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# UNIVERSITY FIELD TRIP GUIDE AND HANDBOOK



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LUMCON specializes in designing powerful marine, environmental, and science learning experiences in the marine environments surrounding the Marine Center. The LUMCON Marine Education Program focuses on scientific research promoting student awareness of marine and coastal environments, and human and environmental connections to land, and exploring the scientific process, emphasizing its role in making environmental decisions. Our educators provide excellent scholastic experiences for all ages to better understand the natural and human-influenced processes affecting coastal Louisiana's landscape and resources. We train the next generation of problem solvers, researchers, and ocean literate citizens. At the Marine Center, students attending field trips are fully intergraded into the research culture of a working marine laboratory. Students will often have the change to eat meals, share research assets, and help some of Louisiana's best marine scientists. LUMCON has something to offer to any student, no matter where they are in their academic careers.

LUMCON Marine Education Programs take advantage of the surrounding environments and the resources at the Marine Center to get students into the natural resources they are learning about. These include Louisiana's coastal salt marshes, salt marsh creeks and tidal pools, bays, barrier islands, and the coastal ocean. Students use a variety of sampling methods appropriate to the environment they are visiting and collect sediment, plants, and plankton to observe in LUMCON laboratories to make connections between themselves and the resources they are learning about.

LUMCON strives to make marine science education accessible to everyone. One of our core values is to ensure that everyone has a safe and welcoming place to learn at Louisiana's premier marine science research and education center. This field trip guide and handbook is intended as a starting point in helping you to know what kinds of things that LUMCON has available and to help you when you decide you are ready to schedule to a trip. Since LUMCON takes pride in being able to tailor every field trip to the specific needs of each and every group, please do not hesitate to contact the LUMCON Marine Education department to discuss the program options unique to your group.

The following is a list of topics that are included in this document. Each topic is a link that will help you navigate to the section you want.

## **CONTENTS:**

- **UNIVERSITY EDUCATION ACTIVITIES**
- **RULES & FEES**
- **LODGING AND MEALS**
- **HOW TO SCHEDULE**
- **POLICIES**
- **CONTACT INFORMATION**
- **DRIVING DIRECTIONS**
- **PACKING LISTS**



# UNIVERSITY EDUCATION

LUMCON supports higher education and research in Louisiana and elsewhere by offering instructors use of facilities, vessels, educational support, and access to Louisiana's dynamic coastal environments. On average, LUMCON serves 1000 university students yearly through the field trip program. A university field trip is a unique way to further engage students through meaningful experiences that reinforce course topics. Students that attend field trips to the Marine Center are fully immersed in activities that further their skillsets and allow them to experience life at a working marine laboratory. A trip to LUMCON can be a valuable experience for any student no matter the discipline they are studying. LUMCON has provided learning opportunities for students studying geoscience, environmental law, creative writing, history, architecture, and art.

Field trip duration is based on the availability of the instructors and their students. Most university field trips are on the weekends. Students can spend between 4 hours and 3 days at the Marine Center participating in activities led by instructors. Instructors can also request teaching support from LUMCON marine education staff members.

## Program Offerings:

University field trips are usually designed by instructors to meet the specific needs of their course. Field trips traditionally incorporate field and lab components, and in some cases, lectures or discussions all designed to enhance the best educational experience in marine science. Instructors can request LUMCON marine educators to provide additional support or facilitate activities.

## Topics and Themes

A trip to the Marine Center give instructors the ability to have students apply knowledge in the field. The following list are some of the topics that are easily covered with field experiences at the Marine Center.

### Coastal Communities

Plant Identification  
Animal Identification  
Plankton

### Habitats/Ecosystems

|                 |           |
|-----------------|-----------|
| Salt Marshes    | Bays      |
| Barrier Islands | Estuaries |
| River Systems   | Ocean     |

### Biology

Organism anatomy/biology  
Biodiversity  
Population dynamics  
Photosynthesis/respiration

### Earth Systems

Water cycle  
Atmosphere/water interactions

### Oceanography

|             |          |
|-------------|----------|
| Exploration | Biology  |
| Bathymetry  | History  |
| Processes   | Habitats |

### Marine Science Careers

Types of careers  
Career paths  
Academic paths

### Ecology

Wetland ecology  
Plant ecology  
Invertebrate ecology  
Vertebrate ecology

### Geo Sciences

|                  |           |
|------------------|-----------|
| Delta Lobe Cycle | Erosion   |
| Subsidence       | Sediments |

### Human Impacts on Marine and Coastal Communities

Harmful Algal Blooms  
Marine Debris  
Pollution  
Invasive Species  
Ecosystem Value

### Current Environmental Topics

|                |                |
|----------------|----------------|
| Oil spills     | Water quality  |
| Restoration    | Hypoxia        |
| Climate change | Sea level rise |

### LUMCON

Current Research Programs  
Partnerships  
History



## Available Program Resources:

LUMCON offers a verity of its research and education assets to help promote and further higher education for the state of Louisiana and elsewhere. Instructors that choose to utilize these assets are able to offer their students experiences that they would not be able to on campus or at other marine labs. Because of the Marine Center's location, students get a firsthand look at the wonderfully unique and dynamic environments on the Louisiana coast. The Marine Center is on the front lines of environmental change, so instructors can give real-world context and show examples of some of the most challenging issues facing Louisiana. LUMCON can offer the following resources for instructors that want to bring a group of students to the Marine Center.

- Educational staff support
- R/V *Acadiana* cruises (<https://lumcon.edu/rv-acadiana>)
- Small Boats for trips to surrounding marsh sites or barrier islands (<https://lumcon.edu/small-boats>)
- Lab or classroom space
- Equipment for field and lab activities
- Full-service cafeteria
- 2-4 person dorm rooms and apartments



## Available Program Activities:

University instructors can design field trips specifically to fit the needs of their course. LUMCON is ready to offer assistance to instructors with designing, scheduling, and providing education staff support to ensure the best experience for their students. Education staff support can be requested for the duration of a field trip, or for select activities that are requested by instructors. Education staff is not mandatory for any university education field trip activities, but can be utilized as needed.

Below is a list of some popular field trip activities requested by instructors.

- Salt marsh paddling trip
- Barrier island trip by small boat
- R/V *Acadiana* cruise
- Salt marsh sampling trips
- Presentations by LUMCON faculty or education staff
- Tour of the Marine Center
- Plankton lab

A list of activities that LUMCON educators can offer support for or facilitate is on the next few pages.



**PROGRAM ACTIVITIES:** These are activities that LUMCON educators can help support or facilitate.

### Scientific Pond Collection

**Duration:** 20-40 minutes

**Description:** Students explore the life that lives on the marsh edge. Topics include estuaries, marsh habitats, water quality, marsh residents, invertebrates, vertebrates, animal anatomy and body shapes, the scientific process, and introduction to data collection.

### Marsh Walk/Saltmarsh Field study

**Duration:** 20-120 minutes

**Description:** A short walk through a marsh allows student to understand the diversity and valuable animal habitat that salt marshes provide. This activity can be modified to become more of a study of salt marsh ecology. Students will participate in one or more of the following: elevation profiling, vegetation transects, periwinkle assessment, fiddler crab population assessment, plant identification, and sediment cores.

### Water Sampling

**Duration:** 40-120 minutes

**Description:** Students will learn valuable techniques for collecting and analyzing water samples in the field. They will learn what each parameter is, how it relates to other parameters, and what it means to the entire ecosystem. This is a meaningful activity for introducing students to the coastal environment. This activity can easily be incorporated into other activities so student can begin to understand how water quality influences the coastal ecosystems and the organisms that live in them.

### Salt Marsh Paddling Trip

**\*\*Additional costs are associated with this activity. See the current fees by using [this link](#).**

**Duration:** 60-90 minutes

**Description:** The paddling trip is a guided tour of the salt marsh that surrounds the Marine Center. Students will make stops at areas of interest along the route. Plant and animal life will be discussed, along with some information about how the marshes react to different environmental stresses. This activity is dependent on the weather and water conditions. LUMCON does not guarantee all groups that request this activity will be able to participate. LUMCON educators have the right to cancel for any reason that compromises the safety of participants.

### Blue Crab Population Assessment

**\*\*For best experience this activity is best for overnight groups, but it can be modified.**

**Duration:** 60-90 minutes

**Description:** Students will learn how to use mark-release-recapture methods to measure the size of the blue crab population in the front pond. Student will be asked to collect crabs, mark them, and release them. They will then use an equation to estimate the size of the population using data from other groups.

## Guided Tour of the Marine Center

**Duration:** 30-60 minutes

**Description:** Participants get a chance to tour the non-public research areas and interact with some of the science staff (during working hours). Learn more about the DeFelice Marine Center, the research programs, and the valuable marine science research assets housed at the Marine Center.

## Plankton Laboratory

**Duration:** 30-120 minutes

**Description:** Students learn or practice valuable microscopy skills. Water samples collected by LUMCON educators or by students are taken back to the lab where students can view samples under stereo or compound microscopes to assess population densities and structure. Topics that are often covered in this activity can include types of plankton, aquatic organism classifications, photosynthesis, respiration, food webs, trophic levels, energy transfer, hypoxia, cell structure, and form and function.

## Intro to Mapping using GIS (Geographic Information System)

**Duration:** 60-120 minutes

**Description:** Students get a hands-on and bird's-eye view of Louisiana's changing coastal landscape. Through data collection using common field techniques, students will help create GIS maps that will identify areas on Marine Center grounds that are prone to flooding and monitor flooding frequency of those areas. Topics covered in this activity can include land loss, tides, wind and water current, mapping, use of technology, environmental monitoring, datasets and data management, and restoration.

## Barrier Island Trip

**\*\*Additional costs are associated with this activity. See our list of current fees by using [this link](#).**

**Duration:** 3-6 hours

**Description:** This activity gives students the opportunity to experience some of Louisiana's most dynamic barrier systems. Student can do vegetation, animal, and soil collections. The could also tie the delta lobe cycle to the formation and loss of barrier islands on the Louisiana Coast. Small boats must be used to get out to the islands. Wading may be required to get to the islands if conditions are safe to have student exit the vessels. This activity is very dependent on weather conditions and water heights.

## Research Cruise

**\*\*Additional costs are associated with this activity. See our list of current fees by using [this link](#).**

**Duration:** 3-4 hours

**Description:** This activity gives students the opportunity to experience what it is like to do science on board a research vessel. Students will board the R/V *Acadaina* and participate in the collection of plankton, nekton, and benthic samples. This is a great way for students to learn more about bay ecosystems and estuaries. All activities on board are about collecting data that helps LUMCON monitor the area around the Marine Center. Students should be prepared to work to sort through samples and collect data needed for post-cruise activities. **Trips on the R/V *Acadiana* now require two LUMCON crew members (captain and deck crew). Groups not needing education staff support will be charged for additional crew.**



## Relative Elevation Profiling

**Duration:** 60-140 minutes

**Description:** Students will be taught the techniques to measure and collect data to make an elevation profile for a measured line either on the Marine Center grounds or in the surrounding salt marsh. Students will then graph the data to create a two-dimensional cross sectional view of the landscape along a line between two locations.

## Marsh Transecting

**Duration:** 60-140 minutes

**Description:** Students will use field techniques to gather information about salt marsh sites along a measured line through a study area. Student data will consist of vegetation data, fiddler crab and/or periwinkle population data, and water height. Students can then graph data and make conclusions about their research site.

## Field Investigation (Indoor and Outdoor components)

**Duration:** 30-120 minutes or longer if needed

**Description:** Students put the scientific process to work in this exciting activity. Students will practice how to conduct an investigation all the way from the formation of a question to the presentation of results. They could also learn how a research proposal and budget, experimental design, variables, data table setup and analysis, graphing, and drawing conclusions from their data all come together to create scientific findings.





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**Example agenda for a half day field trip**  
(Average length ~4 hours)

- Group Arrives
- R/V Acadiana Cruise
- Tour of the Marine Center
- Group departs

**Example agenda for a full day field trip**  
(Average length ~7 hours)

- Group arrives
- Small boat trip to the Barrier Islands
- Salt marsh paddling trip
- Tour of the Marine Center
- Group departs

**Example agenda for an overnight trip**

*Not all overnight trips need to be 3 days and 2 nights. Overnight trips can be 2 days and one night as well.*

**Day 1**

- Group Arrives

**Day 2**

- BREAKFAST
- Salt marsh sampling trip/Saltmarsh paddling trip
- Sampling from LUMCON ponds
- LUNCH
- Sample Analyses in the teaching lab
- DINNER

**Day 3**

- BREAKFAST
- R/V Acadiana Cruise
- LUNCH
- Group Departs

## UNIVERSITY GROUP RULES:

- Wear shoes inside and outside (not necessary in your dorm room). Vessel and field excursions require closed-toe shoes, no exceptions.
- Do not apply insect repellent or spray-on sunscreen indoors. The volatile compounds enter the air exchange system and can damage laboratory cultures.
- There is a security guard on duty all night. They will be patrolling the marine center and grounds through the night. There are security cameras recording video of each hallway in all areas of the marine center (not in the dorm rooms) and the property around the Marine Center.
- You are responsible for the condition of your room and the guest lounge when you leave it. It should be reasonably clean and intact. Please do not move furniture or place mattresses on the floor or balconies. You will be charged if extra cleaning or repairs are required to your room or the student lounge.
- Lost keys result in a \$10 fine.
- Quiet hours are from 10pm to 6am. Please be reasonably quiet in dorms during working hours, or when scientists, graduate students and/or other groups may be sleeping. The only door to the Marine Center that is opened after 6pm is the door between the dorm and cafeteria.
- No one is allowed in the research areas after quiet hours unless you have permission to be there. If you are going to be using research areas after 10pm please notify the security guard of what space(s) you are going to be using.
- Smoking is not allowed anywhere but in designated areas outside the building on the ground level.
- Do not leave equipment or personal items in areas other than your group's designated space. Pickup after yourselves and leave spaces cleaner than you found them.
- No one is allowed to use a kayak without first obtaining permission from the education staff. A float plan must be completed. You must check in with the guard or front desk upon return. No boat should be out after sunset or before sunrise! Fees may apply for each vessel used.
- In the event of a fire, the muster point for all visitors is along the main drive near the front pond.
- Alcoholic beverages are not allowed outside of your dorm rooms. If your group requires extended privileges, prior consent from the Executive Director must be obtained.
- There is no fishing allowed anywhere but at the back dock. If fishing after 10pm please notify the security guard that you will be out at the dock.
- Do NOT eat any food found in the lounge unless it belongs to you! Food for staff and graduate students is stored there.

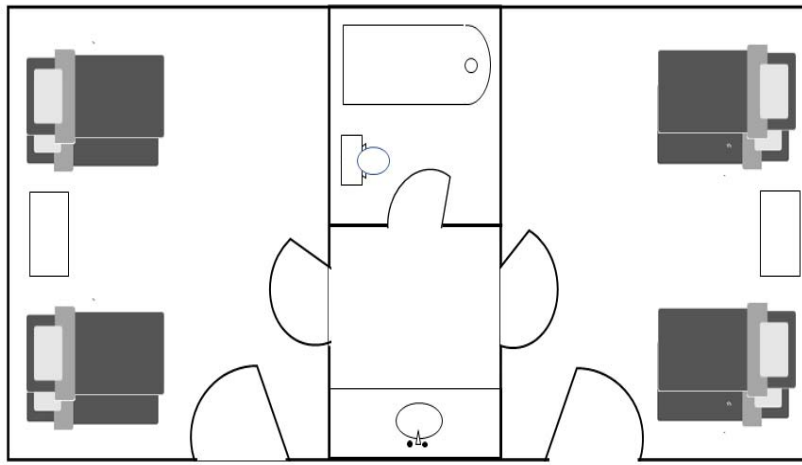
**Fees:**

LUMCON fee structures have been designed to offer programs for the amount it costs LUMCON to provide them. If you have any questions about our fees or just need a brief explanation please contact the [Associate Director of Education & Outreach](#). Once you make a reservation you will be provided with a reservation estimate for your trip that will detail all the costs associated with your requested activities.

A list of our current fees can be found on our website by using [this link](#).

## Lodging and Meals:

**Lodging:** LUMCON has on-site accommodations for student groups that are interested in our overnight program options. Rooms are bunk style dorm rooms arranged so two rooms share a full bathroom. There is also a 12 person bunk room. The bunk room has its own a bathroom with three sinks, toilets, and showers. LUMCON also has 2 rooms for guest that require handicap accessible accommodations. If you or someone in your group is in need of these accommodations please let us know. Every room has access to a balcony with great views of the LUMCON property and surrounding saltmarsh. LUMCON supplies sheets, 1 pillowcase, 1 pillow, 1 light weight blanket, 1 towel, and 1 washcloth. Guests are encouraged to bring extra blankets, a sleeping bag, and an extra pillow if needed for their comfort.



Basic layout of dorm rooms.

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**Meals:** LUMCON has a full-service cafeteria that can serve meals to visiting groups of 10 people or more. Three meals can be served daily. The meal times are set at 7am (breakfast), 12pm (lunch), and 6pm (dinner). The chef is able to serve meals that accommodate dietary needs and restrictions such as vegetarian, vegan, and gluten-free. Other requests will be considered on a case-by-case basis and accommodated as possible.

For groups that will be in the field during meal times the cafeteria can provide bag lunches. These lunches are prepared and packed by kitchen staff and can be picked up before the group leaves for the field experience. Some groups will request bag lunches so they can be eaten on the road after the education programming has been concluded.

Menus are chef's choice style meals that are designed to meet a wide variety of tastes. If your group would like to have a seafood dinner, the cafeteria can accommodate. You may request a seafood boil featuring shrimp, crab, or crawfish depending on the season.



## HOW TO SCHEDULE:

Understanding educators have very little time, LUMCON has a very simple scheduling process. Educational experiences for K-12 and university education

Date availability is limited during certain parts of the year. It is helpful if you let us know what month or three dates (in order of preference) that you are interested in visiting. Accommodating requests for trips is one of our highest priorities, so we will work hard to find dates that work for you and for us.

To check availability and schedule a field trip for your group, you can call or email the Associate Director of Education and Outreach.

**Murt Conover**

**985-851-2860**

[mconover@lumcon.edu](mailto:mconover@lumcon.edu)

The following information will be requested to complete a reservation. Additional questions may be asked depending on the specifics of your requested experience.

- Group leader name and contact information
- Number of people in your group (students and adults)
- Billing address
- Activities you are interested in having provided
- Course title or grade level
- Estimated arrival and departure times

### Notification of Field Trip Reservation Status:

Individuals will be sent a reservation estimate by email from the LUMCON Receptionist. This email will also include the following:

- Requests for additional information
- A estimate of cost based on the requested trip details
- The deposit and cancellation policy, a list of general LUMCON policies, driving directions, a packing list, and group rules

Please provide any information needed promptly. Changes to an existing reservation (arrival date, time, number of participants, activities, etc.) MUST be approved and confirmed with the Associate Director of Education and Outreach before the field trip. Your deposit must be paid to complete your reservation.

Any questions that you may have about educational activities (including boat trips), changes to numbers, or change of date can be directed to the Associate Director of Education & Outreach ([mconover@lumcon.edu](mailto:mconover@lumcon.edu)). Changes or questions about housing, meals, and other general questions about payment, your invoice, etc., can be directed to [reservations@lumcon.edu](mailto:reservations@lumcon.edu).

## Contact Information:

- To schedule a trip or to make general inquiries about program offerings and activities please contact Murt Conover, Associate Director of Education and Outreach at (985) 851-2860 or [mconover@lumcon.edu](mailto:mconover@lumcon.edu).
- If you already have a trip scheduled and have questions or need to make changes to you reservations you can send an email to [reservations@lumcon.edu](mailto:reservations@lumcon.edu).
- To pay a deposit or make a final payment on a trip reservation invoice you can contact Accounts Receivable at (985) 851-2847.





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## Policies:

This page contains general policies for LUMCON. The deposit policy and the policies for making changes to a reservation or cancelling a reservation are on the following page.

- If private accommodations in a dorm room are requested, the person(s) reserving the room will be charged for all the beds in that room at the current prices per bed.
- All shared baths (between adjoining dorm rooms) must be shared by the same gender unless other arrangements are made. Apartments are the only accommodations available which have private baths.
- Check out time on the day of departure is 11:00am. All belongings must be out of the room by that time or the group will be charged for an additional night.
- Meals are served to guests upon request at the times listed below. Special service times can be requested, but the request MUST be made at least 10 business days before service date.
  - Breakfast at 7am
  - Lunch at 12pm
  - Dinner at 6pm
- A minimum of 10 individuals is required in a group to facilitate preparation of meals by the LUMCON cafeteria.
- Only one (1) key to each dorm room or apartment will be issued to the group leader upon check-in. The group will be billed \$10.00 for any keys that are not returned to the receptionist or security guard at the end of your group's stay at the marine center.
- Security guards are not authorized to make any changes to room assignments or billing.
- Unless arrangements are made prior to check-in, final payments must be paid to the Accounts Receivable officer Monday through Friday between the hours of 8:00am to 4:00pm. Credit card payment can be made by phone by calling (985) 851-2847 during business hours.
- Extra fees will be charged if a room is left in a condition that requires extra cleaning.
- No pets or firearms are allowed on LUMCON property.
- Groups (adult groups only) that are interested in having alcoholic beverages in public areas must complete and submit an Alcohol Use Permit Form to the Executive Director's office for approval prior to their reservation date.



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## Policies:

### Group Reservation Deposit Policy:

- Groups making a reservation for any use of LUMCON facilities, vessels, or education programming are subject to paying a non-refundable deposit of 30% of their original reservation request total.
- Groups will not be refunded any of the deposit for cancellation or changes in the number of people. This deposit is due within 10 business days of the reservation request date.
- Failure in paying the deposit will result in the termination of the reservation. The deposit requirement can be waived or refunded at the discretion of the Executive Director for extenuating circumstances (e.g. emergencies, storm events, marine center closure).

### Education Group Number Reduction or Addition Policy:

- Fees for education group visits are locked-in 10 business days before a group's arrival date.
- Groups that do not notify LUMCON about reductions in the number of people attending within 10 business days before their scheduled arrival date will be billed for the number of meals, rooms, and educators originally requested/required.
- Groups that do not notify LUMCON about the addition to the number of people within 10 business days before their scheduled arrival date will be charged fees for the additional meals, beds, or educators that are required and available. In addition, a penalty fee of 10% will be added to your bill.
- The Associate Director of Education & Outreach must approve all changes to education group numbers.

### Request for Changes to Reservation Dates:

- Changes to reservation dates can be requested up to 10 business days before the originally requested dates, but there is no guarantee of being able to reschedule.
- Education groups can only change reservation dates with permission from the Associate Director of Education & Outreach.
- Changes in dates will only be approved if dates are available for rescheduling.

## **Directions to The DeFelice Marine Center**

### **From New Orleans Airport (2 hours)**

- Exit the airport and turn right on US 61.
- Travel 3 miles to I-310 South to Houma.
- Drive 9 miles to US 90 West and exit right.
- Drive 24 miles.
- Take **exit 210** to **HOUMA** (LA 182).
- Turn left and drive to the first traffic light to LA 3087.
- Follow LA 3087 through one signal light and across the Intracoastal Canal bridge.
- Go through two signal lights; turn left onto LA 24.
- Continue straight on HWY 24 until HWY 56. HWY 24 turns to the left to Presque Isle, Bourg, and Montegut.
- HWY 56 heads straight and south.
- Continue straight on HWY 56 south to Chauvin and Cocodrie (approximately 18 miles).

### **From New Orleans and points east (2 hours)**

- I-10 to I-310 South to Houma.
- Drive approximately 11 miles to US 90 West and exit right.
- Drive 24 miles.
- Take exit 210 to **HOUMA** (LA 182).
- Turn left and drive to the first traffic light to LA 3087 (this is a new construction four-lane road).
- Follow LA 3087 through one signal light and across the Intracoastal Canal bridge.
- Go through two signal lights; cross the bayou at the third light, turn left onto LA 24.
- Continue straight on HWY 24 until it becomes HWY 56. HWY 24 turns to the left to Presque Isle, Bourg, and Montegut. HWY 56 heads straight and south
- Continue straight on HWY 56 south to Chauvin and Cocodrie (approximately 18 miles).

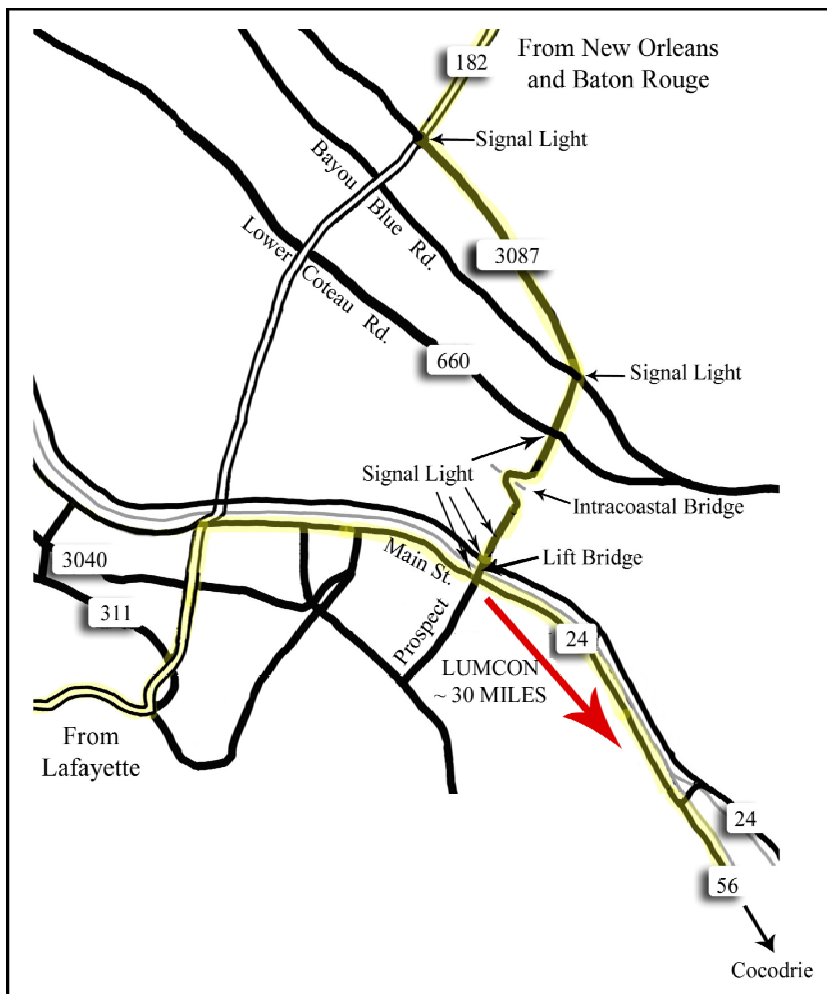
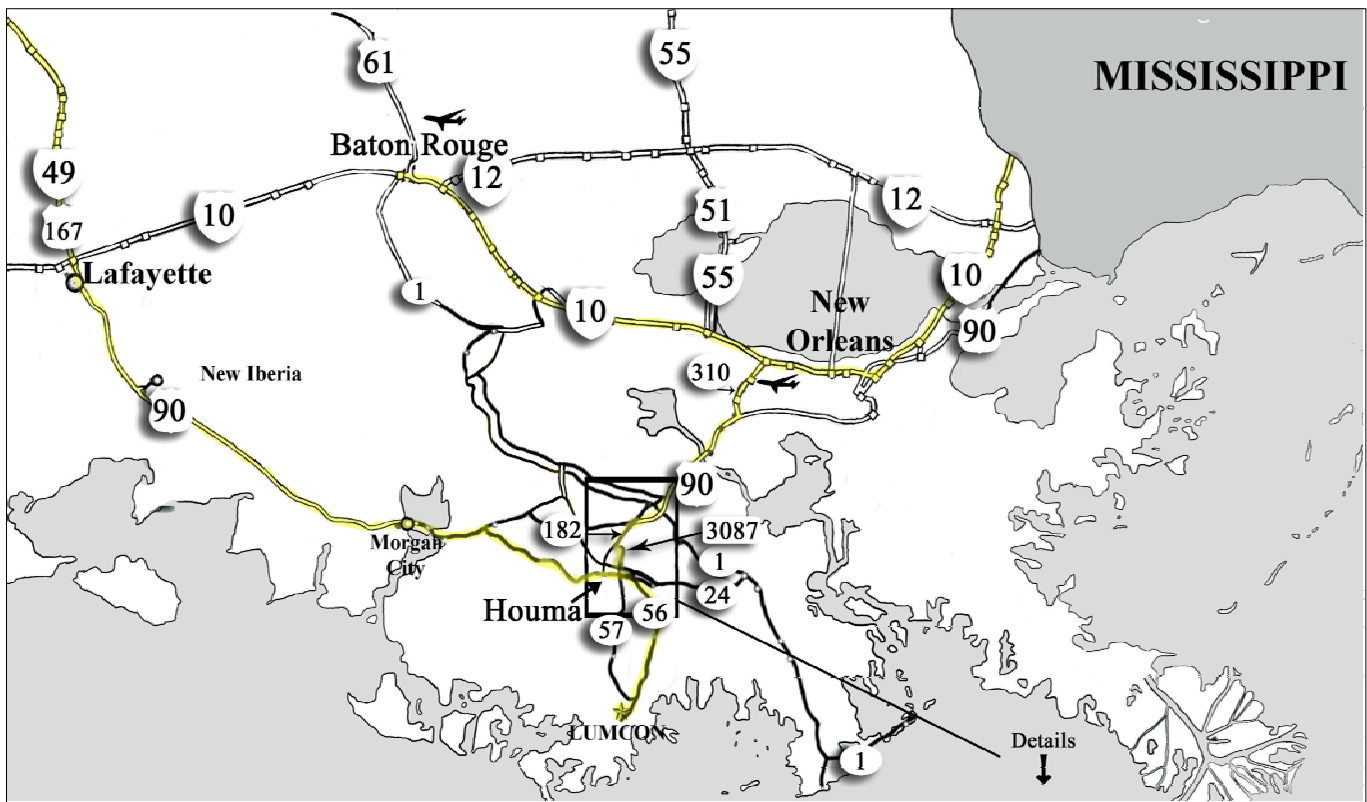
### **From Lafayette and points west (3 hours)**

- I-10, exit south on HWY 167 to HWY 90 to Morgan City.
- Stay on HWY 90 through Morgan City into Houma.
- Take HOUMA exit (HWY 24).
- Stay on HWY 24 until it becomes HWY 56. HWY 24 turns to the left to Presque Isle, Bourg, and Montegut. HWY 56 heads straight and south.
- Continue straight on HWY 56 south to Chauvin and Cocodrie (approximately 18 miles).

### **From Baton Rouge and points north (3 hours)**

- I-10 to Donaldsonville, Sorrento, and Sunshine Bridge exit to HWY 22.
- Follow to Spur 70 to Napoleonville, Thibodaux.
- Head south on HWY 1 or HWY 308 (both parallel Bayou Lafourche) to Thibodaux.
- In Thibodaux, switch to HWY 24 and follow it into and through Houma.
- Stay on HWY 24 until it intersects with HWY 56. HWY 24 turns left to Presque Isle, Bourg, and Montegut. HWY 56 heads straight and south.
- Continue straight on HWY 56 south to Chauvin and Cocodrie (approximately 18 miles).







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### What to bring to LUMCON for Day Trip Visitors

*...besides interest, enthusiasm and eagerness to learn about Louisiana's coastal environment*

#### Clothing

- Layers appropriate for different temperatures/insect conditions  
(it may be cold and wet so bring enough clothes so you have something dry to put on)
- Rain gear
- Closed-toe shoes that can get wet and muddy like rubber boots or old sneakers
  - ♦ NO sandals, crocs or flip-flops in the field!
- Maybe an extra pair of shoes to change into if your first pair gets wet or muddy

#### Protection

- Long sleeves
- Sunscreen
- Insect repellent (Do not apply in the building; it gets into the air exchange system)
- Hat
- Sunglasses
- Water bottle

#### Comfort Items

- Snacks
- Lunch if your group is not getting meals from the cafeteria

**\*\* If your group is going on the R/V Acadiana and if you think you might get seasick, you may bring some sort of medication, or homeopathic medication.** Follow the directions for these medicines. Please tell us if you take medicine for seasickness or if you are feeling seasick, so we can keep an eye on you. Some people get seasick and we want to make sure you are safe.



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## What to bring to LUMCON for Overnight Trip Visitors

*...besides interest, enthusiasm and eagerness to learn about Louisiana's coastal environment*

### Clothing

- Layers appropriate for different temperatures/insect conditions (it may be cold and wet so bring enough clothes so you have something dry to put on)
- Rain gear
- Closed-toe shoes that can get wet and muddy like rubber boots or old sneakers
  - ♦ NO sandals, crocs or flip-flops in the field, please feel free to bring them to wear in the shower or dorms.

### Protection

- Long sleeves
- Sunscreen
- Insect repellent (Do not apply in the building; it gets into the air exchange system)
- Hat
- Sunglasses
- Water Bottle
- Comfort items
- Extra towel (some are provided but you may want extra)
- Blanket (bed linens are provided but bring an extra blanket or sleeping bag it can get cold in the dorm rooms)
- ***LUMCON supplies linens, 2 bath towels, 2 face towels, and 2 light blankets, and a pillow to each guest. Bring extra to make yourself comfortable if you feel the need.***

### Toiletries/necessities

- Alarm Clock
- Don't forget your toothbrush or toothpaste; shampoo, soap, etc.
- Whatever prescription and over the counter medications you use

\*\* If your group is going on the R/V Acadiana and if you think you might get seasick, you may bring some sort of medication, or homeopathic medication. Follow the directions for these medicines. Please tell us if you take medicine for seasickness or if you are feeling seasick, so we can keep an eye on you. Some people get seasick and we want to make sure you are safe.