

## MRC Packing List for Primate Behavior & Ecology at La Suerte site

### Absolutely necessary items

- Passport – please make copies of it, and other important things like credit cards – take a copy with you and leave one with your parents (or someone else who you trust). I also scan a copy of mine and email it to myself.

### School Supplies

\* Good places to buy field gear are Forestry Suppliers ([www.forestrysuppliers.com](http://www.forestrysuppliers.com)) and Campmor ([www.campmor.com](http://www.campmor.com)). I note item #s from each of these suppliers in several places below.

- USB memory stick
- Binoculars (7 x 35 or 8 x 42 –Note – if you have binoculars that are different than these specifications, that is fine.)
- Flashlight or headlamp and batteries (note: there is no battery recycling at La Suerte so if you bring regular batteries you'll have to bring them back home with you)
- Rite-in-the-rain all-weather notebooks (Item #49318 at Forestry Suppliers, item#31652 at Campmor; also available at REI). Please order at least two. Any style or version of the notebook is fine.
- All weather pens (get 2). These are important because regular pens do not work on the rite-in-the-rain notebooks, and the all-weather pens don't run when the ink and pages get wet. (Item #49237 at Forestry Suppliers, Item # 31655 at Campmor)
- Digital wrist watch **with alarm that counts down continuously** (needed for data collection and telling time; please be sure it is water resistant. Timex brand watches are recommended. I do not advise using your phone for this because it could get wet)
- Day pack/book bag for the field (use an old backpack/ pack that you already have if possible – this could also be your carryon bag)
- Laptop. This is very useful, particularly when you are working on your research project; the research site is secure, so theft is very unlikely. If you cannot bring a laptop, a calculator and graph paper would be useful.
- Bug repellent. This is important. Recommend spraying clothes with bug repellent before you arrive. (There is spray permethrin that is intended specifically for spraying clothes, tents etc. and are supposed to last for ~6 weeks). Bring several tubes/bottles (~3-4) of repellent with you. For what you will use on your body I recommend somewhere between 20-33% DEET. One recommendation is ultrathon (Item# 84830 at Campmor) (but any brand will do.) Also – bug *spray* as opposed to *lotion* sometimes works better in the humidity.
- Sunscreen (waterproof)
- Ziploc bags of various sizes (certainly some quartsized) – important for keeping personal items and maps dry.
- Several trash bags (to keep clothing, equipment, duffel bags etc. dry).

## **Clothes**

\*Bring clothes that you already have if possible. Unless you plan to go into field biology I wouldn't invest a lot of money in field clothes – they just get dirty, wet, ripped, etc. Fast drying/nylon clothes are best for the field – if you want to buy some I recommend Campmor as their prices tend to be better than most other outfitters (such as REI, EMS, etc.). Sierra trading post ([www.sierratradingpost.com](http://www.sierratradingpost.com)) also has good deals.

- Calf high rubber boots. These are what you'll wear in the forest. You can get them at places like KMart or Target, army navy stores, or at Forestry Suppliers (Item # 93565 – this item number is for size 8 so if you order online make sure you get the right size.). This item is absolutely essential, as you will be spending a lot of time hiking through a very muddy forest – do not come without rubber boots.
- light weight cool rain coat (I use a cheap poncho – the kind you can get for \$5 at a drug store)
- 2-3 lightweight pants for the field (students often like to wear shorts at the research station when they are not in the forest, so convertible pants/shorts are good)
- 3 tee-shirts and/or tank tops (fast dry is best.)
- 1-3 long sleeved shirts (for the field, to protect from sun, thorns, etc.)
- 1-2 shorts/pants and shirts for when at the field station but not out in the forest
- Pajamas
- Bathing suit (you can swim in the river.)
- 1-2 set of casual clothing (for town) [note – could be the same as non-forest clothes/what you wear to travel in]
- ~5 underwear
- ~5 socks (to wear with rubber boots)
- Sandals/sneakers (for around the research station when not in forest, to travel in, etc.)

\*Note – you will be washing your clothes by hand (there are big washing sinks) so obviously the more underwear/socks you bring the fewer times you'll have to do laundry. But generally I think best to pack light.

## **Recommended items**

Textbook: *PRIMATE BEHAVIORAL ECOLOGY*, 5<sup>th</sup> Edition, by Karen B. Strier (2017). Pearson Publishers. Copies of the 4<sup>th</sup> edition are also available for borrowing while at the site.

- water bottles (at least 2) – these are also available for purchase at the site
- compass (useful but not essential; a small, cheap plastic one is fine) or GPS
- permanent black marker (sharpie)
- whistle
- a large plastic Ziploc bag and packaging desiccant (e.g. a large pack of silica gel) for storing your laptop computer in at night (since the humidity can cause electronic devices to malfunction)
- sheets, blankets, and towels are provided, but you can bring extra sets if you'd like

- toothbrush, toothpaste, soap, shampoo, powder (and anything else you use.)
- personal firstaid kit: bandaids, antibiotic ointment, Tylenol, cold tablets, stomach meds (i.e., pepto, tums), antiitch meds, any other meds you normally take or might need, etc.
- prescription meds: anything you normally take; students often bring cipro (used for travelers' diarrhea and a host of other ailments – doctors will often prescribe it when traveling to a tropical country); we are not in a malarial region at La Suerte so antimalarials are not necessary but of course it is your choice whether or not to take them
- tampons/maxipads
- If you wear glasses bring an extra pair if possible
- mosquito bed net (something like Item #86662 at Campmor – note that you will need some string to hang it with).
- small combination lock might be useful
- laundry soap (e.g. 'camp soap' which is Item #84830 at Campmor; or Dr. Bronner's organic fairtrade, pepperminty, can also be used as a body wash). Some people like to use a laundry scrub brush (I just use my hands.). You can also pay to have your laundry machinewashed at the La Suerte site.
- camera
- sewing kit/ duct tape (can be very useful.)
- ear plugs (if you are a light sleeper)

Note: many people have no issues with mosquitoes at La Suerte and don't use a net (I don't use one) but others swear they are eaten up, so may be a good idea just in case.