

# Equipment List for Eastern Sierra Nevada Field Course

## LIST A – CAMPING GEAR

Pack these items in your duffel bag or suitcase. Do not use a backpack with metal frame.

- **LABEL** every item clearly with your name.
- Bring **List A** camping gear to the EBS loading dock the day before the field trip departs. The next time you will have access to your gear will be Wednesday evening in camp.
- Do not tie or bungee together your sleeping bag, duffel bag and other gear into one long linked bundle.
- Do not pack breakables. Your gear will be handled roughly.
- Be prepared for **cold** and **wet!!!**

✓	Camping Equipment
	Sleeping bag - very warm non-cotton filled sleeping bag (borrow or rent one if you don't have one) or bring two
	Ensolite/foam pad/air mattress
	Waterproof ground cloth/tarp
	Flashlight with new batteries
	Duffel bag/suitcase.
	Coffee mug. No drinking containers are provided.
	Earplugs (optional)
	Personal toilet items
	Small tent (3 person tent maximum)
✓	Clothing
	Adequate clothes for both hot and cold weather
	Coat/jacket
	Wool or ski gloves
	Warm hat
	Rain gear

## PROHIBITED ITEMS

**DO NOT BRING:** drugs, alcohol, firearms, boom boxes, rock climbing gear, "condo-style" tents.

## LIST B – DAY STUFF

Pack LIST B items in your backpack. Bring it with you on the morning of departure and take it with you on the bus.

✓	Note taking items
	3-ring binder for notes (1" thick)
	Lots of paper, 3-hole punched, white, lined 8 1/2 x 11 inch
	Pens - black or blue
	Colored pencils, pencil sharpener
	Straight edge
	White-out
✓	Clothing
	Jacket or sweatshirt
	Swimsuit, towel
	Hat with brim (optional)
	<b>Closed-toed shoes</b> (either tennis shoes or light-weight hiking boots)
✓	Other items
	Large lunch (1 <sup>st</sup> day only)
	Water bottle, filled
	Camera and plenty of film or memory (optional)
	Sunscreen
	Sunglasses
	Soap, shampoo, deodorant
	Chapstick
	Hand lotion
	Kleenex/toilet paper
	Moist towelettes (optional)
	Insect repellent (optional)
	<b>Compact, flat-folding</b> chair or vertically collapsible chair
	Information about your private medical insurance including name, policy number, details, deductibles, etc. plus how to file a claim
	Music with <b>individual headphones</b> - for camp use only (optional)