

Subject: ATOC - 555
Date: Monday, February 6, 2023 at 3:33:45 PM Eastern Standard Time
From: Myriam Theriault, Ms.
To: John R. Gyakum, Prof., Djordje Romanic, Dr
Attachments: image001.jpg, image002.png, image003.jpg, image004.png

Hello John and Djordje,

Please find below the information I promised in our meeting today:

-Person who is currently preparing the BITS at Mac Campus: Celina Mowad, Office Assistant for the Barbados Interdisciplinary Tropical Studies Program

-McGill Abroad:

Complete the Pre-Departure Orientation - <https://www.mcgill.ca/mcgillabroad/safety/predeparture>
This is a course to complete via MyCourses. It is mandatory to complete the course before departure, and the course is open to registration only a few days at the start of each month. It is therefore important to sign up as soon as you know you will be going to Barbados.

Mandatory Travel Registry - <https://www.mcgill.ca/mcgillabroad/safety/registry> and <https://www.mcgill.ca/mcgillabroad/safety/registry/students>

Once you have registered for the context courses you will be asked to fill out the Travel Registry Form. Personal information, emergency contact, travel document, insurance information and immunizations must be provided.

To access and complete the form, you must download the app on your personal [Android](#) or [iOS](#) device.

Make sure to have the following information in hand:

1. Passport, and travel visa information
2. Travel insurance coverage and policy details
3. Vaccinations/immunizations
4. E-ticket and itinerary

You can complete the form in more than one sitting, saving your changes and come back to it later.

The website has an extensive FAQ section to help if needed.

-Immunization: According to my notes, students should be required to have: Hepatitis A, B, Tetanus/Polio/Diphtheria. They might want to visit a travel clinic to make sure that they are adequately vaccinated.

-Insurances: Insurances General requirements -Personal travel medical insurance with a minimum \$1,000,000.00 CAD coverage.

Things to make sure that your travel health insurance includes:

- Emergency health coverage
- Medical evacuation coverage; pay for a medical escort to accompany you during evacuation
- Travel insurance and trip cancellation and interruption*

What is not included!

- Limitations and restrictions
- Exclusions
- Travel warnings

Insurances for Canadian Students - McGill degree students

If you are a Canadian McGill student, you can use your student health coverage (unless you have opted out of this plan). This plan covers students' travel insurance for academic study abroad programs. The insurance provided by ASEQ meets the above requirements. For details, visit [I have a plan](#). Print your Travel Health Passport, available in the download centre, for future reference. Please note that you **must notify Studentcare/ASEQ** to advise them of your travel to Africa. Provide them your official acceptance letter to the AFSS.

Please provide us with a photocopy of your proof of insurance. Even if you are covered through McGill, we must still receive a copy of the official letter confirming your coverage.

Insurances for International Students - McGill degree students

McGill has a compulsory group sickness and accident plan for all international students. This fee is automatically charged to international students. To request the extended health insurance while participating in the AFSS, contact [International Student Services](#).

What to pack? – This is based on an old list I found. Maybe a student going for 2 weeks do not need as much...

REQUIRED ITEMS:

1. Reusable/disposable face masks
2. Portable hand sanitizer
3. A large duffle bag or backpack to carry everything;
4. Beach towel;
5. Day pack (small packsack that will serve as your carry-on bag and to lug your daily needs);
6. Water bottle(s) – at least two litres

7. Small toilet kit;
8. A lock for the lockers at your disposal in the houses;
9. Personal first aid kit;
10. Contraceptive supplies;
11. Pocket knife (Swiss army type);
12. Sturdy flashlight or headlamp (headlamp is recommended);
13. Sunscreen (50 SPF or greater);
14. One notebook to hold a journal and for note taking, pens and pencils, address book (further notebooks and office material can easily be purchased in Barbados as necessity arises);
15. 2 PHOTOCOPIES OF YOUR PASSPORT AND PLANE TICKET;
16. Contact information of travel insurance;
17. A second bank card and credit card;
18. A USB key (memory stick);
19. Bug spray;

RECOMMENDED ITEMS:

Binoculars;

Camera;

Your laptop;

IMPORTANT NOTE:

- ✓ We suggest that you do NOT bring unnecessary valuable possessions along with you; they will only be a source of stress.
- ✓ DO NOT OVERPACK! Leave empty space to bring back souvenirs.
- ✓ Be aware of airline luggage limitations, both in size and weight. Contact the airline directly to inquire.

FIRST AID KIT

Most medicine can be purchased in Barbados. However, if you want to bring some with you here is a list of recommended medication:

Band-aids;

Steri-Strips;

Elastic bandage;

Antibiotic ointment (i.e., Polysporin, etc.);

Blister treatments (e.g., moleskin or second skin);

Burn cream (some type of aloe vera);

Spare prescription glasses, if required (or a copy of the prescription);

Safety pins;

Scissors;

. Tweezers;

. Needle and thread;

. Rehydration salts (e.g., Gastrolite);

. Immodium;

. Antihistamine (e.g., Benadryl);

. Calamine with antihistamine and/or cortisone cream;

. Prescription medicines, if regularly required.

IMPORTANT

Some supplies are more recommended than others; purchase according to personal need/preference/estimation.

- Wear your Medic Alert bracelet or necklace if you have one.
- Keep all special medications in a small bag in your personal kit to keep with you at all times.
- Bring copies of prescriptions in the event you lose something and/or need a replacement, or to show airport security.
- Have any drugs in their original bottles and not in an unlabeled convenience bottle.

CARRY-ON LUGGAGE AND DAYPACK (SMALL BACKPACK)

Important personal possessions and necessities should be in your daypack which can be carried on a plane and wherever you are in Barbados. We recommend that you NEVER carry large sums of money or wear gold or silver jewellery. Money can be easily obtained with a debit card (interact or plus). The daypack should include the following:

1. The daypack (small backpack)
2. Toilet paper;
3. Camera and binoculars;
4. Water bottles (1 litre or more);
5. Photocopy of your passport;
6. Sunglasses;
7. Sunscreen (SPF 50 or greater) & lip balm
8. Insect repellent (30% DEET);
9. Sun hat;
10. Sleeping bag liner for overnight trips (optional);
11. Pocket knife
12. Rain gear: rain poncho/coat; rain cover for backpack

RECOMMENDED CLOTHING

The dress code in Barbados is much more formal than in Canada. We recommend that you pay special attention to this when we receive guest speakers and on internship days. **Important: Dressing in, or carrying, items made of camouflage material is prohibited in Barbados**

You should bring one semi-formal ensemble (dress pants and shoes, shirt and tie for men; dress, skirt or dress pants with shirt for women) as there will be a cocktail reception with the internship representatives and possibly other social events.

Long-sleeved light clothing will keep the sun and bugs off your skin, while light colors will keep you cool. Plan your wardrobe for great heat (think the hottest Montreal summer day, every day!):

1. 6 pairs of socks: one thick (wool), 5 light (cotton) - recommend long ones that you can tuck your pants into;
2. 6 pairs of underwear;
3. Running shoes or light hiking boots - suitably broken in (hiking boots are ideal as they will keep your feet dry and keep leeches, ticks and other critters away from
your feet);
4. Sandals;
5. One pair of walking shorts for the beach (not recommended in small villages or rural areas);
6. Swimsuit;
7. Three T-shirts or sport shirts (tank tops not recommended in small villages or rural areas);
8. Two long-sleeved shirts (very light cotton);
9. One polar fleece/wool sweater, windbreaker/sweater (yes, there are a few rare cold places in Panama!);
10. Raincoat (coated nylon or Gore-Tex type, that can double as a shell over you fleece or wool sweeter); adequate rain gear in general
11. Two pairs of pants—important qualities for pants that you will wear in the jungle are: loose-fitting, lightweight material (not jeans), long (must be able to tuck into socks);
12. Bandanna or large handkerchief;
13. one dress or skirt for women;
14. one pair of respectable slacks and tops for men;
15. one semi-formal wear for both men and women.

*** Breathable and light long-sleeves, long pants, and long socks are a must!

Extra



1. Snack food (Processed foods are available but expensive)
2. Tennis racket and balls – 3 tennis courts can be found next door
3. Snorkeling gear
4. Board games /cards
5. Speakers
6. Books
7. Storage unit that can be hung from a closet pole or hook (5.99 at Ikea!)

IMPORTANT

- ! Do not bring things that you are not comfortable getting stained or damaged.
- ! Do not bring **camouflage clothing**. Do not wear camouflage as it is considered military-related.
- ! Bring at least one “nice” outfit for nights out or special events

Best,

Myriam

Myriam Theriault

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McGill

Field Studies and
Internship Office

Bureau des études sur le terrain
et des stages scientifiques

McGill University is located on land which has long served as a site of meeting and exchange amongst Indigenous peoples, including the Haudenosaunee and Anishinabeg nations.

L'Université McGill est située sur un emplacement qui a longtemps servi de lieu de rencontre et d'échange entre les peuples autochtones, y compris les nations Haudenosaunee et Anishinabeg.