Logistics Information for Bio 151/Envs 109

Equipment List

All personal equipment should fit within one duffel bag and daypack. NO FRAME PACKS!!!!

REQUIRED CLOTHING
One pair of lightweight, sturdy hiking shoes
One pair of water shoes (flip flops or Tevas)
Down/warm jacket (1)
Woolen hat
Pile jacket (1)
Sweatshirt/hoodie (1)
Waterproof rain jacket (no vinyl - tears easily) (1)
Waterproof pants (no vinyl) (1)
Long sleeve cotton shirt (sun protection) (1)
Underwear
2 pair of long pants
Sweatpants/pile pants
2 pair shorts - one pair good with pockets
1 swim suit
4 T-shirts
1 towel
Women should bring several bras
1 bandanna

REQUIRED EQUIPMENT
Drivers license or other ID
Money for personal expenses
Toiletries
Personal first aid - aspirin, Motrin, etc, band-aids, insect repellent, Tecnu.
Subscription medicine – bring enough for the entire trip – keep in subscription vials.
Epipen if allergic to bee stings – NOTIFY other students and instructors where you keep it
Sunscreen (15spf or better)
Sunglasses (UV blocking)
Hat or sunvisor
Reading glasses / contacts (extra pair and/or solutions)
Swiss army knife/Leatherman
Binoculars (good quality, 7x35 or better with a case and a strap, borrow if needed but make sure that they are in good condition.
Medium weight sleeping bag
1 foam sleeping pad or Thermarest
Small sleeping tarp (4X8 plenty big – no huge tarps!!)
Small Tent (you can share with others if you don’t have one!)
Flashlight + batteries (headlamps preferred!)
Personal water bottles (2 quart and leakproof)
Field notebook
Pencils and pens
Required textbooks - readers
Wristwatch (waterproof)
Small camp chair (Crazy creek or Therma Lounger)
Scientific calculator

OPTIONAL GEAR
Camera
Musical instruments
Portable computer

PROHIBITED MATERIAL
Alcohol and drugs

FOOD
Students will divide into cooking groups of 5 who will be responsible for helping in meal preparation and clean-up. Food will be simple and there will always be a vegetarian option, but vegan is more difficult to accomplish. We cannot accommodate specialized dietary preferences (we will accommodate dietary requirements...). This is all part of being in the field (no whining!)

OTHER RISKS
Traveler's diarrhea is the most likely illness that you will encounter. The water supply that we will be using is safe, but changes in diet can lead to gastric distress. Bring some pepto-bismol. It’s usually a mistake to take something like Immodium (treats the symptoms rather than the cause).

The most common danger on this course is sunburn. Waterproof sunscreen and suntan lotion will help. You should bring a bottle of sunscreen with SPF of at least 15 (sunscreen may not be readily available to us along the course of this trip). Also, bring a hat with a brim, sunglasses and lightweight, long-sleeved, light-colored clothing to wear in the sun. It will be sunny most of the time and we will try to spend as much time outside as we can.

Another problem, related to exposure to the sun, is dehydration (and resulting heat stroke). Monitoring one’s exposure to the sun and drinking plenty of water prevents dehydration. You will need to bring a water bottle with you.

You will be held responsible for all costs for medical treatment on the trip.

Bring any medication you might need because it will be impossible to obtain while in the field. If you take any prescription medicines, let the faculty know what you are taking and why before we leave. We will keep this confidential, but provide the information to the entire staff. Bring enough medication to last the whole field trip. Pack it so it will not be damaged by wetness or travel. Pack all medication in the original bottles with proper label. Let each faculty member
know where you carry or store this medication, how to administer it, and the proper dose.

If you have any allergies or special conditions which might lead to sudden illness (such as asthma, bee sting, penicillin allergies, diabetes, etc.) you must inform the faculty of your possible reactions. Also, you should consider discussing these with the rest of the team during the first few days so that other people will know how to react in case you suddenly need assistance or your medication.