

## Bottom Layers

- 2 pair of comfortable work pants that may be ruined (*old/thrift store jeans, canvas (Carhartt/Dickies) pants, heavier weight khaki pants/chinos, etc.*)
- 2 pair of comfortable/athletic shorts for after work, at camp, hiking etc.
- 2 pair of sweatpants or pajama pants for sleeping or evening wear
- 10 pair of comfortable/full coverage underwear
- 2 pair of cotton socks
- 4 pair of wool/hiking socks

## Top Layers \*

- 2 long-sleeved shirts (*any style*) for field work that may be ruined (*think light weight and airy, you will be wearing these in hot weather*)
- 2 short-sleeved shirts (*any style*) for field work that may be ruined
- 3 short-sleeved t-shirts
- 1 long-sleeved casual shirt
- 1 sweatshirt
- 1 warm jacket
- 1 baseball/sun hat
- 1 warm hat/beanie
- 3 sports bras

## Other

- 1-2 Bandana's
- Pillow w/ 2 pillow cases
- Sunglasses with UVA protection
- 1 Laundry bag
- Prescription medications
- Copy of U.S. passport or two of the following: birth certificate, CA Driver's License, or ID card, social security card (one needs to have a picture)
- fishing license if you have one

## Foot Wear

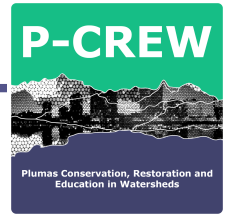
- 1 pair of comfortable, sturdy hiking boots (may find in thrift stores) We have women size 5.5, 7, and 9; men size 5 and 10 boots available.\*\*
- 1 pair of sneakers/casual shoes
- 1 pair of sandals (*no flip flops! you will need to wear sandals in rocky rivers, streams and lakes*)

## Swim wear

- 1 bathing suit w cover-up
- 1 towel for swimming & showers

## Personal Hygiene

- Shampoo/conditioner
- Hand/bar of soap
- Face wash (if needed)
- Baby/wet wipes
- Wash cloth
- Tampons/pads



- 3-Freezer Zip lock bags for tampon/pad waste (see feminine care instructions enclosed)
- Toothbrush with cover
- Toothpaste
- Chap Stick w/ sun protection
- Hairbrush/comb/hair ties
- Shower bag/tote: to carry toiletries

## Optional

- Personal fishing gear
- Personal journal/pens (we will provide you with a small field journal)
- Paper, pre-addressed and stamped envelopes for letters
- Money for extra snacks or supplies (no more than \$50)
- 1 “dress up/crazy” outfit for skits
- Bug repellent
- Camera w/batteries/charger
- Sunscreen (if you prefer a specific type)
- Wrist Watch (other than your phone)
- Belt/suspenders
- Body Lotion
- Small musical instruments

*(Harmonica, tambourine, ukulele...can bring guitar as well, but note w/all instruments, you are living in the woods...things can happen. SI is not responsible)*

### \*Notes on Layers

Avoid cotton when possible.

We have warm layers to lend you including: down jackets, vests, warm baselayer tops, fleece jackets, etc. Sizes xs-xl. Please let us know if you need a different size.

### \*\*Notes on Boots

-Boots should offer good ankle support and have good traction.

-Try to avoid stiff leather styles that will be hard to break in.

-Wear your boots on walks and around the house as much as possible before your session starts. Especially if they are new.

-We have \$10 used boots for sale in Women size 5.5, 7, and 9 and Men boots in size 10. We have free boots in Women size 7 and Men size 5. Contact us if you are interested.

-Here are some **examples** (all are sold at Big 5 Sports, call to check availability): Hi-Tec Deco Mid, Bearpaw Lassen, Bearpaw Tenaya, Denali Toklat and Coleman Arvada (just examples, you may buy any brand/style you choose).