

Please bring layers, and possibly a second set of clothing if you would like to change after completing field work. Weather is highly variable in coastal Maine in the fall and temps will vary from 30s to 70s on the flats.

The following is recommended to have on hand for field days:

**Clothing (*remember, clothes that you don't mind getting dirty!*)**

Rain boots OR hip boots

Gardening/waterproof gloves (if you have them--we have some gloves to share)

Fleece or sweatshirt

Rain jacket

Rain pants

Baseball cap or wide brim hat

Long pants (quick dry/technical) OR athletic leggings (quick dry)

Hiking socks (tall socks are great for wearing with hip boots/rain boots!)

**Other**

Water bottle

Snacks

Sunscreen

Bugspray

Sunglasses

Small backpack (nice if you want to bring water bottle or small gear items onto the flats)