

**Recommended Gear for Forest Field Trip
White River Valley along Hwy 410, east of Enumclaw, WA.**

Weather Notes:

We go rain or shine. In April, it can be A) nice B) tolerable C) nasty.
Be prepared for the worst: freezing cold downpour.

Footwear:

**Sturdy hiking-type boots or rubber boots, something to keep feet dry and warm.
***Heavy warm socks, and if your shoes leak, a change of socks for afternoon.
Bring two plastic bread bags or equivalent, use as vapor barrier on feet if needed.

Raingear:

Jacket that really sheds the rain, rather than one that soaks up water.
An umbrella is often very useful, you can hide under it. We will bring a few.

Extremities:

***Wool or polypro hat, a big fat one.
***Gloves that stay warm when wet.
Muffler or neck warmer if you tend to be cold.

Other clothes:

The layered look, bottom and top, is the best way to keep warm.

Food and Drink:

No shopping on the trip, bring all food for all day, including meals and snacks.
No microwave, all meals should be ready to eat.
No shopping on the trip, bring all liquids for all day (hot coffee, water, etc.).

Supplies:

You provide: 3 pencils pre-sharpened, a pen, a few sheets of scratch paper or small notebook, 1 gallon Ziploc or plastic bag to protect field trip exercise paper.

We will provide measuring tapes, inclinometers, clipboards, Rite-in-the-Rain waterproof paper, handouts.

Walking:

Walking on roads (short distances) and graveled nature trail (1/4 mile).

Medical Info:

If you have medical information to share with us, e.g. "I die from bee stings," let us know as soon as possible.