

Cryosphere workshop, Glacier National Park, 2007

Gear List

Sturdy, broken-in, walking/hiking shoes

Sandals

Day pack

Water bottle(s)

Small personal First Aid-

 Sunscreen/Aloe

 Meds/med alert cards/bracelet

 Aspirin/Ibuprofen

 Band-aids

 Bee sting (if allergic)

 Bug spray

Hat

Sunglasses (spare)

Bandana

Long sleeve shirt(s)

Short sleeve shirt(s)

BYOHS (bring your own Hawaiian shirt(s))

Shorts

Long pants

Lots of socks

Bathing suit

Raincoat

Sweater

Windbreaker

Personal toiletries

Sleeping bag

Towel

Pillow?

Eyeglasses

Camera/film/video

GPS

Flashlight

Photo ID

Health insurance card (suggested)/home emergency contacts

Lap top (classroom work)