

## Bottom Layers

- 2 pair of comfortable full length 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)

## Foot Wear

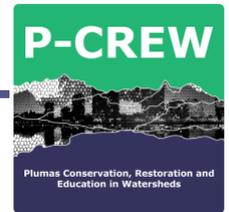
- 1 pair of comfortable, sturdy hiking boots (may find in thrift stores) We have women and men boots available.\*\*
- 1 pair of sneakers/casual shoes
- 1 pair of sandals (**No flip flops!** *You will need to wear sandals in rocky rivers, streams and lakes*)

## Swim wear

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

## Personal Hygiene

- Shampoo/conditioner
- 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
- Cup, bowl, spoon and fork.

## Optional

- Personal fishing gear
- fishing license if you have one
- 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
- Belt/suspenders
- Unscented 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 base-layer 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 (they should completely cover your ankle) 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 \$15 used boots for sale. Call for sizes if you need a pair.

We have free boots in Women size 7 and Men size 5. Contact us if you are interested.