

Personal Cruise Prep for Science Party Members

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The following is a document to help guide your packing and preparation for going to sea as part of the Science Party aboard the R/V Neil Armstrong and R/V Atlantis.

Before the Cruise:

Go to <https://www.mfp.us/> or follow the link you received via email to create your MFP account and fill out your Personal Information. Cruise participants are responsible for providing this information at least 1 month before the sail date.

In your MFP Personal Information section, you will be asked to provide dietary allergies/ restrictions info, University info (for insurance purposes) and info about yourself. All personnel joining WHOI ships must have a government-issued photo ID, copies of which can be uploaded directly into MFP.

Check with the chief scientist to see where you are required to meet the ship, if you need a passport, a visa or any vaccinations. If traveling foreign, go to the following website to see any country specific info: <https://travel.state.gov/content/travel/en/international-travel.html>

Packing:

You will need work clothes, clothes that can get dirty, and can be washed together and dried on high heat. If you are going to the tropics do not forget a sweatshirt or two, as the labs on board will be air conditioned. If you are going to the Arctic bring lots of layers.

Socks and underwear	Enough for seven days
T-shirts and shorts	If in warm temps
Layers and long johns	If in cold temps
Foul weather gear	For sampling and rainy weather
Pajamas	Expect to be sharing a stateroom
Hat	Necessary for safety drills and also general outdoor comfort
Work boots (steel toe), sneakers	Open toed shoes should only be worn in your stateroom
Workout clothes	There is work out equipment on both ships
Bathing suit	You never know where you will find a hot tub! (there are no swim calls from the ship)
Toiletries	Enough to last the length of the cruise plus 1 week, there are no stores out there if you run out. Bring shampoo, soap, toothpaste, floss, toothbrush, deodorant, lotion, sunscreen, contact solution, feminine hygiene products (if needed).
Medication	Bring enough for the cruise and a couple extra weeks (you may need a note for the insurance company to prove you are going away). These should be taken in carry-on luggage and not packed in checked luggage.

Seasick medication	There are lots of different options and if you do not know if you will get sick, bring something just in case. Most medications you should start taking before you sail. Do a little research beforehand.
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Nice to have:

Water bottle/ insulated mug	
Extra sneakers	(if the first pair get wet)
Camera	
Alarm clock	
Headlamp	
Outlet adapters (if needed)	
Book/ eReader	Both ships have stocked libraries and lots of games to play during down time
Snacks	There is always plenty of food and snacks, but if you crave something specific, bring it with you!

Bring cash and check with your bank about the ability to withdraw cash in a foreign port. It is usually much easier to withdraw foreign currency from an ATM than it is to find a place that will exchange money.

You may need to check with your credit card company as well. Put a travel notice on your account before you leave, so your card is not unexpectedly shut off. Find out if your card, bank or credit has an international number you can use.

Take care of bills while gone

Life on Board:

The “Golden Rule”: While you are out at sea, you are living in someone else’s home. It’s nice to remember to move chairs quietly, be courteous of those sleeping, and be polite to those serving you. Keep your personal things neat and contained and keep your room and linens clean.

Luggage	Duffel bags and other soft bags are best, storage of luggage is in your own cabin
Laundromat	There is laundry on board. The norm is to do only full loads. There is soap, but if you need something special (hypoallergenic), you will need to bring it. Someone else will probably move your laundry from the washer to the dryer so plan accordingly, no silk or shrinkables. The ship

	provides linens, and a bath towel however, you are responsible for washing them regularly.
Meals	Breakfast, Lunch, and Dinner are served. There is tea, coffee, and juice available all the time, along with snacks, bread. Watch standers get first dibs at mealtime. When you come aboard for mob/debob, let the Steward know/ Sign up on the board for meals.
Gym	Sign-up sheets are used to schedule gym time
Watch Times	The chief scientist will set up a watch schedule.
Trash	Trash is separated on board, food is the only thing thrown overboard as slops in a 5 gal bucket. Burnable trash like paper and plastic are incinerated every day, and metals trash including glass are separated and disposed of on shore.
Labs	The chief scientist oversees designating lab space. As you begin your set-up, check with SSSG for assistance on determining how to secure your gear.
Medical	During the cruise, the Chief Mate is the medical officer and is responsible for the ship hospital and medications.
Seasickness	Seasickness can happen to anyone at any time. If it happens to you, we recommend resting on your bunk, but do not stay down for prolonged periods. Stay hydrated, try to keep eating (if only a little bit), and get out for fresh air if weather permits. See the Chief Mate for seasickness medication from the ship's stores if you have not brought your own.
Concerns	Any issues – Harassment, personal, safety, health can be brought directly and confidentially to the chief scientist or the captain at any time during the cruise.

WHOI Harassment Policy: <https://intranet.whoi.edu/institution-policy/policy/human-resources/harassment-policy-against/>

End of Cruise:

You are responsible for the cleaning of your cabin, cleaning supplies will be made available. Linen will go into linen bags put out by the Galley dept. Clean your lab spaces and put away/return any borrowed equipment.

If traveling internationally make sure you know the proper way to exit the country, talk to the agent. Travel in pairs if exploring a foreign port, know the ships phone number, the agents number and how to get to and from the ship.