

Packing List

What to Bring to SEEK

Clothes for indoor and outdoor activities

Lightweight shorts & 1 pair long pants

T-shirts & 1 long-sleeved shirt

Socks & underwear

Shoes for walking outside (on hikes, field trips)

Water Shoes or old sneakers (not Flip-Flops or Crocs)

Waterproof jacket or rain poncho

Hat for sun protection

Bathing Suit

Beach Towel

Pajamas

Alarm clock

Toiletries (toothbrush, toothpaste, soap, shampoo, comb/hairbrush)

Prescribed medications

Sunscreen

Bug spray

Refillable water bottle (or canteen)

Sunglasses

Watch

Camera (optional)

Cell Phone (optional and may not be turned on during conference activities)

Spending money (for vending machines, souvenirs)

Notebook & Pens/Pencils

Binoculars (if you have them)

Field Identification Guides (if you have them)

Lightweight backpack or fanny pack (optional)