

BBC 2.0 7/23-7/29/17

What to Bring to Camp

Forecasted temperatures:

Davis: Lows 58°F. Highs 95°F.

Truckee: Lows 46°F. Highs 83°F.

PERSONAL SUPPLIES-

Put liquids/gels in separate plastic bags as the elevation gain could cause them to leak.

- water bottles/hydration system
- sunscreen
- lip balm w/sunscreen
- toothbrush/toothpaste/floss
- hairbrush/comb
- moisturizer (optional)
- soap (needs to be liquid only, no bars or powder allowed)
- other personal toiletry items
- sunglasses/leash
- extra pair of eyeglasses/contacts (if applicable)
- day pack/backpack
- bed sheets & pillow (twin size)
- sleeping bag or down/wool blankets
- lantern/flashlight/headlamp (with extra batteries)
- towel
- earplugs (optional)
- dirty laundry bag
- whistle (for safety)
- watch – not cell phone (for safety)
- swimming suit and towel
- medications (even over-the-counter ones like advil need to be deposited with the instructors. Inhalers and Epipens can stay with the camper, but instructors need to know where they are located and if they get used.)

FOOTWEAR

- 4-5 pairs hiking socks
- old shoes or river shoes (like Keens) for mucking around (highly recommended)
- hiking boots, tennis shoes or sturdy shoes for around the field station
- flip flops/sandals/Crocs (showers only, not great for hiking)

APPAREL

Remember when cotton gets wet it doesn't insulate well. Please find other materials for some of your outerwear.

- 3-4 pants
- fleece jacket or wool sweater (not a cotton sweatshirt)
- 5 short-sleeved shirts
- 2 long-sleeved shirts
- 7 regular underwear
- 3 shorts
- 1 set of sleepwear

OUTERWEAR

- jacket/windbreaker
- warm gloves
- winter hat
- sun hat/baseball cap
- bandana
- warm pants (fleece or wool) or shell (not cotton sweatpants)

MISC.

- camera or cell phone- see caveat below (if you have one)
- camera/cell phone battery charger
- binoculars (if you have them)
- insect collecting items (if you have them- but we will have plenty)
- books
- compass (if you have one)
- deck of cards
- a silly costume/outfit (e.g. cowboy hat, Hawaiian shirt, tutu, 70's style tie)

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NOT TO BRING

- ❑ iPod or video games
- ❑ knives (swiss army, leatherman, etc.)
- ❑ your pet dog, cat, chicken, boa, etc...
- ❑ illegal items (eg drugs or alcohol)

PHONES

Note: There is no cell phone reception at Quail Ridge or Sagehen. There is a landline phone that requires a prepaid or credit card for long distance calls. We will provide Sagehen contact information before camp and we will have computer access, so limited emails are possible. The camp will blog, so parents can read that each evening for updates.

We realize cell phones can be valuable research tools, but they can also be major distractions. We ask that cell phones be turned off during camp except for 1) emergency situations, 2) limited photographic opportunities, and 3) designated free times. Ultimately cell phone usage is at the discretion of the instructors.

If a camper is using a cell phone in a distracting way there will be:
First offense- a verbal warning to put the phone away
Second offense- temporary confiscation of the phone (1-24 hours)
Third offense – confiscation of the phone until the end of camp

Laundry

There is a washing machine at Sagehen with line drying. Typically campers don't need to use it, but we will have some appropriate laundry soap if a load or two needs to be done.

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