

## What to Pack

(Please note that the field station does not supply linens, sheets, towels, or pillows)

1. Medications, feminine hygiene products, allergy kits, etc.
2. **Sleeping bag** comfort rated to at least 40 degrees F (we provide a mattress)
3. Pillow and pillow case
4. Towel and toiletries
5. 1 Jacket/Windbreaker
6. Layers of Clothing
  - 1-2 Long sleeved shirt
  - 3 tshirts
  - 2 pants
  - 1 pair of shorts for relaxation
  - 4 pairs of socks that reach above the ankle
  - Underwear for 4 days
  - 1 sweater
  - 1 pair of flip flops
7. Closed toed hiking/tennis shoe and socks
8. Hat and sunglasses
9. Day pack
10. Water bottles ( $\geq 3$  liters)
11. Sunscreen
12. Flashlight or headlamp (extra batteries)
13. Signed liability waiver (will be provided)

**Other Items to Consider:** When deciding what clothes to bring, consider the climate (windy) and rustic conditions. **Pack as minimally as possible**, however be prepared for different weather conditions (bring layers). Other items you may want to bring include: swimwear, camera, binoculars, field guides, raingear (weather dependent), field notebook, pencils, and alarm clock.

## What not to Pack

1. **Plastic grocery bags** (single-use carryout bags) are prohibited on the island because if accidentally released they can pose health and environmental risks to threatened and endangered marine species.
2. **Firearms** or other **weapons** and **fireworks**.
3. **Non-Native Species.** Non-native, invasive species threaten endangered animals and plants on the Channel Islands and are costly to control. The following regulations and guidelines can help prevent the introduction and spread of non-native species before they become a problem. **To prevent the introduction of non-native species the following items shall not be transported or delivered to the island:** pets or any animal, service animals (except by permit from superintendent), live or potted plants, soil, cut flowers, firewood or any untreated, unfinished wood (including hiking sticks), **corrugated boxes**, tools or equipment with attached soil, motorized vehicles, and bicycles.
4. **Alcohol.** We understand some of you may be of age, but because you are in an undergraduate group of varying ages and university affiliated, you may not bring alcohol.

**Please inspect your personal gear (e.g. packs, shoes) and clean off dirt, seeds and insects before departing from the mainland.**