

Recommended Field Sampling Packing List

Safety

- Float Plan/Fieldwork Itinerary
- First-Aid Kit
- Reflective Survival Blanket
- Liquid Bandage/Super Glue
- Whistle
- Bear Spray
- Orange Vest
- _____
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- _____
- _____
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Personal Care

- Extra Change of Clothes
- Layers
- Rain Jacket/Poncho
- Bandana
- Extra Contacts/Glasses
- Eye Drops
- Tampons/Pads/Menstrual Cup
- Mini Deodorant
- Chapstick
- Extra Hair Ties
- Hairbrush
- _____
- _____
- _____
- _____
- _____
- _____
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Health

- Snacks, Snacks, Snacks
- Extra Water
- Water Filter
- Electrolyte Tablets
- Sunscreen
- Bug Spray
- Toilet Paper
- Baby Wipes
- _____
- _____
- _____
- _____

Tools

- Multi-Tool/Pocket Knife
- Duct Tape
- Headlamp/Flashlight
- Batteries
- Rope
- Ziplocs/Reusable Storage Bags
- Extra Hardware
- Lighter
- Spoon/Fork/Spork
- Rite in the Rain Notebook/Data Sheets
- Zip Ties
- Hand Tools
- Cards
- _____

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