

XIV EQUIPMENT AND FIELD GEAR REQUIRED FOR ALL COURSES

Every student **is required** to bring the following for the course

(*Art students may omit some items from this list, also refer to art course materials list.)

1. Compass, Flashlight and rechargeable batteries ("Renewal" alkaline work best). If you bring regular bring them back to the states with you. We have no batteries recycling facilities in the rainforest.
2. Light weight cool raincoat for the field- both stations- and portable umbrella for around the camp (La Suerte).
3. The following items can be purchased from Forestry Suppliers, Inc. (1-800-647-5368) 601-354-3565. Biodegradable (blue) flagging Item #58036 (please order 2 rolls @ \$2.05 each). Also 1 or 2 permanent black marker item # 45899, "Write-in-the-rain" Spiral all-weather Notebook is #49318*. They cost approximately \$5.50 each; please order two. The all-weather pens are item number #49237*. They are approximately \$7.60 each; please order two. These items are not required for art classes.
4. Water bottle or canteen, pocket knife (do not pack in carry-on luggage), binoculars (7 x 35 or 8 x 40).
5. A box of one-quart size zip lock bags to protect personal items from moisture, 5 large plastic trash bags for keeping duffel bags, clothing, and equipment dry.
6. **Repellent available at Forestry supply (1-800-647-5368 601-354-3565) or camping stores: Ometepe (2) + non-aerosol cans/bottles of insect repellent, La Suerte (4) + non-aerosol bottles. On Clothing we recommend to use a 100% "DEET" N,N Diethyl-meta-toluamide (\$4.60 each 100% item #25327) for skin use 20% (\$6. 50 each item # 25220). Remember always use high % wear on clothing and lower % on skin. Make sure you are not allergic to this product before your trip.**
7. 10x or 15x hand lens. Signal whistle with string
8. Calculator (preferably solar powered) and instructions on its use (not required for artist).
9. Millimeter graph paper *, notebook, ruler, small combination lock and writing paper (not required for artist).
10. La Suerte mosquito bed net, mosquito hood or hat for the forest.
11. **La Suerte** students only - Calf-high rubber boots (you can get a pair at Kmart or army navy stores or Forestry supplies \$13.50 #93565, this item number is a size 8, request your own size.
12. **Ometepe** students use hiking boots - make sure they are comfortable. Your footwear is the most important item on the equipment list. You will do alot of walking/hiking.
13. Fast drying clothing and towels. There are no dryers in the tropics. Clothing, nylon/fast drying preferred: 5 tee shirts, 5 fast dry tank tops, and a few pair of fast dry shorts, 10 or more pairs of dark socks and fast dry underwear, 4 pairs of light weight pants (convertible nylon short/pants are good), 5 light material long-sleeve shirts (to protect your skin from sun, thorns, etc.). Pajamas or sleeping clothes, Bathing suit, one set of nice casual clothing. Note: bring old clothing you own if possible.
14. Sandals, sun hat, bandannas, cap and if you like to run - a pair of running shoes.
15. All courses - bring a light weight blanket for cool nights.
16. 2 sets twin sheet set (flat sheet, standard pillow case, fitted sheet).
17. 2-3 large thin fast dry towels (La Suerte students fast drying is important!).
18. Pair of light weight gloves for working in the forest, gardening gloves are good (optional).
19. Laundry soap, and laundry scrub brush, small pan optional (hand wash laundry facilities are "low tech").
20. Small coffee thermos if you like to drink coffee or soup (optional).
21. Digital wrist watch (needed for data collection and telling time; please be sure it is water resistant, and alarm).
22. Day pack/book bag (you can waterproof any bag by using spray or brush on silicone).
23. If you wear glasses, bring an extra pair if possible and anti-fog drops (Speedo).
24. Small personal First Aid Kit (Band-Aids, antibiotic ointment, Tylenol, cold tablets, etc.) waterproof sunblock,
25. Anti-itch medications, fungal powder or cream, medication for **yeast** infections if you are prone.
26. Stomach comforting medicine "Pepto," or "Tums" your stomach may need to adjust these can help.
27. Ometepe students U.S.C.G. Approved life vest; the station will provide you with **free use of ocean going kayaks (optional)**. You will not be allowed to use the kayaks without the life vest.