

# FIELD SCHOOL PACKING

## WHAT TO BRING

During your week at field school, you will be learning in the classroom AND outside. **Please dress for the weather, but also bring long pants and close-toed shoes which will be required attire for some field activities.** Below is a suggested packing list. Items with an asterisk (\*) are available for borrowing as needed from the Critter Closet.

### SLEEPING ESSENTIALS

- Sleeping bag / sheets (twin size)\*
- Pillow\*
- Extra blanket(s)\*
- Sleepwear

### PERSONAL HYGIENE

- Toiletries\*
- Towels (at least one for showering)\*
- Flip-flops for showers
- Sunscreen\*
- Insect repellent\*

### CLOTHING

- T-shirts
- Shorts
- Ankle-length pants (required for some activities)
- Sweatshirts or jacket (evenings can be chilly)
- Socks
- Undergarments
- Hat, cap, or visor
- Raincoat or poncho\*

### OPTIONAL / NICE TO HAVE ITEMS

- Book or card games - you will have a few intentionally placed breaks (about 30 minutes each) throughout the course of your week. Feel free to bring whatever helps you recharge!
- Sunglasses
- Earplugs or sleeping mask for light sleepers

**\*\*Make sure your personal items are appropriately marked with your name or initials - many items look alike! The Academy is not responsible for the loss of personal items.\*\***

---

## WHAT NOT TO BRING

- Cell Phone/Electronics - Due to the immersive nature of the experience, students should leave their devices at home or turn them in to the Executive Director. A phone will always be available for you to call home at any time.
- Cameras - Our photographer will capture your memories and share a link to all the photos after the program.
- Pocket knives - If its not allowed at school, its not allowed at the Academy.

### FOOTWEAR

- Closed-toed outdoor shoes or hiking boots (2 pairs recommended in case one gets wet)
- AQUATIC ONLY - Old sneakers or water shoes for wading in the stream (must be closed toed)\*

### GEAR AND SUPPLIES

- Small backpack for daily gear and class materials
- Refillable water bottle (WLA provides a waterbottle, but students are welcome to bring their own)
- Flashlight\*

### MEDICATION (IF APPLICABLE)

- All prescription medications
- Over-the-counter medications and supplements

**Please keep medication in original containers. All medication (including over the counter and supplements) will be given to the Health Care Coordinator at registration.**