

# 2009 Young Birder's Conference

June 21 - 27, 2009

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American Birding®  
ASSOCIATION

## WHAT TO BRING

### EQUIPMENT:

- ✓ Binoculars
- ✓ Notebook, pens, pencils (for field and indoor classroom use)
- ✓ Field Guide(s) of your choice
- ✓ Sunscreen and lip balm (with SPF 15 or higher)
- ✓ Refillable water bottle with secure lid
- ✓ Personal toilet articles (toothbrush, toothpaste, comb, etc.)
- ✓ Daypack to carry your things during field trips
- ✓ Sunglasses
- ✓ **Copy of your health insurance card**

### CLOTHING

- ✓ Hiking pants. Shorts may be worn, but please be aware of the possibility of poison oak, abrasive weeds, cool temperatures on the cruise and in the mountains, and strong sunlight
- ✓ Light hiking boots or sturdy walking shoes
- ✓ Sweater/hoodie, lightweight jacket
- ✓ T-shirts
- ✓ Light long-sleeved shirts
- ✓ Lightweight hat with brim for sun protection
- ✓ Underwear and socks
- ✓ Comfortable clothing for relaxing in the evening

### OTHER (Optional)

- ✓ Cameras
- ✓ Extra batteries
- ✓ Money for snacks, gifts, and other incidentals
- ✓ Cell phone or pre-paid phone card

Weather can be anywhere from 50 degrees in the morning to 100 degrees in the afternoon. Be sure to bring some warm clothing and **plan to dress in layers**.