

Your safety and comfort are important to us. Please read this list carefully and contact us with any questions or concerns. The entire course takes place outdoors and activities will continue rain or shine. We will be hiking off trail on rough terrain and will likely encounter wet conditions, including small stream crossings. Temperatures can be below 32 degrees F or as high as 80+ degrees F. Snow is possible at any time. Be prepared with adequate warm clothing, a hooded rain jacket, and rain pants. Dressing in layers is recommended. Mosquitoes and other biting insects can be numerous anytime during the summer.

**Packing your clothing in a large duffel bag or backpack will be easiest for transport to our field camp.** At the field camp, we leave all scented items such as toiletries & bug spray in a bear-proof shed and do not allow them in the tent cabins; therefore, please pack these items separately in a small bag.

#### **Clothing for Cold Weather:**

- 2-3 pairs warm socks (wool or synthetic)
- 1-2 warm long-sleeve shirts (synthetic)
- 1 pair of long underwear (synthetic)
- 1-2 sweaters or jackets (wool or fleece)
- Warm winter-style hat (wool or fleece)
- Long pants (quick drying synthetic)
- Warm gloves (wool or fleece)
- NOTE:** if your course is in early June or mid – late August please bring extra warm layers or a winter parka. Hand and foot warmers can be useful as well.

#### **Clothing for the Heat & Sun:**

- T-shirt or short-sleeve shirt
- Baseball cap or sun hat
- Sunscreen & sunglasses
- Optional - Pair of shorts or light-weight pants

#### **Clothing for Precipitation, Wind & Insects:**

- Hooded Rain jacket
- Rain pants
- Optional - Head net, insect repellent, and anti-itch ointment

#### **Footwear:**

- Waterproof hiking boots (broken in!)
- Optional - Light weight shoes (for around camp), Stream crossing shoes

#### **Other Important Items:**

- Sheet or other covering for the foam mattress
- Warm sleeping bag rated +15°F or colder (we recommend -20°F) and pillow
- Day pack
- 1-2 Personal water bottles (1 liter size)
- Personal hygiene items & prescription medications packed in a small bag
- Flashlight/Headlamp (not needed for June courses!)
- Optional - camera, binoculars, notebook, hiking poles, bandana, ear plugs, eye mask, re-usable sandwich bag and lunch bag