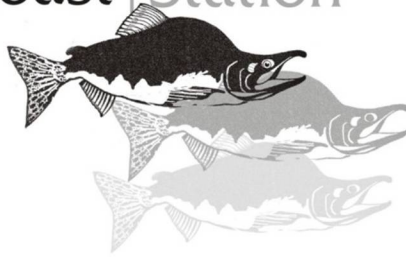


Salmon Coast | Field Station



Packing Guidelines

The Basics

- **Blankets or sleeping bag** (you can bring your own towel, pillow and linens, or they can be provided here if necessary)
- **Medications** you MIGHT need during your stay, and a spare supply and/or prescription
- **Toiletries and other personal items** (extra contacts, pads, etc.) – there is no drug store here and we only do town trips occasionally
- **Sunscreen** (water glare makes burns likely)
- **polarized sunglasses** (for spotting fish underwater)
- **Cash and bank card** (cash for purchases at the small store, museum or art gallery near Echo Bay, cash or bank card for purchases during town trips to Port McNeill)
- **Reusable water bottle**
- **Headlamp/flashlight and spare batteries** (use rechargeable, pack out dead batteries)
- **Appropriate clothing**, including:
 - **Quality raingear** (jacket, pants and rubber boots)
 - **Durable, warm work-clothes** that can get dirty
 - **Warm socks and undergarments**
- **Mittens or gloves and a warm hat** – driving in an open boat can make you very cold, even on a mild day.

Other items you may find useful

- Thermos/Tupperware
- Rubber boot liners
- Slippers and warm comfy indoor clothes
- Camera and film/memory cards
- Neoprene/water proof work gloves
- Polarized sunglasses
- Earplugs (walls thin in sleeping areas)
- Allergy pills, pain meds or other over the counter medications
- Snacks or specialty foods
- Portable media device and headphones
- Instruments and art supplies
- Fun clothes for festivities