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International Field Study Program *- Indonesia -* **Field Supply List – Suggested Items**

Major Categories:

- I. Getting There
- II. Clothing
- III. Field Supplies
- IV. Personal Items
- V. Medications



***IFSP-Indonesia:* Field Supply List–Suggested Items**

I. Getting There:

Suitcase or Backpack

Carry-on

Storage of extra clothing/supplies in Bogor

***IFSP-Indonesia:* Field Supply List–Suggested Items**

II. Clothing:

City:

Casual outfit (slacks/dress/skirt & nice shirt/blouse) for special occasion

Jeans, etc.

T-shirt

Lightweight long-sleeved shirt (if greater modesty is needed)

Sandals/shoes

***IFSP-Indonesia:* Field Supply List–Suggested Items**

II. Clothing:

Field: (note: clothing may become damaged from fieldwork)

Field pants (lightweight)

Other pants (e.g., jeans)

T-shirts (lightweight – moisture wicking)

Underwear

Socks (moisture wicking)

Lightweight long-sleeved shirt (to cover from sun/ mosquitoes)

Lightweight sweatshirt (for cool evenings – a rare event)

Shorts

Bathing suit *

* our Indonesian colleagues request modest swim attire while on the beach/swimming – shorts & t-shirt

***IFSP-Indonesia:* Field Supply List–Suggested Items**

II. Clothing: (continued)

Field: (note: clothing may become damaged from fieldwork)

Hiking shoes/boots

Sandals/flip-flops

Bath towel

Hat/baseball cap (to cover from sun)

Bandanas

***IFSP-Indonesia:* Field Supply List–Suggested Items**

III. Field Supplies:

Back pack (day pack)

Fanny pack

Binoculars

Field notebook

Pens/pencils

Water bottles

Knife (e.g., jackknife, etc.)

Flashlights

Compass

Batteries

Digital watch

Camera

***IFSP-Indonesia:* Field Supply List–Suggested Items**

III. Field Supplies: (continued)

Zip-lock bags (“freezer” strength, both gallon and quart)

Dry Bag

Big trash bags (e.g., 30 gal – to protect supplies from getting wet)

Duck tape

Rope (e.g., 50’ x 3/8”)

Extra shoe laces

Mosquito net

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IV. Personal items:

Personal toiletries (soap, shampoo, tooth brush, toothpaste, etc.)

Sunscreen (preferably SPF 15 or greater. Some say SPF 30 or >)

Skin lotion

Insect repellent (most effective containing DEET 20-50%)

Extra eyeglasses / contacts and solutions and supplies

Lubricating eye drops

Sun glasses

Antibacterial hand sanitizer

Special food treats (power bars, candy, etc.)

Vitamins (vitamin C, multivitamin, etc.)

Feminine hygiene items (tampons, yeast infection cream, etc.)

Recreation/hobby (e.g., books, snorkeling, sports, etc.)

***IFSP-Indonesia:* Field Supply List–Suggested Items**

V. Medications*:

Personal prescription medications (in original container with copies of prescriptions)

Prescription antibiotic for diarrhea

Prescription antibiotic for skin, respiratory infection

Band aids

Moleskin

Oral rehydration solution packets (e.g., gator-aid)

Motion sickness medication

Pain/fever medication (e.g., aspirin, ibuprofen, etc.)

***Pepto Bismol (liquid and tablet)**

Anti-diarrheal medication (e.g., Immodium)

Mild laxative

***IFSP-Indonesia:* Field Supply List–Suggested Items**

V. Medications*: (continued)

Antifungal cream

Antibiotic cream (e.g., polysporin)

Antihistamine (e.g., Benadryl)

Decongestant

Throat lozenges

Digital thermometer (not glass)

Foot powder (e.g., Desenex, Tinactin)

Body powder

Anti-itch cream/lotion (e.g., 1% hydrocortisone, calamine lotion, etc)

Sunburn lotion (e.g., aloe gel)

Epinephrine auto-injector (EpiPen – if prone to severe allergic reaction)

**** Please check with your health care provider for further advice***



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