

Restoring Sierra Meadows: The Source of California's Water

Expedition Packing List

REQUIRED COVID-19 SAFETY ITEMS

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

- Proof of COVID-19 vaccination, including booster doses if available
- Sufficient funds to cover any required COVID testing (approximately \$40 USD)
- Enough face masks for the entire length of the project. Even when mask use is no longer required on site, all participants must still bring a supply of masks with them in the event they are needed. (N95, FFP2 or equivalent are recommended.)
- Multiple travel antigen (rapid) tests for COVID-19
- Personal thermometer for daily health checks
- Hand sanitizer for personal use (at least 60% ethyl alcohol)
- Enough personal medications, or other necessities, to cover possible time in quarantine beyond your planned travel days.

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.
- Photo ID
- Certification of vaccination (*if necessary*)
- Documentation for travel by minors (*if necessary*)
- Credit card that may be used in the event of an emergency (travel delays, etc.)

CLOTHING/FOOTWEAR FOR FIELDWORK

- Earthwatch T-shirt
- Lightweight, quick-drying, long-sleeved shirts
- Lightweight, quick drying, long pants
- Well worn-in, comfortable hiking boots or waterproof Gore-Tex shoes (you will be walking through muddy areas)
- Warm layers of clothing (e.g., lightweight jacket or fleece for cool evenings)
- Rain jacket (rain is uncommon, but afternoon thunderstorms are possible)
- Hat to protect against the sun.

CLOTHING/FOOTWEAR FOR LEISURE

- At least one set of clothing to keep clean for the end of the expedition.
- Comfortable shoes/trainers/slippers for the accommodations
- Flip-flops for showers
- Warm pajamas and socks for sleeping.
- Swimsuit and beach towel for recreational time

FIELD SUPPLIES

- Small daypack
- Sunscreen lotion SPF 30+ (We encourage biodegradable reef/fish-friendly products like those from [Stream2Sea](#). Get 10% off with promo code 'Earthwatch')
- Flashlight with extra batteries and extra bulb
- Two one-liter water bottles
- Insect repellent
- Sunglasses
- Headlamp

BEDDING AND BATHING

- Bath towel(s)

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

OPTIONAL ITEMS

- Head net (to keep mosquitos off you while in the field)
- Pencil and notebook for note taking during lectures or journaling.
- Camera, film or memory card(s), extra camera battery
- Hardware for sharing digital photographs at the end of the expedition.
- Dry bag or plastic sealable bags (e.g., Ziploc) to protect equipment like cameras from dust, humidity, and water.
- Books, games, art supplies, etc. for free time
- Earplugs for light sleepers

Note: *Do not bring more luggage than you can carry and handle on your own.*