



BHUTAN

FIELD GUIDE



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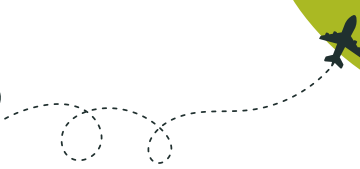
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LIFE IN THE FIELD



The Center



Academic Foci

- The center is set in the Paro Valley of the Himalayan mountains (elevation 7,218 ft) surrounded by conifer forests.
- Bhutan is known as Druk Yul or Land of the Thunder Dragon and is one of the world's top ten biodiverse hotspots.
- Gross National Happiness (GNH), as opposed to Gross National Product (GNP), underpins Bhutan's development philosophy. GNH is deeply influenced by Buddhist ideology and seeks balance between material growth, ecological resilience and spiritual wellbeing.

SEMESTER: HIMALAYAN ENVIRONMENT AND SOCIETY IN TRANSITION

Mountain, forest, and river ecology, resource management and conservation. Geology and hydrology of mountain regions. Environmental governance. Gross National Happiness and the influence of Buddhist philosophy. Urban migration. Agriculture and food security.

SUMMER 1: FORESTS IN THE LAND OF THE THUNDER DRAGON

Big cat conservation. Camera trapping. Mountain, forest, and river ecology, resource management, and conservation. Geology and hydrology of mountain regions. Influence of Buddhist philosophy on conservation. Forest Resources. Biodiversity assessment.

Each program combines theory learned in the classroom alongside field-based applications. Time in the classroom is structured to give students a solid understanding of environmental history, theory, and conservation techniques before deploying their knowledge or specific techniques in the field. All classes are taught in English.



Setting and Facilities

A former hotel nearby the quiet town of Paro.

RURAL ←————→ URBAN

PARO

10-minute walk

Population ~12,000

Nearest town. Restaurants, shops, cafes, and bars.

THIMPHU

60-minute drive

Population ~115,000

Capital city. Restaurants, shops, cafes, bars, and hospital.

HOUSING

Ten rooms, 2-4 people per room in twin beds. Personal desks and storage.

En-suite bathroom with shower (hot water) and western-style toilet.

OTHER FACILITIES

Common room with TV, books, and games.

Classroom, kitchen, dining area, and terrace.

Five washing machines (detergent provided). No dryers, clotheslines only.



Campus Policies



CURFEW, SIGN-OUT LOG & BUDDY POLICY

Because center locations are often unfamiliar to students, policies including nightly curfew, sign-out logs, and a buddy system help keep students safe.



CHORES

There is no cleaning service at the center, so students are expected to take responsibility for their space. Students will help set up/clean-up for meals and engage in center-wide clean-ups. Specific chore responsibilities will be shared during orientation.



ALCOHOL & OTHER DRUGS PROHIBITED

Consumption or possession of alcohol is prohibited on campus. Students who consume alcohol during non-program time need to do so in moderation and maintain respectful behavior toward others.

SFS does not allow possession or use of any medications or substances that are illegal in the U.S. or host country for the full duration of SFS programs including free time and weekends away. Check local laws before possessing, purchasing, or using e-cigarettes or vaping devices on program.



NO VISITORS

Students are obligated to stay at the center during program time. No non-SFS members are allowed on campus without center staff approval.



TIME OFF IS LIMITED

Students will have highly structured schedules on weekdays and Saturday mornings with Saturday afternoons and Sundays generally free to spend at the center or in town. Attendance is required for all activities including multi-day trips that may fall on the weekends. Semester students will be given a 3-day mid-semester break. Travel is strictly limited to Paro and Thimphu regions due to visa restrictions.



Community Interaction

Students live at a center, rather than a homestay, local apartment, or university dorm. This means they will not navigate the local culture, cuisine, or language every day. However, meaningful research is only possible with the input of local people, so community engagement and Directed Research projects vary each term to reflect the requests of our partners. Some examples of past outreach initiatives include planting trees, working in community gardens, and outreach at schools.



Food

SFS can support most dietary needs, but the variety of food will be extremely limited due to local availability and cost. SFS cannot accommodate life-threatening allergies to dairy or strict Halal or Kosher diets. Meals are simple and repeat every week, so SFS always recommends bringing vitamins, protein bars, nuts, favorite snacks, etc. Off-campus, vegan diets may be difficult to accommodate.

Meals consist of rice, starchy vegetables, and legumes. Dairy and spicy chilies are common ingredients. Raw vegetables are not common. Snacks include tea, juice, fruit, and crackers.



Considerations

Language: Dzongkha is the official language. Locals have basic to intermediate knowledge of English. Students without basic Dzongkha may find interactions with locals limited. Most of students' time will be spent with their cohort, so do not expect to practice the local language daily.

Culture and Diversity: 99.99% of people identify as Asian and belong to 4 main ethnic groups. Most people are either Buddhist or Hindu. There are strict gender roles. Conservative dress is required off-campus. In general, Bhutan has a non-confrontational communication style in which social hierarchy is greatly respected.

Physical Readiness: Students will need to hike mountainous terrain for up to 8 hours at a time, occasionally at altitudes of up to 14,000 feet. During overnight trips, students may sleep in remote field environments with limited amenities.

Hazards: Altitude sickness, motion sickness, and stray dogs.

Travel: Students will frequently travel long distances by bus and car along windy mountainous roads.



Climate

Fall runs September - November with heavy rains. Temperatures in Paro range from 47-75°F. Winter runs December - March and brings light snow. Temperatures in Paro range from 20-54°F. Spring runs April - June with increasing rainfall. Temperatures in Paro range from 39-75°F. Climate varies widely depending on elevation, so be prepared for both hotter and colder weather.



Money

The local currency is the Bhutanese Ngultrum (Nu) and Indian Rupee (INR). Thai Baht (THB) will be used during the short layover while flying to Bhutan.

Bhutan and Thailand are cash-based economies. Students cannot use credit/debit cards for most purchases. However, all students are required to bring a credit/debit card with at least \$3,000 in funds in case of emergencies. Mastercard and Visa are the most commonly accepted cards internationally. Notify banks about international travel.

Please bring the entire amount of USD needed to the program (see page 12). Staff will assist students in exchanging USD to Nu upon arrival. THB can be withdrawn from ATMs or exchanged for USD at the airport. When bringing USD to exchange, travel with bills in excellent condition (clean, unwrinkled, unmarked, with no tears). \$50 and \$100 U.S. bills fetch higher exchange rates. Students will have access to ATMs in Paro and Thimphu, however the ATMs are unreliable.



Exercise

The center has a ping pong table, volleyball net, and badminton rackets. There are a few running routes around the center. A gym is available in town for approximately \$30 USD per month.



Electricity

The electrical voltage in Bhutan is 230 and in Thailand is 220 (the U.S. uses 120). Check all electrical devices to see if a voltage converter is needed. Bhutan uses primarily plug type D (the U.S. uses A and B). Thai accommodations have plug types A and B. All U.S. students will need plug adaptors.



Internet

Wireless internet is available at the center and Thai hotel, but it can be slow and sometimes unavailable. SFS reserves the right to limit internet activities occurring on our servers including, but not limited to, streaming or downloading audio/video content (Facetime, Netflix, etc.).



Computers

Students must bring laptops with Microsoft Office (or the ability to open Microsoft files offline) and a USB port (or USB adapter). Electronic devices are subjected to a much harsher environment than normal, which may cause malfunction. Note, there are no nearby Apple stores. All devices are difficult to repair or replace locally, so please take extra precautions.



Phones

Students are provided local phones and/or local sim cards in Bhutan. Local sim cards can be converted to e-sims. Students are responsible for maintaining credit on their phones to communicate with staff and peers. This will cost around ~\$3-20 USD per month. Additional credit will be needed for optional international calls or students can use Wi-Fi based options. During the short stay in Thailand, students will rely on WIFI only.



Mail

Send any letters through USPS (not UPS, FedEx, or DHL) and all packages through DHL. Letters and packages may not arrive due to the unpredictability of local mail service. Students must forward package shipping information to SFS staff and are responsible for all local taxes/fees when collecting packages. Do not send any medications by mail. The average one-way travel time for airmail from the U.S. to Bhutan is 3-4 weeks. Therefore, no mail can be sent during the last month of programs, as students will not receive it! Mail will not be forwarded.

Address: ATTN: Staff, Student Name, The School for Field Studies, Gangtey Palace, P.O. Box 1308, Taju, Wangchang Gewog, Paro, 12001, Bhutan



Sample Schedule

This schedule is a sample; no week will follow it exactly. Programs typically begin with long classroom days and transition into more fieldwork later on. Final schedules are provided upon arrival and are subject to change, including the day-of, due to weather, availability, and factors outside of SFS' control. Flexibility is essential.

All events are mandatory. We respect religious and cultural observances, but because of our cohort-based field programs, accommodations (schedule changes, special meals, personal observance time, etc.) may be limited. Communicate any anticipated needs with SFS in advance to discuss any feasible arrangements.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Free time at the Center/ In Town (Laundry, Homework, Relaxation)	7:30-8:30am Breakfast and Morning Meeting	7:30-8:30am Breakfast and Morning Meeting	7:30-8:30am Breakfast and Morning Meeting	7:30-8:30am Breakfast and Morning Meeting	7:30-8:30am Breakfast and Morning Meeting	7:30-8:30am Breakfast and Morning Meeting
	8:30-9:30am Political & Socioeconomic Dimensions of Environment - Lecture	8:30-9:30am Political & Socioeconomic Dimensions of Environment - Lecture	8:30-9:30am - Land Use, Natural Resources, & Conservation - Lecture	9-11am Field Trip	8:45am-12pm Mountain Ecology - Lecture	9am-12pm Community Engagement
10:30-11:30am Brunch	9:30-10:30am Mountain Ecology - Lecture	9:30-10:30am Land Use, Natural Resources, & Conservation - Lecture	9:30-10:30am - Political & Socioeconomic Dimensions of Environment - Lecture	Field trips can be any day of the week and occasionally last multiple days.		
Free time at the Center/ In Town (Laundry, Homework, Relaxation)	11am-12pm Land Use, Natural Resources, & Conservation - Lecture	11am-12pm - Land Use, Natural Resources, & Conservation - Lecture	11am-12pm - Land Use, Natural Resources, & Conservation - Lecture	11am-12pm - Political & Socioeconomic Dimensions of Environment - Lecture	12-1pm Lunch	1-6:30pm Free Time at the Center/ In Town
	12-1pm Lunch	12-1pm Lunch	12-1pm Lunch	12-1pm Lunch		
	1-2pm Mountain Ecology - Lecture	1-2pm Religion & Culture of Bhutan - Lecture	1-6pm Field Trip	2-3pm Political & Socioeconomic Dimensions of Environment - Lecture	1-5pm Free Time at the Center/ In Town	
	2-6:30pm Free Time at the Center/ In Town	2-6:30pm Free Time at the Center/ In Town	Field trips can be any day of the week and occasionally last multiple days.	3-6:30pm Free Time at the Center/ In Town	5-6pm Optional Futsal Game	
6:30-7:30pm Dinner	6:30-7:30pm Dinner	6:30-7:30pm Dinner	6:30-7:30pm Dinner	6:30-7:30pm Dinner	6:30-7:30pm Dinner	6:30-7:30pm Dinner
7:30-10pm Free Time at the Center/ In Town	7:30-10pm Free Time at the Center/ In Town	7:30-10pm Free Time at the Center/ In Town	7:30-10pm Free Time at the Center/ In Town	7:30-10pm Free Time at the Center/ In Town	7:30-11pm Free Time at the Center/ In Town	7:30-11pm Free Time at the Center/ In Town
10pm Curfew	10pm Curfew	10pm Curfew	10pm Curfew	10pm Curfew	11:30pm Curfew	11:30pm Curfew

- Meals and Announcements
- Free Time
- Community Engagement
- Classroom Time
- Field Work
- Curfew



Health & Safety in the Field



24-Hour Emergency Hotline

SFS maintains a 24-hour emergency hotline. To urgently contact a student in the field, call 978.219.5113.



Health & Wellness Manager

The Student Health & Wellness Manager is a full-time primary medical responder and student support personnel on campus. They are certified in Wilderness First Response, or an equivalent certification, and trained in sexual assault first response. They also counsel students on life abroad, conduct risk assessments, attend medical appointments, and help coordinate program logistics.



Orientation

Prior to departure, SFS requires attendance at a pre-departure orientation focused on essential aspects of the program. Students must also research the inherent risks associated with traveling abroad and cultural considerations themselves. Upon arrival to campus, students receive an additional orientation about the local community and culture, center operations, and relevant risks.



Medical Care

SFS maintains detailed risk assessment and management plans. If a medical care facility visit is needed, staff will accompany the student to the appointment. There may be times when medical care is delayed. Students are responsible for all medical costs and all incidental expenses related to injury, illness, or quarantine incurred by any party involved, including but not limited to transportation, accommodations, etc. Some medical conditions may necessitate medical withdrawal from the program. Final decisions on medical withdrawals are made by SFS. See the Health and Safety Guide for more information.



Mental Health Support

Adjusting to new environments while away from usual support systems is challenging. While abroad, there is decreased communication with home, limited privacy, and fewer opportunities for exercise. Many students find the rigorous schedule of SFS programs and the rare opportunities for alone time overwhelming.

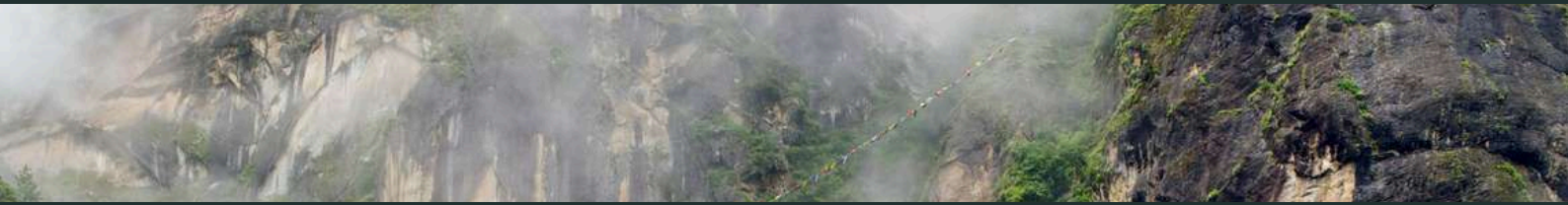
SFS is partnered with Telus Health ([My SSP website](#)) to provide students with access to free, mental health and wellness support via WIFI. My SSP is a supplemental resource, and students should work with their mental health provider to create a primary support plan while abroad. See the Health and Safety Guide for more information.



Identity

Each country is shaped by its history, and therefore attitudes towards gender, sexual orientation, ethnicity, and religion can differ greatly. What seems like discrimination may simply be curiosity. Students should research how their identity might be perceived in a new context.

Studying abroad is a privilege, and it is not our students' place to change the host country's culture or values. SFS campuses are permanent fixtures and home to staff year-round. As representatives of SFS and students' own countries, behavior that is disrespectful, illegal, or contrary to cultural norms can degrade the relationship with the community.



Sexual Health & Wellness

Please consider:

- The ramifications that a short-term relationship may have on a small residential campus or within the local community.
- Access to protection, medication for sexually transmitted infections, and emergency contraception may not be available.
- The current dialogue and understanding of consent in the U.S. does not always apply in other cultures.
- If anyone feels subjected to sexual harassment, they should walk away from the situation without concern for being culturally inappropriate. They can report harassment or assault to any staff member.
- In the case of a sexual assault, SFS provides support to student including access to medical care and support systems and the option to report to law enforcement. However, local laws and limited availability of resources such as rape kits can complicate reports of sexual harassment or sexual assault in foreign countries.



LGBTQIA+

SFS welcomes all students at our centers, but recommends students know the following when traveling:

- Laws and social customs of other countries may criminalize same-sex relationships or certain gender expressions.
- Travelers may experience discrimination and harassment when traveling.
- Some cultural practices are based on traditional gender roles. As a result, when traveling, students might be misgendered.
- Some languages are gendered, resulting in a lack of terms that encompass non-binary and gender-neutral identities.
- In other countries, health services specific to transgender people may be limited or unavailable.
- In some situations, it is not possible to use preferred names or genders (visa paperwork, plane tickets, hotel reservations, and government sites). Gender X is not recognized worldwide, and students may need to provide binary sex information. See the LGBTQ+ Resource Guide for more information.



**PREPARING FOR
DEPARTURE**



Program Costs

The relationship SFS has with students' schools will determine the billing process. Within a week of acceptance, students or their schools will be required to pay a non-refundable deposit to reserve their spot. Afterward, we will reach out to students or their schools to collect tuition payments. Up-to-date costs and refund policies can be found [here](#).

Included in SFS program costs are program advising and orientations, tuition and research fees, airport transfers, housing and meals during program time, field excursions and cultural activities, official transcript processing, and evacuation and 24/7 support in case of emergencies.

PROGRAM	BILLING DEADLINE
Spring	November 1st
Summer 1 or 1+2	April 1st
Summer 2	May 1st
Fall	June 1st

BASIC COSTS (BILLED BY SFS)	SEMESTER	SUMMER 1
Tuition	\$23,550	\$7,500
Room & Board	\$7,950	\$4,000
BASIC PROGRAM COST	\$31,500	\$11,500
ADDITIONAL COSTS (ESTIMATED, ACTUAL COSTS MAY VARY)		
Airfare (to and from Thailand)	\$2,000	\$2,000
Passport	\$200	\$200
Visa fees (if applicable)	N/A	N/A
Immunizations/Medications	\$200	\$200
Personal Expenses	\$800	\$500
Program Breaks	\$300	\$300
ESTIMATED ADDITIONAL PROGRAM COSTS	\$4,500	\$4,200
TOTAL PROGRAM COSTS (BASIC + ADDITIONAL COSTS)		
ESTIMATED TOTAL PROGRAM COST	\$36,000	\$15,700



Financial Aid

All students are encouraged to apply for SFS financial aid. Financial aid applications are reviewed on a rolling basis starting in February for summer programs, April for fall programs, and September for spring programs. Early submissions are welcome. Students who submit an SFS financial aid application by the payment deadline will be considered for our full range of aid options. Learn more [here](#).



TRAVEL



PASSPORT

Students must have a passport in hand four months prior to departure that is valid for at least 6 months after departure from Bhutan.



VISA

Bhutan

Students' Bhutan student visas will be applied for by staff and will last for the duration of the program only. Visa costs are covered by tuition. Travel before or after the program within Bhutan is not possible.

Thailand

U.S. citizens do not need a Thai visa for travel under 30 days. Students may be asked for proof of onward travel or sufficient funds in order to receive the visa waiver upon arrival. Students will be asked to fill out an e-arrival card prior to arrival. A link to the e-arrival card will be given in the airport instructions. If traveling before or after the program in Thailand, students should make sure that their visa waiver will remain valid for their entire stay. Non-U.S. citizens may require a Thai visa and are responsible for applying for, obtaining, and paying for their own Thai visa valid for the duration of their stay.



FLIGHTS

Students are responsible for the cost of flights to and from Thailand. Students will receive travel instructions at least 2 months prior to the start of their program. Do not book flights before receiving these instructions.

SFS staff will meet students at the airport on the date and time specified in the airport instructions and transport them to the center. Students will receive airport instructions 1-2 weeks prior to the start of their program. If students are traveling before or after the program, they are responsible for meeting the group at the airport at the designated date and time. Additionally, SFS is not responsible for transporting or storing luggage before or after the program.

SFS is not responsible for reimbursing travel expenses for programs canceled or rescheduled due to acts of war or civil unrest, strikes, weather, quarantine/epidemics/sickness, government regulations, or failure of equipment, power, or communications.





Medical Requirements



Medical Approval Process

Students are required to complete the SFS medical approval process. The review is not meant to exclude, but to inform and allow support systems to be put in place. No student may enter the field until medical approval is granted by SFS. See the Health & Safety Guide for more information.



Vaccinations & Medications

Required

- None

Recommended

- Centers for Disease Control, travel clinics, or medical providers can provide further recommendations.



International Health Insurance

Students are required to buy international health insurance. Students will receive international health insurance requirements upon acceptance to their program. Keep in mind most companies reimburse medical costs, so students need an emergency credit card/debit card with at least \$3,000 USD to pay for medical expenses upfront.

All students are enrolled in an emergency evacuation and repatriation insurance plan through American International Group, Inc. (AIG) for the duration of their program only. This is supplemental insurance to students' own comprehensive health insurance outlined above. See the Health & Safety Guide for more information.

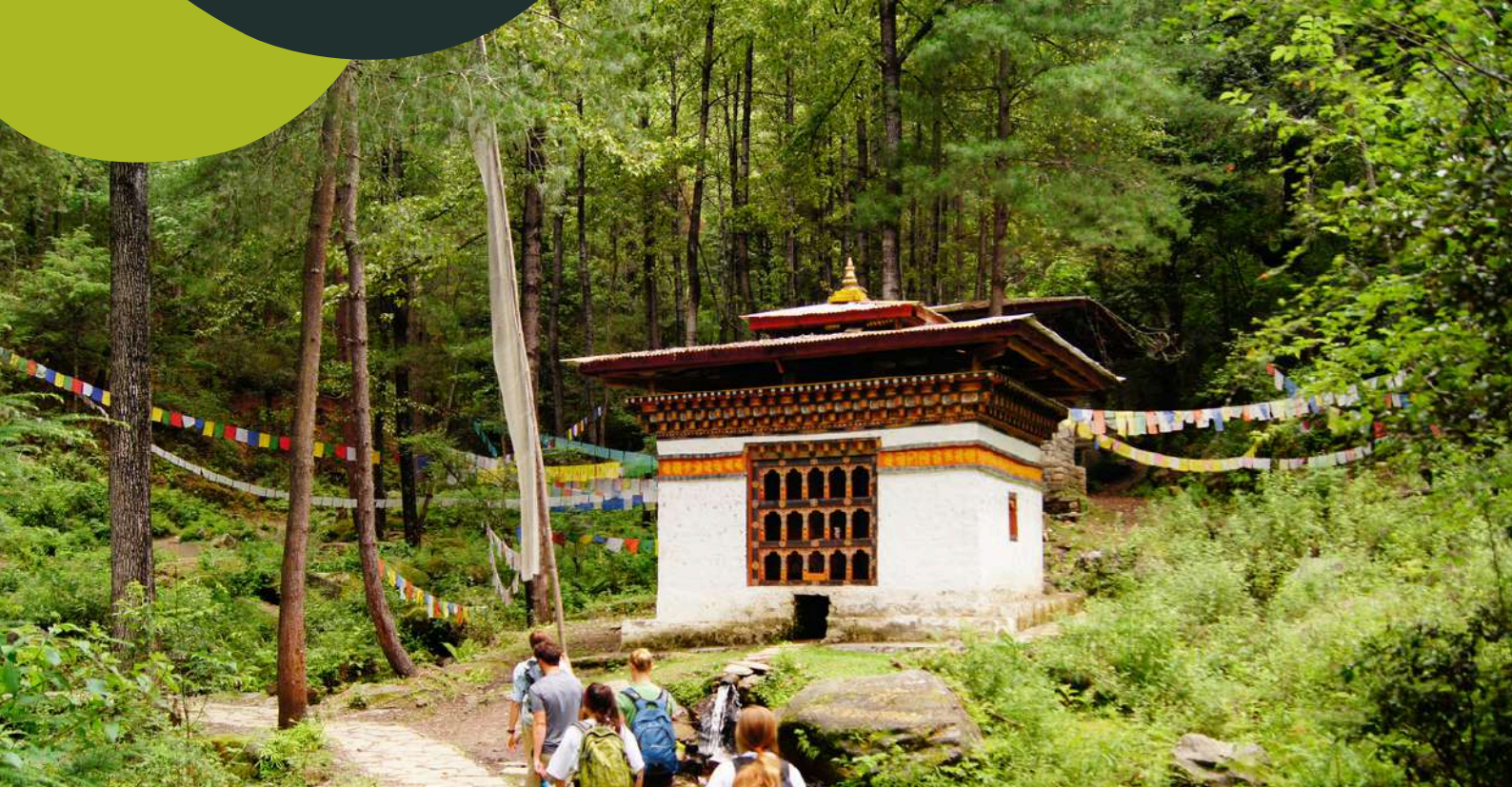


Accommodating Disabilities

SFS works with students, schools, and physicians to determine required accommodations and whether they can be safely and reasonably maintained on program. We strive to meet students' needs, but due to the remote nature of programs, there are varying levels of accessibility. Questions regarding health or learning accommodations can be directed to the Student Life Department or the Office of Academic Affairs respectively.



PACKING GUIDE



Packing Considerations



Luggage

SFS does not have a specific policy regarding how much or what type of luggage students bring, however, students will be sharing a room, and there is limited space to store belongings. Bring only what can be maneuvered oneself and check with all airlines for luggage restrictions and fees. Druk Airlines limits each person to 66 lbs of checked luggage and 11 lbs of carry-on luggage; most students choose to pay the correlated fees for excess weight instead (about \$15 USD/ 2lbs) paid in cash (Thai Bhat (THB) or Bhutanese Ngultrum (Nu) only.)



Culture & Climate

Many students bring old clothes to wear in the field and leave behind at the end of the program. Do not bring anything that cannot be damaged!

Bhutan regulates that all citizens wear traditional dress in workplaces, businesses, and schools. While SFS students do not need to buy traditional clothing, please be aware it is required to dress culturally appropriate. Pack enough jeans, t-shirts, and sweaters for casual wear in town as well as formal pants/shirts/skirts/dresses for special occasions.

While packing, consider the impact of the products brought to the program, both the ingredients and packaging. Plastic can be difficult for waste management in remote environments. Think about bringing a reusable tote, metal straw, cloth napkins, etc. We also highly encourage biodegradable soaps, shampoos, and conditioners.





Required Packing

▪ **Shorts**

▪ **Pants** Lightweight blends that dry quickly. Some for field work, jeans for day-to-day, and comfy pants for inside the bedroom. Consider waterproof pants as well.

▪ **T-shirts** Synthetic or merino wool for chilly nights, wet weather, and field days. Cotton shirts for non-fieldwork days **MUST BE LOOSE FITTING WITH NO MID-RIF EXPOSED.**

▪ **Long-sleeved shirts** Light-weight fabric for working in the field and heavier ones for warmth.

▪ **Formal top** Can buy local, traditional clothing instead.

▪ **Warm wool sweaters, jackets, or fleeces (SEMESTER ONLY)** worn nearly daily.

▪ **Waterproof jacket with a hood** Water resistant is not sufficient.

▪ **Winter Coat, Warm scarf, Hat, Gloves, etc. (SEMESTER ONLY)**

▪ **Underwear** Past students recommend a pair of synthetic/quick-dry underwear for the trek.

▪ **Socks** 4-5 pairs of wool or synthetic hiking socks (not cotton).

▪ **Casual/nice clothes** for around the center and off days in town.

▪ **Pajamas** appropriate for shared spaces.

▪ **Sun hat and sunglasses**

▪ **Hiking boots** Preferably waterproof.

▪ **Sneakers** Durable, close-toed, and good in the rain.

▪ **Rubber sandals** Crocs, flip-flops, etc.

Sheets, a pillow, and a blanket will be provided for all sessions.

▪ **Sleeping bag (SEMESTER ONLY)** At least 20°F rating for the camping trip and to supplement bedding provided.

▪ **Towels** 1 large shower towel and 1 face/hand towel for the camping trip. Quick dry towels are best! Additional towels will be provided at the center.

▪ **Toiletries** Basic items can be bought in town but bring enough for at least a week. Preferably biodegradable.



▪ **Record of immunizations and Health history**

▪ **Personal first-aid kit** consider Anti-itch creams, Neosporin, Bacitracin, Tylenol, Ibuprofen, Pepto Bismol, Band-Aids, Tape, Tweezers, Nail clippers, Antihistamines, Pro-biotics, Antidiarrheals (preferably azithromycin), Vitamin C, Cold medicines, Immune boosters, Hydration salts/Liquid IV, etc.

▪ **Prescriptions** Overseas prescriptions are not always accepted. Bring adequate supplies of prescription medications to last the duration of the program alongside doctors' prescriptions to avoid customs delays. Think about inhalers, allergy medication, contacts/glasses, etc.

▪ **Motion sickness medication/ Dramamine/ Ginger chews** preferably non-drowsy. Even for those who usually don't experience motion sickness!

▪ **Period care** Students can buy pads in town, but tampons are not common. We encourage menstrual cups or environmentally friendly, biodegradable options.

▪ **Flash drives and/or External hard drive** At least 1 GB recommended.

▪ **Computer** that can open Microsoft Office documents offline and has a USB port or USB port adapter.

▪ **Plug adaptors**

▪ **Headlamp or flashlight** Rechargeable recommended.

▪ **Dry bags or sturdy plastic bags** Gallon-sized Ziploc bags work well.

▪ **Day pack with waterproof cover** small backpack suitable for taking gear into the field. 15-30L recommended.

▪ **Weekend bag** to bring on overnight field excursions (up to 10 days) or weekends off. 35-55L recommended.

▪ **Water bottles** 2 bottles with 1L capacity each.

▪ **Tupperware and Travel mugs** for packing lunches. Can buy locally.

▪ **Small gift for day-stay family** There may be an opportunity for a day stay with a local family. If this occurs, it's good to bring a gift. We recommend that the gift be modest and represent your hometown. Great gifts are locally made items (maple syrup, special candy, calendars or postcards, magnets, etc.) and family photos.



Optional Packing

- **Purse/tote bag** for town.
- **Small clothing repair kit**
- **Laundry bag** One shared basket is provided per room.
- **Swimsuit**
- **Sweatpants**
- **Additional formal outfits and shoes** used a few times during each session for presentations and festivals
- **Rubber boots** the center has several pairs for student use, but students with especially large or small feet should bring their own. Lightweight, shin-high boots with good tread are best. Can buy in town.
- **Pocketknife** Checked luggage only.
- **Sleeping pad (SEMESTER ONLY)** Thermo-rest or cell foam pad for camping. Only used 1 or 2 nights.
- **Umbrella**
- **Earplugs and Eye mask**
- **COVID-19 Tests and Masks** for personal use. Recommended as local supply may vary

- **Trekking poles**
- **Binoculars** preferably 8 x 40 but anything in the 6 x 30 to 10 x 40 range is fine.
- **Baby wipes and Hand sanitizer** Can buy in town.
- **Lactaid** or similar medication for students with lactose intolerance. Not available locally.
- **Journal**
- **Games, Movies, Books, and Crafts.**
- **Snacks, Drink powders, and Dietary supplements** Any favorites.
- **Camera**
- **Voltage converter** if needed for electronics
- **HDMI Adapter**
- **Headphones and/or Bluetooth speaker** Noise canceling recommended.
- **Waterproof cases for electronics and silicone packets** (or some water-absorbing equivalent).
- **Extra batteries and External battery packs**
- **Wristwatch** Preferably water-resistant or waterproof.



Contact Us

Keep up with SFS Follow us on Instagram [@theSFS/@theSFS_bhutan_la](#), read [news from the field](#), and find the [full list of the SFS team bios here!](#)

Questions about billing? Billing@fieldstudies.org

Deposit payments, invoices, billing deadlines, financial aid packages, and loan paperwork.

Questions about health and safety? StudentLife@fieldstudies.org

Medical paperwork, immunizations, managing medical conditions, and dietary needs and preferences.

Questions about academics? Academics@fieldstudies.org

Learning accommodations, syllabi, and directed research.

Questions about admissions or enrollment? Admissions@fieldstudies.org

Which program is the best fit, application materials, and travel and visa logistics.