

Checklist of Items to Bring to FIT

Use this list to check off the recommended items to bring to FIT.

Clothing:

Shirts (long and short sleeved)
Pants, Shorts
Underclothes
Sturdy Shoes (open toed shoes are not advised)
Sleepwear
Heavy Jacket
Sweater or Sweatshirt
Raincoat or Poncho
Hat (warm cap and/or head covering for sun protection)
Sleepwear

Personal:

Alarm Clock
Flashlight
Toiletries
Towels, washcloth
Pillow
Sleeping bag (or twin-sized sheets and blankets)

Strongly Recommended:

Re-useable Water Bottle (bottled water is not provided. Excellent Sierra spring water is available on site)
Insect repellent
Sunscreen & Lip Balm
Sunglasses
Shower cap & shoes

Optional:

Lunch container. Reusable brown paper bags are provided
Swim Suit
Musical instrument (for campfire entertainment)
Camera and/or video camera
Binoculars (optional, advised for bird watchers)
Lightweight camping chair (optional, for sun bathers, there is really very little time for this, but past participants suggested that it be included)
Ear plugs (dormitory, 2 to a room)
Cell Phone (coverage is fair)
Mountain bike (optional, there are mountain dirt roads readily accessible for early morning rides)

Professional Needs:

Pen/pencil and paper for taking notes (a small journal will be provided)
Portable Computer (very useful for development of curriculum unit)
School or District Science continuum (Any school/district or organizational information you may need to help you write your FIT curriculum unit.)

BE PREPARED FOR COOL, possibly wet weather. Afternoon thunderstorms are not common in June, but it can rain. Nights and early mornings will be chilly. **Be prepared to spend a lot of time outdoors.**