PVFC is located about 45 minutes away from Moab, Utah. Our climate is variable with the potential for both extreme heat in the day, cold nights, and rain. Since PVFC is in a remote area, proper gear and clothing is essential for safety and comfort. PVFC students will be hiking, spending time at camp, and whitewater rafting. Students will be encouraged to explore and get dirty, so as a general rule, please do not bring anything new or fancy. If you do not own something on this list, please reach out to us! We have clothing and gear you may be able to borrow.

### Clothing Items
- ___ Raincoat
- ___ Rain pants
- ___ Warm overcoat
- ___ Warm layer
  - fleece, sweatshirt, other warm top
- ___ Shirts
  - ___ Hiking time
  - ___ Camp time
  - ___ Bed time
- ___ Pants
  - ___ Hiking time
  - ___ Camp time
  - ___ Bed time
- ___ Shorts
  - ___ Hiking time
  - ___ Camp time
- ___ Swimwear
- ___ Underwear
  - Enough for 5 days
- ___ Socks
  - Enough for 5 days
- ___ Hats
  - ___ Warm hat
  - ___ Sun hat
- ___ Gloves

### Gear Items
- ___ Daypack
  - ___ Sunscreen
  - ___ Water bottle(s), 1 liter
  - ___ Room for a packed lunch
- ___ Hiking/Walking shoes
- ___ River shoes: any shoes you don't mind getting wet
  - Sandals must have a heel strap, no flip flops on the river.
- ___ Toiletries
  - ___ Toothbrush/toothpaste
  - ___ Bug spray
  - ___ Chapstick
  - ___ Personal health items
- ___ Headlamp or flashlight
- ___ Sleeping Bag (rental available)
- ___ Sleeping Pad (rental available)
- ___ Small Pillow
- ___ Sunglasses
- ___ Personal Medication, packaged with name and dosage

Check with your teacher about gear rental needs
Canyonlands Field Institute Packing List:
Professor Valley Field Camp

Optional Items

___ Binoculars
___ Journal
___ Books
___ Acoustic musical instruments
___ Stuffed animals
___ Camp shoes

- Flip flops are ok around camp but not allowed on the river or for hiking activities.

___ Personal Snacks

- Allowed but not necessary: CFI provides 3 meals, AM and PM snacks, and an appetizer before dinner.

___ Things you might want to bring for a talent show!

Things to leave home

✗ All electronic devices
  Yes, including phones
✗ Pocket Knives
✗ Mess kit / silverware
✗ Matches / lighters

Pro Tip...gear management

We recommend bringing some clothing exclusively for active day time, and other clothing exclusively for camp down time and sleeping. Once you finish the day’s activities, you can hang your daytime clothes on a line so that they are dry and ready for you the next day.

Dividing your clothes will go a long way to promoting personal hygiene.

We are excited to see you soon!!