List of items to bring to the Environmental Science and Technology Institute:

**BASICS**
- Sheets/blankets (or sleeping bag)
- Pillow
- Towel
- Toiletries (soap, shampoo, toothbrush/paste, etc.)
- Alarm Clock
- Extra set of eyeglasses or contacts
- Ear plugs (optional)
- Small room fan (**highly recommended**)
- Small flashlight or head lamp (optional)
- Sports Equipment (optional) (tennis racket, Frisbee, soccer ball, etc.)
- Small amount of laundry detergent (optional)

**FIELD DAYS (you can count on getting wet, dirty, or muddy)**
- Small Day Pack
- Sturdy Closed-Toe Hiking Shoes (sneakers or light boots would be fine)
- Rubber Boots or Old Sneakers or Sandals for wet, muddy work
- Closed-Toe Swimming Shoes (old sneakers are fine…to avoid Zebra Mussels!)
- Multiple pairs of hiking and/or sports socks
- 2-3 Pairs of Long pants (at least one which you can get **really dirty**)
- 3-4 Pairs of Shorts (could be warm…could be cold…who knows?)
- 6-8 Shirts (Lightweight long-sleeved, plus plenty of other summer shirts)
- One casual outfit which stays “clean” for special events
- Sweater or Jacket
- Waterproof Rain Coat (rain pants are optional)
- Small Umbrella (optional, but is very useful for really wet weather)
- **Brimmed Hat (required)** (for intense sun in the field)
- Sunglasses
- Sunscreen
- Swim Suit and Beach Towel
- Insect Repellent (**highly recommended, especially for ticks**)
- Binoculars (optional)
- **Extra Water Bottle(s) (required)** (You don’t want to get dehydrated…)

**RESEARCH**
- Pens and Pencils
- Permanent Marker

*We will supply you with:*

- Field Notebook/Journal
- Large Re-closeable Plastic Bag
- Water bottle