

Dear GO-SHIP A13.5 participants,

Welcome to GO-SHIP, and welcome aboard the *R/V Marcus G. Langseth*! We are excited to welcome you to this ship and this cruise. Some of you have been on cruises for years and have your packing list down, and for some of you this is your first cruise. Even for those of you who have been sailing often, the *Langseth* still may be a new ship with its own quirks and idiosyncrasies. We are here to help ensure that everyone has a good, safe, and productive cruise experience.

Below are a few things that will help you prepare for arriving on board the *Langseth*.

Travel Documents

Please make sure to remember to bring:

- **Your passport** (a copy of the photo page kept somewhere separate is also a good idea)
- **Your visa(s)**, for those who need them. Do not rely on electronic copies – print it out and have a duplicate.
- **Sailing letter**: this is available from the Cruise Website. This is useful when going through customs without having a return flight. Please ensure that your name is spelled the same way as on your passport, and let the Chief Scientist know if not.

Arrival

Please inform the (co-)chief scientist of your arrival plans. We will circulate information on boarding time, the ship departure time, and port information, and will also help with coordinating transportation from hotels to the port. However, you are ultimately responsible to make sure you make it to the ship on time.

Once onboard you will be met by one of the ship's crew. They will take your names and inform you where your cabin is. At first, the vessel will feel like a maze. Don't worry – we've all been there! Pick a couple of paths that you know, and if you get lost don't worry, just stop and ask for directions.

Berthing

The *Langseth* is not a particularly big ship, and we will be near capacity on berthing space. You will likely share a room and a bathroom with a team member. If you already know who you would like to room with, we will ask about this in an upcoming questionnaire and will do our best to accommodate requests. Traditionally, berthing on UNOLS ships (and NOAA cruises) is same-gender. However, we recognize that this approach assumes heteronormativity and may not always be applicable. In the upcoming questionnaire we will ask about your preferences and accommodate to the best extent that we can.

We will try to organize berthing such that you are on an opposite shift from your roommate. However, this may not be possible in all situations. Regardless, we ask that you plan to bring supplies to sleep in a shared environment and items you might want for using shared bathrooms, including but not limited to:

- Shower sandals
- Ear plugs
- A small shower caddy for soap, shampoo, etc.

Covid-19

Our Covid-19 guidance is still shifting, and may be modified by the time the cruise starts. However, the current plan is to test everyone for Covid-19 (rapid antigen test) at the ship the day before the cruise starts. *If you are positive you will not be allowed to sail.* Please test before flying to Cabo Verde, to save yourself an international trip (and give us time to try and find an emergency replacement) in the event you test positive.

If someone becomes sick with Covid-19 while on the cruise, that person will be quarantined in quarters following CDC guidance. We will do our best to shift around berthing so that you do not need to quarantine with your roommate.

Other (non-Covid) vaccinations

If you have a standard selection of vaccination already and are not planning on travel in either of the port countries (Cape Verde and South Africa), you likely don't need any specific vaccines. See also CDC guidance on [Cape Verde](#) and [South Africa](#).

Medication/Medical help

If you have any medication, please ensure you have enough for the length of the cruise and a buffer in case the cruise gets extended for any reason (e.g. bad weather). *Make sure you have enough prescription medicine early, as insurance sometimes has a hard time understanding why you need multiple months at a time.* A good rule of thumb is to bring an additional 10%, or 5 days worth, of medication.

If you know you are prone to seasickness, or if you don't know that you aren't prone to seasickness, please ensure that you have an adequate supply of sea sickness medication with you. Patches, pills, or bracelets can all help. Please read the instructions on the medication to know when you need to start taking the medicine. It is very uncomfortable to be sick out at sea the first several days of the cruise. However, sea sickness is also a normal part of going to sea, and plenty of experienced sea-going researchers still get sick. If you feel sick while on the ship, please let the (co-)chief scientist know.

Clothing/Shoes/Laundry

The *Langseth* has two laundry machines and two dryers onboard, and they have to service 50+ people. It is good practice to set the alarm on your phone to make sure these machines can be used efficiently. You should not bring your own laundry detergent – the ship has detergent that works with their machines that you will be required to use. (If you have allergies or otherwise require your own detergent, let the (co-)chief scientist know in advance.) Plan for 1-2 weeks between washings, and be sensible with your clothing choices – remember that this is a working ship and clothes might get dirty!

There are no open toed shoes allowed on board. Only in your cabin.

We will cover a range of climates, from the equator to 54° S! However, even near the equator the indoor environments in the ship can be quite chilly. Please make sure to bring plenty of warmer clothes. If you are sampling from the CTD, light-weight glove liners that will fit underneath nitrile (plastic) gloves can be helpful, especially when the water is very cold (even near the equator, deep water is cold!).

***Langseth* Hoodies and T-shirts**

The *Langseth* has a small store onboard where you can purchase hoodies and T-shirts, and a few other items. However, *note that this store only accepts cash.*

Personal Protective Equipment (PPE)

If you are going to be working on the open deck, steel/composite toed shoes are required.

Although you are always welcome to bring your own, the *Langseth* can provide:

- Hard hats
- Gloves
- Eye protection
- Ear protection
- Coveralls

Internet

The *Langseth* has WiFi onboard. While internet is much faster than a few years ago, it is still not like home. You should be able to text (via WiFi) and check email and other similar tasks, but should not expect to be able to send/receive videos, have long phone conversations, or download larger files. Make sure you download movies, podcasts, audiobooks, papers, etc. before departing for the cruise. If you need additional internet while on the ship for a work-related reason (e.g., outreach to a high school or university), please work with the (co-)chief scientist, ideally before the cruise starts.

It is best to set up multiple ways to call or text home when on the vessel. WhatsApp and other internet-based text platforms are quite good.

Orientation/Drills

Depending on arrival time on the ship, we will have a vessel orientation that day or the day after. It will last about 1.5 hours, and consist of a presentation and a tour.

Once we sail there will be a ship-wide drill, which will be explained during the orientation.

For drills, you will be expected to have:

- A brimmed hat (for sun protection)
- A long sleeve shirt (for sun protection)

It is often helpful to have a “go-bag” with a week’s worth of medication and anything else you could not survive without.

Down Time

The ship will be operating 24/7 during the cruise. However, you will likely find times during and after your shift when you have time for breaks. The ship has a library and a movie room, but you are also encouraged to bring your own books, work, studies, games, puzzles, etc.

Miscellaneous

Other items you might find useful to bring:

- Headlamp (for reading in your bunk or moving about the exterior of the ship at night. Ideally with red light)
- Headphones
- Extra electrical cords, chargers, etc.
- Water bottle (ideally wide-bottomed for better stability)
- Travel mug (ideally wide-bottomed for better stability)
- Backpack/tote bag, for carrying items you need throughout the day. When you are on shift (12 hours per day) you should not be going into your berth, since during that time your roommate will be sleeping!
- Laundry bag
- Snacks
- Camera
- Extra duct tape (you can never have too much)
- Bungee cords (ditto)
- Colored masking tape (ditto)

Examples of things you should NOT bring:

- Video games for hooking up to the ship’s TV
- Speakers for your berth or lab space (speakers in sampling area are OK)
- Alcohol
- Marijuana or other controlled substances

Best,
Zach and Jesse