



Paleo Field Science Camp Gear List

Pack items in a sturdy duffel bag. Label and organize your belongings in clear plastic bags or stuff sacks to keep items and dry. Pack quick-dry clothing (nylon and synthetics) that can be LAYERED for maximum warmth.

- SACK LUNCH FOR THE FIRST DAY, full water bottle, rain jacket, and a book for the ride.
- \$10 spending money for one lunch i.e. Subway. Please put in a small envelope with name and amount. We will collect this before departure.

CLOTHING/PERSONAL ITEMS

- Hiking boots, **broken in**
- If no hiking boots please bring 2 pair of sneakers or sturdy walking shoes
- Socks: 2 pair of wool or polypro; 3 pair of cotton
- Underwear for the week
- Long underwear top (just in case)
- 1 pair of rugged long pants
- 1 pair of quick dry (zip off legs) LONG pants
- 2 pair of nylon or quick dry shorts
- 2 long sleeve shirts (for sun)
- 3 quick dry t-shirts
- Wool sweater or FLEECE jacket
- Warm hat and light weight gloves

Rain jacket!

- 2 bandanas (these are great for a variety of uses)
- Personal toilet kit: hand sanitizer, small toothpaste/brush, liquid soap, brush, lotion, band-aids
- 1 each: wash cloth, hand towel, thin bath towel
- Insect repellent (Lotion only, please)
- SUN PROTECTION a MUST!** BRIMMED HAT, sunscreen, sunglasses with strap, lip protection
- Prescribed medications and allergy medicines in the ORIGINAL labeled, bottle. Store in zip loc.

EQUIPMENT

- Day pack to carry hiking gear
- Light-weight polyester **sleeping bag with stuff sack**. Good to 30 degrees.
- Foam pad or therma-rest to sleep on
- 3 - 4 person light-weight tent with rain fly**, if available (to be shared)
- Ground cloth for tent
- Unbreakable mug, silverware, medium-size bowl and plate in mesh LABELED bag.
- TWO screw-top water bottles and a camel-back, if you have one
- Small flashlight with extra batteries
- Whistle on a cord to wear around neck when hiking**
- Several plastic bags for organizing small items or for dirty clothing
- Small camera, binoculars

Please do not bring electronics.

Please keep in mind that, although we will assist students with their belongings, we cannot be responsible for lost, stolen or forgotten items.