

Equipment (supplies) To Bring

Before field camp begins you need to decide what supplies you lack and purchase them. We will be 100 miles from the nearest Wal-Mart. This is the rural west. We will make one supply stop while traveling from Salt Lake City to our field area on the first day of field camp. Be prepared to purchase all the equipment you are lacking then.

The weather in Idaho can vary from wet and cold with temperatures in the 30s to hot and dry in the 90s. Sometimes a 40o F temperature change can occur within a few hours, and extremes above and below normal temperature can happen. We will work in all weather, so bring the appropriate clothing and field gear. The terrain will vary from rolling sage and cactus covered hills to angle of repose slopes with pine trees. We could begin some days by wading across cold mountain streams. So, be prepared. Have your boots "broken in" and get in shape before you get there.

<http://www.usclimatedata.com/climate/mackay/idaho/united-states/usid0150/2014/7>

Camp Gear

- Tent- a good quality weatherproof tent. You will be living in this tent for weeks!
- Sleeping bag, pad, and pillow -- You will use your sleeping bag every night. Bring a light fleece blanket to put inside your sleeping bag if you think you might need it. The temperatures should not be below 35 degrees F, if that. A sleeping pad will significantly help with comfort!
- Towels and toiletries --including sunscreen, bug repellent, chapstick, lotion, laundry detergent etc.
- Flashlight and batteries!
- Eating utensils, plate, bowl, cup
- You do not need to bring a large backpack unless you have one and think you might use it otherwise.

Clothing

- Layers of synthetic fabric for warmth. Bring three layers of insulating clothing plus a shell. (The key is to have layers, with a wind/waterproof outer layer). 1. Base shirt, 2. Mid-layer or light fleece 3. Heavy fleece, heavy sweater or jacket Wind proof shell.
- Sweaters/fleece or work shirts. (Two mid-weight layers are better than one heavy-weight layer).
- Rain gear. A waterproof rain jacket and pants are ideal. It will probably rain at some

point.

- Hats are necessary to protect you from sun and rain. Some people use baseball caps, others prefer straw or "floppy" hats. Something to block the sun. You will also want a fleece hat for cool weather.
- Gloves. Gloves are useful for warmth and protection from sharp rocks. Cotton or leather, or fleece gloves are fine.
- Socks. Changing socks often keeps your feet happy. Wool or polyester hiking socks.
- Boots. Use hiking boots, not logger's boots with heels or cheap "stylish" boots or cheap anything. You will not be a happy with bad shoes. Quality boots are essential. The moderately priced boots should work fine (normally \$75 and up). Just be sure you have a "good pair" of boots! Break-in and waterproof the boots before coming to camp.
- *Note: every year at field camp someone experiences boot failure. We hike off-trail on rocks, so we constantly scuff and damage boots. It is recommended that you bring good quality boots with as little exposed stitching as possible. If you are buying new boots, for your own sake, break them in for 2 weeks before you arrive.*
- Sneakers for around camp and/or sandals.
- Long underwear. Long underwear is good to wear on cold days/nights.

- tweezers
- hydrocortisone/anti-itch cream
- knee brace -- If you need it, bring it; don't be proud

Other Items You May Want To Have

- Flash drive to