

## **GEAR LIST — COMFORT IS KEY!**

Participants should bring the following gear for their program. There are no laundry facilities on campus, so make sure you bring enough clothes to last a week (or two).

### **Bedding and Towels (Don't forget these!)**

- Sleeping bag (or sheet and blanket)
- Pillow (if desired)
- Towel and washcloth

### **Clothing**

- Jeans/pants, shorts (lightweight, long pants are better for fieldwork than jeans or shorts)
- T-shirts (tank tops and halter tops are *not* recommended)
- Lightweight, long-sleeved shirts (these are cooler than short-sleeved shirts in the field)
- Socks and underwear
- Pajamas or sleepwear; bathrobe, if desired
- Sweater or sweatshirt
- Windbreaker or jacket
- Wide-brimmed hat (a *must* for sun protection)
- Bandana
- Raingear
- Comfortable walking shoes
- Hiking boots (a good pair is essential over-the-ankle and broken-in!)
- Swimsuit

### **Personal**

- Toiletries (soap, shampoo, toothpaste, etc.)
- Flip-flops or other footwear appropriate for use in the shower
- Personal medications

### **Required Gear**

- Two 1-quart water bottles (64 oz. Total)
- Small daypack (large enough to hold water, jacket, raingear, sunscreen, personal items)
- Sunscreen (SPF 15 or greater)
- Sunglasses
- Plastic mug or drinking glass

### **Suggested Gear**

- Garden or work gloves
- Flashlight
- Pencil, pen, notebook
- Camera and film
- Insect repellent