Do NOT bring the following items on board the ship as they are strictly prohibited.

- Firearms
- Alcohol
- Illegal Drugs

<table>
<thead>
<tr>
<th>Things ODP DOES Supply:</th>
<th>Things ODP Does NOT Supply:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safety glasses (NOT prescription), hardhats</td>
<td>Coveralls</td>
</tr>
<tr>
<td>Hearing protection (when necessary)</td>
<td>Work clothes</td>
</tr>
<tr>
<td>Bed linens and towels</td>
<td>Work boots</td>
</tr>
<tr>
<td>Laundry bags and service</td>
<td>Soap</td>
</tr>
<tr>
<td>Work gloves</td>
<td>Shampoo</td>
</tr>
<tr>
<td>Limited cold-weather gear ONLY for high-latitude legs</td>
<td>Sunscreen</td>
</tr>
<tr>
<td>Paperback books</td>
<td>Candy</td>
</tr>
<tr>
<td>Various magazines</td>
<td>Chocolate</td>
</tr>
<tr>
<td>Movies, but the collection is variable and older</td>
<td>Rain gear</td>
</tr>
<tr>
<td>Some soft drinks</td>
<td>Film</td>
</tr>
</tbody>
</table>

GENERAL INFORMATION

Visas
- Business visas are not required.
- You are responsible for having the correct tourist or transit visas.
- Requirements may differ if arriving/departing by ship vs. airplane so **CHECK** with appropriate consulate or embassy.

Personal travel time
If your trip includes personal travel time before or after the cruise, you may require more time on your visa or a different visa altogether: **CHECK!!!** Otherwise you could be responsible for a delay at customs at the end of a long leg.

Money
United States currency (cash or traveler’s checks) for use on ship (for e-mail, phone calls, and ship's stores [t-shirts, mugs, etc]).

**Tip:** ODP does NOT accept foreign currency or personal checks.

Dietary Issues
Any special dietary requirements should to be brought to our attention (contact the staff scientist) at least 4 months prior to the leg.
CHECKLIST OF ITEMS TO BRING TO THE SHIP

- Passport, ODP identification card, and ODP travel information
- ODP letter stating you are joining the cruise (important for port security).
- Backup media: JAZ, MO, Tape, ZIP, or CDs
- Work for slow periods, e.g., data for that paper you've been wanting to write.
- Soap, shampoo, toothpaste, tissues
- Sun screen or sun block
- Vitamins or other dietary supplements
- A small alarm clock or watch with an alarm. Caution: power in the cabins is 120 V & 60 cycle. It sometimes affects digital alarm clocks.
- Small flashlight
- Extra batteries for all battery powered equipment
- Backpack
- Sunglasses - as reflection off the water, clouds, and ice can be fierce.
- Extra pair of prescription glasses/sun glasses.
- If you require prescription safety glasses, you must provide those yourself.
- Sweater or jacket for indoors (air conditioning can be strong).
- Plain T-shirts for silk-screening leg logo at the end of the cruise (optional).
- Prescription medication (enough for two months at sea and travel).
- Necessary paperwork for medicines; some types are illegal in other countries.
- Camera and manual.
- Film (not available for purchase on ship).
- Macro lense if plan on taking core photos.
- 100 ASA 35 mm daylight balanced process E6 film for core photos.
- Steel-toed boots for rig floor (e.g., Co-chiefs, loggers, CORKers, etc.).
- Close-toed shoes are required for access to many areas of the ship.
- Old/tough clothes as you will probably get dirty (mud, grease, paint, etc.).
- Ship’s laundry is efficient (clothes returned within 6 hr, and door-to-door service) but can be hard on clothing. Don’t bring your favorite stuff.

Gym Items
- Extra towel (also for sunbathing)
- Workout clothes
- Shoes
- Water bottle
- Workout tapes. Some machines (but not all) play all formats of DVDs & VHS videos.

Items to make the trip more enjoyable
- Music (CDs or tapes)
- Family pictures
- Candy and/or chocolate
- Coffee (most labs have cappuccino machines and bean grinders)
- Herbal teas
- Dry fruit, etc.
- Laser discs and DVD movies

Tip: You can usually shop close to the hotel/ship for many of the above items before you board