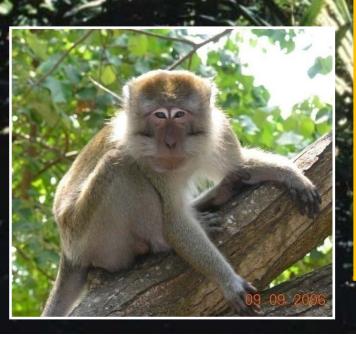
International Field Study Program Indonesia -

Field Supply List - Suggested Items



Major Categories:

- I. Getting There
- II. Clothing
- III. Field Supplies
- IV. Personal Items
- V. Medications



I. Getting There:

Suitcase or Backpack
Carry-on
Storage of extra clothing/supplies in Bogor

II. Clothing:

City:

Casual outfit (slacks/dress/skirt & nice shirt/blouse) for special occasion Jeans, etc.

T-shirt

Lightweight long-sleeved shirt (if greater modesty is needed) Sandals/shoes

II. Clothing:

Field: (note: clothing may become damaged from fieldwork)

```
Field pants (lightweight)
Other pants (e.g., jeans)
T-shirts (lightweight – moisture wicking)
Underwear
Socks (moisture wicking)
Lightweight long-sleeved shirt (to cover from sun/ mosquitoes)
Lightweight sweatshirt (for cool evenings – a rare event)
Shorts
Bathing suit *
```

* our Indonesian colleagues request modest swim attire while on the beach/swimming – shorts & t-shirt

II. Clothing: (continued)

Field: (note: clothing may become damaged from fieldwork)

Hiking shoes/boots
Sandals/flip-flops
Bath towel
Hat/baseball cap (to cover from sun)
Bandanas

III. Field Supplies:

Back pack (day pack)

Fanny pack

Binoculars

Field notebook

Pens/pencils

Water bottles

Knife (e.g., jackknife, etc.)

Flashlights

Compass

Batteries

Digital watch

Camera

III. Field Supplies: (continued)

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Zip-lock bags ("freezer" strength, both gallon and quart)
Dry Bag
Big trash bags (e.g., 30 gal – to protect supplies from getting wet)
Duck tape
Rope (e.g., 50' x 3/8")
Extra shoe laces
Mosquito net
```

IV. Personal items:

```
Personal toiletries (soap, shampoo, tooth brush, toothpaste, etc.)
Sunscreen (preferably SPF 15 or greater. Some say SPF 30 or >)
Skin lotion
Insect repellent (most effective containing DEET 20-50%)
Extra eyeglasses / contacts and solutions and supplies
Lubricating eye drops
Sun glasses
Antibacterial hand sanitizer
Special food treats (power bars, candy, etc.)
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Vitamins (vitamin C, multivitamin, etc.)
Feminine hygiene items (tampons, yeast infection cream, etc.)
Recreation/hobby (e.g., books, snorkeling, sports, etc.)

V. Medications*:

Personal prescription medications (in original container with copies of prescriptions)

Prescription antibiotic for diarrhea Prescription antibiotic for skin, respiratory infection

Band aids Moleskin

Oral rehydration solution packets (e.g., gator-aid)

Motion sickness medication

Pain/fever medication (e.g., aspirin, ibuprofen, etc.)

*Pepto Bismol (liquid and tablet)

Anti-diarrheal medication (e.g., Immodium)

Mild laxative

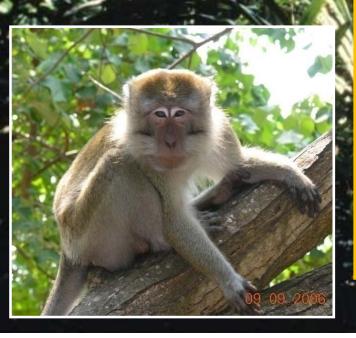
V. Medications*: (continued)

Antifungal cream
Antibiotic cream (e.g., polysporin)
Antihistamine (e.g., Benadryl)
Decongestant
Throat lozenges
Digital thermometer (not glass)
Foot power (e.g., Desenex, Tinactin)
Body power
Anti-itch cream/lotion (e.g., 1% hydrocortisone, calamine lotion, etc)
Sunburn lotion (e.g., aloe gel)
Epinephrine auto-injector (EpiPen – if prone to severe allergic reaction)

* Please check with your health care provider for further advice

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