

SEE-U Brazil Packing List (Revised)

Dress is casual throughout, with dinner sometimes being the exception. You'll need both light-weight and warm casual clothes for classroom and lab, eating meals, and walking around the grounds. Field work or trips will require slightly more rugged, protective clothes. Be sure to bring clothes (hats, long-sleeved shirts and long pants) that cover you for protection from the sun, mosquitoes, and thorny plants.

NOTE: Long Sleeved Shirts, Long Pants, and Sturdy Boots/Trail Shoes are required for Field Activities!!!

NOTE: Be sure to bring lots of Warm Clothing – it is winter in southern Brazil and the buildings are not heated. In previous years, students often suggest to tell next session students to say how they didn't believe this from orientation materials and regretted it on arrival.

Laundry service is provided by IPÊ once a week, with up to a 5-day turnaround time (clothes are air dried). Bring enough clothes to have enough on hand while a set is in the laundry.

ESSENTIALS

- Passport and Brazilian visa
- Photocopies of passport and Brazilian visa
- Valid government-issued picture id (for admission to nightclubs)/ Student id (for discounted admission to museums)
- Plane tickets and/or e- ticket information
- Cash for personal expenses including laundry, other goods/services, and nights out.

PERSONAL ITEMS

- Anti-itch lotion – e.g., benadryl sticks, over-the-counter antihistamine creams, or calamine lotion
- Moleskin or Dr. Scholls blister/callus covers
- Prescription medicine (also bring a copy of the prescription itself in case the medication is lost or damaged)
- Toothpaste, soap, shampoo, etc.
- Spare eyeglasses or contacts (Bring your prescription but be advised it will take several days at best to replace a broken set so bring spare!); Contact lens solution
- Normal medicine for headaches, cramps, stomach, diarrhea, etc
- Band-aids (several sizes)
- **Epi-pen** if you have severe allergic reactions.
- Watch, with alarm
- Extra batteries for all gadgets
- Small, collapsible umbrella
- Portuguese language phrase book – optional
- Personal reading books, games – optional

CLOTHING (**Good field clothing is required; both lightweight and warm clothing is recommended**)

- All-weather nylon shell/jacket and rain pants (for rainy weather)
- Hiking boots or good Trail Shoes (be sure to break them in before traveling). See notes re long pants (tucking into boots)
- Comfortable work/walking shoes (to switch into when boots wet/muddy)
- Lightweight long-sleeved shirts for field work (to be covered in long clothing for protection against sun, insects, thorny scrub)
- Lightweight Field pants (at least 2 pair, as will get wet/muddy) (e.g. khaki, khaki zipper)
 - Must be full length - not capris – that is, pants that can be tucked into boots to protect the ankles
- Lightweight ankle gaiters – to keep insects and the wet out – optional, recommended
- Multiple layers of **warming clothing** – sweaters, pile jacket, heavy shirts & pants, warm hat, gloves, scarf, etc.
- Field hat, with brim for sun and heat
- Work gloves – optional
- Shorts – for warm weather days
- T-shirts (several) for field use
- Underwear
- Socks (many, as will get wet/muddy)
- Nicer clothes for restaurants / nights out. - optional
- Beach gear
 - Swimsuit
 - Beach towel
 - Flip flops, or field-type sandals (Texas)

(continued next page →)

COURSE/FIELD EQUIPMENT

- Course texts
- **Sunblock or Sunscreen**
- **Sun glasses**
- Insect repellent – DEET-based (e.g. Cutters, OFF); Note, however, high DEET content repellents not recommended (tendency to dissolve plastics, etc.)
- Small day-pack (could double as carryon or be packed empty in checked piece)
- Small notebook/field notebook.
 - Bring more than one (for a journal, for class notes and/or one for field)
- Pencils/pens
- Water bottles
- Laptop computer with wireless card
 - For older versions of Excel (2003 or earlier for PC's), load Data Analysis Toolpack (Tools/Addins...) from your CD's if it isn't already on your laptop.
- Small field 1st aid kit, including tweezers – optional, but highly recommended
 - (e.g., Adventure Medical Kits First-Aid 0.5 Kit, REI Item# 800717; \$7)
- Flashlight/Headlamp (with spare bulbs and extra batteries)
- Whistle – **Required**, for emergency use in the field
- Compass – **Required**
 - Your compass must have a **clear base plate, rotating housing**, as the Silva Starter 1-2-3 Compass (\$12, Item # 784935 at <http://www.rei.com/>) or similar ones by Suunto and Brunton.
 - Note: Ones with a mirror (e.g., Silva Guide 426 Graphite Compass, REI Item # 408185; \$21) & with a clinometer (Suunto MC-2 Pro Compass, #787189; \$56) are more useful for fieldwork but are more expensive
- Duct tape (for repairs)
- Sports bars or other snacks – optional
- Pocket knife (e.g., Swiss Army knife or Leatherman - optional)
- Small magnifying glass (5-10X) – optional
- Camera and film/digital card – optional
- Binoculars – optional
- Ziplock bags (useful for protecting notebooks/reading materials in wet conditions)

(rev. TK 04.25.10)