

Packing List for Field Studies

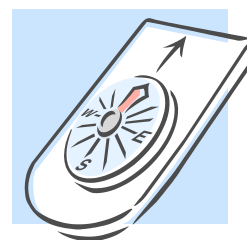
Revised Thursday, May 05, 2022

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When packing, please understand that this list was created with a strong understanding of all of the students' activities. Please do not opt out of bringing something. We know that everything on this list is necessary for a safe week.

PLEASE PUT YOUR NAME ON EVERYTHING IN MARKER!!

- Tent for your tenting group
- Sleeping Bag (pillow optional)
- Sleeping Pad (ie. Thermarest)
- Duffel Bag or Backpack to pack in
- Daypack (school backpack) for activities
- Water bottle
- Tennis/Comfy Shoes for around camp (no flip-flops)
- Hiking Boots or running shoes
- Two pairs of shorts (one quick dry, eg. Nylon for kayaking)
- One pair pants
- T-shirts (One long sleeve will help with mosquitos)
- Long underwear top or other under layer (non-cotton would be best for wet weather)
- One fleece jacket or wool sweater
- Rain coat and rain pants
- Underwear and Socks (at least 3 pairs of socks, one pair non-cotton)
- Wool/fleece hat
- Wool/fleece gloves
- Flashlight or headlamp and spare batteries
- Wrist watch
- Toothbrush, toothpaste, soap, deodorant
- Comb/ brush
- Baseball hat
- Sun Glasses
- Musical instrument (optional)
- Sunscreen
- Mosquito repellent
- Journal / notebook and pen
- Cards/ Hacky sack (Optional)
- Small Towel (Optional)



In addition to the items students should bring, there are items they should leave at home. Parents – Please help with this.

- PHONES! Parents, please help us ensure that all phones are left at home.
- Knives, of any type
- Candy and other food
- Needless toys, pack light
- Any Electronics