

## What do we need to bring?

### **Sleeping Gear**

- Sleeping bag
- Pajamas/sleeping clothes
- Sleeping pad or air mattress (only if you have more than 28 in your group)
- Pillow case

### **Clothing** (Warm jacket, gloves and hat should be accessible for boat trip to the lab)

- One to two changes of clothes (depending on length of stay). Warm clothes that can be layered are best, plus lots of extra socks and long underwear. Long pants are preferred over shorts.
- Warm waterproof jacket or poncho, knit wool hat and warm gloves
- Sturdy hiking shoes (hiking boots are preferred due to muddy nature of trails)
- Knee-high rubber boots (no hip boots)
- Slippers (or heavy socks) to wear inside the Kasitsna Bay Lab bunkhouse

### **Personal Gear** (Showers will not be available)

- Toothbrush and toothpaste
- Hand towel or wash cloth
- Brush, washcloth and soap
- Sunscreen and bug spray
- Alarm clock (for chaperones only)
- Flashlight or head lamp
- Water bottle or canteen (filled with water)
- Day pack
- 3 pens or pencils
- Special foods or medications

### **Optional**

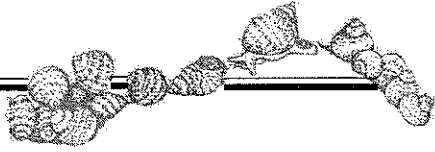
- Camera and film
- Binoculars and hand lens
- Student journal
- Money for field trip tee shirt or other souvenir
- Firewood for evening fire on the beach

**No electrical equipment should be brought to Field Station** (This includes, but is not limited to the following: radios, iPods, computer games, and blow dryers). If student have electronic equipment used during long travel, please ask your students to leave them on bus.

In addition, **no pets, knives, firearms, fireworks, alcohol, or drugs are allowed.** The Kasitsna Lab septic system requires the use of special soap products, so do not bring any soaps.

**All clothing and gear should be marked with student's name** (CACCS is not responsible for lost items.) Please call (907) 235-6667 to arrange for return of lost items. Lost and found items will be kept until June 1st of that year and then donated to charity.





## How should we pack?

Packing - Moving the gear can be a big task, but it is made easier by following a few rules:

- ◆ Pack frugally. Don't let the kids bring unneeded or forbidden items.
- ◆ Pack into bags and boxes that are light enough to be handled by everyone in your group.
- ◆ Make sure all items are packed **INSIDE** the duffel bags or backpacks. There shouldn't be any shoes, boots, or pillows tied to the outside. They make the bags clumsy to handle and often are lost or left behind.
- ◆ Use waterproof bags and plastic garbage sacks around boxes and anything else that is not waterproof. There's always the chance of rain and boxes and bags will need to be placed on wet decks, stairs, etc.
- ◆ Pack sleeping bags **INSIDE** a plastic bag **INSIDE** a stuff sack. If you place the plastic bag on the outside, it may tear and the sleeping bag will get wet.
- ◆ Securely tie all bags and ensure that there is a strong handle or loop of rope by which they can be lifted and handed from one person to another. Plastic garbage bags work well for many items and a loop can be made from heavy tape.

### **DO NOT BRING THE FOLLOWING:**

- 1. Paper or styrofoam plates, cups, or bowls**
- 2. Plastic utensils**
- 3. Knives, firearms, or fireworks**
- 4. Electronic equipment (like iPods and Gameboys)**
- 5. Pets**
- 6. Alcohol or illegal drugs**

