

Brown Leadership Institute

Brown Environmental Leadership Lab (BELL)

EQUIPMENT LIST



Office of Continuing Education
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I. What to Bring

- Sleeping bag (Note: you may bring linens and blankets for a single extra-long bunk bed instead of a sleeping bag.)
- Pillow
- Sleep wear
- Rain gear
- Hat for sun protection
- Warm hat for cool nights – **very important**
- 2 bandanas (for table napkins)
- Sturdy walking shoes (no need for hiking boots)
- Shoes (not flip-flops) that can get wet (water shoes, old tennis shoes, Texas) – **very important**
- Bathing suit
- Beach towel
- 2 bath towels – quick-dry preferred
- Warm sweater or fleece jacket
- 1-2 pairs long lightweight pants
- 1-2 pairs jeans or fleece pants
- 5-7 pairs of shorts (at least one that is quick-dry synthetic)
- 10-14 T-shirts
- 2-3 long-sleeve T-shirts
- Underwear and socks for 12 days
- Flashlight and extra batteries
- Toothbrush and toiletries, feminine products (if needed)
- Insect repellent
- Sunscreen
- Water bottle (durable, Nalgene type) - **very important**
- Any medications that you will need
- Sunglasses
- Journal of some sort (notebook, good writing book, etc.) - **very important**
- Envelopes and writing utensils
- Sketch pads or art materials (optional)
- Camera (optional)
- Musical instrument (optional)

II. Packing Tips

Space is limited: Please bring only what is on this list; space in the tents is very limited. We don't have to look beautiful every day, so think in minimalist terms.

Bring items that can get dirty and wet: The climate in the Northeast is very humid in the summer, so we recommend packing clothes and towels that can get dirty and will dry fast when they get wet.

Plan for bad weather: New England weather can change at the drop of a hat. We have had sessions where temperatures were in the 90s and sunny, and we've had sessions where it rained nearly every day. We've learned that it pays to be prepared. In particular, nights can be cool on the water, so bring a warm wool or fleece hat and at least one wool sweater or long sleeve fleece. A pair of fleece pants would also come in handy. For warmth, wool and fleece are best; cotton sweatshirts and jeans will not keep you warm if they get wet and they take a long time to dry out.

Good raingear is also important. If you have nylon pants that can function as rain pants, bring them. If you don't have good raingear, let us know when you arrive on site and we may be able to borrow some for you.

We would love to hear your music! The main building where we have most of our activities can be damp, but we do have the capacity to store instruments off-site and bring them back on the evenings when we are sharing our talents with each other. Please do bring them; we love music.

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III. What NOT To Bring

Restricted Items: Cell Phones, CD Players and iPods, laptops.

There will not be opportunities to use laptops at BELL and we do not want them to be damaged, so please leave them behind. If you are using your cell phone or CD player/iPod while you are traveling, that's fine, but when you arrive at BELL, we will ask to secure those items for you. We don't use CD players or iPods at BELL, as we want to listen to each other and our surroundings.

For the first four days of BELL, we don't make phone calls out and we ask your families to not call in unless it is an emergency. This gives us time to form a community. We want to focus on getting to know each other. On Thursday of the first week, students will have an opportunity in the evening to utilize their cell phones. The following Monday, when they are on campus, they will again have access to their phones. There may be other limited opportunities to use these.

In constructing this policy, we have two goals:

- To focus on building our community and staying engaged with each other
- To learn that we can survive and thrive with less technology in our lives

If you have any questions at all, feel free to be in touch before you arrive. And finally, thank you for your help in making the tents more comfortable and less crowded by packing only what you need and leaving the rest behind!