

Please give this form to the participant to keep

Please Read It All

Barrhead Spring Field School

Packing List:

- 2-3 pairs of wool work socks
- Thin sock liners
- Several pair regular socks
- bathing suit
- insect repellent
- pants and shorts suitable for hiking
- underwear for 4 days
- 2-3 T shirts
- 2-3 Long sleeved shirts
- Hat, sun glasses
- Sun screen
- camera
- hiking boots with ankle support
- personal first aid kit (if you have one)
- sleeping bag liner (if you want)
- Water shoes or sandals
- Pens and pencils to carry at all times
- Personal toiletries in a compact case
- Notebook to carry at all times
- rain coat and pants .. or heavy duty poncho
- fleece or sweater
- light weight wind breaker coat
- 20 – 30 litre day pack
- 2 one litre water bottles
- Toque
- Headlamp or flashlight
- Extra batteries
- gloves
- running shoes for around camp
- personal medications

This is a working camp. Please leave your cosmetics, designer clothes, and curling irons at home. Living conditions are communal and there are no secure individual storage lockers. Rooms are provided based on double or triple occupancy. Rooms have showers, beds, bathroom, etc. You will be working in the field some of the days and we will supply all necessary equipment that is not included in the above list. If you have your own you are welcome to bring it (**no knives please**, but yes to GPS, compass, etc)

There is **limited access to wifi** (no access to broadband downloads such as Youtube, Netflix, etc). Use wifi for emails, Facebook, research as required for the program, etc. Cell phone reception is very poor.

Should you arrive at camp without any of the items on the above list, you may be unable to participate. **Please be prepared.**

This is a wilderness program. We will not be in town or around any stores. We spend every day outside. **Be prepared.**