

Packing List

What to Bring to SEEK

Clothes for indoor and outdoor activities

Lightweight shorts & long pants

T-shirts & 1 long-sleeved shirt

Socks & underwear

Shoes for walking outside (on hikes, field trips)

Lightweight jacket or rain gear

Hat for sun protection

Bathing suit

Exercise clothes (optional)

Pajamas

Alarm clock

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

Prescribed medications

Sunscreen

Bug spray (optional)

Refillable water bottle (or canteen)

Lightweight backpack or fanny pack (optional)

Sunglasses

Watch

Camera (optional)

Binoculars (if you have them)

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

Spending money (for ice cream, vending machines, souvenirs)

Pre-Conference Assignments

Notebook & Pens/Pencils

Field Identification Guides for Birds & such (if you have them)