

# NATURALISTS AT LARGE

[www.natsatlarge.com](http://www.natsatlarge.com)

## OUTPOST LEARNING CENTER (OLC) EQUIPMENT LIST

Days will be spent being active! Comfortable, sturdy shoes and clothing for changeable weather are crucial. By following the list below, you will be providing the elements your child will need for layering. Layering will keep them comfortable no matter what the weather bring. Students will be sleeping in tents. Warm clothing may be especially important to stay warm in evenings and mornings. Naturalists at Large believes that students learn best in the outdoors when they are comfortable and confident, prepared with the essential clothing and gear. Please do your best to locate, borrow, buy, or improvise on the following list:

**SLEEPING:** *(Both pad and sleeping bag can be rented from your local outdoor sporting goods dealer.)*

- Sleeping bag (rated to 32 degrees)
- Ensolite, closed cell foam pad, or Thermarest

**DAYPACK:**

- Day pack (capable of holding a lunch, **2 1-liter** water bottles, poncho and notebook)

**CLOTHING:**

- Wind breaker OR light jacket
- Poncho OR coated nylon rain jacket with hood and rain pants
- Wool cap and mittens for late fall or early spring trips
- Warm jacket and sweater (wool or acrylic: no cotton)
- Boots (well broken in) OR sturdy walking shoes
- Heavy wool or synthetic socks (cotton does not retain heat when wet)
- Lightweight synthetic socks
- Shoes for water wear, ie. aqua socks, sports sandals (**must have heel strap**, no flip-flops) Canvas sneakers
- Jeans or sweatpants
- Shorts for walking
- Underwear (number appropriate for trip length)
- Thermal/long underwear
- Shirts (2 long sleeves and 2 short sleeves)
- Bathing Suit (where applicable)

**OTHER ITEMS :**

- HAT WITH BRIM (Baseball cap is okay)
- Sunglasses with strap
- Sunscreen (with a SPF of 15 or better)
- Lip balm
- Bandannas
- Small notebook and pen or pencil for journal activities
- Bath towel
- Toiletries (toothbrush, soap, etc.)
- REQUIRED MEDICATIONS (enough for the entire trip)
- One 33-gallon size plastic bag for dirty laundry (or wet things)
- Small flashlight with fresh batteries
- Wet wipes
- Extra glasses/contacts?

**EATING AND DRINKING:**

- Water bottle or canteen: **2 one-liter/quart minimum**
- Plastic plate, plastic bowl, & eating utensils
- Unbreakable cup

**NOTE: PLEASE PACK ALL EQUIPMENT IN A DUFFEL BAG OR BACKPACK**

Please do not bring many loose items. Mark everything you bring!

**OPTIONAL EQUIPMENT:**

Camera, board games, binoculars, reading material

**DO NOT BRING:**

Pocket knives, personal music devices, radios, electronic games, gum, junk food, or cell phones (they do not work at most sites and may be damaged or lost on program).

**NATURALISTS AT LARGE WILL NOT BE RESPONSIBLE FOR LOST OR DAMAGED PERSONAL BELONGINGS**