



Clothing and Equipment List

Spring, Summer & Fall

What NOT to bring:

1. **Weapons of any kind.** This includes guns, knives (including pocketknives), mace, etc.
2. **Non-prescription medications.** Such medication will be dispensed by TSS staff as necessary. In addition, no prescription medication should be brought or used unless noted on the participant medical form.
3. **Tobacco products, illegal drugs or alcohol.** They are not allowed.
4. **Music players, electronic games, curling irons, hairdryers or other electronic devices.** Although sometimes desirable at home, these are distracting and inappropriate here.
5. **Food.** Any food in cabins attracts unwanted small animals.
6. **Cell Phones** will be collected from students upon arrival.

Parents/teachers please note that you are responsible for insuring that the items listed above are not included in your student's luggage.

REQUIRED CLOTHING AND EQUIPMENT LIST

Foot Wear

- ___ 1 pr. tennis shoes for indoors
- ___ 1 pr. hiking boots*
- ___ 3-4 pr. warm wool socks. Students will wear 2 pairs of wool socks at a time on cold days. Polypropylene liner socks are optional but useful.
- ___ 1 pr. warm snow pack shoes or mukluks, are recommended if you are coming in early Spring (Late March – April) or late Fall (Mid-October – November)

Upper Clothing Layers

- ___ 1 warm winter coat: wool, down, or fiberfill recommended (or parka shell plus additional wool sweaters)
- ___ Waterproof rain jacket*
- ___ 1 or 2 warm, wool sweaters*
- ___ 2 long-sleeved shirts or turtlenecks
- ___ 1 T-shirt
- ___ 1 warm winter cap or balaclava (must cover ears)
- ___ 1 baseball cap
- ___ 1 pr. thick wool or fiberfill mittens good to 0° F (if wool, please bring 1 pr. of nylon over mitts or shells) an extra pair of mittens is optional, but encouraged

Bottom Clothing Layers

- ___ 1 pr. long underwear (wool or synthetic, not cotton)
- ___ 1 pr. pants for snow or cold weather: wool or synthetic
(Army surplus wool pants are fine.)
- ___ Waterproof rain pants (optional but encouraged)*
- ___ 1 pr. sturdy field pants (jeans or comfortable pants for evening or warm weather wear)
- ___ 3 changes of underwear



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Clothing and Equipment List Continued

Other Necessary Items

- Warm sleeping bag, down or fiberfill
- Pillowcase and Sheet for underneath sleeping bag (This is a Health Code requirement)
- Personal toiletries: towel, washcloth, toothbrush, comb, soap, etc.
- 3 pencils (field notebook will be provided)
- Sunscreen/sunblock/chapstick, SPF15 or higher
- Glasses or goggles
- small flashlight and batteries
- Duffel bag or suitcase (for storage of gear)

Optional Items

- Personal pillow (TSS supplies pillows to each student)
- Camera and film
- Colored pencils
- Binoculars

Teton Science School Will Provide

- Cross-country skis, boots, poles (if applicable to program)
- Gaitors, day pack, field notebook
- Water bottle, lunch container
- Binoculars

Clothing Materials:

It is essential to have adequate clothing for outdoor studies. Temperatures are variable during this time of year, it may be sunny and 50 degrees in the morning and change to 25 degrees with rain or snow in the afternoon. The "layer system" of wearing multiple layers of clothing is advisable since it traps more warm air and allows you versatility in adjusting to changing weather conditions. *Whenever possible, please avoid cotton clothing for outdoor wear - it gets wet and stays wet.*

* Rain Gear

Each student should have a waterproof rain jacket with a hood, and waterproof rain pants. The raincoat should fit over the wool shirt and sweater. The rain-pants should fit over your long underwear and heavy pants. These items need not be expensive. Fabrics such as Gore-Tex or simple coated nylon are fine. Please avoid plastic. Rain pants and jacket are more effective against wind and rain than a poncho.

**Hiking Boots

Sturdy, comfortable, quality boots that are well broken in are essential. Leather is probably best, as we will be walking where waterproofed boots will be needed (river-bottoms and on rainy days). They should be ankle height to provide adequate support. Tennis shoes will not be adequate for the hikes we will be doing.

*** Wool Clothing

Snow and rain can occur at any time. Wool has the advantage (as do synthetic materials such as polypropylene and nylon pile) of absorbing very little water when wet. Cotton clothing is fine for warm, dry, summer weather, and for around the school.