

## HERMIT ISLAND TRIP SUPPLY CHECKLIST

### **Please pack compactly!**

- Photo ID for air travel (state issued ID or passport)
- Warm sleeping bag with 30° rating or better
- Small day pack for notebooks, water bottle, etc.
- Thermarest or other compact camping pad
- Small pillow
- Flashlight or headlamp and batteries
- 1-liter water bottle
- Insect repellent (herbal type without deet preferred!)
- Lip balm
- Sunglasses
- Sunscreen (SPF 30 or higher)
- Toiletries (Toothbrush and toothpaste, any other personal needs, glasses, contacts and cleaner, etc.)
- Ear plugs if desired for plane/bus ride or sleeping
- Showering supplies (towel, soap, shampoo, etc.)
- Beach towel
- Any required medication (please give to Mr. Banks before getting on plane)
- Snacks for trip to Maine if desired
- \$30-\$50 spending money for meals on way to/from Maine
- Sketch book, notebook, pens, drawing supplies (field notebook will be distributed in Maine)
- Wrist watch (not an Apple watch) to keep track of time on solo (you won't have your cell phone)

### **Clothing. Layers tend to work best for the variable temperatures we will have.**

- Long pants
- Shorts
- Long sleeve shirts
- T-shirts
- Sweater or sweatshirt
- Swimsuit
- Underwear
- Socks
- Sandals or sneakers
- Water shoes for walking in tide pools. Close-toed shoes a must. No flipflops! Shoes must protect against sharp, jagged rocks. Close-toed Keen sandals or water shoes work well.
- Mud flat shoes. Must have shoes with laces for mudflats or they will likely fall off. An old pair of shoes that can be discarded works well. You can also use the same shoes as for tide pools.
- Raincoat and rain pants (please bring good quality raingear - we will be outside rain or shine!)
- Warm jacket
- Hat for sun
- Stocking cap for colder days

### **Optional**

- Book
- Camera
- Cards, games
- Musical instruments
- Journal

**Leave at home – computers, iPads, video games, candy, junk food, etc.  
Any electronic devices will be collected when we arrive at Hermit Island.**