

## Winter Ecology of Birds Field Course - What to Bring

- binoculars - the best you can find; excellent binoculars will improve your experience on the course; if you do not have good binoculars, let me know and we will try to provide you with some [if you have your own telescope, feel free to bring it along]
- field notebook - you will use your field notebook throughout the class, and will be graded on your notes; waterproof, hard-cover, pocket-sized notebooks are excellent and available at most university bookstores (e.g., engineering notebooks)
- pencils, pens for writing in your notebook
- bird guide - bring your favourite bird guide if you like - we will have some for you to use
  
- pillow(s) and bedding (e.g., sleeping bag)
- personal toiletries: soap, shampoo, towel(s), toothbrush, toothpaste, etc.
- any medications that you might need (prescriptions, pain relievers, etc.)
- chapstick or some form of lip protection
- slippers or sandals to wear in the lodge
- flashlight / headlamp
- warm clothes - plan for varied weather, from  $-30^{\circ}\text{C}$  to  $+10^{\circ}\text{C}$ , and including snow, freezing rain and rain; some of the most uncomfortable weather can be rain and damp conditions around freezing; we will be out in ALL weather (after all, the birds are out there too!!), so make sure that you bring excellent clothing to protect you from these conditions; often layering clothes works well because we can shed layers during long hikes and as the day warms up; you will want layers for underneath (e.g., long underwear) and outer layers that are waterproof and block the wind
- warm winter hat
- warm, waterproof mittens / gloves
- warm, waterproof winter boots (and lots of socks)
- knapsack to carry equipment, clothes, etc.
- water bottle and/or thermos for hikes
- snacks for hikes - all meals are provided, and you can make sandwiches early in the morning to snack on during field work; if you like other things (e.g., granola bars, etc) to snack on during the day, bring them along
- compass (always useful for safety)
- camera, if you like to take pictures
  
- powerpoints for your presentations [you could bring these on a memory stick, or you can email them to me at my gmail account: [hellmayr@gmail.com](mailto:hellmayr@gmail.com) (Queen's account will not accept these)]
- portable computer for writing/analyzing data, etc.; wireless internet access is available in the lodge of the station
- we have cell phone service near the lodge (depending on your provider) or near the station, and a phone at the biology station for emergencies (613-359-5629)
- we will have some equipment for your field projects, including GPS units, video cameras, beef suet and seed, tree/shrub identification books, etc.; if you have a special request, please let me know and I will see if we can provide it