

Personal Gear: Hiukitak River trip
Arctic Field Ecology

Every item is essential unless noted. Talk to instructors about substitutions.

Clothing

- 1 pair wool pants : Army surplus, should be comfortable, tight weave. -----
- 2 pair long johns (poly-pro or wool, NOT cotton). -----
- 1 pair lighter pants (khaki is good, may combine with next item). -----
- 1 pair shorts (consider long cotton pants that zip into shorts, they work great). -----
- Long-sleeved cotton shirt. -----
- 2 wool shirts. -----
- Wool scarf (optional). -----
- Heavy wool sweater, large enough to fit over a wool shirt. -----
- 2-3 t-shirts. -----
- 3 pair wool socks, 2-3 pair light cotton, silk or polypro socks. -----
- 3-5 changes underwear. -----
- Warm gloves, (windproof outershell, good liners). -----
- Wool or poly-pro cap: stretch style. -----
- Rubber boots (gum boots, Wellingtons, available at K-Mart). -----
- Hiking boots; ankle support, water-resistant. -----
- Sandals, Texas, Tennis shoes (optional). -----
- Bandanna (1-2). -----

Outer Gear

- Light shell -----
- Warm (down or other) coat. -----
- Down or polypro vest (optional). -----
- Baseball or wide-brim hat, for sun protection. -----
- Sunglasses with UV protection; prescription glasses (extra pair a good idea). -----
- Rainsuit: 100% waterproof, coated nylon is good. No ponchos. -----
- Headnet; to fit completely around head. -----
- Bug Jacket (optional). We will provide these, but if you would like your own they can be purchased from some camping/fishing supply stores. The type that are soaked with insect repellent work best. -----
- Sleeping bag. (down or holofil type, good to at least 20° F) -----
- Safety Helmet: Rock climbing, kayaking, or bicycling type is appropriate. -----

Hygiene

At least one 8 oz. bottle sunscreen and lip balm (SPF 25 +), without PABA if you are sensitive to this. Consider zinc oxide. Toothbrush, paste, floss, soap, shampoo & conditioner (biodegradable), hair ties, hair brush. -----

Spare tooth brush. -----

At least 4 oz. petroleum jelly or thick hand cream - hands can dry and crack in this environment. -----

Sanitary napkins and/or tampons as needed. -----

1 wash/hand towel, washcloth. -----

Tools

Day pack or fanny pack. -----

5 gallon plastic bucket: (optional) for keeping things handy (look for one with an O-ring in the lid for a watertight seal). -----

Ear plugs for plane ride. Dramamine if motion sickness is a problem. -----

Knife: Sheath style about 4-5" blade (optional). Pocket knife (required). -----

Film, camera, spare batteries (optional). -----

Research journal (we will provide). -----

2 pocket memo pads. -----

Spiral notebook (about 9x6 in.) with 200 pgs, sketch paper, soft black pencils, colored pencils, pens (optional). -----

Fishing gear (optional): medium wgt. pole that breaks into at least 2 pieces, extra reel, 6 10" wire leaders, 15 lb. mono filament line, 4 of each: #2 and #3 -----

Mepps spinning lures, 4 large red and white spoon lures about 3-4" long. -----

30 feet nylon cord - approximately 1/4" diameter, has many uses in camp. -----

Loud whistle. -----

Wrist-watch (with alarm if you have trouble waking). -----

Sewing kit (small). -----

Crazy Creek or other camp chair (optional). Sleeping pad/chair combo good. -----

Sleeping pad: closed cell (waterproof). -----

Binoculars (optional). -----

Wallet, money, passport or birth certificate, driver's license. -----

Personal Food Stash: up to 2.5 pounds. Some ideas: hard candy, licorice, gummi bears, skittles, beef jerky, favorite spices, sesame sticks. -----

Fly repellent, with 95-100% DEET: Muskol or equivalent, 3 bottles. -----

A few cloth and ziploc bags may help to separate belongings in the pack. -----

Boat, paddle, lifevest, poagies, waterproof pack (we provide these).

Maps (we provide these).

Coffee filter (reusable muslin, for coffee drinkers).
