A close up of a logo

Description automatically generated

**PARTICIPANT CLOTHING/EQUIPMENT CHECKLIST (SUMMER)**

Summer could bring temperatures of +10 to +30C, plan to bring layers for cooler days.  Please bring casual, comfortable clothing suitable for on-the-land activities. Expect about 18 hours of daylight, with lots of sunlight. Expect extreme bug conditions—bug jackets are essential, not optional.

We think you will find the following items especially useful during your stay. **If you do not have any of the following please let us know.**

**Please note:** there will be no laundry available and there will be not internet available. There is cell service.

|  |  |
| --- | --- |
| A picture containing clothing, person  Description automatically generatedBug jacket | A blue jacket with a white background  Description automatically generated with low confidenceBest Rain Pants for Men of 2022 - GearLabRain gear (jacket with hood and pants) |
| Hooded Narrow-Channel Puffer Jacket for WomenA picture containing person, person  Description automatically generated1 warm sweater or jacket | 1 set of thermal underwear layers, a shirt and pants (wool, polypro, **avoid cotton**) A pair of grey pants  Description automatically generated with low confidence |
| Shirt with solid fillShirts for 13 days on the land. Likely just 2-4. (sweat-wicking, breathable, quick dry are best but not mandatory) | Shorts (quick dry, active)12 Best Workout Shorts for Men That Look Pretty Great When You Aren't  Working Out, Too | GQ |
| 3 pairs of long pants that can fit over thermal underwear/base layer.   * Work pair: don’t mind getting dirty, durable, breathable, quick dry * Hiking pair: breathable, quick dry * Warm pair: fleece, cotton sweatpants   **\*think:** cover ankles for bugs!!  Men's Softshell Quick Dry Cargo Pants | Mark's | Icon  Description automatically generated3-7 pairs of **wool** socks |
| A picture containing text, clothing  Description automatically generatedPyjamas! | Shape  Description automatically generatedUnderwear |
| Swimsuit Icon Logo Isolated On White Stock Vector (Royalty Free) 1384654352Bathing suit  30 Best Bathing Suits for Men 2022 - Top Men's Swim Trunks | A picture containing orange  Description automatically generatedToque |
| Work gloves (try to get ones that will protect your hands from bugs—bugs can’t crawl in them or your sweater/jacket can go over them)  Men's Cowhide Combo Winter Work Gloves | Mark's | Sun hat  Champion Baseball Cap - 10,95 € |
| Runners or hiking shoes  A picture containing footwear, clothing, shoes, feet  Description automatically generated | Mask(s)!  The 25 Best Cloth Face Masks: Ones We Actually Like to Wear (Updated) |  WIRED |
| The Best Hiking Sandals to Wear on Trails and at Campsites | Condé Nast  TravelerSandals that can get wet and/or dry fast (not flip flops) | Personal toiletries   * Comb/Brush * Toothbrush and paste * Deodorant * Full set tampons, pads, diva cup, etc. (even if you may not need them) * Etc.   A close-up of a knife  Description automatically generated with low confidenceA picture containing linedrawing  Description automatically generated |
| Bug Spray  Off! Deep Woods 4-oz Home & Perimeter Outdoor Bug Spray in the Insect  Repellents department at Lowes.com | Bug net (for sleeping)A picture containing object, mosquito net, bell jar  Description automatically generated |
| Afterbite  Home - After Bite® | Sleeping sheet/sleeping bag liner |
| A picture containing suitcase, lawn mower  Description automatically generatedDay pack (small backpack) | Sunscreen  Download Sunscreen Icon | Special Lineal Style |
| A picture containing lighter, bottle  Description automatically generatedWater bottle | Moisturizer  Aveeno Skin Relief Moisturizing Hand Cream With Colloidal Oatmeal,  Unscented Moisturizer for Extra Dry, Itchy or Sensitive Skin, Fragrance  Free, 97mL : Amazon.ca: Everything Else |
| A pair of black sunglasses  Description automatically generated with medium confidenceSunglasses | Lip balm (with SPF protection)  The 14 Best Lip Balms With SPF of 2022 |
| Text  Description automatically generatedA close-up of a knife  Description automatically generated with low confidenceMedications if required (bring two inhalers or Epi-pens) | 1 pillow  Free Pillow icon | Pillow icons PNG, ICO or ICNS |
| * A close-up of a piece of paper    Description automatically generated with medium confidenceTowel | Course materials, notepad, pen/pencil, etc. |

**OPTIONAL ADDITIONS**

| **Optional Checklist—🗹 when packed** | |
| --- | --- |
| Silky F180 Folding Saw | The Arborist Store  Bush tools (saw, knives, matches, lighter, etc.) | A close-up of a camera  Description automatically generated with medium confidenceBinoculars |
| A picture containing text, ground, outdoor, blue  Description automatically generatedCamera (know it can be damaged) | Portable battery charger  Graphical user interface  Description automatically generated with medium confidence |
| Sewing/beading projects  Bookbinders Sewing Needle : Size 18 - Bookbinding - Studio Equipment -  Studio | Jackson's Art Supplies | A picture containing sunburst chart  Description automatically generatedBooks, cards. |
| Self-care items for free time (smudge, drum, headphones to listen to meditation/music, journal, etc.) | Logo  Description automatically generated with low confidenceSnacks/Treats |
| Small tokens of appreciation for Elders and knowledge holders | Sleeping eye mask (we are the land of the midnight sun) and ear plugs  1,327 Eye Mask Vector Stock Photos, Pictures & Royalty-Free Images - iStock |