

Sternberg Camp Packing List

Greetings from the Sternberg Museum of Natural History! I'm excited that you have chosen to join our group this summer as we explore earth and life sciences! Below you will find a list of items to bring with you, to prepare you for the locations we'll be visiting and exploring during our time together.

As a general rule, students should be prepared for colder temps with a warm jacket and long pants, as well as hot summer weather. As summer storms happen from time to time, participants should also come prepared with some kind of waterproof layer that will be durable and re-packable enough to last at least the entire camp.

Space will be limited for student luggage, and we ask that participants follow the packing instructions below closely to help prevent difficulties with vehicle space.

Equipment:

Things We Provide:

- Tents
- Sleeping pads
- Cookware
- Field notebooks (will be given to students on day 1)
- Needed tools for the camp
- First aid supplies
- One Camps t-shirt
- Food (meals and snacks)
 - Dietary special needs should be stated in application materials via CampDoc
- Water

Required for Oregon Camp Students:

- Warm hat
- Warm jacket
- Warm socks
- Gloves
- One extra long sleeve shirt
- One extra pair of long pants
- The Oregon camps spend time in the Cascade Range and/or the Coast Range mountains, where it can get quite cold even in summer. Please make sure you pack accordingly.

Required For All Students To Bring:

- Sleeping bag
- Pillow

- A backpack with two shoulder straps in good working order (and preferably with a padded hip-strap)
- Two 1-liter water bottles with working closures (spills are the worst)
- Sunscreen
- Flashlight or headlamp + batteries
 - This needs to be a stand-alone flashlight, not just the flashlight on a smartphone.
- Toothbrush and toothpaste
- A towel (we will have access to showers at some of the campsites)
- Travel size containers of shampoo, conditioner, soap, etc. And a plastic ziploc bag to keep them in.
- A sun-protecting hat
- Sunglasses
- 1 rain jacket/poncho (always bring rain gear)
- 5 short-sleeved shirts
- 6 pairs of socks
- 6 pairs of sturdy long pants (or shorts - 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
- 1 or 2 warm long-sleeve shirts (it can get cool at night)
- 1 or 2 pairs of long pants for evening/night activities where it may get cooler outside
- Swimsuit
- Sturdy close-toed shoes
- Quarters to do laundry
 - This will hopefully be something we can do for free for everyone, but we like to be prepared in case our first plan is interfered with.
- Prescription/required medications, with proper packaging for storage in a cooler if conditions necessitate it. (Make sure you have discussed your student's medical needs and medications with staff in advance.)
- Some ball point pens
- Reusable facemask for locations requiring them for entry

Optional For Students To Bring:

- Camera
- A couple of thin long-sleeved shirts for during the day (these offer great sun protection, but make sure they are made of very thin material)
- Money for gift shops
- Insect repellent (preferably the pump-spray kind, as aerosol cans are not very environmentally friendly)
 - Pack in a ziploc so it doesn't pop open and spill inside your luggage.
- Multi-tool/pocket knife (students are required to keep and use any pocket knives in a safe, responsible manner)

- Sandals/shower shoes

We will be providing all necessary tents, sleeping pads, cookware, utensils, food, tools, and 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 and included in their CampDoc information packet. We will be providing lunch and dinner on the first full day of camp, and breakfast and lunch on the closing 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 during field camps, so students are encouraged to make wise use of their battery life. Instructional staff will always have charged phones and be accessible in case there is an emergency. Instructional staff should not be directly contacted by parents unless dealing with an emergency situation, as they will otherwise be occupied running their program. Being out camping and traveling through remote areas, staff as well as students may not have consistent cell phone signal reception. In case of an emergency message needing to get to a student or staff member where they are out of service range, please contact David Levering (Camps Director; DALEvering@FHSU.edu; 785-639-5249). Non-emergency communications should be directed to David Levering, who will transmit them as needed to respective Camps staff.

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

We have plenty of field tools relevant to the topics and activities of the camp. Students are asked to not bring their own rock hammers, chisels, or other tools.

General Field Safety Requirements (Not specific to one camp.)

1. Tell someone where you are going. (Leaving a map with your route and stopping points for longer trips is a good idea.)
 - a. This includes tell someone before you leave to use the restroom.
2. Wear safety goggles or sunglasses if/when using hand tools.
3. Avoid working under unstable overhangs.
4. Do not work directly above or below another person.
5. Do not roll rocks down steep hills or over cliffs.
6. Be aware of traffic when examining road cuts.
7. *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.

- a. If relevant to your particular camp, the instructor will go over this in much greater detail.
- 8. **Respect public lands and their resources, as well as private lands we are given permission to access. They are not yours to mark, damage, or remove objects from without express, purposeful direction from your Camp Instructor.**
- 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.
 - a. Your instructor will keep you updated on weather considerations over the course of the camp, including planning on avoiding risks and hazards. Pay close attention to these conversations.
- 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.
 - a. In the case of your camp, that someone should be the instructor or TA.