**MOSS OUTREACH PROGRAMS**

We ask that students are prepared to spend a majority of the day out-of-doors. Dressing in LAYERS is most important in this climate. Outer layers can be shed during warm afternoons after it warms up throughout the day.

|  |  |
| --- | --- |
| FOR THE FIELD   * Day pack for carrying water, lunch, etc. * Lunch * WATER BOTTLE or Two! (very important!!)   FEET   * 1 pair of closed- toe boots or sturdy shoes * Rain/waterproof boots for rainy days * *Winter:* Thick socks (wool or synthetic)   HANDS:   * *Winter:* Gloves or mittens   HEAD   * Hat that shields face from the sun * Sunscreen and lip balm with sunscreen * Sunglasses * *Winter:* Insulated or wool hat which covers ears   **What NOT to Bring:**   * Pocket knives, Leatherman® tools, weapons, “toy” weapons etc. * Cell phones, radios, video games, personal computers, etc. * Pets * Tobacco, alcohol or illegal drugs | MISC   * Pen or pencil and a notebook * Camera (optional)   UPPER-BODY:   * Fleece sweatshirt/ wool sweater * Waterproof rain jacket * Long or short sleeved T-shirts * *Winter:* Heavy weight insulated jacket * *Late Fall/ Winter:* Synthetic long underwear top   LOWER-BODY:   * Pants for hiking * Rain pants for rainy days * *Winter:* Synthetic long underwear (this is essential in cold weather!) * *Winter:* Insulated pants for colder days   **Contact for Questions:**  Beth Kochevar: 303.870.0223  ekochevar@uidaho.edu |