



## Landscape and Livelihood Field Semester

### SUPPLY LIST

Most of the field semester takes place ‘in the field’, so you will need to come prepared with the appropriate gear! You will be traveling in the backcountry for the first 9 days of our program, and having the proper gear will ensure that this is a successful trip, personally and academically. During the rest of the semester, you will be living in “the NwC Barn”- attending lectures for part of each morning and doing fieldwork in the afternoons - as well as taking several 1-3 day trips to nearby wilderness areas and staying with families in the valley. You will be sharing a room with 3-4 other people with ample space to store your items.

Below is the equipment list separated into A) a backpacking trip list and B) an “everything else” list. Please call if you have any questions or e-mail Steve Lamar at [steve@northwestconnections.org](mailto:steve@northwestconnections.org)

### BACKPACKING CHECKLIST: EVERYTHING IS REQUIRED

Please make sure you arrive with everything on this list since we will leave for the backcountry right away and will be unable to pick up last-minute gear from town.

\_\_\_ BACK PACK: a full-size pack (minimum 5000 cubic inches in volume) with external or rigid, internal frame which can haul everything else on the backpacking list, plus 9 days of your food and your share of the group gear (part of the tent, stove or fuel, and one of the following: water filter, radio, cook pot, rope). Large day-packs, or even "day-and-a-half packs" are not large enough! Also, do not bring luggage that converts into a backpack by virtue of a few straps (it's happened before and it's not pretty). I'd recommend test-driving a new pack a few times with a heavy load so you can experiment with getting all the adjustments just right.

\_\_\_ PACK COVER: a waterproof cover for your pack. These are handy both to keep your pack covered at night and to wear over your pack during the day while you are hiking.

\_\_\_ SLEEPING BAG: In September, nights are already starting to get downright chilly. Either synthetic fill or down is fine; **no cotton**. Your bag ought to be rated to 0 or 10 degrees; however, comfort levels vary tremendously from person to person! If you're not sure, give us a call.

\_\_\_ GROUND PAD: 3/8" closed-cell foam pad such as ensolite or ridge-rest; or a self-inflating type such as Thermarest. This will add about 10 degrees to the temperature rating of your sleeping bag. Open-cell foam pads are not acceptable.

\_\_\_ EATING UTENSILS: bowl, insulated cup, spoon & fork.

\_\_\_ STURDY LEATHER HIKING BOOTS: **break in new boots before you arrive**; this can take a long time and many miles. Please make sure they are waterproofed in advance as well; I recommend “Obenauf’s” but every good shoe store carries their own special formula. “Light hikers” are not acceptable as your sole source of footgear since they cannot provide enough support to protect your

ankles while you are carrying a heavy pack, especially when venturing off-trail. Some folks bring a pair (of light-hikers) for wearing in camp; however, sneakers are a lighter, and therefore better, option.

\_\_\_GAITERS: these are important to keep your feet/ lower legs dry while bushwhacking and in camp. Full-length gaiters work best for this time of the year. Outdoor Research makes several models of gaiters with velcro (hook and loop) closures that work really well.

\_\_\_SOCKS: the combination of a polypropylene or silk liner sock plus a wool insulating sock seems to work well for most people. This arrangement reduces the chance of blister formation and keeps your feet from sweating too much while hiking. Avoid vapor barrier socks. And no cotton while hiking! (again, some folks bring a cotton pair to wear at night; this lets their feet dry out and prevents "trenchfoot." However, if you don't mind wool, as long as you have an extra dry pair, why carry the extra weight?)

\_\_\_WICKING LAYER, TOP AND BOTTOM: a set of synthetic (polypropylene, etc.) or silk long underwear. The "waffle" kind of thermal underwear is usually cotton, which is no good at insulating when it gets wet. Check the tags!

\_\_\_WARM, INSULATING LAYER, TOP AND BOTTOM: at least one pair of pants (it would be great if they weren't cotton) **AND** three top layers consisting of any combination of the following: wool sweater, warm parka, fleece jacket, wool jacket. You'd be surprised at how cold it will be in the mountains in September, especially in the mornings.

\_\_\_RAIN JACKET **AND** PANTS: Waterproof or waterproof/breathable rain gear - coated nylon or gore-tex-type fabric. Thin plastic rainsuits or ponchos are not acceptable.

\_\_\_WARM HAT AND WARM GLOVES OR MITTENS: for chilly nights and mornings. You may want to sleep with these on as well, if you're a cold sleeper.

\_\_\_SLEEPING CLOTHES: comfortable jammies to wear only in your tent. While living in grizzly country, we sleep in clothes with no food smells on them.

\_\_\_SHORTS: for optimism's sake

\_\_\_SNEAKERS: soft-soled shoes which go easy on your feet after a long hiking day and which also go easy on a backcountry camp. Do **not** bring open sandals like Tevas because the chance of injuring your feet is just too great and we can't afford you to be lame when we're 20 miles from a trailhead.

\_\_\_WATER BOTTLES: Your hydration status will be constantly scrutinized...so bring **two** one-quart Nalgene bottles or a camelbak-type bag with at least a 2-liter/2quart capacity. Don't bring old glass bottles or soda bottles; they break too easily. Bicycle water bottles leak.

\_\_\_PLASTIC BAGS: 1-2 large plastic bags and a few smaller ones, to keep stuff dry in your pack when it rains. Individual gallon-size ziploc bags work great for keeping socks & extra layers dry.

\_\_\_TOILETRIES: sunscreen; toothbrush and baking soda (a good substitute for toothpaste in bear country – we will provide the baking soda); tampons; contact lens solution; lip balm; etc. All of these items will need to be hung with the food at night or when we're away from camp so a separate stuff sack for this stuff will be handy. Used tampons can be put in ziplocs or double-bagged inside one opaque bag and one ziploc. Do **not** bring shampoo, deodorant, make-up.

\_\_\_PERSONAL MEDICATIONS: if you require any medicine, make sure you don't leave it at home!

\_\_\_HEADLAMP: I'd suggest taking the batteries out - or turning one backwards - during travel time (in the car or on foot) so you don't accidentally run down the batteries. Also, bring a spare bulb & set of batteries just in case.

\_\_\_COMPASS: Liquid Filled, **declination adjustable (has built-in magnetic declination adjustment screw – very important - if it doesn't have this feature don't buy it!)**, (example: excellent choice is any of the Silva Ranger CL series - CL, CL15 Q, CL15 A, etc.)

\_\_\_POCKET KNIFE: Swiss-Army or Leatherman - type knife

\_\_\_MATCHES or LIGHTER

\_\_\_CRAZY CREEK CHAIR OR EQUIVALENT

\_\_\_OPTIONAL BUT HANDY STUFF

- Binoculars – we strongly recommend you bring a pair if you own them, or borrow if possible
- camera and film
- personal first aid kit (we do carry a group kit as well)
- star chart

### **EVERYTHING ELSE LIST**

\_\_\_COMFY WORK CLOTHES FOR TWO MONTHS: The weather in the fall ranges all over the thermometer. We'll have a combination of sunny, warm days; cold rain and our first snowfall of the season; and nighttime temperatures falling below freezing as the days shorten. That's in the valley bottom where we'll spend most of our time. On our trips up into the mountains, expect the same, only colder.

\_\_\_WINTER BOOTS: Optional, but recommended. Anytime in the fall we can receive our first snowfall of the season; usually by late October we have cold weather and a light dusting of snow. Your feet will appreciate a warm, dry boot for our late semester field activities.

\_\_\_WADERS: You'll need hip waders to wear for the duration of the Watershed Dynamics class. If you already own chest waders, by all means, bring them. If you don't own waders, you can purchase an inexpensive pair at any all-purpose sporting goods store for \$30 - \$50 or order them online from Cabelas or Simms. A few things to consider: the water will be COLD at this time of year so you'll want to wear heavy wool socks with your waders or buy a pair with insulated boots. You'll buy waders in your normal shoe size, but make sure they're comfortable with heavy socks. FYI: you don't wear shoes inside your waders – just socks. Be aware that “stockingfoot” waders require an additional wading boot over top – making for an additional expense.

\_\_\_SLIPPERS: Indoor-only shoes, booties or slippers for padding around in the no-shoes-allowed Barn.

\_\_\_BEDDING: your own pillow; sleeping bag or your favorite sheets and blankets. You may want to bring a foam pad ("egg-crate" foam) to cover the existing foam mattress on the bunk if you're worried about comfort.

\_\_\_PERSONAL TOILETRIES: above & beyond the bare essentials covered on the backpacking list. Consider bringing a "bathroom tote" to keep your toiletries organized in the washhouse.

\_\_\_FOUR FIELD JOURNALS: one for each of your courses (biogeography and field skills will be combined into one). Your journals should have the following attributes:

- larger than 6"x9" - avoid smaller ones; it's difficult to do landscape sketches, keep a logical flow to notes, etc. with something much smaller than 6"x9"
- binding (spiral, etc.) which allows the book to lay flat

- hardbound or other sturdy cover is preferable for the Biogeography, Forestry and Watershed Journals. Your Independent Study journal can be a spiral notebook or 3-ring binder.
- blank pages not lined pages
- during the backpacking trip, you will want a one-gallon Ziploc bag to keep your biogeography journal in.

\_\_\_ PENS AND OTHER MISCELLANEOUS SKETCHING SUPPLIES:

- Ballpoint or other waterproof pens
- Colored pencils
- Small flexible, plastic ruler
- Rubber bands or binder clips to keep pages flat in windy conditions
- Optional: small watercolor set for field use (ex. Windsor & Newton) plus film canister for water. This is optional but if you don't have one, you may find yourself always borrowing someone else's! Windsor & Newton is the most expensive, but you can bring any old paint set and be happy.

\_\_\_ FAVORITE COOKBOOKS OR RECIPES: All students share the responsibility of preparing meals.

\_\_\_ WATCH: we often need to get the group together after a field exercise so you'll need to keep track of time.

\_\_\_ WORK GLOVES: thin leather or heavy canvas, for doing outdoor chores.

\_\_\_ OPTIONAL BUT HANDY STUFF

- Musical instruments
- Fishing gear – The combination Montana fishing license/conservation license cost \$26 for in-state residents and \$70 for out-of-state residents.
- Bicycle
- Calling Card for occasional phone calls home.