



Natural Reserve System

CALIFORNIA ECOLOGY & CONSERVATION

Packing List

Please pack all gear into a **single** large duffel, suitcase, or internal frame backpack, plus a daypack. It's fine if bulky items such as hiking boots or a sleeping pad don't fit inside your packs, but we recommend having a way to strap everything together.

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)
- 3-5 pairs wool socks (wool stays warm when wet; cotton does not)
- Waterproof rain jacket and pants
- Warm, insulated coat (e.g. puffy jacket)
- Warm wool sweater or fleece
- Warm sleeping clothes (e.g. sweat pants and a hoodie)
- Wool hat
- Wide-brimmed sun hat
- Warm gloves
- 2-3 pairs long pants (not jeans)
- 1 pair shorts
- 1 swimsuit
- 2-3 long-sleeved shirts for warmth
- 1 lightweight long-sleeved shirt for sun protection
- 5 t-shirts/undershirts
- Underwear and socks (Budget for at least 10 days between laundry opportunities.)

Required Personal Items

- At least 3 facemasks made from double-layered cloth or surgical material
- Sandwich container (e.g. Glad or Tupperware to protect packed lunches)
- Fork and Spoon (or spork)
- Towel
- Sunglasses
- Sunscreen and lip protection
- Toiletries (e.g. soap, shampoo, toothpaste, etc.)
- Any prescription medicine you might need
- Epi-pen if allergic to bee stings or other allergens

- Personal first-aid items such as band-aids, ibuprofen, motion sickness pills (we do have a large first aid supply)
- 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, a sleeping bag liner is a required item.
- Packable inflatable or foam sleeping pad (e.g. Thermarest or Big Agnes)
- Daypack for carrying your lunch, water, and field supplies every day
- Water bottle(s) (2-quart minimum capacity)
- Headlamp with new batteries
- Notebook
- Pencils

Suggested Items

- Sleeping bag liner (required if your sleeping bag isn't rated to 20°F)
- Packable/ inflatable pillow
- Binoculars (we'll have a few to borrow)
- Camera
- Magnifying loupe
- Multi-tool (Leatherman or similar with locking blades)
- Mesh laundry bag
- Wristwatch
- Menstrual cup
- Exercise clothes for leisure time
- Flip flop sandals
- Running sneakers
- Camping hammock
- Small camp chair (e.g. Crazy Creek or Therma Lounger)
- Musical instruments (coordinate one or two guitars for collective use)

Prohibited

- Pets
- Hard alcohol and drugs (including tobacco)

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 except your tent and sleeping bag 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 your gear long distances.
- There will be laundry at some field stations, but bring a lot of underwear and base layers (as listed in the required clothing) as hand washing is occasionally the only option. 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 reserves.
- 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 (provided), 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 course staff members 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.

Packing for **WARMTH** on CEC!

Here is what you absolutely need to be comfortable in the cold, listed from head to toe and beyond... If you show up missing any of these items, chances are you will be COLD! (and sad)

- A warm hat
- The upper body “warmie system,” which includes:
 1. A thin base layer (A)
 2. A midweight layer (wool or synthetic like fleece) (B)
 3. Your warmest layer (puffy jacket, warm vest, thick fleece) (C)
 4. Rain jacket (D)



(A)



(B)



(C)



(D)

These four components of the “warmie system” (at least) will be layered. **So make sure they actually layer!** Try layering all four (starting with A) at home and make sure you can still comfortably bend your arms and touch your toes! If you run really cold, consider packing another layer such as a scarf or vest.



Wow! So cozy!

So layered!

So colorful!

So warm!

- Warm gloves or mittens (or an extra pair of socks...gloves = hand socks)
- The lower body warmie system, which includes:
 1. Long underwear bottoms (or leggings)
 2. Warm pants
 3. Rain pants
 (again, make sure these layer comfortably!)

- Wool socks
- If possible, waterproof hiking boots
 - If your shoes aren't water resistant, we can always line them with plastic bags to keep the wet weather out!

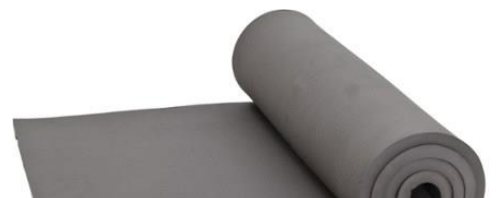


PLEASE NOTE

Ideally none of these layers include cotton. Your cotton UCLA hoodie might be your favorite, but it will turn you into a human icicle if it gets wet. Wool and synthetic fabrics will keep you warm even when wet. This is incredibly important for socks, since your feet will sweat and then become very cold if your socks are cotton. Check labels! **#cottonkills**

- Sleeping pad (foam or inflatable, no yoga mats please!)
- Mummy style sleeping bag (has a hood), preferably rated for 20°F
- Sleeping bag liner (optional—but definitely needed if your sleeping bag is not rated for 20°F)

So mummy-like! So cozy!



Where can I get stuff I don't have without spending lots of money?

Save your money for bubble gum and baseball cards! Here are some ideas for how to get your hands on affordable gear:

1. Ask your friends! Someone may have gear or clothes to lend that might fit you.
2. Check for campus resources. Some UC rec departments or clubs have gear available for loan.
3. Thrift your heart out for cheap goodies! You can do this safely at shopgoodwill.com or at ebay.com (drop down to "pre-owned" condition).

4. Used gear is abundant and cheap(er)!

REI used gear is cheaper and more sustainable than factory-fresh items.

<https://www.rei.com/used>

Patagonia sells used warmies too if regular thrifting/borrowing isn't cutting it.

<https://wornwear.patagonia.com/>

Potentially a smaller collection of items, but OutdoorsGeek has a decent 'Gently Used Gear' shop for tents, sleeping bags, and pads.

<https://www.outdoorsgeek.com/product-category/buy-now-used/>

Sierra Trading Post sells overstocks, closeouts (past season), and 2nds (minor imperfections) gear at a discount (in theory, can't personally speak to legitimacy/ quality)

<https://www.sierra.com/>

Last Minute Gear has some used gear in San Francisco, as well as gear buying guides

<https://www.lastmingear.com/>

5. Depending on how morally comfy you are with this idea, you can purchase gear for course, and return it once the 7 weeks are up. (REI has a 1-year return policy on *most things.*) Do your research and keep your tags!