Packing Checklist for Scientists
Sailing on the JOIDES Resolution

<table>
<thead>
<tr>
<th>Items strictly prohibited on the ship</th>
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</table>
| Do NOT bring the following items on board the JOIDES Resolution as they are strictly prohibited and may result in legal penalties and the seizure of the ship. | • Firearms  
• Alcohol  
• Illegal drugs |

<table>
<thead>
<tr>
<th>Items available on the ship</th>
<th>Items not available on the ship</th>
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</thead>
</table>
| Safety glasses, hard hats, work gloves  
Hearing protection (when necessary)  
Bed linens and pillows  
Towels, soap and toilet paper  
Daily laundry service  
Limited cold-weather gear  
Paperback books, games  
Movies and TV series  
Four meals a days  
Soft drinks, coffee, Lipton black/green tea | Prescription safety glasses  
Coveralls, rain gear  
Work clothes, work boots  
Shampoo, deodorant, toothpaste, toothbrush  
Shaving products, feminine hygiene products  
Batteries  
Sunscreen, sunglasses  
Free telephone service  
Candy, chocolate, snacks  
Good coffee and herbal tea |

GENERAL INFORMATION

Shipboard schedule
Scientists work 12 hours a day, 7 days a week, in 2 shifts. Shifts will be assigned by the Staff Scientist. Most cabins are double occupancy. Generally, scientists are not allowed in their cabin during their shift as their cabin mate may be sleeping. Meals are provided at 0500-0700, 1100-1300, 1700-1900, and 2300-0100. Door-to-door laundry service is provided daily. A gym, lounge, movie room, and computer user room are available 24 hours a day.

Meals
Several options are provided at each meal, including vegetarian meals. Strict dietary requirements should be brought to the attention of the Staff Scientist as soon as possible prior to the expedition so that the catering crew can make arrangements.

Money
United States currency (cash) is required for payments or purchases made onboard (telephone cards, shirts, mugs, etc.). IODP staff will not accept foreign currency or personal checks or credit cards.

Port call
Some items, such as coffee, tea, snacks, and toiletries may be purchased at the port. Scientists will be given time off before sailing to take care of this.
<table>
<thead>
<tr>
<th>Packers</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Travel to and from the ship</strong></td>
<td>Passport, IODP travel information, IODP identification card (for employees) IODP “good guy” letter stating you are joining the expedition (IODP will provide) Visa if needed (check with appropriate consulate or embassy; ship is of Cyprus registry)</td>
</tr>
<tr>
<td><strong>For your cabin</strong></td>
<td>Shampoo, deodorant, toothpaste, toothbrush, lotion, tissues (limited quantities available on board) Vitamins or other dietary supplements Prescription medication and associated paperwork as some medication is illegal in other countries Shaving products, feminine hygiene products Hair dryer, adapter, etc. (ship uses 120 V power and US standard outlets) Alarm clock or watch/phone with an alarm Small flashlight for cabin Extra batteries for all battery-powered equipment (including hearing aids)</td>
</tr>
<tr>
<td><strong>For your work area</strong></td>
<td>Backpack for carrying personal items when not in your cabin (during your work shift) An extra pair of prescription glasses is recommended If you require prescription safety glasses you must provide them yourself Sunglasses, sunscreen, and lip balm Sweater or jacket as indoor lab areas can be cold Camera Large external drive for backup of data, photos, and reports (1 Tb recommended) Steel-toed boots for scientists who expect to work on the rig floor Sturdy, close-toed shoes are required in the labs and core receiving area Do not bring delicate clothing as ship’s laundry can be harsh on clothes. Other work in case there are slow periods</td>
</tr>
<tr>
<td><strong>For the gym if you like to work out</strong></td>
<td>Towel (can also be used for sunbathing) Workout clothes and shoes Workout DVDs, iPods, iPhones, etc. Water bottle</td>
</tr>
<tr>
<td><strong>Items to make the trip more enjoyable</strong></td>
<td>Telephone cards (any card that can be used from a US location; also available for sale on the ship*) Movies, music, books/e-books (several movies and books available on board) Candy, chocolate, dry fruit, nuts, salty snacks Coffee (most labs have cappuccino machines and bean grinders), herbal tea Mugs with lids are highly recommended for the lab areas Noise-canceling headphones are recommended as some parts of the ship can be very noisy Plain T-shirt for expedition logo (light or dark colors work) Musical instruments, games IODP mugs/t-shirts/jackets can be bought onboard* (iodp.tamu.edu/participants/merchandise.html)</td>
</tr>
</tbody>
</table>

* United States currency (cash) is required for payments or purchases made onboard.