



CLOTHING AND EQUIPMENT LIST

*The items on this list are to be brought by each Field Science participant. Please adjust the number of socks, pants, etc according to the number of days you will be spending at Santa Monica Mountains Institute. **Important:** Students **not spending the night** at Santa Monica Mountains Institute **do not need to bring** the items with a * next to them.*

- ☐ **DAY PACK:** It must be big enough to fit your personal items and some of your group's lunch when out hiking.
- ☐ **RAIN GEAR:** It must be **waterproof** not just water resistant. A rain suit (jacket and pants) is much better than a poncho because it keeps all of you dry. A poncho will do if need be.
- ☐ **WARM KNIT OR FLEECE CAP:** For cold and rainy days to keep you warm.
- ☐ **WATER BOTTLES (2): Unbreakable, one quart,** plastic/metal bottles with screw-on top. **No glass!**
- ☐ **NOTEBOOK & PENCIL/PEN:** Pack in a Ziplock plastic bag.
- ☐ **EXTRA LAYERS OF WARM CLOTHING:** For cold evenings.
- ☐ **BANDANA:** Very Important - this will serve as your field lunch placemat/crumb-catcher.
- ☐ **HIKING BOOTS:** One pair of **broken in**, lightweight, **waterproof** hiking boots that will keep your feet dry.
- ☐ **TENNIS SHOES OR SNEAKERS:** For evening activities and use around camp.*
- ☐ **PANTS:** Two rugged pairs.*
- ☐ **SHIRTS:** Two rugged shirts.*
- ☐ **SWEATER OR FLEECE JACKET:** Lightweight wool or fleece is best (**please avoid cotton**).
- ☐ **JACKET:** With an insulated layer.
- ☐ **SOCKS & UNDER-GARMENTS:** Three pairs. Socks (*wool or synthetic preferred*). **Please avoid cotton**.*
- ☐ **PAJAMAS OR SWEAT PANTS & PULLOVER:** To sleep in.*
- ☐ **TOWEL:** For showering and cleaning up.*
- ☐ **TOILETRIES:** Shampoo, soap, toothbrush, toothpaste, sunscreen, lip balm.*

- ❑ **SLEEPING BAG or BLANKETS and PILLOW:** You will be **sleeping in a tent** shared with other students.*
- ❑ **SUNGLASSES:** To protect your eyes from sun damage.
- ❑ **LIGHTWEIGHT HAT WITH BRIM:** Baseball hat or other type to shade your face from the sun.
- ❑ **SMALL FLASHLIGHT:** Have some spare batteries.*
- ❑ **PLASTIC BAGS:** A couple trash sized bags to keep your things clean and dry. A few small sized bags are helpful also.
- ❑ **ALARM CLOCK:** Is always helpful to get up.*
- ❑ **PERSONAL MEDICATION:** Any prescription medications needed will be kept on site by the lead teacher/chaperone.
- ❑ **OPTIONAL:** Hiking shorts, binoculars, field guides, camera, extra bandana, watch, gloves or umbrella.

DO NOT BRING

- ❖ **KNIVES of any sort.**
- ❖ **EXTRA FOOD:** Including items as gum, chips, soda and candy. Ample food will be provided.
- ❖ **ELECTRONIC GEAR:** Cell phones, iPods or mp3 players, electronic games etc. (items will be impounded if found).

Anything that would be sadly missed if lost or broken!

BE PREPARED

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Please **come prepared to hike in hail, rain, heat and in the sun.** Weather is variable. Layer clothing (synthetics, polypropylene or wool), for greater flexibility as temperatures change throughout the day. Shorts, T-shirts and lightweight (but sturdy) walking shoes are recommended. Warm clothes and rain gear should still be included.

A NOTE ABOUT WOOL AND FLEECE (PILE) CLOTHING

Why wool and fleece? **When wet, wool and fleece 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. **Do not bring only cotton clothing!**

YOUR HIKING BOOTS

Blisters are painful. To prevent blisters, it is important to prepare your boots and your feet for hiking. **Wear your boots for several weeks before your trip.** The boot leather will get softer and your feet will get tougher! **Boots must be waterproof and comfortable** while offering ankle support and traction. If you do not have access to hiking boots, sturdy tennis shoes will suffice.

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.