



<p>Pack the following items to make your adventure a memorable one.          (Remember most of these are <b>optional extra</b> for your own comfort)</p>		
Ship	Sea-sickness pills	Remember about the return voyage. Avomine and Stugaron are two familiar ones. Ginger also seems to be effective in some cases.
Ship	Prescription medication	Are you on chronic medication? Please do remember to pack these, as the dispensaries (at the base or on the ship) will not be able to supply you.
Ship	Money	Bring money for duty free liquor, snacks and other things at the tuck shop. Remember to leave some money for the trip home (no shops on Marion).
Ship	Ship Clothing	Closed shoes, trousers/jeans and a collared shirt/golf shirt to dress neatly for dinner (its required otherwise they won't serve you). Enjoy these small, traditional facets of the expedition.
Ship	Recreation	(if you do not get seasick) Books, music, movies etc.
Ship	Warm clothes and gloves	The trip down south gets very cold. Buffs are also very useful.
Ship	Packing	Once on the island, the trolleys will not be reached immediately so pack your fieldwork gear in you ship bag.
Toiletries		Own towel, all toiletries, Liplce etc.
Alcohol, cold drinks (sodas) and smokes		On the island there is a soda stream machine with coke and some other flavours, also juices and Oros/Oros-like beverages.
Good waterproof gloves		Check what you get issued with and plan accordingly.
Fleece beanie		You get issued with a woollen balaclava, but not really ideal for the wet Marion days.
Buff or something similar		These can keep your head, ears, neck warm and also keep the hair out of your face.
T-shirt		Cheap cotton shirts are ideal for over thermals, for a day in the field.
Communication		Find out what the comms policy is and comply. Whatsapp in the bases can work on the wifi network.
Laundry		There are automated washing machines and dryers, as well as 2 dry rooms; you do your own laundry. Washing powder is provided by DEA. If you want to use something special take with.
Health		Make sure your teeth is in good condition, there is limited dental care available from a medic who done a one week crash course in only dental emergencies. Medical backup is quite good, wide range of antibiotics etc. Just note, the medic is not trained to remove an appendix, you will be treated with antibiotics, or casevaced back to the RSA, help will only arrive within 4-5 days.
Meals		A chef (or two) will be provided for the take-over period.
Base		There will be more than 80 people during take over; therefore you will have to share a bedroom, normally with 3 other people.
Base clothes and slippers		It is very nice to have comfy clothes to wear in base (normal clothes). Sheep wool slippers are ideal for wearing in base. Also remember there is a sauna and Jacuzzi.
Crocs/croc-replicas		For sleeping over in the huts, crocks are the best shoes, as you can wear socks with them. Flip flops are also an option.
Thermals		No need to buy extra thermals as you get issued with enough First Assent tops and bottoms (when fitting these make sure you do not take them too small).

Trommels (Tote Bins)/Luggage	Best way to pack is: put your clothes in the kit-bags (you are supplied with) and place the rest of you stuff in plastic tote bins. Lock each trommel, try and have the same key for all the trommels. The ideal trammel size is 90 x 40 x 40 (cm, L x W x H).
Packing	Clean and spray (Doom) all bags and trammels before you start packing, to make sure no biological material reaches the island. Seal the edges of the trommels with insualtion or duct tape, keeps out any moisture and insects while they're standing around.
Headlamp	The camping type.
Bedding	The beds in the base have bedding, however your own pillow and extra sleeping bag would be a nice to have (as the base temperature can be set quite low sometimes).
Water bottles	Pack for water or juice when walking. A bladder for water (inside you backpack) is also a 'very nice to have'.

#### Extra Advice for field assistants

Backpack	Take your own backpack. (65 or 85 L)
Sleeping bag	Take one that are nice and warm, but can fold small enough to take little space in you backpack (if you will be sleeping in the huts).
Inner Soles	Green Cross inners will do the thing.
Socks	You get issued with thick socks, however having a few pairs of liner socks and a few pairs of ski-socks is advisable.
Drybags	Things do tend to get wet, so get yourself different sizes to ensure equipment will not get wet when walking between huts.
Belt	You are issued with overalls, so remember a belt to keep up the pants.