

## Rocky Mountain Field Botany Intensive 2021

At 8-9,000 feet, there is the potential for cold rainy nights and very hot sunny days. 50° swings in temperature within a 12-hour period are not out of the question, so it is important to be prepared.

Along with items necessary to your camping experience, also on this list are program-specific items that you will need to fully engage in the activities.

If you have questions on any of the items listed here, please don't hesitate to contact us.

### Clothing

- Layers for cold and warm
- Rain pants, jacket, poncho, umbrella, some sort of rain protection
- Closed-toed shoes, as well as shoes that can get wet
- Hat and gloves
- Sun protection (hat, long sleeves, sunscreen, etc.)
- Swimsuit (optional)

### Camping Gear

- Small mirror for checking for ticks
- 3-4" Fixed blade or locking blade knife
  - We will be doing some primitive skills during the evenings, and you'll need a sharp knife. Fixed blade means a knife that does not fold, has a sheath. Locking blade means a folding knife that has a lock on it, so it cannot close on your fingers while carving.
- Rope (non-cotton, 30-40 feet)
- Tarps (for sun and rain protection-these are handy for tying on extra tarps for rain/sun protection).
- Camping Gear
  - Tent, sleeping bag and pad, etc.
- Cooking Gear
  - Camp stove, pots and pans, etc.
  - Food supplies (3 lunches, 2 breakfasts, 2 dinners, snacks, etc)

### Hygiene supplies

- Wet Wipes
- Face cloth
- Towel
- Toilet kit (small trowel, tp, ziplock bag for packing out your used tp, hand sanitizer of some kind)

Non-flush toilets may or may not be available at the campsite. Bring yourself a toilet kit!

If you plan on bathing, we recommend you bring a large container (5 gallons or more) for personal washing.

You will also need washing materials for any cooking/food preparation dishes.

### Other

- Water bottles, enough to carry at least 2 quarts at once
- Plates, cups, eating utensils
- Personal First Aid supplies (basic first aid, bandaids, etc.)

## Program-Specific Materials

### Required Botanical Identification and Harvesting Materials

- [Botany lens 10x](#)
- Botany in a Day, Thomas Elpel- This is the only required text - Available for purchase at the CSCH Apothecary.
- 3 four oz Jars
- Vinegar (1 pt, Apple cider vinegar is preferable)
- Honey (1 pt)
- 1-2 medium sized paper bags
- Strong scissors or clippers

### Books and Other Materials

- Along with Botany in a Day, we also highly recommend you bring any other field guides that you feel might be useful for you.
- Waterproof bags for books and other gear (several, large and small)
  - These can be crucial, since this trip is rain or shine
- Notebook, pens, pencils

### Optional Gear (to make things a bit more comfortable)

- Camp chair, kneeler, something to sit on to get off the cold and damp
- Snacks
- Sunglasses