Packing for a field excursion

What to take with you (checklist of items you should take):













- daypack (middle size hiking backpack for one-day hike),
- gloves for hiking (cheap farmers one from 7/11 will do),
- rain coat (for case of unexpected heavy rain),
- umbrella (for occasional showers),
- hat,
- proper hiking shoes,
- headlamp or torchlight, and spare set of batteries (for case we will go back late when it's already dark; if you don't have headlamp, ordinary torchlight or e.g. bike light is ok, but consider purchasing hiking headlamp for future trips),
- notebook and pencil (you may need to write in rainy conditions, so prepare both ball-pen and pencil),
- several plastic bags (for collected plant specimens),
- camera for making pictures of plants and habitats (mobile phone will also do, but camera would be better)
- enough food for the whole day (we will stay in the mountains until evening, and there is no opportunity to buy anything - take enough snacks and crackers, some rice ball or sandwitch, some chocolate or other sweet to recharge body energy),
- enough water (at least 2 litres, for case that it would be hot; consider also taking thermobottle with hot

water or tea to get warm if the weather is cold); you can bring some sweet drinks like Coke, but make sure you have enough plain water not to be thirsty!
- toilet tissue (there will usually be no toilet up there, only shrub!)
- pocket knife.

Clothing recommendation: long light trousers (not jeans!), light shirt with long sleeves, hat, some small towel to cover ears and to weap the sweat from head. It may be always a good idea to take windstopper jacket with a hood with you in case of sudden cold weather.

If you have, bring also a compass and GPS (but it's not necessary). We would also suggest you take the backpack raincover if you have (it looks like this, and if you don't have it, consider to purchase one). It may be also a good idea to bring a large plastic bag to wrap your backpack in the field if it's raining hard.

Proper hiking shoes are required - either hiking boots (best if they are tall, supporting ancle), or rubber boots (if you are used to wear them). If you decided to wear sandals or sneakers, I am sorry but you are not going to join the trip (unless we are going to the beach). Expect that the trail can be wet, muddy, steep and slippery in places, and we do not always follow only hiking trails - sometimes we simply cross the forest or grassland or shrubland.

Pack wisely - do not take unnecessary things, since we have to climb up almost 500 m, but at the same time don't forget anything important from the list above.

Tips for keeping warm in the field (from Woody, Ching-Feng Li)