

## What to Bring: volunteers/interns/helpers during overnight stays at Turtle Island Preserve:

**A WILLINGNESS** to try new things: Be ready to see the world through a different perspective, to accept unusual challenges like using a bathroom outdoors or bathing in a stream.

**Clothes:** Bring changes of clothes to cover the length of time you will be camping, with a change of socks for each day. **Bring clothes that can get dirty.** Prepare to dress in layers, to accommodate the increase and decrease of temperatures throughout the day and night. \*bathing suit and towel in case of swimming or sauna. Hat, scarf, coat, and gloves are very useful from October - April. Work-Gloves are a really nice convenience any time of year.

**Comfortable STURDY Shoes/Boots:** NOT NEW or poorly fitting shoes that will cause blisters. Extra pairs are appropriate, as some may get wet. Sandals that can get wet (with heel strap) are strongly recommended for summer time at Turtle Island. Muck boots help for barn chores and muddy areas. Waterproof is a must.

**Time Piece:** a watch you can wear and a battery-powered alarm clock is crucial to stay on schedule.

\* A cell phone is not an appropriate alarm or time keeping device.

**Raincoat:** A sturdy one, not a thin, disposable one, or a rain-repellent or water resistant jacket. It must be rain-proof so that water doesn't go through or absorb into the material. Rain-pants/hat are optional.

**Sleeping Bag, and pillow:** For the cold months from October through April, make sure you have an **extra-warm** sleeping bag and extra blankets to keep you truly comfortable. (bags are often rated by temperature)

**Flashlight:** One or two small flashlights are a good idea in addition to extra batteries. Headlamps are also a nice convenience, extremely useful (not required) but we all have one and you will want one too.

**Eating Utensils:** Plate, bowl, spoon, fork and cup. Please **do not buy** special utensils and please do not bring disposable ones. Regular home utensils are fine.

**Toiletries:** soap, shampoo, oral hygiene materials, feminine products, and a towel.

**Medication:** Bring any special (such as prescription) medical provisions you may require. Extra contact lenses and glasses if needed.

**Pack, Duffel or sturdy container:** To carry your materials into camp. It is good to have a plastic cover for this item in the event of rain. A small daypack is also very useful as is a plastic bag to store wet items.

**Canteen or water vessel:** even an empty plastic milk or juice container is fine.

**Optional:** Pocketknife, sun hat, camera, journal, musical instrument, matches. Snacks to hold you over between mealtimes –stored in an air-tight container to avoid attracting wildlife.

DO NOT BRING - **any illegal or harmful substances or practices.**

DO NOT BRING – gadgets that keep you tied into the modern world – cell phone, video games, devices that require the use of electricity, etc.

