***Roseway* Residential Program Clothing and Equipment List**

The following list is based on the wide range of weather that you may experience during your voyage. Clothing and gear should be packed in **soft luggage** for ease of storage onboard.

Clothing that can be layered allows you to adjust to the conditions. Synthetic fabrics, like polar fleece, provide a warm layer and dry quickly if wet. Nylon fabrics and blends are lightweight and offer protection from the wind. Cotton fabrics retain moisture, lose their insulating qualities when wet, and dry slowly.

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| **Clothing:*** 4 t-shirts/week of programming
* 2 long sleeved shirts
* 1 light jacket (fleece or wool)
* 1 warm jacket
* 1 pair of pants
* 2 pair of shorts
* Underwear and socks
* 1 pair of closed toe shoes or sneakers

or* 1 pair of sandals with heel strap
* Sun hat with visor
* Bathing suit
* Raincoat and rain pants
* Warm hat
* Towel
* Sleeping bag or blanket (pillow and sheets provided)
 | **Miscellaneous Items:*** Water bottle with your name
* Prescription Medications: If you are bringing prescription medications, bring enough for the entire voyage in its original packaging. All medications must be turned in to the Medical Officer upon arrival AND must be included on the medical form.
* Women: Changes in environment and activity frequently cause changes in menstrual cycles. Be prepared with sanitary items.
* Camera
* Water resistant watch
* Flashlight or headlamp
* Journal or book
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| **Personal Items:*** Tooth brush/tooth paste
* Soap/shampoo
* Sunscreen, SPF 30 or higher
* Comb/brush
* Sunglasses
* Contact lenses or eyeglasses
 | **Do not bring:*** Alcohol, drugs, tobacco products
* Electronics including cell phones, iPads, or laptops
* Snacks
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If you have further questions about what to pack for your voyage, please contact Cara at cara@worldoceanschool.org.