

## Sustaining Forests, Biodiversity, and Livelihoods on Washington's Olympic Peninsula

### Expedition Packing List

#### REQUIRED COVID-19 SAFETY ITEMS

In addition to the items included above, please also bring:

- Proof of COVID-19 vaccination
- Enough face masks for the entire length of the project. A minimum of a cloth face covering, surgical mask, KN95 mask, or N95 mask must be worn as outlined by Washington State Department of Health (DOH) and the Centers for Disease Control (CDC), Assume limited or no access to laundry when deciding how many are needed.
- Hand sanitizer for personal use (at least 60% ethyl alcohol)
- Personal thermometer for daily health checks
- Personal toiletries—please do not share personal care products with others
- Pens and pencils for daily use

#### GENERAL

- Expedition Logistics Document
- Your travel plans, rendezvous details, and Earthwatch's emergency contact information
- Photocopies of your passport, flight itinerary, and credit cards in case the originals are lost or stolen; the copies should be packed separately from the original documents
- Passport and/or visa (*if necessary*)
- Certification of vaccination (*if necessary*)
- Documentation for travel by minors (*if necessary*)

#### CLOTHING/FOOTWEAR FOR FIELDWORK

- Well-worn in, sturdy, waterproof hiking boots with good ankle support
- 2–3 lightweight, quick-drying, long-sleeved shirts—avoid cotton and very thin materials, as they may tear
- 2–3 pairs of quick-drying light colored long pants to wear under waterproof layer
- Waterproof jacket & rain pants with thick material to prevent tears from vegetation
- Warm thin thermal layers of clothing (i.e. jacket, sweater or fleece)
- Warm hat or beanie
- 4-5 pair of thick hiking socks (wool or synthetic—NOT cotton)
- Gaiters to cover boots (optional but helps with wet vegetation, mud, and brambles)

#### CLOTHING/FOOTWEAR FOR LEISURE

- At least one set of clothing to keep clean for end of expedition
- Pair of light shoes or sandals
- Lightweight pants
- Shorts
- T-shirts / tank tops

- Sweatshirt / light jacket
- Tennis shoes / casual shoes

#### FIELD SUPPLIES

- Daypack to carry and keep your personal items
- Drybag or plastic sealable bags (good for protecting equipment like cameras from dust, humidity, and water)
- Sunscreen lotion SPF 30+ (We encourage biodegradable reef/fish-friendly products like those from [Stream2Sea](#). **Get 10% off with promo code 'Earthwatch'**)
- 2 one-liter water bottles, OR 1 two-liter water bottle
- Reusable travel coffee mug
- Insect repellent
- Sunglasses

#### BEDDING AND BATHING

**Note:** all bedding, as well as a bath towel, is provided at the research station.

#### PERSONAL SUPPLIES

- Personal toiletries (we recommend biodegradable or reef/fish-friendly products like those from [Stream2Sea](#). **Get 10% off with promo code 'Earthwatch'**)
- Antibacterial wipes or lotion (good for cleaning hands while in the field)
- Personal first aid kit (e.g., anti-diarrhea pills, antibiotics, antiseptic, itch-relief, allergy meds, pain reliever, bandages, blister covers, etc.) and medications
- Spending money for additional food/drinks, souvenirs and some park/museum entry fees—approximately \$75–\$150

#### OPTIONAL ITEMS

- Camera, memory card(s), extra camera battery
- Hardware for sharing digital photographs at the end of the expedition
- Books, games, journal, art supplies, etc. for free time
- Earplugs for light sleepers
- Binoculars
- Mosquito head net for July–Sept teams
- Flashlight or headlamp with rechargeable batteries
- Flip flops or sandals for the shower (you need to walk outside to get to the bathroom)
- Thick gardening gloves to move vegetation while hiking
- Bathing suit for sunbathing only (the rivers and ocean are cold for swimming even in August)
- Pencil, pen, notebook for note taking during lectures
- Eye protection, possible options include: ANSI approved safety glasses (ex. <https://www.homedepot.com/b/Safety-Equipment-Protective-Eyewear-Safety-Glasses-Sunglasses/ANSI-Certified/N-5yc1vZc1xtZ1z0v996?storeSelection=>), prescription glasses, sunglasses, or a hard plastic face shield

**Note:** Do not bring more luggage than you can carry and handle on your own. If traveling by air and checking your luggage, we advise you to pack an extra set of field clothing and personal essentials in your carry-on bag in case your luggage is lost or delayed.