

# Equipment List for Lamoille Institute for Educators (LIFE)

This list is a guideline for your consideration; you are not required to bring any particular item, and the list may not include items you want. Old clothes are ideal. A change of clothing is recommended for each day, since you will be outdoors and active, with a portion of each day in the field. Lamoille temperatures can vary from very warm days to very cold nights. Please mark items with your name.

## *Sleeping (assuming you are using the cabins)*

- cot or inflatable air mattress (beds not available)**
- sleeping bag (or sheets and 2 blankets)**
- pillow with pillow case

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## *Clothing*

- 1 rain poncho or rain jacket (waterproof)
- 1 light sweater, sweatshirt or jacket
- 1 warm jacket, or a second light layer
- 1 ball cap or other hat
- 2–3 T-shirts
- 1 pair of long pants
- 1 pair shorts
- 1 long-sleeved shirt
- 2–3 changes of underwear
- 2–3 pairs of socks
- hiking boots or comfortable walking shoes
- sandals or shoes you don't mind getting wet
- pajamas or change of clothing for sleep
- long underwear or sweatpants (not cotton)
- mittens or gloves
- wool hat or beanie
- bandana

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## *Personal Gear*

- bath towel (optional hand towel, wash cloth)
- soap, shampoo
- toothbrush and toothpaste
- shower sandals (optional)
- comb or hair brush
- chapstick
- insect repellent (no spray preferred)
- flashlight with batteries
- watch
- travel alarm clock
- garbage bag for wet and dirty clothes
- mug for tea or coffee
- plate, bowl, and utensils, cloth napkin

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## *Field Gear*

- water bottle (any 32 oz [1 liter] plastic container, such as a plastic soda bottle, as a minimum)**
- daypack**
- sunscreen 30+**
- sunglasses
- toilet paper
- notebook or journal (we provide a field journal, but you may use your own)
- permanent ink pen (Pentel or other)
- color pencils, ruler, etc (optional)
- camera (optional)
- binoculars (optional)
- natural history study tools (optional)
- field guides (optional)
- trail snack food (if you need it)

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## *Other*

- lunch for the first day**
- musical instruments
- any environmental education materials you wish to share with the group

Note: Additions and corrections are welcome.