

## Suggested Packing List

### *Hiking supplies*

- Sunscreen
- Comfortable hiking boots/shoes (Some terrain is rugged and can have sharp rocks. Sandals, Converse, Vans, fashion sneakers, etc. are not appropriate)
- Backpack for hiking supplies
  - o Must be able to hold 3+ liters of water, food and snacks, notebook, sunscreen, and clothing layers
- Water bottles and/or backpack water bladder capable of holding 3+ liters of water
  - o We will be exerting ourselves in a very dry environment, you will lose water more quickly than under similar exertion in Vermont
  - o A Sawyer/LifeStraw/etc. filter is **not** sufficient, many of our outings will have little to no environmental water available
- Headlamp (suggested) or strong flashlight (alternative) for night walks
  - o Rechargeable is best, a cellphone flashlight is not sufficient
- Optional but recommended:
  - o Hiking poles – these provide stability on rough terrain
  - o Bug spray
  - o Camera
  - o Binoculars
  - o Bandana

### *Clothing*

- Moderately warm jacket – snow is possible, expect nighttime lows around freezing and daytime highs in the 40s-60s depending on elevation
- Gloves
- Long pants for hiking – not jeans
- Long pants for walking around town
- Long sleeved shirts for layering (include some for hiking and some for walking around town)
- Socks that are comfortable to hike in
- Rain jacket or poncho
- Pajamas
- Cozy sweatshirt or sweater
- Warm hat
- Sun hat
- Underwear

- Shoes for walking around town
  - \* Note: laundry facilities will not be available. It's recommended to have separate sets of clothing for hiking and for walking around town/going to dinner/doing class work because hiking clothing may get dirty and smelly.

### *Class supplies*

- Laptop for data analysis (tablet is not sufficient)
  - o Don't forget the charger!
- Notebook and pens

### *Toiletries and Health*

- Medications (including both prescriptions and any over the counter medications you may need)
  - o Prescriptions should be kept in their labelled bottles that include your name, pharmacy, and prescription information
  - o Examples of over the counter medications: Advil, Tylenol, Benadryl, Midol
- Toothbrush and toothpaste
- Shampoo and conditioner
- Soap/body wash
- Deodorant
- Comb/brush
- Blister pads
- Lip balm
- Menstrual products

### *General*

- Your preferred snacks
  - o While we will have an opportunity for a grocery run before we go to the Chiricahuas, if you have preferred snack brands/types you may want to bring these along
  - o Optional: electrolyte tablets or drink mix
- Headphones
- Chargers and spare batteries for all electronics
  - o Optional: powerbank
- Earplugs