FIELD CHECKLIST
BEFORE LEAVING HOME, ENSURE THAT YOU HAVE:

☐ Sufficient water for complete time in field
☐ Snacks/food from home
☐ Comfortable/waterproof field shoes
☐ Tools/spade/work gloves
☐ Lightweight long sleeve shirt, tall socks and pants tucked in
☐ Hat and sunglasses
☐ Sun block
☐ Bug spray/treated clothing
☐ Tick kit/tweezers
☐ Safety card/programmed emergency numbers in phone
☐ Monitoring Forms
☐ Extra writing implements
☐ Clip Board
☐ Flagging tape
☐ Waterproof gear (if needed)
☐ Cell phone charged fully
☐ GPS Unit if using (extra batteries)
☐ Recruited someone to accompany you, or check in and out with
☐ If you feel ill, please stay home!