

## FIELD SCIENCE CLOTHING AND EQUIPMENT LIST

The items on this list are to be brought by each Field Science School participant. Please adjust the number of socks, pants, etc according to the number of days you will be spending in Yosemite. When asked what they could have done to make their stay at NatureBridge more enjoyable, many students answer that they would have followed the equipment list more closely.

### Luggage

These things you will need before and after trail—

- TENNIS SHOES OR SNEAKERS for evening activities and use around camp
- PANTS three rugged pairs (including one pair of warm pants)
- SHIRTS three rugged shirts, plus a few lightweight shirts for warm weather
- SWEATER OR FLEECE two lightweight wool or fleece layers are best; avoid cotton
- JACKET an insulated layer, such as a parka with hood is a good choice.
- SOCKS five pairs of socks (wool or synthetic preferred no cotton)
- UNDERWEAR \*THERMAL UNDERWEAR (BOTTOMS) polypropylene or capilene very warm and lightweight - no cotton.
- \*WATER PROOF MITTENS mittens are warmer than gloves
- PAJAMAS
- TOWEL
- TOILETRIES shampoo, soap, toothbrush, toothpaste, sunscreen, lip balm, moleskin, personal medication
- HANDSANATIZER
- SLEEPING BAG synthetic or down fill; sheets and blankets are fine if you don't have a sleeping bag
- FITTED SHEET & PILLOW if you will be staying at our Crane Flat campus
- SUNGLASSES to prevent sun blindness in the high altitude sun reflecting off the snow and granite
- LIGHTWEIGHT HAT WITH BRIM baseball hat or other type to shade sun
- FLASHLIGHT with spare batteries and bulb
- PLASTIC BAGS trash sized to keep your things clean and dry as well as small sizes to put between your sock and shoe on wet days



- ALARM CLOCK to get you up on time.
- OPTIONAL binoculars, field guides, camera, film, book light, umbrella

**\*Items with star not needed from May to September**

## **Daypack**

**These things will be brought on the trail with you everyday—**

- DAY PACK must be big enough to fit the items below and some of the group lunch.
- RAIN GEAR waterproof not just water resistant. A rain suit (jacket and pants) is much better than a poncho because it keeps all of you dry
- WARM KNIT OR FLEECE CAP for cool and possibly rainy days.
- TWO (2) WATER BOTTLES - unbreakable one quart plastic bottles with screw-on, leak proof tops, such as soda or sports drink bottles. NO glass bottles please.
- NOTEBOOK & PENCIL (in ziplock bag)
- EXTRA LAYERS OF WARM CLOTHING
- BANDANA serves as your field lunch placemat/crumb-catcher + many other fun uses
- HIKING BOOTS One pair of broken in lightweight waterproof hiking boots that will keep your feet dry as well as happy after a long day on the trail

## NOTE TO PARENTS AND STUDENTS

### PLEASE DO NOT BRING....

- Extra Food, including gum and candy – food is not allowed in the cabins. Ample food will be provided
- Knives – are a safety hazard!
- Electrical Appliances / games – including Walkman and Discman players
- Hand Warmers – these are wasteful and often end up as litter
- Anything that would be sadly missed if lost!

### BE PREPARED!

Please come prepared to hike in a blizzard, in hot sunny weather, or in a rainstorm. Weather is variable. Layer materials (synthetics, polypropylene, pile or wool) for greater flexibility as temperature change throughout the day. Weather in May- September is usually warm with cool nights. Shorts, T-Shirts and lightweight (but sturdy) walking shoes are recommended, though warm clothes and rain gear should still be included.

### A NOTE ABOUT WOOL AND PILE (OR FLEECE) CLOTHING

Why wool and pile? We believe in them because they can save your life. When wet, wool and pile retain much of their insulating quality and keep you warm. That's not true for down or cotton, which are useless when wet. Military surplus wool garments are often the least expensive warm clothes you'll find.

Synthetic polyester fabrics (with names like polar fleece, polypropylene, capilene, polarguard, fiberfill, polarpile and others) maintain insulating qualities even when wet, and they dry quickly. We recommend garments made of these fabrics. Do not bring only cotton clothing! Your life could depend on staying warm when wet.

### REGARDING YOUR BOOTS

Purchase boots at least two months ahead of time. Fit with a thick pair of wool socks. Buy boots that fit your needs. Many people over-buy, assuming bigger means better. Big, heavy boots have their place, but for most hikers, they are more than necessary. Heavy Boots should offer ankle support and traction on rocky and slippery surfaces. Above all, boots must be waterproof and comfortable. Blisters can be a painful part of your Yosemite experience. It is important to prepare your boots and your feet for hiking. Wear your boots for half-day periods for several weeks before your Yosemite trip. This allows boots and feet to get used to each other. The boot leather gets softer and your feet get tougher.

### WHERE TO GET EQUIPMENT

Wool and many other items on the equipment list may be purchased inexpensively from Army/Navy Surplus, Salvation Army or Goodwill stores. Most sporting goods and backpacking shops carry the equipment listed, and many will rent as well as sell gear.