

Clothing and Equipment

Items in bold are essential. Other items on the list are suggestions. *Pack light.* Avoid very expensive items. This is not meant to be an exhaustive checklist. There will be other items you'll want to consider bringing.

EQUIPMENT:

- **A lightweight plate, bowl, cup and utensils.** At some locations we will need our own eating implements.
- **A duffel bag, suitcase or backpack** that will hold your gear and clothes. You will need to often pack and unpack and carry your baggage from vehicle to accommodation. You won't need to carry anything long distances so a backpack is not essential.
- **Lock** for each travel bag – or at least for one section of one bag so that you can lock valuables
- Small **daypack** for operating in the day in the field or on an outing
- **3-season sleeping bag:** We won't be camping, but some accommodation will require a sleeping bag.
- **Towel** and wash cloth – small, quick-drying travel towels are convenient
- Large “zip-lock” bags for protection of gear from rain and dust and to help keep things organized
- **Flashlight or headlamp**
- Pocket knife
- Sunglasses
- **Personal laptop computer**
- **Computer memory device:** A “thumb drive” is required for backing up and sharing documents
- Camera
- Binoculars:
- **Two one-liter water bottles**

SHOES

- **1 pair lightweight closed-toed hiking shoes or boots.** we will be doing field work in rocky terrain so a reasonably supportive pair of shoes is needed
- We will be doing a little canoeing and/or kayaking so some kind of water-friendly shoes, like a Teva style sandal or something similar will be handy.

CLOTHING

we will be traveling between mid-September and mid-November in northern New England. So, a wide range of weather is possible. To give you an idea of the coldest temperatures, the last two weeks of the program we will be in Brattleboro, VT where the average daytime high in the first half of November is about 50F and the average night time low is 32F.

- Ideally, comfortable, neat clothes that are easily washed and dry quickly. Synthetics are lighter, less bulky, tend to dry faster and insulate better when wet.
- **Enough layers** to stay warm and dry on a long day in the field
- Multiple, thinner layers are better than large, bulky coats for staying warm and conserving packing space. But be sure you have enough to stay warm.
- **two pair of pants for field work** that you won't mind getting very dirty.
- **Rain jacket and rain pants.** We will undoubtedly encounter rain when doing field work. We will have to keep working despite the rain.
- Swimsuit. We will be around water often. But it will be chilly.

- There will be occasions when we all will want to look neat and clean. These include homestay visits and group dinners at restaurants. We recommend one of these “nice-casual” options: **simple dress/skirt/ or dress casual pants (women) and button-down shirts with dress casual long pants (men).**

At the end of the program most students say they brought too many clothes. You don’t need to spend a lot of money on clothes. Thrift store items will do just fine for most purposes.

NOTE: We should have access to laundry facilities at least every 7-10 days or so. However, be prepared to hand wash a few items of clothing (e.g. underwear)!!

PERSONAL FIRST-AID KIT: For emergencies, we will carry a group first aid kit with essential first aid items.

- **Prescription medications**
- Back-up pair of prescription glasses
- Contact lenses and solution
- A few Band-Aids
- **Any over-the-counter drugs that you regularly need** (e.g., Tums, Pepto Bismol, pain reliever etc.)
- Anti-bacterial hand cleaner
- Sunscreen: Intense sun in this season shouldn’t be an issue. But if you are very sensitive to sun you might want to bring some sunscreen.
- Insect repellent: we should be past the mosquito/black fly seasons. But if you are particularly cautious about insects you might want to bring some insect repellent. We may encounter ticks, particularly if it is warm. You should check yourself for ticks after you going in the forest, grass or brushy vegetation. DEET applied to your shoes, socks and pant legs and/or lower legs will help repel ticks. But be careful 100% DEET will also destroy many synthetic fabrics and plastics; get something that is ~30% DEET. Picaridin is another effective repellent that can be used just as you would DEET. Permethrin is also effective when applied to clothing, but is not effective on skin. (<https://www.rei.com/learn/expert-advice/insect-repellents.html>)
- **Personal toiletries**

OTHER PERSONAL ITEMS:

- **Identification**
- **ATM card for cash withdrawals** and a credit card (notify bank of your travel plans)
- **Proof of Covid vaccination** – It is possible we may encounter the need to prove we are vaccinated to enter certain facilities.
- **Medical insurance card**
- **Small, pocket-sized field notebook**
- **One larger notebook** for academic work and notes (we provide notebooks for academic journals)
- Personal journal

WARNING: Always, carry with you on plane/train/bus trip items that you cannot afford to lose. These include: prescription drugs, eyeglasses, cameras, binoculars, and other items that you cannot replace easily or that are irreplaceable. Checked luggage (anywhere!, airlines/backpackers/hotels) is sometimes quickly “explored” in transit and during storage.