



What should you bring?

1. **Bring old sneakers** (no flip-flops, TEVAS, water socks, or Crocs). Your feet will get wet and sandy. **For safety reasons, you can't wear flip-flops or crocs on the boats or in the marsh.**
2. **Extra pair of clothes & shoes** for the classroom and trip home.
3. We suggest that participants wear a T-shirt and shorts. Bring a sweatshirt for cool weather. If rain is forecasted, bring a rain jacket or poncho!
4. **Bag lunch & snacks.** There is no food for purchase at the lab, so make sure you bring enough to eat and drink (and some to share ☺) !!!
5. **Two LABELED Bottle(s) of drinking water (we will refill down at the lab!).**
6. Sunscreen (at LEAST 30 SPF)
7. Hat & sunglasses
8. Do **not** bring easily lost or damaged items including digital cameras, Ipods, cell phones, expensive jewelry, etc.
9. **Plastic bag for your wet shoes.**
10. Small towel for drying your wet feet!
11. ***\$12 cash or check (made out to FSU Foundation) so you can help support our programs by purchasing a super-cool Saturday-at-the-Sea short-sleeved T-shirt***(sizes are adult S, M, L & XL)

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