



Field Trip Student Guide

Health & Waiver Form

Everyone must have a signed completed form on arrival. Forms are available on our website or through your group leader.

Rules

Our rules are based on mutual respect and community living. Here are a few highlights.

- Respect other people, plants and animals
- Tobacco use is restricted to the college patio
- Clean up after yourself
- No alcohol

What to Pack

- Water bottle
- A sleeping bag or bedding for a twin bed
- A pillow
- Towel
- Beach towel
- Soaps, toiletries, etc.
- Backpack to carry into the field
- Clothes for all weather
- Rain jacket
- Shoes cover your toes, can get wet and muddy
- Dry pair of shoes and socks
- Plastic bag to pack wet or muddy clothes
- Camera
- Notebook and pencil
- Sunscreen
- Bug spray
- Anything your professor told you to bring

Vessels

If your visit will include a boat trip please keep the following in mind:

- Required footwear: Tennis shoes that tie tightly, cover your toes, and can get wet. No "water shoes", Keens, or sandals. Rain boots and hiking boots are acceptable. If your footwear is not approved by the boat captain, you will be left on shore.
- Don't forget to bring a water bottle, sunscreen, and appropriate clothing. You will get thirsty, wet and dirty.

Housing

We have 2 types of student housing. Where you stay will depend on the arrangements your group has made. Salicornia Hall is a newer building with full climate control and improved bathrooms. Traditional dorms are older smaller and feature loft beds. All student housing has double occupancy rooms with twin beds. Males and females have separate housing.

Meals

Our cafeteria provides hot meals 3 times a day. If you have any special dietary needs or allergies please make sure our staff is informed before your trip.

Other Important Stuff

- There is Wi-Fi in the labs, cafeteria, college lounge and some rooms in Salicornia- Password is **mscva123**
- There are coin operated laundry machines
- Our store is stocked with awesome logo wear
- There is a fire pit and charcoal grill for your use (supply own fuel)

The Chincoteague Bay Field Station is an academic institution; our philosophy of shared tolerance and respect helps uphold a professional learning environment. The rules listed below assure the health and safety of all participants. You are also subject to your university rules and policies while at the Field Station.

This is not an exhaustive list; please use sound judgment when making decisions.

- Possession, consumption and distribution of alcohol or illegal substances is forbidden. **Individuals or groups will be dismissed without refund** and students and faculty will be subject to member university rules and regulations, and if appropriate law enforcement will be involved.
- You are responsible for the upkeep of your rooms and common areas during your stay. Dispose of trash and recycling appropriately. Full containers must be emptied at the dumpsters near the maintenance building. You are responsible for emptying containers in dorms, lounge, and labs.
- Do not store perishable items, such as food or beach collections, in rooms.
- We are a Smoke- Free campus, with the exception of the college patio. Cigarette butts must be put out and thrown in the trash.
- **Quiet hours are 10pm – 7am.** During these hours gatherings are permitted in common areas only. Sounds should be off or contained by headphones for all electronic devices. Noises carry throughout campus; please respect others by keeping volume low.
- Visitation of others' residence areas is only permitted from **9:00 a.m. - 9:00 p.m.**
- Do not remove equipment from storage rooms or labs without permission. Do not use equipment you have not been authorized to use.
- Keep mud/sand out of showers by using outside hoses or showers to rinse off. Muddy/sandy people who enter the common areas commit to cleaning these areas.
- Participants must wear shoes on all parts of field station property. Students should also respect their own well-being by drinking water, wearing sunscreen and dressing in weather appropriate clothing.
- The CBFS campus speed limit is 20 mph. Be aware of heavy foot traffic.
- Weapons, fireworks, and other dangerous items are not allowed.
- University and school age participants have separate common areas. Be aware of these boundaries and treat them with respect.
- Respect the rules and employees of all our partners including CNWR and NASA.
- Follow Check-In and Check-Out procedures at the beginning and end of your stay.
- If you are absent from any activity, inform your group leader. Avoid unnecessary searches.
- Treat all forms of life (human, animal and plant) with respect.

THANKS & ENJOY YOUR STAY!