

O.P.I. CLOTHING AND EQUIPMENT LIST (FOR ON-CAMPUS PROGRAMS)

The items on this list are to be brought by each Filed Science participant. Please adjust the number of socks, pants, etc. according to the number of days you will be spending at OPI. When asked what they could have done to make their stay at OPI more enjoyable, some students answer that they would have followed the equipment list more closely.

Please arrive at OPI dressed for hiking & with your pack ready!

- DAY PACK** - Be prepared! Upon arrival you will be on the trails and need a day pack filled with the six items below. *Pack your personal and over-night items separately.*
- RAIN GEAR** - *waterproof*, not just water-resistant. A rain suit (jacket and pants) is much better than a poncho because it keeps all of you dry.
- WARM KNIT OR FLEECE HAT** - for cool nights and possibly rainy days.
- WATER BOTTLE** - unbreakable one quart plastic bottle with screw-on, leak-proof top (such as soda or sports-drink bottles). No glass bottles please!
- NOTEBOOK AND PENCIL**
- EXTRA LAYERS OF WARM CLOTHING**
- SACK LUNCH** - for the first day only.
- WHISTLE** (only for emergencies!)

- FOOT GEAR** - bring two or three pairs: sturdy, *worn in* hiking boots, sneakers, or walking shoes and/or rubber or waterproof boots. Trails can be wet and muddy in any season. Allow an extra pair of shoes in case others get wet. Often participants find that a pair of Sport Sandals are nice for the showers and if your group is going canoeing.
- PANTS** - three rugged pairs (including one pair of warm pants).
- SHIRTS** - three rugged shirts, plus a few lightweight shirts for warm weather.
- SWEATER OR FLEECE** - two lightweight wool or fleece layers are best; avoid cotton.
- JACKET** – an insulated layer, such as a parka with hood is a good choice.
- MITTENS** - mittens are warmer than gloves; wool or fleece are warm when wet.
- SOCKS** - five pairs of socks (wool preferred).
- UNDERWEAR**
- THERMAL UNDERWEAR** - polypropylene or capilene; very warm and lightweight.
- PAJAMAS, BATHROBE** - remember, bathrooms/showers are in a separate building.
- TOWEL**
- TOILETRIES** - shampoo, soap, toothbrush, toothpaste, personal medication.
- SLEEPING BAG, PILLOWS** - good quality synthetic or down fill; sheets and blankets are fine if you do not have a sleeping bag.
- OPTIONAL ITEMS** - sunglasses, binoculars, field guide, recyclable camera.

NOTE TO PARENTS AND STUDENTS:

PLEASE DO NOT BRING

Extra food - food is not allowed in the cabins. Ample food will be provided.

Knives - are a safety hazard!

Electrical appliances / games - including Walkmans, Discmans or Ipod like players, NO CELL PHONES.

Anything that would be sadly missed if lost!