Planning Your Trip to the Marine Biological Laboratory & Woods Hole 2021
Welcome! You have chosen to come to a very special community – the Marine Biological Laboratory.

As we continue to navigate through the challenges of the pandemic, we encourage you to visit our MBL Forward website for the latest updates on Covid policies and procedures and to check back often while you are on campus.

About the MBL

The Marine Biological Laboratory (MBL) is dedicated to scientific discovery – exploring fundamental biology, understanding biodiversity and the environment, and informing the human condition through research and education. Founded in Woods Hole, Massachusetts in 1888, the MBL is a private, nonprofit institution and an affiliate of the University of Chicago.

The MBL’s oldest and most singular strength is our convening power, attracting the world’s leading scientists and students to Woods Hole. The MBL draws a unique mix of researchers ranging from early-career scientists to Nobel Laureates, and students at levels from high school to postdoctoral. Their interactions have led to multiple, transformative breakthroughs in our understanding of biology. Once largely a feature of summers at the MBL, this convening power is now evident year-round.

With a steady flow of students, scientists, and faculty participating in research projects throughout the year, enrolling in one of our research-based courses or thematic workshops, or spending an entire semester here, the special convening power of MBL is making our campus an increasingly vibrant and dynamic location year-round.

Affiliation with the University of Chicago

The MBL and the University of Chicago formed an affiliation on July 1, 2013, that enhances both institutions’ missions of leadership and innovation in scientific research and education. The affiliation builds on shared values and historical ties between Chicago and the MBL, which was led by University of Chicago faculty members for the first four decades of its existence. The MBL is an independent 501(c)3 in the Commonwealth of Massachusetts. More information on the affiliation and the MBL-UChicago relationship can be found here.
Major Research Areas

Research at the MBL – carried out by full-time MBL faculty as well as hundreds of the world’s leading scientists who are attracted by the MBL’s unique resources and strengths each year – focuses on a number of distinctive themes, including:

- new discoveries emerging from the study of novel marine organisms, encompassing research in regenerative biology, neuroscience, sensory physiology, and comparative evolution and genomics;
- the study of microbiomes and microbial diversity and ecology in a variety of ocean and terrestrial habitats;
- cutting-edge imaging and computation, making the unseen visible to illuminate cellular function and to explore biological mechanisms; and
- organismal adaptation and resilience in the face of global climate change and rapidly changing ecosystems.

Educational Programs

The MBL offers a range of courses, workshops, conferences, and internships throughout the year. Central to the MBL’s identity are its more than 20 advanced, discovery-based education programs and courses. The focus of these world-famous graduate-level courses ranges from physiology and embryology to neurobiology and microbiology and to imaging and computation integrated with biological research.

Each year, MBL courses attract almost 600 of the best and brightest students in the world, from more than 400 institutions and over 40 countries. Course directors and faculty are leaders in their fields, drawn from leading universities and research institutions around the world. The courses also benefit from partnerships with many commercial developers and vendors, who share the very latest technology in advanced imaging and other scientific equipment each year.

In addition, the MBL hosts dozens of workshops and conferences—accommodating more than 2,600 participants from around the world, as well as courses for undergraduate and graduate students from the University of Chicago and other colleges and universities. Like the more advanced courses, undergraduate programs, research internships, and our High School Science Discovery Program emphasize immersive, discovery-based learning.

Resources

The Marine Resources Center is an advanced facility for maintaining, culturing, and providing aquatic and marine organisms essential to biological, biomedical, and ecological research.

The National Xenopus Resource breeds and maintains Xenopus (African clawed frog) genetic stocks; and provides training in Xenopus husbandry, cell biology, imaging, genetics, transgenesis, and genomics.

The Library in the MBL’s iconic Lillie Building is run jointly with the Woods Hole Oceanographic Institution and houses one of the world’s foremost print and electronic literature collections in the biological, biomedical, ecological, and oceanographic sciences.
Traveling to and from the MBL…

Airport & Bus Information

Boston, MA – Logan International Airport:  www.massport.com/logan-airport

Providence, RI – TF Green Airport:  www.pvdairport.com/

Peter Pan Bus:  www.peterpanbus.com   Green Shuttle:  www.gogreenshuttle.com

What to Pack…

Dress at Woods Hole and the MBL is casual. Bring clothing you can layer and that you don’t mind getting dirty or spilled on while working in the lab or field. The following is a list of some recommended items to pack for different times of the year:

- Photo ID
- Sweatshirt and/or jacket
- Rain Jacket and/or umbrella
- Other clothing – long and short-sleeved tops, jeans, pants and shorts
- One “nice” outfit for anything special that may come up
- Comfortable shoes. Remember…you are required to wear close-toed shoes in the labs
- Sleepwear
- Toiletries – shampoo, soap, toothbrush, deodorant, etc.
- Mud boots if your course or research requires field work in salt marshes and estuaries
- Blanket – You will be provided with a blanket in your dorm room but you may want an extra one for chilly nights
- Beach Towel – You will be provided with white bath towels that are not allowed out of the dorm room. Your beach towel should be any color other than white so it does not get mixed in with the bath towels.
- Bathing Suit
- Sunscreen
- Hat/Sunglasses
- Insect & Tick repellant
- Laptop
- Camera
MBL Housing & Dining…

Click this link for updated MBL housing & dining information:
https://goforward.mbl.edu/

Campus Maps…

Click HERE for a Google Map of the MBL Campus
Walking Map to the MBL from the Woods Hole Bus Terminal
Campus Safety…

- **Campus Security** provides 24-hour security services for the MBL Campus and MBL Community. Members of the department are committed to conducting their work in a respectful and dignified manner while providing a safe environment for those who live, learn, and work in our community.
  - Campus Security is located on the first floor of the Swope Building
  - Dial 508-289-7217 to reach security 24/7
  - In an emergency, dial 508-289-7911 for Campus Security or x7911 from campus phones or 911 for Police, Fire or Medical Emergencies
  - Residents of MBL housing must carry their MBL ID at all times
  - Please report any suspicious activity to Campus Security at 508-289-7217
  - Propping Outside Doors – For the safety of all, the propping open of outside doors in the housing facility is strictly prohibited
  - Blue Light Emergency Call Boxes can be found in the front lobby of Ebert Hall, in front of CSF by the MRC, outside the Rowe building and at the front door of the Swope Building.

- **MBL Alert** is the Laboratory’s high-speed, automated emergency notification system. Students, faculty, visiting researchers and staff registered in the MBL One Card system are automatically enrolled in the MBL Alert system. In an emergency that requires immediate action from our community, authorized personnel will use MBL Alert to send MBL community members short messages via email, SMS text messages and/or automated phone calls to provide vital information quickly. For additional information, please refer to the MBLAlert FAQ.

- **Fire Safety**
  - Smoke detectors have been installed and fire evacuation directions are posted in each hallway. Fire extinguishers have been placed in all hallways and housekeeping units and are checked on a regular basis. Tampering with any fire safety equipment is strictly prohibited and will be reported to the appropriate authorities.
  - If a fire alarm sounds, you must evacuate the building immediately. First feel the back of your door with the back of your hand to determine if there is heat. Then open your door and follow the escape route that is posted in the hallway of your building or go to the nearest exit. If there is smoke in the hallway, crouch down as smoke rises. If you see flames outside of your room, go back into your room and place a wet towel at the base of your door and call for help.
Lab Safety…

All students will be required to attend a Lab Safety Orientation, but here are a few things to keep in mind…

- Wear the proper footwear – Open toed shoes are strictly prohibited
- Wear the proper personal protective equipment that your principal investigator or course director deems appropriate, e.g. glove, safety goggles, lab coat
- DO NOT wear the gloves or lab coat outside of the lab area
- NO EATING OR DRINKING IN THE LAB. Keep all food and drink in the break areas.
- If the fire alarm goes off, evacuate immediately out to the Quad
- Remember the location of the nearest eyewash
- Remember the location of the nearest emergency shower
- Please be mindful that the laboratory sinks and safety showers are not for rinsing sand off your feet. The safety showers should only be used for emergencies as these showers are not designed for routine use.
- Material Data Safety Sheets can be found on the website
The following information is from the Centers for Disease Control Website, https://www.cdc.gov/ticks/index.html

While it is a good idea to take preventive measures against ticks year-round, be extra vigilant in warmer months (April-September) when ticks are most active. On Cape Cod, if we have a mild winter, with little snow and temperatures rarely going below freezing, ticks can still be active. However, Spring, Summer & Fall are the most active time for ticks in this region.

**Avoid Direct Contact with Ticks**

- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the center of trails.

**Repel Ticks on Skin and Clothing**

- Use repellent that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours.
  - Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.
• Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% permethrin. It remains protective through several washings. Pre-treated clothing is available and may be protective longer.
• The Environmental Protection Agency (EPA) has an [online tool to help you select the repellent](#) that is best for you and your family.

**Find and Remove Ticks from Your Body**

• Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.
• Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.
• Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.
• Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors.
  o If the clothes are damp, additional time may be needed.
  o If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks effectively. If the clothes cannot be washed in hot water, tumble dry on low heat for 90 minutes or high heat for 60 minutes. The clothes should be warm and completely dry.

**Community Resources and Information**

**Healthcare…**

**Falmouth Hospital** (4.6 Miles from MBL), 508-548-5300, 100 Ter Huen Drive, Falmouth

**Convenient MD Urgent Care** (5.5 Miles from MBL)
774-255-3010
40 Davis Straits, Falmouth, MA 02540

**Cape Cod Healthcare Urgent Care** (5.8 Miles from MBL), 508-495-8000, 273 Teaticket Highway, Route 28, Falmouth

**Rite-Aid Pharmacy** (4.6 Miles from MBL)
508-495-2991
520 Main Street, Falmouth

**CVS Pharmacy – 24 Hours** (5.3 Miles from MBL)
508-540-4307
105 Davis Straits, Falmouth

**Mental Health Services**

Helen Malinowski, LICSW
Beacon of Hope Counseling
56 Highfield Drive Unit 2C
Falmouth, MA 02540
Phone: 617.548.6966

**Banks/ATMs in Woods Hole…**
Martha’s Vineyard Savings Bank (Walk 0.3 miles up Water Street from the MBL)
2 Water Street, Woods Hole

There’s also an ATM next to the Woods Hole Market at 87 Water Street

Markets…

Woods Hole Market (right up the street)
508-540-4792
87 Water Street, Woods Hole

Windfall Market (5 Miles from MBL)
508-548-0099
77 Scranton Avenue, Falmouth

Super Stop & Shop (5.3 Miles from MBL)
508-540-7481
20 Teaticket Highway, Falmouth

Shaws Supermarket (5.5 Miles from MBL)
508-548-4033
137 Teaticket Highway, Falmouth

Getting Around the Area…

Biking…

The use of bicycles is encouraged around the MBL campus and the Woods Hole and Falmouth community.

Outdoor bike racks at the MBL are located in the following areas:

- Behind Candle House
- MBL Street (between Rowe and Loeb)
- Entrance into Swope
- Back of Loeb parking lot
- Back of Lillie Building

MBL Bicycle storage:
Bicycles are not permitted in MBL buildings except for the indoor bicycle storage area available in the basement of Ebert Hall. Bicycles may not be stored in dormitories. More information is available at the main desk in Swope.

The MBL is not responsible for bicycles parked on MBL premises. Parking in the MBL bicycle storage area, Devil’s Lane Parking Lot storage space, and outdoor racks around the MBL campus is at the owner’s risk.

Any accidents, problems or mishaps are to be reported to the Security Office at x7217.

Shining Sea Bike Path

The Shining Sea Bikeway (SSB) was named for a line
Activities…

Stony Beach

Stony Beach is just a short walk from the MBL campus. Guests must provide their own beach towel. Lifeguard services are provided during the summer months. Please contact the Swope Front Desk for directions and more information. A valid MBL parking sticker is required to park at the beach. All Falmouth beaches close at 10 PM. Keep in mind that the MBL has installed an outside spigot and hose on the back side of Ebert Hall to rinse off your feet after returning from the beach.

Hiking Trails Nearby
**The Knob**

If you feel like walking 2 ½ miles to get to this beautiful trail, **The Knob** is well worth it! It offers spectacular views of Quisset Harbor and Buzzards Bay. On a clear day, you can see the entrance to the Cape Cod Canal to the north and the Elizabeth Islands to the south. Take a rest and catch some rays on the sandy beach before heading back to the MBL.

**Beebe Woods**

You may want to bike it to this trail or find another means of transportation because it’s about 4 ½ miles from the MBL campus. But again, it’s worth it. **Beebe Woods** hosts an extensive network of walking trails that cover miles of varied terrain, exploring wooded ridges and steep-sided hollows, and encircle the picturesque pond known as the “Punch Bowl” that lies deep within the Woods. The trails also connect at the southern end of Beebe Woods to Peterson Farm.
Explore Martha’s Vineyard

Hop the ferry right up the street at the Steamship Authority Terminal. It’s about a 45 minute trip, dock to dock. You may take your bicycle on the ferry or rent one on the island. You can also rent a moped or just hop on a Vineyard Transit Authority bus to go town to town or beach to beach. Visiting MV is a great way to spend a beautiful day!

Restaurants, Coffee Shops & Ice Cream Shops*

Due to COVID-19, many shops and restaurants have amended their opening schedules and capacities. It is advised that you check with any given establishment regarding their dining hours and guidelines.

Tipping guidelines for wait staff and bartenders…

In the U.S., wait staff and bartenders typically make less than the minimum hourly wage – sometimes significantly less. Therefore, tipping by patrons is routine. Generally speaking, at a
sit-down restaurant, you should leave 15 – 20% of your (pre-tax) bill. Bartenders should receive an average of $1-$2 tip per drink or, again, 15-20% of the bill. If you are dissatisfied with your service, you may leave less of a tip. However, you should communicate your dissatisfaction to the wait staff, maître d, or manager on duty.

There are quite a few eateries in and around Woods Hole. Here’s a list of the ones within walking distance of the MBL. Source: http://woodshole.com/eat/, Woods Hole Business Association:

**Water Street Kitchen and Public House**

Take in spectacular waterfront views from this intimate candlelit perch over the Eel Pond Channel, where the menu is prepared entirely from scratch and driven by the ever-changing supply from local fishermen, farms, and gardens. Chef/Owner John Wilson and skilled bartender Chelsea Doohan, strive to create food and drink that are up-to-the-minute and on par with that of a more cosmopolitan milieu. Water Street Kitchen is adored for their radiant dishes, distinctive cocktails, and house-made daily bread. While the food is sophisticated, the atmosphere is one of casual elegance, with vintage details redolent of a glamorous bygone era. 56 Water Street.

**Jimmy’s Sandwich Shop**

In the heart of Falmouth’s scenic “Woods Hole”, Jimmy’s sits directly across from the Martha’s Vineyard ferry terminal and the end of the “Shining Sea” bicycle trail. To generations of locals and visitors alike, a trip to Jimmy’s has been a cherished tradition since 1969. Try our mouth watering “Jimmy Burger”, French fries, Chicken fingers, Sandwiches, Subs, Fried Seafood, Lobster Rolls, Kids meals and of course 26 flavors of premium ice cream made fresh at a local dairy. You haven’t experienced all that Woods Hole has to offer until you’ve experienced “Jimmy’s” of Woods Hole! “Food on the run for […]"
Shuckers World Famous Raw Bar & Café

A casual, affordable waterfront eatery located right on the dock, specializing in fresh local seafood, beef, chicken, abundant appetizer list and many salads. Lobster is the specialty of the house. Our raw bar features fresh native Boutique Oysters, Little necks, Cherrystones and Shrimp. Sit right on the dock inside or out or on our vessel the “Song of Eel Pond” for lunch or dinner served 7 days a week in season (May to October). Affordably priced dinner specials. Kids plates are always available. 91a Water Street P.O. Box 246 Woods Hole, MA 02543 (508) 540-3850 thequake@aol.com » Website

Coffee Obsession Cyber Café

Open daily 6:30am to 7:30pm, with increased hours late spring & summer. 38 Water Street Woods Hole, MA 02543 (508) 540-8130 coffeoo@capecod.net

Quicks Hole Tavern

The new Quicks Hole Tavern is located at 29 Railroad Avenue, across the street from the Martha’s Vineyard ferry terminal. Open year round, seven days a week for lunch and dinner, the Tavern offers new American cuisine with a full bar. Come try our pig candy, charcuterie boards, gourmet grilled cheese, fresh salads and more. Catching a ferry? Please rely on our pub menu served in the first floor bar area. 29 Railroad Ave Woods Hole, MA 02543 (508) 495-0048 » Website

Pie In The Sky

Located in historic Woods Hole, at the end of the Bike Path; just a 1 minute walk from the Martha’s Vineyard ferry terminal, Pie in the Sky Bakery and Internet Café is open 7 days a week, 364 days a year, from at least 5 am–10 pm. We feature a delicious assortment of handmade croissants, pies, cookies, and bread, all baked from scratch. Our coffee, espresso, and cocoa drinks are made from freshly ground, 100% Organic Deans Beans. Our hearty made to order sandwiches together with our homemade soups and salads make the perfect addition to any adventure, from a […]
**Quicks Hole Taqueria**

Quicks Hole Taqueria is the hottest new joint in Woods Hole. Discover our lobster tacos, grilled cod burritos and wicked fresh salads. Ride to the end of the Shining Sea bike path and enjoy a Cape Cod Beer or a pitcher of our house-made red sangria. Quicks Hole is part of the farm-to-table movement and sources from local farms and fisherman. Conveniently located across from the ferry, Quicks Hole has an outdoor deck for enjoying your chips and guacamole as the sun sets over the harbor. 6 Luscombe Avenue Woods Hole, MA 02543 (508) 495-0742 » Website

**Landfall Restaurant**

A Woods Hole destination since 1946. Come and let our fantastic staff serve you the best in native seafood, steaks, chicken, pasta and more while enjoying the unmatched view of the Woods Hole waterfront. Or, sit on our deck and watch the ferry come and go while sipping one of Rob’s famous margaritas. Located next to the Martha’s Vineyard Steamship Authority. We are open April through November for lunch and dinner. Click the link above and visit our website to learn more about us. Luscombe Avenue P.O. Box 107 Woods Hole, MA 02543 (508) 548-1758, fax (508) 548-6930 Landfall46@aol.com » […]

**Captain Kidd Restaurant & Bar**

Set against a picturesque Cape Cod backdrop of sun-kissed docks and surrounded by timeless boats, The Captain Kidd Restaurant and Bar is a century old eating and drinking establishment located in the charming village of Woods Hole, Massachusetts. During the in-season summer months, relax and enjoy spectacular views of Eel Pond Harbor from any one of the comfortable indoor or outdoor dining areas. Sample something from our extensive wine list, and delight your palate with some of Chef Frank Belfiores creative dishes, including the freshest sea food from the raw bar. Select one of our 12 beers on tap and […]

**Woods Hole Market & Provisions**

87 Water Street Woods Hole, MA 02543 (508) 540-4792 Woods Hole Market & Provisions is located just over the one-man operated drawbridge and on picturesque Eel Pond in the heart of Woods Hole village. Giving a nod to our famous scientific community, look for the Octopus and Blue Striped awning and you will be glad you made the crossing. Carrying on as the only store for generations in this salty, nobel-prize winning throwback, we pride ourselves as a market that offers the community a place where locals can depend on customer service like the good old days. Our […]

*Source: woodshole.com, Woods Hole Business Association*
### Important Contact Information

**Campus Security**
Dial 508-289-7217 to reach security 24/7

In an emergency, dial x7911 from an on-campus phone or 508-289-7911 from your mobile phone or dial 911 for local Police, Fire or Medical Emergencies

**Education Staff**

Linda E. Hyman, Burroughs Wellcome Director of Education
lhyman@mbl.edu, 508-289-7993

Scott Bennett, Marine Research Services & Secondary Education Manager
sbennett@mbl.edu, 508-289-7375

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**Download the MBL App!** Stay connected to the Marine Biological Laboratory no matter where you are with MBL Mobile, the official Marine Biological Laboratory app. Find your way around campus with maps and shuttle schedules, access dining hours and menus, check out news and events, and quickly look up people in the online directory. Gaze over Woods Hole waters via the webcam or check weather and tides. Available for free on Google Play and the Apple App Store.
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Human Resources  
humanres@mbl.edu
Homestead Building, x7422, 508-289-7422

Housing Office – housing@mbl.edu, Swope First Floor, 508-289-7431

Laboratory Safety  
Eric Jensen (incidents, accidents, chemical safety), Lillie Building, ejensen@mbl.edu, 508-289-7424

IT Helpdesk – helpdesk@mbl.edu, Broderick House, 508-289-7654