreaker / jacket / poncho
- Swimsuits
- Tennis shoes, flip-flops or sandals, water shoes
- Hat or visor

SCUBA GEAR (certified divers only; optional)
- Regulator, Octopus
- Buoyancy compensator with power inflator
- Alternate air source
- Depth and submersible pressure gauges
- Mask, snorkel, and fins
- Certification card and log book
- Liability release forms read, completed, and signed
- Optional: whistle, compass, wetsuit (esp. November-May), light, underwater slate

Forfar requests that you please pack in medium-sized soft-sided duffel bags if possible (NO HARD-SIDED SUITCASES). You will have a 40-pound weight limit for luggage (60-pound limit for scuba divers with dive gear). Luggage will be weighed in Ft. Lauderdale. Any excess weight shall be paid at the rate of $3.00 per pound over the limit. This amount due will be payable at the time of flight. The weight limit includes diving gear, camera equipment, etc.

**Students are responsible for their own property, and Forfar (International Field Studies) will not be liable for theft, loss, or damage of valuables.**