

Luggage/equipment for field work

Clothes:

- 2 field trousers
- 1-2 normal pants
- 1-2 shorts
- 3 shirts
- 1 long-sleeved shirt (possibly made of wool, e.g. [Icebreaker](#))
- 1-2 sweaters
- Socks, underpants etc.: Enough, but not too much
- 1 (rain) jacket
- 2 T-shirt or tank tops
- 1 scarf
- 1 sun hat (buy one in the country)
- 1 pair of sunglasses
- 1 Raincape (buy it in the country)
- 1 compact umbrella
- silk sleeping bag, summer sleeping bag, sleeping clothes
- 1 pair of fingerless gloves (ideal for writing and taking pictures in cold weather)

Shoes:

- Hiking boots (light)
- Rubber boots (buy in the country)
- Plastic sandals (buy them in the country)
- City shoes

Work Utensils:

- 2 large plant presses
- 6-8 belts
- Enough newspaper for plant press (organize in the last big village, in the field often not available!)
- Garden shears (the knife and the pliers in the multifunctional tool may be enough)
- GPS (or smartphone)
- Compass (or smartphone)
- Altimeter (or smartphone)
- Field books (Coop /Coop City has the best and most stable ones: Clairefontaine, white, lined, ring binding, approx. A5 (17x22 cm), 100 pages, 5.40CHF/each)
- Various waterproof boxes (e.g. for medicines, accessories, samples, notebooks etc., e.g. [Lock&Lock](#) (Manor) or in outdoor stores (e.g. [Otter-Box](#), very expensive, and not better than Lock&Lock for our purposes))
- Binoculars
- Gloves

- Cord (buy it in the country), and especially a thin rope has proven itself (see climbing equipment, in the outdoor store sold per meter), which is very stable and can be used for various tasks
- Measuring tape
- Small field pharmacy
- Camera (with high sensitivity for indoor shots without flash), enough memory cards, batteries, and cleaning material and dust brush, good camera bag (dust- and rainproof)
- Sound recorder (or smartphone with external microphone)
- Cell phone (attention, often the cell phones are blocked for SIM cards from foreign providers), buy new SIM card on site
- Big plastic bags (buy them in the country)
- Magnifying glass (10x)
- Velvet (dark and light, as background for photos; roll to store, do not fold!)
- Fixing jars (Nalgene, glass)
- Parafilm
- Adhesive labels (mainly medium size)
- Hanging labels (mainly medium size)
- Scale (10cm, ideal as scale for plant photos, e.g. in the herbarium)
- Tweezers
- Waterproof and lightfast marker
- pencils
- Eraser
- Sharpener
- Marker
- Ballpoint pen
- Scissors (hair)
- Zip bags various sizes
- Institute paper
- White paper (buy on site)
- Transparent envelopes
- Sewing kit
- Paper bags of different sizes
- Post-it
- Small Bostitch
- Paper clips
- Wide adhesive tape
- Cable ties (to fix anything)
- Cup (and possibly instant coffee)
- Pocket knife or multifunctional tool (e.g. <http://www.leatherman.de/>)
- Travel alarm clock (or smartphone)
- Spare batteries (camera, alarm clock, flashlight...)
- Chargers (cell phone, camera, laptop...)
- Powerbank (min. 20'000 mAh)
- Data backup solution (hard drive, USB drives, cloud)

Toilet bag:

- Sunscreen
- Autan balm
- Face cream
- deodorant
- razor
- razor blades
- Toothpicks (enough!)
- Cotton swabs (enough!)
- Toothpaste and toothbrush
- Dental floss
- Lip balm
- Lip sunscreen
- Nail clippers
- absorbent cotton, tampon, panty liners
- Wet wipes
- Wipes
- Shampoo
- Soap
- Detergent
- comb
- Emergency portion of toilet paper (quickly at hand)

Medication:

- Cream against sprains Cold medicine
- Sore throat tablets
- Demostan (anti-itch medicine)
- Anti-allergic
- Plasters (normal and waterproof)
- Triangular cloth
- Compresses/Gauze bandages
- Tweezers fine
- Disinfectant/wound ointment
- Aspirin
- Panadol
- Strong painkiller, has analgesic, anti-inflammatory and antipyretic effects!
- Hansaplast adhesive tape
- Small toilet bag for 'a few days' pharmacy
- Syringes / needles
- Dextrose
- Eye and nose moisturizing drops (already for on the plane!)
- Pevaryl (antimycotic)
- Itinerol (nausea)
- Lariam
- Steri-Strip
- Broad-spectrum antibiotic
- Fever reducer

- Otrivin (decongestant nose drops)
- 1st aid book
- Bioflorin
- Inhalant for colds (e.g. Nasobol)
- Sore throat remedy
- Powder for isotonic drink (for diarrhea/vomiting)

Other:

- **Earplugs** (enough!! Easily lost!)
- eye mask (sleep goggles for e.g. flights)
- **Business cards**
- Silica gel (2kg)
- Daypack
- Large backpack
- Rain/dust covers for backpacks
- Self-inflating insulating mat
- Plastic sheet as a base (Buy in the country)
- Technical literature (glossary)
- Plant identification book
- Maps
- Other literature
- MP3 player (or smartphone), with headphones
- Money belt (also suitable for memory cards with the important data!)
- Mosquito net (possibly suitable for hammocks)
- Hammock
- Vitamin tablets
- Laptop (11-12 inch, as light and durable as possible)
- Electricity travel adapter
- Power strip (buy locally to charge all devices at once)
- Headlamp (LED)
- Dictionaries (or smartphone with offline dictionary)
- Dust masks
- Additional passport photos
- International vaccination card

Gifts:

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Other things to note:

Always photograph the field notes and store backup safely at different places! Possibly send them digitally to your home (e.g. with dropbox).

Deposit copy of tickets and passport / visa in Switzerland, for long stays also at the Swiss embassy.