

COLLEGE OF THE CANYONS FIELD STATION PROGRAMS

Suggested Equipment List

These are some general suggestions of items that will help make your field studies experience more successful. Please check with your Instructor for items specific for your course.

Items strongly recommended:

- Bedding – either a sleeping bag, or sheets and blankets
- Long pants
- T-shirts (long and/or short sleeved)
- Jacket and or Sweat shirt
- Rain Gear
- Closed toe shoes – sneakers or hiking boots are acceptable.
- Flashlight or headlamp
- Personal Items
 - Towel
 - Soap
 - Shampoo
 - Tooth brush & paste
 - Any other personal items you may need

Overall, plan for cold nights. “Layering” with clothing is the best way to go.

Additional Items to consider:

- Pillow
- Shorts
- Long Underwear (great for layering!)
- Hat / Scarf / Gloves
- Sun hat / baseball cap
- Journal
- Book(s)
- Sunglasses
- Sun Block
- Chapstick
- Insect Repellant
- Refillable Water Bottle
- Snacks – for in between meals.
- Folding camp chair
- Flip flops (when heading toward the shower)

Prohibited Items:

Field Studies programs are an extension of College of the Canyons and College policies and rules (see College Catalog) must be adhered to at all times. This includes, but is not limited to:

- Smoking
- Alcohol
- Illegal Drugs
- Firearms