

# NATURALISTS AT LARGE

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

## OUTPOST LEARNING CENTER (OLC) EQUIPMENT LIST

### PINNACLES NATIONAL MONUMENT

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 15-32 degrees. (Can vary based on the person, time of year, and weather report)
- Ensolite, closed cell foam pad, or Thermarest

**DAYPACK:**

- Day pack (capable of holding a lunch, **2 1-liter** water bottles, rain gear, layers, notebook, flashlight for the talus caves)

**CLOTHING:**

- Wind breaker OR light jacket
- Coated nylon or breathable waterproof rain jacket with hood and rain pants
- Wool or synthetic cap and mittens/gloves
- Warm jacket and sweater (wool or synthetic: no cotton)
- Boots (well broken in) OR sturdy hiking shoes
- Heavy wool or synthetic socks (cotton does not retain heat when wet)
- Lightweight synthetic socks
- Shoes for water wear/pool use, ie. aqua socks, sports sandals (**must have heel strap**, no flip-flops)
- Jeans or sweatpants
- Shorts for walking
- Underwear (number appropriate for trip length)
- Synthetic thermal/long underwear
- Shirts (2 long sleeves and 2 short sleeves)
- Bathing Suit (for potential pool use/shower at Pinnacles)

**OTHER ITEMS :**

- HAT WITH BRIM (Baseball cap is okay)
- Sunglasses with strap
- Sunscreen (with a SPF of 30 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/headlamp with fresh batteries
- Wet wipes
- Extra glasses/contacts?
- Quarters for the showers at Pinnacles (about 75 cents per shower)

**EATING AND DRINKING:**

- Water bottle or canteen: **2 one-liter/quart minimum**
- Plastic plate, plastic bowl, & eating utensils (*a Tupperware works nice as a bowl and for packing lunch items for the hikes*)
- 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 Pinnacles and may be damaged or lost on program).

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