



In addition to your protective clothing & your rockhounding equipment, we recommend a bunch of extras:

Food & Water

Always pack some kind of food and water.

- Stay hydrated - extra water is critical for hot days.
 - Please bring a minimum of 4 bottles of water for yourself.
 - If very hot weather or a full-day field trip, then better to bring 8 bottles
 - Water bottles can be frozen the night before (also a heat beater).
 - Canteens are handy - camelbacks are even handier.
- Some sites are in the middle of nowhere (hence, food is inaccessible).
 - Veggie / fruity lunch & snacks are best (when weather is hot).
 - Meats & nuts ('coz "high" protein) can make you hotter (great when weather is cooler or rainy).
 - Even though nuts can make you hotter, it's a good idea to have a few salted ones on you anyway - sweating makes you lose salt - and salt loss can be as dangerous as heat stroke.

*water
water
water*

Really handy extras (recommended, too)

Sun + hot weather

- sunscreen (recommended minimum of 30 / 40 SPF)
- sunglasses
- Chap Stick (better with sun block)
- wide-brimmed hat / sun hat / scarves (straw hats & cotton scarves breathe)
- Wear a sweat band on your forehead - scarves work fine.
 - You can always keep the scarf wet - which also helps to keep you cool.
 - Or scarves can be used as a sun shade - works well with hard hats.
 - (additional info sheet with detailed info)
- Bring a spray bottle of water - can keep you cooler.
 - If you add lavender, eucalyptus, or tea tree oil to the spray, tends to keep you even cooler + added benefit of the essential oils are insect repellents.
- portable chair (with pillow for comfort)

*Don't
forget
your
maps!*

Beating the bugs

- insect repellent (additional info sheet with detailed info)

Injuries

- small, portable, personal First Aid Kit

Inclement weather

- sweater
- jacket - both a light windbreaker and a (preferably waterproof) jacket.
- rain coat or poncho
- Wellingtons or galoshes
- cold-weather gloves
- socks (best are cotton) (particularly for safety boots).
- If very wet and/or foul weather, have a change of clothing.
- A change of clothing is also handy after a dusty and/or hot day of rockhounding.

