

# Field Science Leadership Camp Equipment List

Greetings from the Sternberg Museum of Natural History! Below you will find a list of equipment to bring with you to camp.

We will be leaving from the Museum on June 3<sup>rd</sup> at 8:00AM. We ask that you arrive by 7:50AM to get checked in and get your stuff loaded. Pick up is by 5PM on the June 8th at the Museum in the lobby (with the exception of other departure arrangements that have been made in advance).

We will be camping for five nights in mostly hot, dry conditions during the day, and cooler conditions at night. As it does cool off in the evening and at night; bring some layers with cooler temperatures in mind. Thunderstorms are known to hit during the summer, so make sure to bring some kind of rain gear.

## Equipment:

### Required:

- Sunscreen
- Sturdy shoes
- Two 1 or 2-liter water bottles with working closures (spills are the worst)
- Sleeping bag
- Pillow
- A hat
- Sunglasses
- Toothbrush and toothpaste
- A backpack with two shoulder straps in good working order (and preferably with a padded hip-strap)
- 5 short-sleeved shirts
- 6 pairs of socks
- 6 pairs of shorts, or sturdy long pants (pants are recommended to prevent scrapes and scratches to the legs, and protect from sun while we are out in the field)
- 8 pairs of underwear
- At least 2 warm long-sleeve shirts (it can get cool at night)
- At least 2 pairs of long pants for evening/night activities where it may get cooler outside
- Swimsuit (may or may not actually use, but good to have just in case)
- 1 rain jacket/poncho (always bring rain gear)
- A towel (we will have access to showers at our campsite)
- Soap
- A medium sized tupperware container to keep lunch in during the day while we are in the field (make sure it fits in the backpack with plenty of room left)
- Prescription/required medications (make sure you have discussed your student's medical needs and medications with staff in advance)

- Flashlight or headlamp + batteries

### **Optional:**

- Camera
- Good fitting work gloves
- Some ball point pens
- An 8.5 x 11 inch spiral notebook for taking notes and/or journaling
- Thin long-sleeved shirts for during the day (these offer great sun protection, but make sure they are made of very thin material)
- Tent (we have tents that students are welcome to use)
- Sleeping pad (we have foam sleeping pads students are welcome to use)
- Money for the Museum gift shop or snacks at any stops we make
- Insect repellent (preferably the pump-spray kind, as aerosol cans are not very environmentally friendly)
- Multi-tool/pocket knife (students are required to keep and use any pocket knives in a safe, responsible manner)

We will be providing all necessary cookware, utensils, food, tools, and scientific equipment for the camp not listed above. We ask that student participants not bring their own snacks, drinks, or food unless they have special dietary requirements that have been discussed with camp staff. We will be providing lunch and dinner on the first day, and breakfast and lunch on the last day; we will be providing all meals and snacks during all other days of the camp. (This is excepted for students who have made individualized travel arrangements getting to and/or from camp.)

Students are allowed to have cell phones during the camp, but are asked to use them with discretion, and not let them distract from their experience at the camp program. There will only be limited opportunities to charge cell phones while we are in the field, so students are encouraged to make wise use of their battery life.

We ask that students leave all lighters, matches, and other fire-starting tools at home.

### **Field Safety**

1. Tell someone where you are going. (Leaving a map with your route and stopping points for longer trips is a good idea.)
2. Always carry a small first aid kit
  - a. Note: We will have a large kit with the group at all times while we are in the field.
3. Wear safety goggles or sunglasses when using hand tools.
  - a. Safety glasses will be provided by the Museum, and will be available for student use.
4. Avoid working under unstable overhangs.
5. Do not work directly above or below another person on steep surfaces like hills.
6. Do not roll rocks down steep hills or over cliffs.

7. Be aware of traffic when examining road cuts.
8. *Always* obtain permission to enter private property. Most public lands including state and national parks/monuments also require special permits to be acquired before conducting fieldwork. Remember, trespassing is a crime, and taking fossils from private land is theft. Collecting vertebrate fossils from federal lands without a valid permit is a federal crime. Don't be that person.
9. Remain aware of changing weather. Storms can roll in quickly, and it is important that you don't get caught unawares. Have a plan of action in case of a bad storm, and keep an eye on the regional weather forecast.
10. Drink water often, in small to moderate amounts.
11. Let someone know if you start getting a headache or are feeling sick in any way.

**You can find updates on events and activities happening during the camp on Twitter by following @SternbergMuseum, or by Liking the Sternberg Museum's page on Facebook.**