**OVERVIEW**

Field trips are FUN and provide opportunities for class bonding, beautiful scenery, quirky geology traditions, and enriching outdoor education. The paraprofessional and professor will make sure there is enough food, water, etc.; will provide medical care, if needed; and want to make sure everyone is generally having a good time.

**Geological gear** will be provided to you by the Geology Department. Please make sure you treat these well and do not leave them in the field, there are no extras. Some items need to be returned to the Department at the end of the class.

Gear that will be provided include:

☐ Field notebook

☐ HCl acid bottle

☐ Hand lens

☐ Speedy plotter

☐ Map case/clipboard – *if needed*

☐ Ruler/protractor – *if needed*

☐ Grain size scale – *if needed*

☐ Brunton – *if needed*

☐ Rock hammer – *if needed*

☐ Reflective vest – *if doing at roadside location(s)*

☐ Other field gear as needed

To provide **food** during the field trips, you will sign over your meal plan (~$10-14 a day). If you are not on a meal plan, you have the option for that money to come from your student account. Please contact the paraprofessional right away if neither of these options works for you.

**Items NOT to pack** include:

☐ controlled drugs and other illegal substances

☐ weapons – not including pocket utility knives

☐ hazardous materials – firecrackers and other explosives, pesticides and other poisons, pollutants, etc.

We follow the **Leave No Trace (LNT) principles** as stewards of the outdoors. Ways to be more environmentally friendly are to use biodegradable soaps and shampoos. Try not to transport and leave behind any seeds (including chia seeds, sunflower seeds, etc.), plants (including fruit peels), or animals (including insects). Be sure to clean your clothing, shoes, and tents before packing so you can prevent inadvertently dispersing organic material to non-native habitats. When leaving the field, try to remove mud from shoes, grass from pant cuffs, and any other organic materials that may have tagged along on clothing or gear.

**CAMPING**

A variety of camping locations are used depending on the field location. This may be an established campground with some modern amenities, or it may be an undeveloped campground with no amenities. It is each person’s responsibility to follow Leave No Trace principles, follow local rules (such as fire bans), and be good stewards of the outdoors.

When camping outdoors, it’s helpful to check the weather forecast for the area(s) you will camp at and be in the field at to pack accordingly. Also, pay attention if you are camping at a developed campground with water/plumbing or at an undeveloped campground where there is no water source, as well as pit toilets versus plumbed toilets.

**Sleep System:**

☐ Tent (with rain fly, stakes, guy-lines, ground cloth) – *consider grouping with peer(s)*

☐ Sleeping bag/quilt – *consider thermal rating for bag-to-pad combo*

☐ Sleeping pad – *consider ground conditions for inflatable vs. foam, insulation rating, etc.*

☐ Travel pillow and pillowcase – **Optional**

☐ Headlamp, plus spare batteries

☐ Pajamas – sleep pants, top, and socks

**Clothing:**

☐ Under layers – *wool/synthetic recommended*

☐ Socks

☐ Underwear

☐ Bras

☐ Hiking boots

☐ Camp shoes – *sandals are ok*

☐ Base layer bottoms – *such as leggings/tights*

☐ Long field pants – *such as Carhartt or hiking pants*

☐ Rain pants – **Optional**

☐ Base layer tops – short sleeve (long sleeve for cold weather or extreme sun)

☐ Insulating top – *such as a sweater/flannel*

☐ Intermediate jacket layer – *such as a fleece jacket*

☐ Warm jacket *– such as a down jacket*

☐ Rain jacket

☐ Warm gloves

☐ Warm hat

☐ Sun hat

☐ Sunglasses – **Essential**

☐ Buff/bandana

☐ Flair – **Optional*,*** *fun, goofy clothes*

☐ Swimsuit – **Optional***, for swimming options*

**Personal:**

☐ Duffel bag/backpack – *big enough to fit all your gear and clothing*

☐ Mobile phone power/music/AUX cable(s)/adapter(s)

☐ Mug/thermos – *for hot drinks at camp and while driving*

☐ Towel – *if there are shower or swimming options*

☐ Personal toiletries – e.g., travel sizes of shampoo/conditioner, soap, toothpaste, toothbrush, floss, comb, lotion, deodorant, baby wipes, ear plugs, menstrual cup/tampons/pads, extra contacts/glasses

☐ Prescriptions, vitamins, allergy medications, emergency medications

☐ Sunblock – at least SPF 30+

☐ Lip balm – with SPF recommended

☐ ID & wallet

☐ LNT trash kit – *a sealable bag (e.g. 1gal Ziplock) for packing out trash*

☐ Trekking pole(s) – **Optional**

☐ Insect Repellent – **Optional**

☐ Camp chair – **Optional**

☐ Fun stuff: book, cards, frisbee, hacky sack, musical instrument – **Optional**

☐ USB/cell phone power pack/external battery pack – **Optional**

☐ Alarm clock – **Optional**

**Geological Field Gear:**

☐ Day pack – **Mandatory**, *to carry personal items for the day*

☐ Water bottle(s) – **Mandatory, ≥ 2 Liters, bring filled!**

☐ Hand lens

☐ HCl acid bottle

☐ Field notebook

☐ Map case/clipboard – **Optional,** *for field map, ask if needed*

☐ Ruler/protractor – **Optional,** *ask if needed*

☐ Grain size scale – **Optional,** *ask if needed*

☐ Pens x2

☐ Sharpie markers x2

☐ Pencils x2

☐ Camera – **Optional,** *highly recommended for geology work; phone cameras fine*

☐ Binoculars – **Optional**

☐ Pocketknife – **Optional**

☐ Wristwatch – **Optional**

☐ Whistle – **Optional**

**CC BACA CAMPUS**

CC URL: <https://www.coloradocollege.edu/offices/globalandfieldstudy/fieldstudy/the-baca-grande/>

Address: 1 Baca Campus Rd., Moffat, CO 81143

The CC Baca Grande Campus has bunk-style dorms with mattress beds, indoor plumbing and bathrooms, full kitchens, and electricity. There is no soap and no laundry. It is located near Crestone, CO, in the San Luis Valley. The whole class group will be responsible for cleaning the dorms prior to departure.

If spending most of your time outside, it’s helpful to check the weather forecast for the area(s) you will be in the field to pack accordingly. Also, pay attention to whether you will be backcountry all day for LNT bathroom use, water capacity, and other needs throughout the day like snacks and medicines.

**Sleep System:**

☐ Bedding/sleeping bag – *sheets are usually provided per bed*

☐ Travel pillow and pillowcase – **Optional**

☐ Pajamas – sleep pants, top, and socks appropriate for common spaces

☐ Headlamp, plus spare batteries

**Clothing:**

☐ Under layers – *wool/synthetic recommended*

☐ Socks

☐ Underwear

☐ Bras

☐ Hiking boots

☐ Camp shoes – *sandals are ok*

☐ Base layer bottoms – *such as leggings/tights*

☐ Long field pants – *such as Carhartt or hiking pants*

☐ Rain pants – **Optional**

☐ Base layer tops – short sleeve (long sleeve for cold weather or extreme sun)

☐ Insulating top – *such as a sweater/flannel*

☐ Intermediate jacket layer – *such as a fleece jacket*

☐ Warm jacket *– such as a down jacket*

☐ Rain jacket

☐ Warm gloves

☐ Warm hat

☐ Sun hat

☐ Sunglasses – **Essential**

☐ Buff/bandana

☐ Flair – **Optional*,*** *fun, goofy clothes*

☐ Swimsuit – **Optional***, for swimming options*

**Personal:**

☐ Duffel bag/backpack – *big enough to fit all your gear and clothing*

☐ Mobile phone power/music/AUX cable(s)/adapter(s)

☐ Mug/thermos – *for hot drinks while driving/in the field*

☐ Towel – *for shower or swimming options, usually provided per bed*

☐ Personal toiletries – e.g., travel sizes of shampoo/conditioner, soap, toothpaste, toothbrush, floss, comb, lotion, deodorant, baby wipes, ear plugs, tampons, extra contacts/glasses

☐ Prescriptions, vitamins, allergy medications, emergency medications

☐ Sunblock – at least SPF 30+

☐ Lip balm – with SPF recommended

☐ ID & wallet

☐ Laptop

☐ LNT trash kit – *a sealable bag (e.g. 1gal Ziplock) for packing out trash*

☐ Trekking pole(s) – **Optional**

☐ Insect Repellent – **Optional**

☐ Camp chair – **Optional**

☐ Fun stuff: book, cards, frisbee, hacky sack, musical instrument – **Optional**

☐ USB/cell phone power pack/external battery pack – **Optional**

☐ Alarm clock – **Optional**

**Geological Field Gear:**

☐ Day pack – **Mandatory**, *to carry personal items for the day*

☐ Water bottle(s) – **Mandatory, ≥ 2 Liters, bring filled!**

☐ Hand lens

☐ HCl acid bottle

☐ Field notebook

☐ Map case/clipboard – **Optional,** *for field map, ask if needed*

☐ Ruler/protractor – **Optional,** *ask if needed*

☐ Grain size scale – **Optional,** *ask if needed*

☐ Pens x2

☐ Sharpie markers x2

☐ Pencils x2

☐ Camera – **Optional,** *highly recommended for geology work; phone cameras fine*

☐ Binoculars – **Optional**

☐ Pocketknife – **Optional**

☐ Wristwatch – **Optional**

☐ Whistle – **Optional**

**CC CABIN**

CC URL: <https://www.coloradocollege.edu/offices/outdooreducation/facilities/cabin/index.html>

Address: 4645 US-24, Florissant, CO 80816

The CC Gilmore Stabler Cabin has 12 bunks with mattresses and 13 additional sleeping pads, indoor plumbing and bathrooms, full kitchens, and electricity. There is limited soap and no laundry. There is a fire ban from May 1st through October 1st. It is located near Divide, CO, on a 40-acre preservation. Stay on the well-marked trail or road to protect the delicate flora. The whole class group will be responsible for cleaning the cabin prior to departure.

If spending most of your time outside, it’s helpful to check the weather forecast for the area(s) you will be in the field to pack accordingly. Also, pay attention to whether you will be backcountry all day for LNT bathroom use, water capacity, and other needs throughout the day such as snacks and medicines.

**Sleep System:**

☐ Bedding/sleeping bag

☐ Travel pillow and pillowcase – **Optional**

☐ Pajamas – sleep pants, top, and socks appropriate for common spaces

☐ Headlamp, plus spare batteries

**Clothing:**

☐ Under layers – *Merino wool or synthetic recommended*

☐ Socks

☐ Underwear

☐ Bras

☐ Hiking boots

☐ Camp shoes – *sandals are ok*

☐ Base layer bottoms – *such as leggings/tights*

☐ Long field pants – *such as Carhartt or hiking pants*

☐ Rain pants – **Optional**

☐ Base layer tops – short sleeve (long sleeve for cold weather or extreme sun)

☐ Insulating top – *such as a sweater/flannel*

☐ Intermediate jacket layer – *such as a fleece jacket*

☐ Warm jacket *– such as a down jacket*

☐ Rain jacket

☐ Warm gloves

☐ Warm hat

☐ Sun hat

☐ Sunglasses – **Essential**

☐ Buff/bandana

☐ Flair – **Optional*,*** *fun, goofy clothes*

☐ Swimsuit – **Optional***, for swimming options*

**Personal:**

☐ Duffel bag/backpack – *big enough to fit all your gear and clothing*

☐ Mobile phone power/music/AUX cable(s)/adapter(s)

☐ Mug/thermos – *for hot drinks while driving/in the field*

☐ Towel – *for shower or swimming options*

☐ Personal toiletries – e.g., travel sizes of shampoo/conditioner, soap, toothpaste, toothbrush, floss, comb, lotion, deodorant, baby wipes, ear plugs, tampons, extra contacts/glasses

☐ Prescriptions, vitamins, allergy medications, emergency medications

☐ Sunblock – at least SPF 30+

☐ Lip balm – with SPF recommended

☐ ID & wallet

☐ Laptop

☐ LNT trash kit – *a sealable bag (e.g. 1gal Ziplock) for packing out trash*

☐ Trekking pole(s) – **Optional**

☐ Insect Repellent – **Optional**

☐ Camp chair – **Optional**

☐ Fun stuff: book, cards, frisbee, hacky sack, musical instrument – **Optional**

☐ USB/cell phone power pack/external battery pack – **Optional**

☐ Alarm clock – **Optional**

**Geological Field Gear:**

☐ Day pack – **Mandatory**, *to carry personal items for the day*

☐ Water bottle(s) – **Mandatory, ≥ 2 Liters, bring filled!**

☐ Hand lens

☐ HCl acid bottle

☐ Field notebook

☐ Map case/clipboard – **Optional,** *for field map, ask if needed*

☐ Ruler/protractor – **Optional,** *ask if needed*

☐ Grain size scale – **Optional,** *ask if needed*

☐ Pens x2

☐ Sharpie markers x2

☐ Pencils x2 – if mechanical, bring lead refills

☐ Camera – **Optional,** *highly recommended for geology work; phone cameras fine*

☐ Binoculars – **Optional**

☐ Pocketknife – **Optional**

☐ Wristwatch – **Optional**

☐ Whistle – **Optional**

**INTERNATIONAL TRAVEL**

Pack according to the lodging destination as listed above.

Check the International Travel Logistics document for more considerations.

**CC GEAR HOUSE**

**CC URL**: <https://www.coloradocollege.edu/offices/outdooreducation/facilities/ahlberg-gear-house/index.html>

**Address**: 931 N. Nevada Ave., Colorado Springs, CO 80903 (on the NW corner of Yampa Field, across

Nevada Ave. from Shove Chapel)

**Hours**: Fall/Spring: Mo, We, Fr 2 PM – 5 PM

Su 4 PM – 6 PM

The Ahlberg Gear House is an on-campus resource for renting outdoor equipment and clothing. The Geology Department encourages use of this resource to lesson the financial burden of buying gear for field classes. Please coordinate with your Professor and Paraprof to facilitate a Department Group Rental prior to any field trip. The department will cover rental fees, but students are responsible for covering any damage, replacements, or late fees (as needed).

Please check the URL for updated information on available gear. However, a summary of gear items is included below:

|  |  |  |
| --- | --- | --- |
| Rental Item | 1st Day Rate | Additional Day Rate |
| Backpack | $3 | $2 |
| Daypack | $2 | $1 |
| Stuff Sack | FREE | FREE |
| Sleeping Bag | $3 | $2 |
| Sleeping Pad | $2 | $1 |
| Paco Sleeping Pad | $2 | $1 |
| Tent  (range 1-6 person) | $2-6 | $1-4 |
| Trowel | $1 | $0.50 |
| Hiking Boots | FREE | FREE |
| Rain Jacket | FREE | FREE |
| Puffy Jacket | FREE | FREE |
| Rain Pant | FREE | FREE |
| Mid-layer Top | FREE | FREE |
| Gloves | FREE | FREE |
| Trekking Pole | $1 | $0.50 |
| Camp Chair  (Crazy Creek) | $2 | $1 |
| Waders | $3 | $2 |
| Rain Boots | $2 | $1 |
| Snowshoes | $3 | $2 |
| Microspikes | $2 | $1 |

**PACKING A TRAVEL HEALTH KIT**

This is a general list of travel products that are helpful to travelers. Some items may not be relevant to you, or you may need additional items. The Geology Department provides group First Aid kits on all field trips, but may not have all the medicines or supplies that you might need.

Note about medications from developing countries: Prescription and over-the-counter medications should not be relied on as there is no equivalent of the FDA to ensure quality. An example is that in Southeast Asia, up to 70% of antimalarials sold at pharmacies have ineffective or no antimalarial properties, and in many cases may have other contaminants, such as steroids. If necessary, use IAMAT.org or ISTM.org to find clinics that will be able to recommend relatively reliable local pharmacies.

**Prescription Medicines:**

☐ Your prescriptions – *for ongoing or possibly recurring medical concerns*

☐ Antibiotic for travelers’ diarrhea – *if needed*

☐ Altitude sickness medicine – *if needed*

☐ Malaria prophylaxis – *if needed*

☐ Epinephrine auto-injectors – *if you have a history of severe allergic reactions*

**Over-the-Counter Medicines:**

☐ Diarrhea medicine – *such as Imodium and/or Pepto-Bismol*

☐ Antihistamine – *for allergies, bug bites, Benadryl sleep aid*

☐ Motion sickness medicine – *if needed*

☐ Cough medicine or drops

☐ Decongestant – *for nasal or sinus congestion*

☐ Ibuprofen (Advil) or acetaminophen (Tylenol) – *for pain relief, fever control*

☐ Mild laxative – *for constipation*

☐ Nasal decongestant (e.g. Afrin) – *if needed for ear/sinus pain during flights*

☐ Antibiotic cream (Bacitracin) – *for cuts and scrapes*

☐ Antifungal cream –*if needed, e.g. humid environment or history of fungal infections*

☐ Hydrocortisone cream – *for bug bites or allergic rashes*

☐ Eye drops

**Other Supplies:**

☐ Women’s hygienic supplies – *can be difficult to acquire in developing countries*

☐ Tweezers or utility knives – *must pack in checked luggage*

☐ Cotton swabs (e.g. Q-Tips)

☐ Scissors and safety pins

☐ Digital thermometer

☐ Disposable gloves

☐ Earplugs

☐ Sunglasses and hat

☐ Sunblock (SPF 30+) – *with UVA and UVB protection*

☐ Sunburn relief (e.g., aloe vera)

☐ Bed net – *consider insecticide-impregnated nets*

☐ Permethrin insect repellent for clothing – *clothing should be treated before departure, according to directions. Recommended brand: Sawyer Permethrin.*

☐ Insect repellent

☐ Hand sanitizer or wipes

☐ Wound care items (e.g., bandages, gauze, adhesive tape, wound cleanser, moleskin, Steristrips, etc.)

☐ Contact lenses/prescription glasses – *consider an extra set in case lenses/glasses are lost/damaged. Carry Rx info.*

☐ Alcohol or Betadine wipes

☐ Blister kit – Moleskin

☐ Lock(s) for suitcase/backpack

☐ Birth control

☐ Condoms

**Documents:**

Store four copies of all these papers: 1 on the Internet, 1 with you in a location apart from the original (i.e. in the bottom of your suitcase), 1 at home/with your emergency contact, and 1 with the professor/paraprof.

☐ Health insurance documents

☐ Health insurance card – *your regular plan and/or supplemental travel health insurance plan and copies of claims form*

☐ Establish an “emergency phrase” to surreptitiously convey to family that you are in trouble

☐ Proof of yellow fever vaccine – *if applicable*

☐ International Certificate of Vaccination card or medical waiver – *if required*

☐ Information for all prescriptions – *include generic names. For medicines, eyeglasses/contacts, other medical supplies, etc.*

☐ Contact card – include the street addresses, phone numbers, and email of:

* A family member or close contact remaining in the U.S.A.
* Health care provider(s) at home
* Lodging at your destination
* Hospitals or clinics (incl. emergency services) in your destination(s) (IAMAT.org or ISTM.org to obtain in advance)
* US Embassy or Consulate in your destination(s)

**More Rigorous Itineraries May Need:**

☐ Oral rehydration salts

☐ Water treatment (e.g., Iodine, filter, etc.)

☐ Suture kit – *may require a letter from your doctor*

☐ SAM splint

☐ ACE wrap

☐ Needles or syringes – *e.g., for diabetes, may require a letter from your doctor/prescriber*

☐ Duct tape