### Camping gear:
- Good tent (1-2 person, needs to be waterproof with rain fly, and all strings attached and ready for field). We will check all tents to make sure they are field worthy. Let us know if you don't have and we can probably arrange a tent. They can be rented from UAF Outdoor Adventures.
- Sleeping bag (good to 0 C)
- Sleeping pad (bags and pads can be rented from UAF Outdoor Adventures)
- Day pack (moderate size for daily use in field)
- Several clear heavy-duty plastic bags for keeping things dry and compartmentalizing gear
- 1-liter water bottle

### Outer gear:
- 2 ski caps (wool or polypro)
- Hat with sun visor
- 1 warm jacket with hood (down or fiberfill) for camp
- 1 waterproof jacket with hood. Needs to be waterproof not water resistant and fairly heavy duty. Gortex may be ok if new.
- 1 rain pants (heavy duty, waterproof not water resistant)
- Sunglasses with UV protection and/or prescription glasses (extra pair advised)
- Gloves (2 pair, polypro)
- Mosquito headnet

### Clothing:
- 1 vest or sweater (down, wool or poly-pro)
- 1 warm shirt (wool or fleece) No flannel
- 1 light cotton or quick-drying long-sleeved shirt
- 1 long underwear shirt (long sleeves, polypro)
- 1 pair warm pants (wool or fleece, not cotton)
- 1 pair light weight, quick-drying pants,
- 1 long underwear pants (polypro)
- 1 pair shorts (optional)
- 3 changes of underwear shorts (quick drying, non cotton, e.g. ExOfficio)
- 2 T-shirts (quick drying, non-cotton preferably not cotton, e.g. ExOfficio)
- 3 pairs wool or polypro socks
- 2 pairs light cotton or polypro socks
- Bandana or scarf

### Footgear:
- Rubber boots (calf-high, good fitting for hiking - Xtra-Tuffs or BF Goodrich are good) Waterproof essential
- Camp shoes - light weight hiking boots, running shoes or Tevas
- Warm slippers or down booties for wearing in tent

### Personal toiletries:
- Bug repellent (1-3 small bottles, 95% DEET)
- Sunscreen - lotion & lip balm
- Hand lotion
- Toothbrush, toothpaste, floss
- Light-weight/quick drying towel, washcloth
- Period supplies
- Shaving supplies
- Soap, shampoo (small bottles)
- Brush, comb, hair ties
- Commonly used medication (vitamins, advil, aspirin, bacitracin/neosporin, etc.)
- Prescription medication
- 1/2 roll of toilet paper for field

### Miscellaneous:
- Lightweight spoon, fork, knife, plate, bowl, cup
- Waterproof matches
- Whistle, compass, signal mirror
- Books (personal reading)
- Small pocket-size Write in the Rain field notebook (e.g. 4 5/8 inches by 7 inches)
- Two #9 mechanical pencils; recommended: Pentel Mechanical drafting pencil
- Alarm clock, watch
<table>
<thead>
<tr>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>sewing kit, other repair items</td>
</tr>
<tr>
<td>laptop computer</td>
</tr>
<tr>
<td>pocket knife (make sure to put in checked luggage on plane)</td>
</tr>
<tr>
<td>thermos for hot drinks</td>
</tr>
<tr>
<td><strong>Optional items:</strong></td>
</tr>
<tr>
<td>binoculars</td>
</tr>
<tr>
<td>camera, telephoto lens, extra battery/batteries/ battery charger/ download cable</td>
</tr>
<tr>
<td>GPS w/extra batteries (we will have several for the course)</td>
</tr>
<tr>
<td>bathing suit</td>
</tr>
<tr>
<td>inflatable pillow</td>
</tr>
<tr>
<td>bug shirt (available from LL Bean or Campmor, probably not necessary north of the Brooks Range in June)</td>
</tr>
<tr>
<td>1-2 canvas shopping bags for carrying sampling gear in the field (if you have them)</td>
</tr>
</tbody>
</table>