

GREETINGS!

We are very excited to have your family be a part of our Homeschooler Seafarers of Science program. Please download this letter to remind you of some things before you arrive.



If you have not sent in your Health forms, please mail them in now. If it is less than two weeks before the program begins, bring your forms with you, but do call us as soon as you can if you or your family has any health or food restrictions that you wish to have accommodated. Our health forms can be found on the homeschool page on our website. If you have not made your final payment it is due 30 days before the program begins.

On your day of arrival, check-in will be held at the Education Center promptly at 7:00 pm. This is the large building, with a beautiful glass entry way, located on the corner of Enterprise Street and Mill Dam Road. Please park in front of the building and come into the lobby for registration. When you check-in, staff will orient you and direct you to your lodging. You will also receive the updated program schedule. There is no dinner or class the first night so you will have plenty of time to explore Chincoteague on your own. Visit the island creamery, play mini golf or just chill out at the beach on Assateague. If you are running late on the day the program begins, please call the office at (757) 824-5636 or the after hour's cell phone at (757) 894-7708.

Be aware of the time that it takes to travel on the Eastern Shore of Virginia. The speed limit is 35-55 mph for most of the shore. Please allow yourself plenty of time for travel. We are located 2.5 hrs away from Norfolk (in normal traffic). We are 3.5 - 4 hrs away from Washington D.C. For those traveling from the south (Norfolk Area), there is a \$13.00 toll to cross the Chesapeake Bay Bridge Tunnel.

Remember that you must bring your own twin-size bedding, including sheets, pillow and blankets, as well as all of your own toiletries. Rooms are simple with 2-4 beds and a dresser or cubby unit.

SOME HELPFUL NUMBERS

Chincoteague Bay Field Station

Office (8 AM to 4:30 PM): (757) 824 5636

After Hours Emergencies (4:30 PM to 8 AM): (757) 894 7708

Naturally,

Mike Hillman

Adult and Family Education Coordinator

Chincoteague Bay Field Station

34001 Mill Dam Road

Wallops Island VA 23337

www.cbfieldstation.org

PACKING LIST

We recommend bringing the items on this list in addition to what you normally bring on a 2-3 day trip. Because our programs are active and field based you will need more changes of clothes than usual. Please feel free to pack additional clothing as you may want to change clothing throughout the day.



NECESSARY ITEMS

- 1 pair of **lace-up sneakers or boots** for the boat- (Enclosed , no holes or mesh)
- 1 pair of strap on sandals or water shoes for wet trips (sandals must have straps that hold the shoe on to your foot securely.)
- Field clothing to get wet and slimy
- Bathing Suit, beach towel
- Rainwear (rain parka, jacket, pants)
- Sun protection (WATERPROOF SUNSCREEN , HAT , SUNGLASSES)
- Insect deterrent (it can get very buggy here, bug spray or clothing cover-ups are necessary)
- Toiletries (BAR SOAP, TOOTHPASTE, etc.)
- Towels
- Refillable water bottle
- Day bag or backpack for transporting your supplies during day trips
- Plastic grocery bags for wet clothing, laundry and shells
- Notebook, Pencil and/or Pen
- Trash bags for dirty laundry
- Pillow and Pillow Case
- Sleeping Bag and or Blankets
- Fitted and Flat sheets for a Twin Bed
- Lightweight jacket or sweatshirt

SUGGESTED ITEMS

- Dry Bags or small waterproof containers
- Laundry detergent and quarters for the Coin Operated Laundry
- Personal Fan or heater (the residence halls have AC/Heat, but some prefer additional cooling methods)
- Money for the camp store or souvenirs
- Binoculars or spotting scope
- Camera

SUGGESTED READINGS FOR BEFORE AND AFTER YOUR ADVENTURE!

Fiction

- *Misty of Chincoteague* by Marguerite Henry

Culture and History

- *Assateague: Island of Wild Ponies* by Andrea Jauck and Larry Points
- *Beautiful Swimmers: Watermen, Crabs and the Chesapeake Bay* by William W. Warner
- *Chincoteague National Wildlife Refuge: An Ecological Treasure* by Rene Hinke-Sacilotto
- *Chincoteague Revisited: A Sojourn to the Chincoteague and Assateague Islands* by Dorothy Camagna and Jennifer Cording
- *Eastern Shore (American) Indians of Virginia and Maryland* by Helen C. Rountree
- *Eastern Shore Railroad (VA)* by Chris Dickon
- *Off 13: The Eastern Shore of Virginia Guidebook* by Kirk Mariner
- *Once upon an island: The history of Chincoteague* by Kirk Mariner
- *True Tales of the Eastern Shore* by Kirk Mariner
- *Voices of the Chincoteague: Memories of Greenbackville and Franklin City* by Martha Burns and Linda Hartsock
- *Wallops Island (Images of America: Virginia)* by Nan Devinent Hayes and Bowen Bennett

Science and Nature

- *Atlantic Shorelines: Natural History and Ecology* by Mark Bertness
- *A Naturalists Guide to Seashore Plants: An Ecology for Eastern North America* by Shirley Peron
- *Life and Death of the Saltmarsh* by John and Mildred Teal

Field Guides

- *A Field Guide to the Atlantic Seashore: From the Bay of Fundy to Cape Hatteras* by Kenneth L. Gosner
- *The Sibley Field Guide to Birds of Eastern North America* by Sibley
- *Field Guide to Identification of Wildflowers of North America* by Peterson
- *Common Plants of the Mid-Atlantic Coast: A Field Guide* by Gene M. Silberhorn

Books for Kids

- *Awesome Ocean Science (Kids Can! series) (ages 7-12)* by Cindy A. Littlefield
- *Life in the Chesapeake Bay* by Professor Alice Jane Lippson
- *Seaside Naturalist: A Guide to Study at the Seashore* by Deborah A. Coulombe
- *The Ocean Book: Aquarium and Seaside Activities and Ideas for All Ages* by Center for Marine Conservation
- *The Naturalist's Guide to the Atlantic Seashore: Beach Ecology from the Gulf of Maine to Cape Hatteras* by Scott Wesley Shumway