

Chesapeake Bay Studies | May 2018



Program: Comparative Watershed: Florida Everglades w/ J. Mellinger and C. Grabis

Course Description:

A river of grass flows across the southern tip of Florida and creates a unique and rich ecosystem. Students will kayak and camp in the mangroves that form the boundary between land and sea before traveling to Miami to work with the Miami Riverkeeper to understand the threats to Biscayne Bay and see how Miami and Miami Beach are grappling with sea level rise. **Sunday to Saturday trip**

Itinerary:

	Time	Activity & Location
Sunday May 20	8:00 a.m. Meet at Gunston to travel by bus to BWI Overnight: Everglades City Motel	Southwest Flight WN2276 10:35 AM - 1:10 PM
Monday May 21	All Day	Overnight kayak camping trip with Everglades Area Tours.
Tuesday May 22	All Day	Overnight kayak camping trip with Everglades Area Tours.
Wednesday May 23	10am	Return from Kayaking trip
	Evening	Transfer to Key Biscayne, Silver Sands Motel
Thursday May 24	10 am	Sea Level Rise in Miami Beach walking tour
	12:50 pm	Boat tour of Key Biscayne with Miami Waterkeeper on Watertaxi

Friday May 25	10 am	Key Biscayne ecology program and service project.
Friday May 25	Return	Southwest Flight WN1381 FLL → BWI 09:35 PM 12:05 AM Van transfer back to Gunston



CLOTHING AND GEAR LIST:

WHAT WE SUPPLY

Everglades Area Tours supplies you with the technical equipment needed for your course including a canoe or kayak, tent, sleeping bag, sleeping pad and cooking/eating equipment. Please bring only the items on the Clothing and Gear List.

The equipment we supply for your course is returned to us at the course close and you and your crew are financially responsible for any lost or damaged equipment.

WHAT TO BRING

Because our courses are characterized by unpredictable weather, obtaining the proper clothing is crucial. Please bring every item on the Clothing and Gear List as described. You can find these items at camping, outdoor and thrift stores, Army/Navy surplus, outlets, and mail-order catalogs. Once you arrive, you will transfer your personal items into our gear and will be supplied with individual and group camping equipment and food. Remember, there are no stores on our wilderness courses where you can purchase forgotten items.

FABRICS

It is important that all your clothing be comfortable, quick-drying and warm. Fabrics such as polyester, polypropylene, fleece, acrylic, rayon, wool or name brands like Polartec™, Thinsulate™, COOLMAX® and Capilene™ are just a few favorites of outdoor enthusiasts, since they retain much of their insulating qualities when wet. There are other brand names as well. Check with a store clerk or mail-order representative. Do not bring down, denim or cotton clothing.

Our Clothing and Gear List reflects the layering principle. Several layers of light clothing keep you warm and can be adjusted to changes in both weather and activity. For example, wearing a polypropylene undershirt, medium weight wool or synthetic sweater and a fleece jacket allows you to adapt to changing conditions.

MEDICATIONS

Prescription medications brought on course must arrive in the original container with the prescription label intact. The prescription label is documentation for your use of the medication while on course. The container should not include other medications, vitamins, etc. It is also a good idea to bring a spare set of medications, to be given to an accompanying adult supervisor, in case the first set gets lost or wet.

STORAGE

Clean clothes for your return home and valuables including cell phones, watches, airline tickets, books, wallets will be placed in locked storage during the course. Please leave expensive jewelry at home. Radios, CD players and iPod's are not permitted in the field.

MONEY

You should bring approximately \$50 - \$100 with you. You may encounter food and lodging expenses before and after your course, or need to pay replacement cost of any lost or damaged equipment.

CAMERAS

If you would like to record events on your course, bring your camera (waterproof disposable cameras are recommended). If you elect to bring a non-disposable camera, we advise that you store it in a small "dry bag" to keep it dry. (Ziplock™ baggies are not adequate protection from water damage.) Our courses are rigorous, and there is a risk of losing or damaging your camera.

TELEPHONE

You will be in remote wilderness areas and unable to place or receive phone calls. Please do not bring cell phones on the expedition, unless prior arrangements have been made. A person talking on the phone is a major detractor to an outdoor wilderness experience.

YOUR EYES

Everglades Area Tours staff recommends glasses with a holding band versus contact lenses. It is more difficult to maintain adequate hygiene when wearing contact lenses in a wilderness setting. Wearing contact lenses puts you at risk of several serious conditions including eye infections and corneal ulcers. These conditions can develop very quickly and can be very serious. In rare cases, these conditions can cause blindness. If you do choose to wear contact lenses, bring both a back up pair of contacts and glasses. Be sure to bring enough contact lens solution and be diligent in your contact lens routine.

For more information please visit: www.fda.gov/cdrh/contactlenses/risks.html.

CLOTHING AND GEAR LIST

Even the most experienced guides and instructors have different ideas on what will best suit their needs while living in the wilderness. You will likely develop your own preferences by the end of your course. Below is a list, developed from many years of experience. White or light colors are cooler in hot climates; in addition, they attract fewer biting insects. Avoid black or dark colors. Changing weather conditions may require the use of all of these items. When it is rainy and/or windy, the temperature can drop considerably, even in summer months. Clothing made from cotton does not provide insulating warmth when wet. For this reason, you should not bring cotton unless otherwise noted. For warmth, clothing should be made from the following synthetic or wool fibers; polyester, polypropylene, fleece, acrylic, rayon, wool or name brands like Polartech™, Thinsulate™, CoolMax® and Capilene™. Please check all clothing labels to ensure that each piece is made from one of these fibers.

REQUIRED CLOTHING

White or light colors are cooler in hot climates; in addition, they attract fewer biting insects. Avoid black or dark colors.

- 360° wide brim hat (sun protection) w/strap and 1.5" or greater brim
- 1 synthetic/wool cap that covers your ears
- 2 synthetic T-shirts
- 1 medium-weight synthetic long underwear top
- 1 medium-weight synthetic long underwear bottom
- 1 synthetic fleece jacket or synthetic/wool sweater
- 1 set of raingear (top and bottoms) (top-quality Gore-Tex™ or Helly Hansen™ recommended, to help prevent being wet and hypothermic, in the case of continuous rainy weather)
- 1 loose fitting synthetic long sleeved shirt (lightweight nylon blend best for sun and bug protection)
- 1 pair loose-fitting nylon/synthetic pants
- 1 or 2 sports/jog bras
- 2 pair synthetic quick-drying shorts
- 2-3 pair synthetic/silk underwear or boxer shorts
- 1 pair old sneakers or water shoes with hard bottoms (Open-toed shoes are not acceptable. Shoes must tie, buckle or clasp.)
- 1 pair of sandals or comfort shoes. No flip-flops please.
- 1 pair heavy synthetic/wool socks
- 2 pair synthetic lightweight socks
- 1 extra set of casual clothes for your trip home

REQUIRED GEAR

- \$50-\$100 cash or equivalent
- 1 Dry Bag to store personal clothing during expedition – refer to last section: *Dry Bags*
- 1 duffel bag or soft luggage for travel to and from course area
- 1 LED type headlamp with 2 spare sets of batteries.
A headlamp is highly recommended to keep your hands free. Avoid halogen bulbs to prolong battery life.
- 2 one-liter water bottles (Nalgene™, or equivalent); *or* 1 two-liter water bladder with bite-valve (Camelback, Platypus, MSR). Hydration backpacks are not recommended.
- 1 tube of waterproof, sports-type lip balm SPF 30+
- 1 tube of waterproof sunscreen SPF 30+ (more than 16 oz.) Sunscreen should be less than ONE YEAR old.
- 1 small bottle of foot powder (Gold Bond is recommended)
- 2 bandannas (Ladies, you may wish to bring an extra. See your Feminine Care letter.)
- 1-2 ball point pens
- 1 small journal or notebook
- 1 toothbrush and 1 small tube of toothpaste
- 1 towel and toiletries for post-course cleanup (*not* to be brought on expedition)
- 1 pair of polarized sunglasses (with a strap, in a crush proof case)

If you wear prescription glasses it is recommended that you bring an extra pair and that both pair have a retaining strap attached. If you wear contact lenses, see *Your Eyes* page 2 of this mailing.

OPTIONAL GEAR

- 1 pair sport sandals (not flip flops)
- 1 pair light weight or paddling gloves (sun/blister protection)
- 1 nylon shell windbreaker
- 1 small plastic bottle of insect repellent (28-30% DEFT or Citronella - NOT aerosol.)
The best protection from biting insects and bugs is a physical barrier of clothing.
- 1 Crazy Creek™ type folding camp chair
- 1 small pair of binoculars
- 1 comb or brush
- 1 sarong - A long length of light-weight, lightly-colored cloth.
- 1 camera and film (weather resistant recommended)

DRY BAGS

It is highly recommended to bring a suitable “dry bag” to store personal belongings on course. The following is a list of excellent dry bag manufacturers:

- <http://www.drybags.com/home.html> : Watershed Yukon duffel, 4200 cubic in. – 69 liters, \$129.
- http://www.nrsweb.com/shop/product_list.asp?deptid=1630 : NRS Expedition DriDuffel (Medium), 3700 cu. in. - 61 liters, \$70. NRS 2.2 Outfitter, 3800 cu. in. – 62 liters, \$55.
- <http://cascadedesigns.com/sealline/dry-bags/baja-dry-bag/product> : SealLine Baja, 3300 cu. in. – 54 liter, \$33.
- http://www.coleman.com/coleman/colemancom/detail.asp?product_id=834-313T&categoryid=5800 : Coleman, 29”x13”, \$10.

Note: The dry bags above are listed in descending order – *price and quality*. You get what you pay for. These are only *some* examples of dry bags and manufacturers. For a three day trip, no one should really need a bag larger than 4200 cubic inches / 69 liters – We recommend not going smaller than 3000 cubic inches, unless of course you’re a minimalist. Watershed, NRS and SealLine are top-notch dry bags. Clear (see-through) bags tend to have a shorter life-span, and tear easier.