

Sewanee Environmental Institute Pre-College Field Studies Program

Packing List

Clothing & Shoes

- 2 long pants (preferably loose and breathable) for hiking and field work
- 3 shorts
- 5 t-shirts
- 1-2 long sleeve shirts for sun protection
- 1-2 long sleeve shirts or sweatshirt/fleece for cool evenings/mornings
- 1 set of clothing and close-toed shoes that can get wet and muddy for caving - long sleeves and pants may be preferred (caves are chilly) (Session 2)
- 1 Bathing suit
- 1 Light rain jacket
- Underwear
- Sleepwear
- Hat, sunglasses, hair ties, bandanas, buff, etc - think hot and sweaty
- 1 pair of closed toe shoes for hiking and field work
- 1 pair of shoes that can get wet (e.g. Chacos/Texas) - for swimming, streamwork, waterfalls, etc - must have a heel strap

Personal Items

- 1 32oz reusable Water bottle - we'll give you a second one
- Backpack - school-sized, comfy straps, you'll use it everyday and many days it will have quite a bit in it
- Sunscreen
- Bug spray
- OTC and Rx medications + lock box for prescription/controlled medications
- Toiletries + carrier for transport to communal bathrooms (they will be ensuite, but shared)
- Favorite writing utensils, colored pencils, paints, etc for nature journaling
- Phone charger + phone - we often use GroupMe, you'll likely want an alarm clock, and it's a camera!
- arts/crafts, musical instrument, books, items you enjoy playing with during downtime
- Feminine hygiene products, optional

Bedding/Bathing

- Extra-long twin sheet set OR a summer-weight sleeping bag
- Light blanket
- Pillow
- Towel set (bath, washcloth, hand towel)
- Beach towel
- Robe, optional

Camping Supplies

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- Set: cup/bowl/spoon - can be plastic and tupperware, no need for fancy gear here
- flashlight/headlamp
- Sleeping bag - light, summer weight - again, nothing fancy needed
- Ground pad (foam, ensolite, etc) - nothing fancy here either (all camping gear will be trucked to the site, campers won't have to carry it in)

Optional Items

- Hammock
- Binoculars

We will provide:

- Journal
- Water Bottle + carabiner
- Sewanee Map & T-Shirt
- Laundry detergent - fragrance free, sensitive
- Free laundry machines in the residence hall