

Bio Boot Camp

What to Bring to the Sierra Thursday-Friday

Historical temperatures for late June:
Truckee:
Lows 9.4°C/49°F. Highs 31°C/88°F.

FOOD: Should be healthy and not require a microwave. Sharing or swapping of food can't be allowed.

- Snack 1
- Lunch
- Snack 2

PERSONAL SUPPLIES-

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

- water bottles/hydration system
- sunscreen
- lip balm w/sunscreen
- toothbrush/toothpaste/floss
- hairbrush/comb
- soap (needs to be liquid only, no bars or powder allowed)
- other personal toiletry items
- vitamins/medications
- sunglasses/leash
- extra pair of eyeglasses (if applicable)
- day pack/backpack
- bed sheets & pillow
- warm sleeping bag or down/wool blankets
- lantern/flashlight/headlamp (with fresh or extra batteries)
- towel (if showering)
- whistle (for safety)
- watch
- bag for wet/dirty clothes (eg trash/plastic bag)

FOOTWEAR

- 1-2 pairs hiking socks
- water shoes - sturdy and secure (like Keens or old sneakers, just not flip flops)

- hiking boots, tennis shoes or sturdy shoes for hiking around the field station

Thursday & Friday

APPAREL

- 1 quick-drying pants (not jeans)
- fleece jacket or wool sweater
- 2 short-sleeved shirts
- 1 long-sleeved shirts
- 2 regular undergarments
- warm pants (fleece or wool)
- 1 pair of shorts

OUTERWEAR

- jacket/windbreaker
- fleece or wool gloves/mittens
- winter hat
- sun hat/baseball cap
- bandana

HIGHLY RECOMMENDED

- wicking long underwear (top/bottoms)

MISC.

- camera (if you have one)
- binoculars (if you have them)
- cell phone (in a ziploc bag)
- insect collecting items
- book
- deck of cards

PHONES

Note: There is no cell phone reception at 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.

NOT TO BRING

- iPod or video games
- knives (swiss army, leatherman, etc.)
- anything of value (sentimental/\$)
- illegal items (eg drugs/alcohol)