



## ARMY NATURAL RESOURCES PROGRAM Volunteer Day Trip Packing List

### **Please wear:**

- Clothes you expect to get dirty
- Closed-toe shoes with good tread (Absolutely no slippers!)
- Long, comfortable pants (no shorts)
- Long sleeve shirt required

### **Please pack in a comfortable backpack:**

- Raincoat/poncho
- Snacks
- Lunch
- 2 liters of water
- Sunscreen + Hat + Sunglasses
- Mosquito repellent, if sensitive
- Any medications for bee sting allergies, etc.

### REMINDERS:

- Drink plenty of water and eat normally the day before the trip
- Get plenty of sleep
- Salty snacks, sugary drinks and caffeine all make you thirsty
- Even on an otherwise hot day, our field sites get cold quickly when it rains, so remember your raincoat!
- Once we are on the trail, the restroom will be au naturel! Participants may want to pack a small amount of toilet paper.
- We will provide work gloves and tools for the day's project. We also carry cell phones, radios, and first aid kits in case of emergency.