



# Natural Reserve System

CALIFORNIA ECOLOGY & CONSERVATION

## Packing List

Please pack all clothing and equipment into a single large duffel bag or internal frame backpack, plus a daypack.

### Required Clothing

- Hiking boots or sturdy sneakers with good tread (already broken in)
- Water sandals/shoes that secure firmly to your feet (e.g. Tevas or Chacos)
- Wool socks (wool stays warm when wet; cotton does not)
- Waterproof rain jacket and pants
- Warm coat
- Warm wool sweater
- Hoodie and sweatpants
- Wool hat
- Wide-brimmed sun hat
- Warm gloves
- Work gloves
- 2 pairs long pants
- 2 pairs shorts
- 1 swimsuit
- 2 long-sleeved shirts for warmth
- 1 lightweight long-sleeved shirt for sun protection
- 5 t-shirts/undershirts
- Underwear (Budget for up to 10 days between laundry opportunities.)

### Required Personal Items

- Sandwich container (e.g. Glad or Tupperware to protect packed lunches)
- Towel
- Sunglasses with UV protection
- Sunscreen and lip protection with minimum 15spf
- Tecnu poison oak cleanser
- Toiletries (e.g. soap, shampoo, toothpaste, etc.)
- Any prescription medicine you might need
- Epi-pen if allergic to bee stings
- Personal first-aid items such as band-aids, allergy medicine, ibuprofen, etc.
- ID/Driver's license
- Money/credit/debit card for personal expenses

## Required Equipment

- Laptop computer with wireless connectivity, sufficient battery life, MS Office, and JMP Statistical Software (JMP is available through your home campus, *you must have it loaded and tested for functionality* before arrival to the course)
- Small tent (1-2 person) with durable rainfly and footprint tarp
- Warm sleeping bag (Temperatures may dip below freezing: if your sleeping bag is not rated at 20° F or colder, you will need to bring a sleeping bag liner as well.)
- Packable inflatable sleeping pad (e.g. Thermarest or Big Agnes; an inflatable will keep you warmer than foam)
- Daypack for carrying your lunch, water, and field supplies every day
- Water bottle(s) (2-quart minimum)
- Headlamp with new and spare batteries
- 'Rite in the Rain' waterproof field notebook
- Pencils and a permanent marker

## Suggested Items

- Sleeping bag liner
- Packable/ inflatable pillow
- Binoculars (we'll have a few for students to borrow)
- Camera
- Magnifying loupe (min 10x)
- Multi-tool (Leatherman or similar with locking blades - no Swiss Army knives or similar with blades that don't lock in place)
- Mesh laundry bag
- Wristwatch (some sites have no power to keep phones charged)
- Comfortable clothes for leisure time
- Flip flop sandals
- Running sneakers and socks
- Camping hammock for leisure time
- Small camp chair (e.g. Crazy Creek or Therma Lounger)
- Musical instruments (coordinate a single guitar for collective use)

## Prohibited

- Pets
- Alcohol and drugs

## Packing Tips

- This is not a backpacking trip so you don't need to pack like it (no need for super lightweight gear) but you will need to fit all of your things into one large bag and a day pack. You will be staying at field stations—mostly tent camping and other times in rustic indoor accommodations—but you will never need to haul all of your gear long distances.
- There will be laundry stops along the way, but bring a lot of underwear and base layers (as listed in the required clothing) so you have enough cleanish clothes in between laundry stops. People usually run out of clean underwear first so bring more than you think you'll need! There is no need to bring laundry soap; it will be provided.
- If bringing your own laptop poses a problem for you, please notify us no later than one month before the course start date.
- To get the required JMP statistical software on your laptop, first check with your campus IT services because some campuses offer it to students for free. If your campus doesn't offer it for free, you can get a 6-month license for \$30 from OnTheHub eStore using your UC email address.

## Health and Safety Tips

Being prepared is key to staying safe and healthy throughout the course. Please refer to and follow all health and safety guidelines identified by your instructors and posted at all course locations.

- Carry plenty of drinking water and regularly apply sunscreen to help you avoid dehydration and sunburn, the most common problems encountered in field work.
- Rain gear and warm layers will keep you comfortable even in inclement weather.
- Poison oak is a common plant that causes itchy, weeping rashes. Learn to identify poison oak and to avoid it. Wearing long sleeves and long pants in brushy areas, and applying preventative lotion, such as Tecnu, to areas of exposed skin may help prevent a rash. Immediately rinse with cold water if you accidentally brush against the oily leaves or twigs.
- Ticks are also common in the areas visited and can carry Lyme disease, so conduct regular tick checks and remove any you see. For more information on tick bite prevention, removal procedures, and Lyme disease, please visit <http://ehs.ucsc.edu/programs/safety-ih/documents/TickInfo.pdf>.

Your instructors are your first resource for all health and safety concerns while in the field; don't hesitate to ask questions or raise any concerns with them.