

### **List of what to bring:**

A hat

Sunscreen

Daypack backpack

Wet weather gear – we work rain, hail or shine. This includes a good waterproof raincoat (GORTEX or similar).

Warm clothing (layers) – it can snow any time e.g. thermals.

Clothes you don't mind getting dirty – you will get dirty

Cargo/hardwearing pants, shorts

Warm, light jumpers – fleece.

Thick socks (and many pairs as they may not dry out in time for the next use)

Clothes you don't mind getting wet – you will get wet

Clothes that are just for when we are at the accommodation that you do not do fieldwork in.

Walking shoes/boots – good hiking boots/shoes, preferably waterproof

Shoes for when we are just at accommodation that always stay dry

Water bottle

Snacks (we provide lunch and fruit, you bring anything outside of this)

Sleeping bag and pillow

Towel

Torch (head torch)

Container for food (i.e., sandwiches, leftovers)

Medication and other personal requirements

\*\*20kg maximum baggage on plane (+7 kg hand luggage)