

## GEOS Summer Field Camp Supply Checklist

The following pages present a list of the equipment and supplies that will be needed for field camp. Some items that are not essential are denoted with an asterisk(\*). Note that we will be working in a desert. Expect temperatures to be 85-100°F during the day and 30-50°F at night. Clothing worn during the day should be light-colored, loose fitting, and cover as much of your body as is comfortable to reduce exposure.

### FIELD EQUIPMENT

#### Clothing

- Shirts –T-shirts<sup>1</sup> or long sleeve shirts
- Pants<sup>2</sup>
- Hat – Wide-brimmed (e.g. Army booney hat) to shade neck and face.
- Socks<sup>3</sup>
- Sweatshirt or fleece jacket
- Coat\*
- Hat and gloves (for cold weather)\*

#### Gear

- Sleeping bag
- Hiking boots (see below) – NO sneakers
- Backpack or waistpack for carrying lunch, raingear, rock samples, etc.
- Extra shoe laces
- Sunglasses<sup>4</sup>
- Sunscreen – high SPF (e.g. 30) is recommended
- Lip balm with sunscreen
- Insect repellent
- Canteen, water bottle, or hydration pack (e.g. Camelback<sup>®</sup>)
- Light weight rain jacket (± pants) or poncho
- Camera and film\*
- Toilet paper for the field<sup>5</sup>

---

<sup>1</sup> We recommend long-sleeve shirts to minimize sun exposure, but if short sleeves or T-shirts are preferred, please bring plenty of sunscreen

<sup>2</sup> We recommend wearing pants rather than shorts, because the desert environment is replete with a variety of thorny plants, cacti, and trees, not to mention ticks and chiggers.

<sup>3</sup> Cotton socks are fine for the field, but we may encounter some cold days (and certainly cold nights). It would be wise to include a pair of wool or wool blend socks, because they help wick away moisture from the feet and help keep them warm.

<sup>4</sup> The desert sun is intense and can potentially lead to sun-blindness over long periods of exposure.

<sup>5</sup> Toilet paper and waste should be buried at least six inches below ground and well away from surface water.

**Other Supplies** – The following items are REQUIRED unless otherwise specified

- Field notebook – can be purchased through UTD Geology Club (contact Katherine Robertson at [metalharp@yahoo.com](mailto:metalharp@yahoo.com) or from suppliers like Miners Corp. at [www.minerox.com](http://www.minerox.com))
- Rock hammer – can be purchased at any hardware store or home improvement center
- Hand lens – can be purchased at rock/mineral shops or from suppliers like Miners Corp.
- Mechanical pencils, leads, and eraser (Bring extras, as you may lose some in the field)
- Clipboard\*
- Ruler (metric)
- Protractor
- Colored pencils
- Graph paper (metric ruling)
- Lined paper

\* Denotes optional items

#### *Notes on hiking boots:*

As seasoned field geologists, we can confidently say that boots are without question the most important piece of equipment for the field geologist (save a map and compass). Unfortunately, they can also be the most expensive (most decent boots can be obtained for \$80-150 USD). We recommend investing in a good pair of mid-weight waterproof hiking boots with full-grain leather uppers and fully rubber soles (e.g. Vibram®). Many mesh or fabric covered boots are good, but do not offer much ankle support and are easily penetrated by cactus spikes and other spiny plants or animals (e.g. snakes, scorpions). Foam rubber middle soles tend to deteriorate and should be avoided. **Sneakers, tennis shoes, running shoes should NEVER be worn in the field.** They offer little to no ankle support for hiking and offer even less protection from spiny plants and stinging/biting animals.

The best bet is to visit a credible outdoor outfitter (e.g. REI) and let the staff fit you for the right size and type of hiking boot. You may then choose to buy from an on-line retailer (e.g. Campmor at [www.campmor.com](http://www.campmor.com)) or directly from the manufacturer to save money.

**Notice!** Be aware that hiking boots take time to break in. If you have not already done so, buy them early and wear them frequently BEFORE coming to field camp. This will ensure a good fit and help to prevent blisters.

#### **First Aid**

All field campers will be required to supply his/her own first aid kit for the care and prevention of minor injuries, such as blisters, scrapes, minor cuts, and bruises, or to care for more serious problems until adequate medical attention can be obtained.

The items on the following checklist are suggested for a first aid kit. Most outdoor retail stores stock standard first aid kits, but they can be pricey and may not include some items. If you want to make your own, most necessary items can be purchased over the counter at most drug stores and pharmacies. Whether purchasing a kit or making your own, the following recommended items should be included.

#### **First Aid Kit Checklist**

- Assorted self-adhesive bandages of various sizes
- Waterproof medical tape
- Sterile gauze pads (4" x 4")
- Sterile gauze roll
- 60 cc syringe<sup>6</sup> for irrigation of wounds or suction of vomitus
- Antibiotic<sup>2</sup> ointment (e.g. Neosporin<sup>®</sup>)
- Antiseptic<sup>2</sup> – alcohol or iodine wipes
- Benadryl<sup>®</sup> or other antihistamine
- Band-Aid Advanced Healing for Blisters – the best for blisters (way better than moleskin)
- Spenco<sup>®</sup> Second Skin – for burns & serious blisters
- Sterile razor blade or small knife
- Tweezers
- Small scissors
- Nail clippers
- Safety pins
- Lighter – cigarette type, for sterilization and as a fire starter
- Emergency whistle
- Aspirin or other pain reliever
- Anti-diarrheal tablets (e.g. Immodium AD<sup>®</sup>)
- Antacid tablets
- Sunburn relief cream, spray, or lotion (e.g. aloe gel)
- Snake/insect bite kit - The Extractor<sup>®</sup> by Sawyer is the only widely accepted one\*
- Electrolyte replenishment – REQUIRED - World Health Organization oral re-hydration salt packets are standard in most good kits.
- Gloves – Latex, unless you have an allergy to Latex
- Disposable thermometer strips
- Any necessary prescription drugs , diabetic needs, etc.
- Paperwork on personal allergies
- First Aid instruction booklet
- Anti-itch ointment
- Compartmentalized bag for storage

---

<sup>6</sup> Hydrogen peroxide can be used to clean particulate debris from a wound, but does not act against biological contamination and does not sterilize a wound.

