

—Restoration Ecology Field Course Equipment List—

REQUIRED

Camping

- tent (New, or with rain fly and seams sealed. Each student will need their own tent; we recommend no larger than a 3 person tent.)
- ground cloth (for tent; a tarp will do)
- sleeping pad (We recommend a thick Thermarest© pad, or something equally comfortable, since you'll spend so many consecutive nights on it.)
- sleeping bag (Though the course is in the summer months, Central Oregon summer nights can be very chilly. You will need a bag that keeps you warm at temperatures below freezing.)
- sheets & blanket (Nights can also be quite warm. There may be times when you will not want to be under your sleeping bag, in which case sheets and a heavy blanket may come in handy.)
- pillow
- headlamp flashlight & replacement batteries (LCD lights last much longer than the old incandescent bulbs)
- sunscreen (SPF 30 or higher recommended)
- daypack (Preferably with a waistband, and definitely large enough space accommodate lunch, extra clothing, sunscreen, and some supplies)
- nylon cord for personal clothesline
- thermarest repair kit (if sleeping on a thermarest)
- lighter
- duffel bag & 2 large stuff sacks or equivalent for keeping personal gear together
- Ziplock bags – 1 box of quart-sized bags for waterproofing gear while at study sites
- garbage bags – 2 – 3 for waterproofing gear while at study sites

Clothing

- hiking boots
- water sandals (e.g. Teva or Chaco)
- extra shoes (e.g. running shoes)
- light pants (2-3 pairs)
- light long-sleeve shirts (2-3 pairs; ideally with pockets for storing field supplies like notebooks and pencils)
- short-sleeve shirts (2-3 pairs; pockets ideal)
- shorts (2 pairs)
- polypro/capilene long underwear (top and bottom)
- down jacket (or enough extra warm clothing to equal one, e.g. warm vest + heavy fleece + thick shell)
- fleece jacket
- sunhat
- swimsuit
- warm gloves and wool hat

- rain jacket and rain pants
- socks (5 pr) & underwear (5 pr)
- 1 pair wool socks or equivalent

Cooking/Meals

- Durable mug, bowl, & plate and 1 set of silverware
- 2 1-liter water bottles (durable)
- Cloth napkin or bandana

Academic supplies

- waterproof notebooks – with enough space to take natural history notes, notes during discussions, and record data taken in field. Rite in the Rain makes good ones, e.g. see <http://www.mindbird.com/rite.htm>). We recommend one small notebook and one large one.
- pencils (preferably mechanical, with extra graphite; pens are subject to problems if your notebook gets wet)
- clear packaging tape to tape natural history specimens into your notebook

Miscellany

- Toiletries (soap, shampoo, toothbrush, toothpaste, towel)
- Personal medications / supplements
- Band-aids (1 pack)
- Topical antibiotic ointment
- moleskin (for blisters)
- needle & thread
- wristwatch (needed to keep us coordinated if we split into small groups)
- sunglasses
- umbrella

OPTIONAL

- Work gloves
- Moisturizing cream & lip balm (air can be dry)
- Camera & film or batteries
- Compass
- Pocketknife
- Bandana
- Earplugs
- Extra prescription eyeglasses or contact lenses
- Pain reliever (e.g. aspirin, ibuprofen)
- ankle gaiters (To keep sharp cheatgrass seeds from filling your shoes and socks when we are working in cheat-infested habitats. If you can't find these at a local retailer, go to <http://www.rei.com/> and enter "gaiter" in the search box.)