

Items Needed* for North Lake's Hawaiian Field Studies

This is an old list that I have modified. There are very few things that one "needs" in Hawaii. I have included explanations of each item and you can decide on its necessity on your own. Feel free to call me and ask what I use/bring each day. I have also tried to include money saving tips when I can indicated by \$\$\$TIP\$\$\$. I also have give you a few ideas about travel/packing. ^^TIP^^ I would love to hear if any of our advice helped you.

Hope this helps ... Dempsey

Sun Block

1

First on the list for good reason. I don't care how much of a sun worshiper you are, you will burn in Hawaii without it. I recommend something in the 30-45 range and definitely something waterproof.

\$\$\$TIP\$\$\$ Perhaps you can split a bottle with another student?

^^TIP^^ Don't forget to put this in your checked bag an make sure you keep it in a zip lock bag, just in case.

Sun Glasses

1

Not mandatory, however useful.

Flash Light and Batteries

1

A MUST. When we hike at night to see the lava you will not be permitted out on the flow without one. National Park rules, not ours. Head beams are not a good idea, they usually end up blinding everyone around you. Having fresh batteries is peace of mind, nothing worse than getting out there and having no power.

\$\$\$TIP\$\$\$ You do not need a beam to signal the space station, just one powerful enough to see your feet in front of you on a dark night.

^^TIP^^ Pack the batteries separate from the flashlight to prevent accidental use of the batteries.

Beach Towel

1

This is more of a convenience. Most of the time you will be able to check one out of the hotel for beach use. I don't bring one personally. I just check one out or air dry.

Swim Suit

2

Not only for snorkeling but perhaps for a quick swim in the pool.

Hat/Visor/Cap

1-2

The sun can be pretty intense. Bring one for all days work. They can even come in handy for taking pictures in the rain.

Rain Wear

1

A MUST! I would not even hope to predict how much we will need this. There have been years where we have been dry most of the time, to years we have been soaked, but never a year without rain entirely. When you are done with the field studies you can always throw it in the trunk of your car for ... well a rainy day.

\$\$\$TIP\$\$\$ You can find rain gear very cheap around town.

^^TIP^^ I keep my poncho in a zip lock bag. Once you get them out of their original containers, they rarely want to go back in.

Jacket

1

Particularly on Mauna Kea you will want something to deflect the wind. Typically speaking Hawaii does not provide us with much cold weather. That being said, we have seen 50 degree temps in days on Kilauea and seen snow on Mauna Kea (in the summer!)

Sweat Shirt

1

This is another good layer and essential if your roommate likes the AC running cold all night. I carry mine everywhere, acts as a pillow, a change of clothes or just something for lumbar support when I drive. Perhaps you want the HFS hoodie? Call me!

T-Shirts or Comparable Casual Wear

4-5

Do not worry about how you look, this is a field study, not a fashion show. Be comfortable.

Casual Shirts

2-3

You may want to come home after a day in the field and have something nice to wear about. We will also be spending a day at a museum, in a classroom and perhaps even as a tourist.

Jeans or Comparable (old)

2-3

At least one pair of jeans may not make it back with you. The red dirt of Kauai + rain + jeans = a mess. I can tell you from experience that I have only left behind 1 pair. We don't, however, want you to travel in designer jeans and then get upset when they are ruined.

Jeans/Pants/Dress

2-3

Just in case you want to have something for a luau, but optional.

Shorts

4-5

Always nice to have on hand.

Long Sleeve Shirt

2

A MUST! This is not just for being cold, this is also for sun protection. If you are beginning to burn, you will be told to put on your long sleeve shirt.

Binoculars - Optional

1

They make some nice pairs now that are very compact. There will be birds to observe as well as lava. I will have a pair and I would be happy to share with you.

Camera

1

YES, YES, YES. By no means is it mandatory, but you are going to want one. I have very strong recommendations regarding digitals if you want them, please call me. After years of looking I think I have found what I believe to be the ultimate field studies camera. It is waterproof (10ft), shockproof, light weight, big LCD and fits in a pocket.

There are so many options ... all I can tell you is that you can just point and shoot and you almost can't get good pictures. Its all that beautiful.

If you decide to go with traditional film I would recommend that you also buy an underwater camera for snorkeling.

\$\$\$TIP\$\$\$ If you are going to buy a camera, a disposable, or underwater, please do it on the mainland! I would also get film developed when you get home.

Memory Cards

2

If you have a digital camera, make sure you bring ample amounts of memory and perhaps even a way to download your images nightly. I make a routine of it every night I pull all the pictures off my camera and onto my laptop. You never know when you are out there when you are going to catch the perfect double rainbow, so be prepared.

\$\$\$TIP\$\$\$ Buy your memory cards on the mainland

^^TIP^^ Pack your memory cards in something waterproof and smash proof!

Film

If you use a film camera... bring plenty. It is really expensive there.

Day Pack

1

MUST! This will be your home base while you are in the field. Every night you pack it with all your field supplies and every morning you load it up in the vans.

Large Zip Lock Bags (1 Gal.)

20

Not only to store liquids in luggage but to keep things dry in the field. You can also use them when you are doing your plant collection to keep the flowers preserved.

\$\$\$TIP\$\$\$ Split a box, buy it on the mainland.

Quart Zip Lock Bags

10

Not only to store liquids in luggage but to keep things dry in the field. You can also use them when you are doing your plant collection to keep the flowers preserved.

\$\$\$TIP\$\$\$ Split a box, buy it on the mainland.

Botany Text

1

Not necessary but a good idea. You will, after all, be taking tests. I would say that you might also bring along notes that you had taken in class.

Studyguide

1

Absolutely, it will give you a good idea of what is going on, as well as provide valuable study information. We will be working out of it in the field.

^^TIP^^ Keep this with you in your day pack at all times. Also, maybe find a way to protect it from the elements.

Pocket Knife

1

You can use it in many ways in the field.

^^TIP^^ MUST BE PACKED IN CHECKED BAG!

*****Old Tennis or Jogging Shoes**

1Pr.

Like the jeans, you may end up leaving them behind due to the red dirt of Kauai. I have left a total of 3 shoes in Kauai. Why 3? Long story, but when you are snorkeling in the islands please be on the lookout for a right footed black Van with white laces. With jogging shoes you will want them for your fast walk.

Shoes

1Pr.

A night out? Hiking shoes? You decide. I typically bring 3 pairs of shoes.

1. Jogging
2. Hiking
3. Flip flops

Mask and Snorkel - A must!!!

1

When you typically buy a mask you want to go to a dive shop and have them fitted. In most cases this is not necessary. If you are a first timer, perhaps you want to look into a mask, snorkel set. I personally have never met a mask that I did not like. My wife has found that with long hair, the strap can make a big difference. Snorkels, on the other hand, are not all created equal. For years a snorkel was a pipe with a moutpiece. Through technology we now have "dry" snorkels. I grew up using the pipe, so either way I am OK. The "dry" snorkel is, however, a superior product and can allow for a MUCH more enjoyable experience. \$\$\$TIP\$\$\$ If you never plan on snorkeling again, go cheap. If you think you might be interested in doing this again ... do not buy cheap.

Reef Shoes or Purchase Tabi

1Pr.

MUST! Not all of the places we will be snorkeling are a sand entry to the water. In fact, when we are on Kauai it will be lava rock that we will be walking on while we look for organisms. A reef shoe can be purchased at a dive shop, online or even when summer approaches, at some other retail stores. Call me if you want recommendations, I am working with a local dive store to see if we can get a North Lake discount. Tabis are basically the same thing as a reef shoe except they offer you much more stability on the slippery substrate. No one wearing a pair of Tabis feels really beautiful, they are something between a large sock and a slipper. They do, however protect your feet and allow you to walk in the ocean with some degree of protection.

Dive Gloves or other type for use in water

1Pr.

MUST. I have used a variety from gardening gloves to actual 5ml dive gloves. I can report that they are quite useful when handling crabs and eels. When you are digging around in the ocean you will want some hand protection.

\$\$\$TIP\$\$\$ Just bring a clean pair of gardening gloves if you don't want the extra expense.

Fins - Optional

1

I have mixed feelings about fins. I dislike having to lug them around the islands, however, I love the confidence and mobility they give me in the water. Typically speaking if the currents are strong enough to where you would NEED fins, we will not let you get in anyway. Snorkeling is quite passive, you float and observe, no need to get radical. Bring them if you like, call me if you need more specific recommendations. Fins are always the last item I pack, so if I have room and weight, I bring them. If not, I leave 'em.

Sandals

1-2

Formal footwear in Hawaii! Nothing beats a long day in the field than putting on a pair of shorts and sandals and taking a short walk to a long dinner.

Pens/Pencils

6

You will need the pens for essays and the pencils for scantrons. Pencils can also come in handy for writing in the rain when a pen just runs.

Notebook

1

You will need something that you can take notes on. I see a lot of the black and white comp books. The advantage to them is they will fit inside a gallon sized zip-lock bag and you can write inside the bag in the rain. We are going to want you to take the majority of your notes in the Dempsey/Kubicek Field Guide.

Clipboard - A must!!!!

1

You do not have to spend much, buy a cheap one. You will be taking a great deal of notes standing up. With a clipboard, you can take neat notes without putting much strain on yourself.

Cashiers Checks/Credit Card/Cash

?

\$300 in spending money should be enough, I would argue MORE than enough. You decide how you would like to carry your money. I personally bring very little cash and just rely on my credit/debit card. Keep in mind that you will not find a branch of your mainland bank in Hawaii, so if you plan to use the green, you will have to bring your own or pay a service charge.

Postage Stamps

?

Everyone loves a postcard from Hawaii. Particularly if someone has funded your activities, bring along a book of postcard stamps (cheaper than the regular) and send a note back home!

Phone Calling Card / Cell Phone

1

Not mandatory ... wouldn't it be refreshing to go off the grid for a few weeks?

Most carriers do not have any restrictions in Hawaii. Double check with yours. I would also make sure you bring your charger. Just a note on the cell phones, you will be restricted to using them while we are in the field just as you would be in class.

^^TIP^^ I start letting loved ones, friends and coworkers know about a month in advanced that I will be in Hawaii and that I will be 5hrs behind them in time. They may be calling at 10am but it will be 5am for you. I turn my phone off at night and leave a polite outgoing message reminding anyone that I am on HPST.

Socks, underwear, etc.

:-) Plan for a week!

You will have access to laundry facilities, but plan for at least a week without. Keep in mind that we will have plenty of activities so you will want to start fresh each day.

Personal Items

Make a list, check it twice. There may be things you just can't live without. I put a picture of my wife on this list as well as a few

Bug Spray

You need something to keep the bugs at bay, probably only at the National Tropical Botanical Garden.

\$\$\$TIP\$\$\$ Find someone to share this expense with!

^^TIP^^ Pack in plastic and not in your carry on.

Any medicines you normally need

Please don't forget! Not only prescriptions but perhaps over the counter medicines you rely on just in case. This includes things like back up pair of contacts, pain relief ,allergy medicines, and multivitamins.

^^TIP^^ Do not bring whole bottles of things if you do not need them. Save space by bringing only what you think you might need. For example, if I bring a multi vitamin I bring the exact amount that I will consume in the time period I am in the islands.

Band-Aids and antiseptic

Not mandatory but a good idea. We will have first aid kits nearby and access to help, however its still good to be prepared.

Water Bottle

1

\$\$\$TIP\$\$\$ Why buy water when you could just refill. Make sure you pack it empty.

Food/Snacks

?

\$\$\$TIP\$\$\$ I just started doing this last year. You are not allowed to bring fruits, vegetables or nuts into Hawaii for agricultural reasons. I did, however, manage to pack some snacks and it saved me a bundle while I was out there.

When in the field, plan to dress appropriately for the particular environment in which we are working. Look like scientist in the field, not tourist. We/you are not trying to make a fashion statement.