

WORTHINGTON FIELD STUDIES, INC.
SUMMER 2012 - CENTRAL ROCKIES

PERSONAL EQUIPMENT LIST



- 1 Sleeping Bag (down or polyester fiberfill) with stuff sack
- 2 Sleeping Bag Liner or Light Sheet
- 3 Backpacking-type sleeping pad (closed-cell foam or Therm-A-Rest type)
- 4 Hiking boots
- 5 Sports-type shoes (canvas, leather or nylon)
- 6 Laundry bag with drawstring
- 7 WFSI tee shirt
- 8 Wristwatch
- 9 LARGE Day-Pack (to be carried in van):

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| <input type="checkbox"/> Rain gear | <input type="checkbox"/> 2 1-liter Nalgene bottles |
| <input type="checkbox"/> Chapstick | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> Gloves | <input type="checkbox"/> Knit cap |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Baseball-style cap |

- 10 Green Dufflebag (supplied by WFSI):

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| <input type="checkbox"/> 8 pairs of socks (4 hiking, 4 miscellaneous) | |
| <input type="checkbox"/> 6 tee shirts or other shirts (any combination) | |
| <input type="checkbox"/> 1-2 long-sleeved shirt | |
| <input type="checkbox"/> 1 sweater or sweatshirt | <input type="checkbox"/> 2 washcloths |
| <input type="checkbox"/> 6 changes of underclothing | <input type="checkbox"/> 1 or 2 pairs of pants |
| <input type="checkbox"/> 1 set of long underwear | <input type="checkbox"/> 6 pairs of shorts |
| <input type="checkbox"/> 1 set of nightwear | <input type="checkbox"/> 1 jacket |
| <input type="checkbox"/> 2 bath towels | <input type="checkbox"/> 1 swimsuit |

- 11 Personal need items (stored in Van in Personal Bin provided by WFSI):

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| <input type="checkbox"/> Toothpaste, brush and floss | <input type="checkbox"/> Shaving needs |
| <input type="checkbox"/> Soap container and soap | <input type="checkbox"/> Pre-moistened towelettes |
| <input type="checkbox"/> Container of shampoo | <input type="checkbox"/> Personal medications (location reported to staff) |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Flashlight and extra batteries |
| <input type="checkbox"/> Hair brush and comb | <input type="checkbox"/> Personal first-aid items (band-aids, moleskin,
aspirin, sunscreen, aloe, etc.) |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> (NO COSMETICS) |
| <input type="checkbox"/> Kleenex | |

- 12 Other items stored in Personal Bin provided by WFSI:

- Field notebook
- Pencils, pens and erasers
- Journal - 8 1/2 by 11-inch spiral-bound notebook (100 pages minimum)
- Envelopes. postage stamps and addresses for writing home
- Folder containing your maps, trip itinerary, participant list, and other handouts

- 13 Student identification (driver's license or school ID)

- 14 Optional items: camera, scotch tape, paper hole punch, scissors, ruler, colored pencils, needle and thread, games, playing cards, shower thongs, hat, pillow, reading items, compass, bandana, whistle, small mirror, 2 favorite music CD'S. (NO electrical items needed!)

- 15 IMPORTANT! All items must be marked with your name! (Use a permanent-type marker such as a Sanford Sharpie pen.) Clothing should be colorfast. Personal medication should in unbreakable containers, CLEARLY MARKED, and your name must appear on the label!