

Gear List

Borneo Tropical Restoration Ecology Field Course

- Field Backpack 30-40L with raincover

[https://www.rei.com/c/day-packs?r=category%3Acamping-and-hiking|hiking-backpacks|day-packs%3Btab.sku-range-gear-cap-l%3A21 to 35&ir=category%3Ahiking-backpacks](https://www.rei.com/c/day-packs?r=category%3Acamping-and-hiking|hiking-backpacks|day-packs%3Btab.sku-range-gear-cap-l%3A21%20to%35&ir=category%3Ahiking-backpacks)

- Backpack – optional (you can also just bring a rolling bag or duffle)

<https://www.rei.com/c/backpacking-packs?r=category%3Acamping-and-hiking|hiking-backpacks|backpacking-packs&ir=category%3Ahiking-backpacks>

<https://www.rei.com/search.html?q=rain+cover&ir=q%3Arain+cover&page=1>

- Lightweight hiking boots or shoes

<https://www.rei.com/product/747206/merrell-moab-ventilator-mid-hiking-boots-womens>

<https://www.rei.com/product/894626/salomon-x-ultra-aero-mid-hiking-boots-womens>

- Sleeping sack

<https://www.rei.com/product/897802/sea-to-summit-expander-travel-liner>

<https://www.rei.com/product/797112/sea-to-summit-insect-shield-coolmax-adaptor-liner-mummy>

- Sleeping pad?

<https://www.rei.com/product/873463/big-agnes-double-z-air-sleeping-pad>

- Camping pillow?

<https://www.rei.com/product/799192/cocoon-air-core-hyperlite-pillow>

- Camping pack towel

<https://www.rei.com/product/832935/rei-multitowel-lite-x-large-towel-54-x-25>

- Headlamp and extra batteries

<https://www.rei.com/product/898762/black-diamond-cosmo-headlamp>

- Long synthetic field pants- multi pockets/ zip offs

<https://www.rei.com/product/861816/rei-sahara-roll-up-pants-womens-petite>

- Long synthetic field shirts (to protect again mosquitoes etc.)- button up type are the best eg. Ex-officio or Columbia makes good ones
<https://www.rei.com/product/863633/exofficio-bugsaway-breezr-shirt-womens>
- Lightweight long loose clothing for night
- Swim suit (optional, if planning on extra time after)
- Long hiking socks (to tuck pants into)
- Leech socks (optional – we can buy these at Kopel handmade by the locals)
- Tevas or closed sandals for traveling or times not in the forest or whatever lightweight shoes may be comfortable
- Flip flops for the *mandi* (bathroom/bathing area)
- Dry sacks/stuff sacks (optional but highly recommended)

<https://www.rei.com/product/777725/sea-to-summit-ultra-sil-dry-sack>

- Sunglasses
- Sunscreen
- Sun hat
- 2 Composition or Decomposition notebooks- “Rite in the rain,” 1 for lectures and 1 for a journal
- Water bottles and or camel back
- Leatherman/ pocket knife (optional)
- Binoculars (optional- small, waterproof, 10*20)

Camera (optional but highly recommended)

- Biodegradable soap and shampoo- you can find at any Whole Foods Market or dry shampoo
<https://www.rei.com/product/730925/dr-bronners-organic-liquid-soap-travel-size>

- Other toiletries
- Optional: Bandana (s) (to get wet and keep cool or hold hair back)- basic cotton ones and Buff is good too
- Optional: playing cards or other games for free time
- personal first-aid kit: you can find premade ones too
 - Anti-malarial tablets (as prescribed by your doctor)
 - Antihistamine (such as Benadryl)-useful as a decongestant for colds, allergies, or ease the itch from insect bites or stings.
 - Antiseptic - mercurochrome and antibiotic powder/tea tree antiseptic cream/oil - for cuts and scratches
 - Calamine lotion - to ease irritation from bites or stings.
 - Kailin preparation (Pepto Bismol), imodium or Lomotil - for stomach upsets
 - Rehydration mixture - for dehydration, especially that caused by severediarrhea
 - Vaseline and Intensive Care Cream
 - Tropical Strength Aero guard or Rid Mosquito repellent (no aerosol cans please)
 - Medicated powder
 - Panadol or Aspirin
 - Band-aids
 - Sun block/lip balm
 - band aids, antibiotic ointment
 - anti-diarrhea medicine
 - anti-itch/rash medicine
 - antihistamine
- Lightweight raincoat or poncho
- Town/ travel shoes
- insect repellent- DEET and/or Herbal (if you prefer for skin)
- t-shirts and shorts (long, or skirts for women) for wearing around the camp
- a few large trash bags to keep packs dry during transport
- Synthetic under garments
- water resistant digital wrist watch
- quart/gallon sized zip-lock bags (extremely useful in the tropics)
- optional: small laptop and flash drives
- 'cool' pants for in camp. For women these should cover your knees.

- 1 warm sweater and/or maybe light coat/jacket: for on the boat, and on rare cold mornings and nights.
- pajamas or T-shirt and sarong (bought in Kota Kinabalu) for sleeping
- something thin to sleep in or under (sheet sleeping bag)
- pair of good sandals or other travel shoes for walking/shopping/bus/boat etc.

Other things

- clothline
- Books to read/relax/study
- Mosquito net (optional)
- Photo camera: Remember it is very humid, so it is important to take good care of electronic and digital equipment by storing them in airtight containers with silica gel. If you want to bring more than just a simple camera, it's best to bring a standard (50 mm) and tele-lens (200-300mm lens). Bring extra or rechargeable batteries for your equipment
- Air-tight containers or bags + Silica gel: All electronic equipment, but also your binoculars and camera lenses, should be kept in an air-tight container or bag with silica-gel, to prevent damage by humidity. Some of these containers are available in camp but it is always better if you can bring your own.
- Anti-mosquito lotion/spray: Lotion containing DEET, which usually is advised by health care workers.
- Ear plugs- can be handy
- Ziplock bags handy for storing books etc. in camp to protect them against humidity. A travel bag (a cover bag you put around your backpack before it goes on the plane) has also been proven to be handy in protecting your big backpack against fungus-damage in the camp.
- Preferred snacks like chocolate, protein bars (optional)
- field guide to your favorite group of organisms (optional)
- equipment for recharging camera batteries
- universal electric converter
- 1 waterproof sport watch (all plastic, no leather)

- Do not bring expensive watches or jewelry.
- Insect sting kit—some people have severe (and dangerous) reactions to insect stings. If you are one of these, bring an emergency adrenaline kit, such as "Anakit" or "EpiPen" available by prescription, to keep with you, and inform the coordinators of your sensitivity to insect stings.
- duct tape
- Electric adapters for Malaysia
- Sense of Adventure!
- Sense of Humor!

Notes:

- Keeping things dry
 - Anything not in a waterproof plastic case or bag will likely get wet either directly or via the humidity. Paper in particular has a way of getting damp just sitting on a table. Envelopes stick themselves closed. Even money starts to feel soggy after a few days. It's kind of interesting...
 - Zip lock baggies are amazing for keeping everything dry!
- Forest clothes
 - Cotton is not advisable as it will never dry, doesn't wick moisture and is heavier. Can buy some clothing at the Eiger store but don't rely on that. Jeans NEVER dry in the tropical humidity.
- Regular clothes
 - Since Malaysia is a Muslim country, we should try to dress according to their cultural dress code, so not to offend anyone or attract negative attention. This means for women shoulders and belly always covered, and pants/skirts covering the knee. Shirts and pants should never be tight fitting, but loose and not 'revealing' a lot. This 'dress code' applies both to camp (maybe more lenient at more touristy beach towns) and cities!
- Good sites to find gear
 - activejunky.com, rei.com, campsaver.com, backcountry.com, theclymb.com, moosejaw.com, gearexpress.com