

Checklist for Researching in the Field

- Sign up for SOS health insurance*
- Start a Journal/Blog*
- Keep in line with Institutional Review Board regulations*
- Back up your data onto an external resource (regularly)*
- Stay healthy (remember to drink lots of bottled water, wear sunscreen and eat clean food)*
- Be mindful of the culture you are in (research dress codes, proper greetings and language and etiquette)*