



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 the group lunch.
- ☐ 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.
- ☐ WARM KNIT OR FLEECE CAP: it can be cool and possibly rainy.
- ☐ **TWO (2) WATER BOTTLES: unbreakable, one quart**, plastic bottles with screw-on and leak proof top. **NO glass bottles please.**
- ☐ NOTEBOOK & PENCIL (in ziplock plastic bag)
- ☐ EXTRA LAYERS OF WARM CLOTHING
- ☐ BANDANA: it will serve as your field lunch placemat/crumb-catcher, and has many other uses.
- ☐ HIKING BOOTS: one pair of **broken in**, lightweight, **waterproof** hiking boots that will keep your feet dry, as well as happy during a long day on the trail.
- ☐ TENNIS SHOES OR SNEAKERS for evening activities and use around camp*
- ☐ PANTS two rugged pairs*
- ☐ SHIRTS three rugged shirts*
- ☐ SWEATER OR FLEECE: lightweight wool or fleece is best; please avoid cotton
- ☐ JACKET: an insulated layer
- ☐ SOCKS three pairs of socks (wool or synthetic preferred. **Please no cotton**)
- ☐ PAJAMAS*
- ☐ TOWEL*
- ☐ TOILETRIES: shampoo, soap, toothbrush, toothpaste, and personal medication*



- ☐ SLEEPING BAG and PILLOW: you will be **sleeping in a tent** shared with other students.*
*a **very warm** blanket will suffice if it is not possible to obtain a sleeping bag.
- ☐ SUNGLASSES: to protect your eyes from sun damage.
- ☐ LIGHTWEIGHT HAT WITH BRIM: baseball hat or other type to shade your face from the sun
- ☐ FLASHLIGHT: with spare batteries*
- ☐ PLASTIC BAGS: a few trash sized bags to keep your things clean and dry. A few small sized bags to put between your sock and shoe on wet days.
- ☐ ALARM CLOCK:*
- ☐ SUNSCREEN and LIP BALM
- ☐ OPTIONAL: Binoculars, Field Guides, Camera, Extra Bandana, or Umbrella

NOTE TO PARENTS AND STUDENTS:

DO NOT BRING....

- Extra food, including gum and candy. Ample food will be provided
- Knives
- Electrical appliances / games – **including Ipods, mp3 players, and cell phones**
- Hand Warmers. These are wasteful and often end up as litter
- Anything that would be sadly missed if lost or broken!

BE PREPARED!

Please **come prepared to hike in snow, in hail, in rain, in heat and in sun.** 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 cooler 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 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.

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.