President’s Message

Dear KBAS Friends,

Spring is here or so the calendar tells us and we’ve seen glimpses of a few warm sunny days but we’ve also experienced too many days of rain, wind, snow, hail, repeat. Even with all these weather issues new birds are arriving daily it’s a good time for us to get outside and search for these spring migrants.

I was so impressed with a recent field trip with Kevin Spencer on March 18th. Kevin is such a good birder and can see and hear birds that I would never find. As he pointed out on our trip some of these migrants are only here for a short time. If you haven’t been on a trip with him, please consider doing so. You will not be disappointed.

Beth Phillips, KBAS President.

Monarch Butterflies

Do you love monarch butterflies and wish you could see more of them? The KBNWRC is beginning a Monarch Project with the goal to create a working group of folks that want to increase their numbers by learning about habitat and education. There will be a meeting on April 6th from 1-3 p.m. at the US/FWS at 1926 California Ave., Klamath Falls. Park in the ES parking lot and walk across the street to building there. If you have questions you can contact Ladel Bonham at the refuge office, 530-667-2231, ladel_bonham@fws.gov. You don’t need to reserve a spot, just show up.

Refuge Visitor Center

Help at the front desk at the visitor center is still needed but has changed to Saturday and Monday afternoons from 12-4:30. They have personnel there in the mornings. You can help out other days but give John a call about the day you want to be there. (530-667-2231).
International Migratory Bird Day

Saturday, May 13, 2017
Veteran’s Park
10:00 am - 3:00 pm

KBAS will be participating in the International Migratory Bird Day again this year with a booth and leading bird walks along the Wingwatchers and Linkville River trails. We have a great activity this year for the kids thanks to Theresa “Bird” Wicks of the Great Outdoor Alliance. It is called the Great Migration Challenge and is like a board game that we will lay out on the grass and they will roll large dice to determine which space they will land on. Each space talks about an event a bird may encounter as it migrates. Some are good like they find water or food and some are not so good like they run into a blizzard. Some will make it to their destination and some will perish during the flight. We hope it will teach kids about the migration process and the hazards they face. Some can be prevented and others cannot so maybe it will get them thinking about how we as humans can help the birds on their journey. So spread the word if you have kids, grandkids or families that enjoy the event. There will be lots of other agencies with activities and crafts and also kayaking on Lake Euwana.

If you can help with our activity, staffing the booth for a couple of hours or leading a bird walk, please contact Molly Russell at russellx1@msn.com or call 541-884-3868 if you have questions. IMBD is also looking for people to hand our bags and passports to the kids as they arrive. It is a great way to meet some of our members and have fun in the process.

Winter Wings Festival 2017

by Anne Wenner & Diana Samuels

Mother Nature threw everything she had at us during the 2017 Winter Wings Festival but this was a tough group of attendees, leaders, presenters, and volunteers!

There were 478 participants which included 116 volunteers. Most came from Oregon and California with 229 from out of the area.

We offered an additional Thursday night keynote on Owls by Paul Bannick this year, which was extremely well received. Our Friday night keynoter, Canon Explorer of Light, Chas Glatzer and Saturday night’s return birding keynoter Scott Weidensaul were also excellent.

The free Saturday family performance was “Colors of the Jungle” featuring Karl Anderson, the “Oregon Bird Man” with help from 15 live parrots from all over the world. The auditorium was packed with 350 attendees and a 360 degree video of the performance was filmed by KCC for the Herald and News. It can be viewed on youtube at: https://www.youtube.com/watch?v=pFyD5Z5FEiU&feature=youtu.be

After the performance the birds were moved upstairs into the Childrens’ Activity area for the rest of the afternoon where they joined the hands on fun along with a multitude of other critters, including a snake and a collection of tarantulas.

We will have more updated information on revenues from this year’s festival shortly. Keynoters for next year’s festival February 15-18, 2018 are already being vetted, and the core group of key volunteers is already hard at work analyzing this year’s results and planning next year’s program.

NEXT YEAR’S FESTIVAL
FEBRUARY 15-18, 2018
Become an Oregon Master Naturalist

If you are interested in Oregon’s natural history and resource management, and want to be a volunteer, the Oregon Master Naturalist Program Certification is for you.

**Classes begin June 9 in Klamath Falls.** The Klamath Basin Program consists of 6 days of field trips throughout the Klamath Basin.

**Field trips** leaving from Klamath Falls on June 9-11 and 23-25 will take participants to Crater Lake NP, Tule Lake NWR, Upper Klamath Lake, and other areas, and will cover a broad range of relevant topics interpreted by regional experts including geology, rangeland, forestry and wildlife management, history of the Basin and aquatic ecology.

Space is limited to 20 participants, so register early. Cost is $250.

To become a Certified Oregon Master Naturalist, you must complete an additional 12-week Online Course ($325) about the basics of Oregon’s natural history. The next one is offered Fall 2017.

**Register on-line at** [http://oregonmasternaturalist.org/eastcascades](http://oregonmasternaturalist.org/eastcascades)

For more information contact: Jason O’Brien, Oregon Master Naturalist Program Coordinator, at Jason.OBrien@oregonstate.edu, or Ron Crete at racrete@gmail.com 218-841-7101

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Field Reports

**Program on William and Irene Finley and Herman Bohlman**

OIT Union Auditorium, April 27

The Klamath County Historical Society will be hosting a program on William and Irene Finley, and Herman Bohlman on April 27.

The program starts at 7 p.m. in the OIT College Union Auditorium. Free admission.

Questions for this event, please contact Todd Kepple at tkepple@co.klamath.or.us or click on link below.

Additional info:


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**Field Trips**

by Kevin Spencer

**Lower Klamath NWR, Saturday, April 22** (date changed from the 29th)

Shorebirds, Lower Klamath NWR, Saturday, April 22: This trip will focus on heading to shallow water and mudflats, where shorebirds congregate before pushing further north. Locations may include: Miller Island, Township Road, and Lower Klamath NWR. Meet at the USFW parking lot at 8 AM. Bring water, lunch, sunscreen, a scope if you have one, and plan on viewing birds into the mid afternoon. Leader: Kevin Spencer
New Board Member
Ron Larson

Ron and his wife Kathy have lived in Klamath Falls since 1997. During that time they have enjoyed the natural wonders of the Klamath Basin especially the unsurpassed birding. Being an aquatic biologist, Ron likes being in and around the water and has become interested in marsh and waterbirds, and is applying his hobbies of still and video photography and sound recording, to document the natural history of local wetland birds. He is currently working on a book about the natural history of Lake Abert, with an emphasis on its waterbirds.

Ron has an BS degree in zoology from OSU, and masters, and PhD in Marine biology from universities in Puerto Rico, and BC, Canada, respectively. He recently retired from the US Fish and Wildlife Service where he worked on endangered species and water issues.

Upcoming Programs
By Rick Hardy, Programs Chairman

General Meetings
Where: Fisher Nicholson Realty Office, 403 Main St.
When: 2nd Thursday of the Month
Time: 6:30 pm - 9:00 pm

Gary Ivey, International Crane Foundation, April 6
Bringing back the Trumpeter Swan

Dr. Gary Ivey works with the International Crane Foundation as a Research Associate and is an expert on sandhill cranes in the Pacific Flyway. He has worked with wildlife for over 35 years, concentrating his work on waterbirds, waterfowl and wetland conservation. He also currently serves as Past-President of The Trumpeter Swan Society and is leading efforts to restore breeding Trumpeter Swans to Oregon. He served for 20 years as a biologist at several western refuges, including 15 years at Malheur Refuge. He studied nesting ecology of sandhill cranes for his Master’s Thesis and wintering ecology of sandhill cranes for his PhD, both at Oregon State University. He also serves as Past-President of The Trumpet Swan Society and is working to further conservation of cranes, trumpeter swans and other waterbirds in Western North America.

Talk Title: Bringing back the Trumpeter Swan!

Gary will review the history, status and biology of Trumpeter Swans and their conservation needs. He will speak about the Oregon Trumpeter Swan Restoration Program and efforts by The Trumpeter Swan Society to rebuild western Trumpeter Swan populations to help further the recovery of these magnificent creatures from near extinction.

The Annual Dean Hale Woodpecker Festival, sponsored by East Cascades Audubon Society, will be held on June 1-4 in Sisters, OR. Registration opens April 1. Check out their website for details.

www.ecaudubon.org/dean-hale-woodpecker-festival

May 11, General Meeting Program to be determined, but it will be fantastic

The roster of officers and chairpersons will be presented and voted upon.

*Note, the board is in need of one more board member. If you are interested in being a board member or want to know more about it, contact Beth Phillips at 530-908-3412 or any board member.
Bird Bound: A Packing List for Birding Travelers

PACK LIGHT / CARRY-ON ONLY

Pack light! Pack light! Pack light! Reasons for this: You’ll walk more with your luggage than you ever expect—even on a tour. Also, carry-on allows flight flexibility—you can standby for the earlier flight that cuts short that long layover (not allowed with checked bags). Plus, avoiding checked baggage charges. Bonus: A liberating vacation from our daily burden of possessions—distill to essentials!

So! One carry-on size suitcase and one daypack per person. Buy the right suitcase (see Equipment). Lay out everything you think you need and take away a third. Strive for carry-on only. Don’t make excuses—there are a few situations where this is not possible, but most of the time it is.


The Technique: To actually pack the suitcase, roll most items, placing in one at a time and fitting to the spaces. Don’t fold, stack, and try to place entire pile in as a unit. Tuck socks and undies into shoes. Put raingear in first, sleeping attire on top. Larger items in first, centered, and smaller items rolled along edges. You’ll be amazed how much you can fit in. Keep reading for tips on choices...

SHOES
Start wardrobe planning with shoes (I can’t say enough about footwear importance). 2 pairs plus flip flops or crushable sandals:

First pair - good quality waterproof walking/hiking. Wear this heaviest, bulkiest pair on the airplane (yes, it’ll take an extra minute in the security line).
Second pair - back-up that can be used to give feet a rest from first pair and when first pair get wet or muddy. Still need to be able to walk around London all day in this pair. There are some good packable options out there. Lastly - flip flops or sandals for pool-side, dirty showers, beach wear, around hotel. Water shoes or Teva types good option here too.

NEVER take new shoes on a trip. If you buy something - do it at least a couple weeks in advance and wear them a lot before departure.

CLOTHING
Stay with a two-color system, with an accent color for variety. Black and white with yellow or red. Khaki and navy with red. Green and brown with gold. Make sure all tops go with all bottoms for maximum combinations out of minimal pieces. Look for reversible and convertible pieces—ie. zip-off pants and reversible knit cold weather layer in two colors. Choose a good quality rain parka with hood and drawstrings for outermost layer. No jeans - they pack thick and don't dry readily. Scrutinize each piece for usefulness and packability.

Plan on buying local attire—a Mayan blouse, a Hawaiian shirt, a sari—and feel locale-connected. And plan on washing, especially socks and undies, along the way. Or another good strategy—bring items that are on a one-way trip and just leave them behind. Often someone in your host country will be glad to get them (or undies that needed discarding anyway) and then room for souvenir purchases magically appears!

LAYERS
Layers are the key for dealing with weather variations, rather than carrying a big thick coat (unless taking an Antarctic or more extreme trip). Start with warm weather layer and work outward: t-shirt or tank top first, then short-sleeved shirt and/or long-sleeved shirt, then warm layer (fleece, hoodie, reversible sweater, etc.), then rain jacket. Don’t start with a turtleneck (again, unless in a more extreme trip) because it’s hard to take off later in day when it warms up.

Pack for the best possible conditions, not the worst. Hold every piece in your hands, and ask yourself not will you wear it, but will you wear it enough.

(con’t page 11 for comprehensive checklist including these paragraphs)
OAC Update

Here is the March 2017 update on the OAC. Highlights up front:

**Elliott Forest:**

- State Land Board meeting, State Treasurer Tobias Read joined Secretary of State Dennis Richardson voted to continue to move the current privatization proposal forward to be considered for approval at the Land Board’s April meeting. The vote for privatization of public lands by Treasurer Read is incredibly disappointing, especially as Governor Brown’s new vision, to maintain public ownership and work with the Tribes to regain ownership of their ancestral lands, has been proposed. Tremendous pressure will need to be put on Treasurer Read and the legislation to head off sale of the Elliott. [Click here for things you can do](#).

- Portland Audubon, Cascadia Wildlands, Sierra Club, Oregon Wild, and the Center for Biological Diversity held the Elliott State Forest Lobby Day on February 23 in Salem. There were 70 participants in the event. Let’s keep up the pressure on the State Land Board to ensure the Elliott stays public land.

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**Marbled Murrelet uplisting petition status review:**

- ODFW is now soliciting information from the scientific community and public on Marbled Murrelet biology, population trends and demographics, marine and terrestrial habitat conditions, threats, and the adequacy of state or federal programs or regulations. Information will be accepted through April 7, 2017 and may be submitted by email or by mail to ODFW. For more information: [http://www.dfw.state.or.us/wildlife/hot_topics/marbled_murrelet.asp](http://www.dfw.state.or.us/wildlife/hot_topics/marbled_murrelet.asp)

  - Consider joint OAC letter: send Joe Liebezeit any comments you’d like to include in letter.

- Once the draft status review is complete (scheduled for June 21, 2017 but could be delayed) ODFW will provide another public comment period and testimony opportunity when the draft goes to the Commission.

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**Legislative Session:**

Most of the bills for the 2017 legislative session have now been announced. There are over 3,000 bills more that 200 of which have significant environmental implications. We will keep you updated on ways to stay engaged. The following are some of the bills that we have identified as directly relevant to the OAC agenda:

- **HB 3270—ODFW Funding:** Beverage tax which would generate ~$90 million/ year for ODFW. May get referred to voters for a referendum (OAC Priority: ODFW Funding)

- **SB 557 and HB 2135:** Carbon Pricing (OAC priority: Climate Change)

- **HB 2138 and SB 1008:** Restricting Dirty Diesel (OAC priority: Climate Change)

- **HB 2711:** Imposes moratorium on fracking (OAC priority: Climate Change)

- **HB 2480:** Preempts local jurisdictions from restricting fossil fuel facilities (Bad...
bill!) (OAC priority—Climate Change)

- HB 2525: Pertains to donation of game meat to charitable organizations—opportunity to raise issue of potential contamination from lead shot (OAC priority: Lead)
- HB 3232: Potentially restricts reintroduction of new species into Oregon (OAC priority: Condors)
- SB 847: Trust Land Transfer Legislation. This legislation allows for public lands that contribute to the common school fund to be transferred to other public agencies (OAC priority—Elliott State Forest)
- SCR 18: Would change state bird from Western Meadowlark to Osprey. This bill was introduced by Senator Girod. Oregon Audubon sponsored a contest for school children in 1928 which resulted in the designation of the Meadowlark in 1927. We are meeting with Senator Girod to try and work out a solution which would keep the meadowlark as the state bird but perhaps designate the osprey as the state raptor of even potentially have another Audubon sponsored contest to designate a state raptor.

**OAC PRIORITIES UPDATES**

**Habitats**

East Sand Island Cormorants:

1. Army Corp of Engineers is set to restart lethal control management this coming spring/summer. Portland Audubon is hosting a meeting on April 7 at 6pm to discuss the pathway forward on how folks can advocate to stop the killing.

**Forests**

1. There is increasing work on reforming the Oregon Forest Practices Act which has one of the weakest forest practice laws in the region. This legislative session Representative Paul Holvey (D-Eugene) introduced HB 3226 to modernize Oregon’s Forest Practices Act (OFPA). A coalition of groups is organizing efforts and there will likely be opportunities for involvement in 2017. Read here for a recent story.
2. Several forest plans up for review this year including NW Forest Plan and BLM Plan—Stay tuned for opportunities to comment.
3. See above for information about Elliott State Forest

**Grasslands**

1. Portland Audubon is pushing USFWS to develop a recovery plan for Streaked Horned Larks. There is growing concern about loss of occupied streaked horned lark nesting areas with inadequate plan in place for mitigating for lost habitat. The USFWS released a “recovery outline” (https://www.fws.gov/oregonfwo/documents/RecoveryPlans/StreakedHornedLarkR0.pdf) but still have not developed a full recovery plan.

**Oceans**

1. Cape Perpetua and Cascade Head marine reserve management plans developed by ODFW are currently being reviewed by Oregon Marine Reserves Partnership members including Audubon Portland, Surfrider, and The Nature Conservancy. There will be a public review process this spring.
2. ODFW Marine reserve Program will have its 5-year review in April by the Ocean Policy Advisory Council STAC committee. Oregon Marine Reserves Partnership members will provide a review on our efforts to bolster ODFW efforts on marine reserve implementation.

**Protect and Restore Terminal Lakes in Southern Oregon**

1. Klamath: On January 17, USFWS released their ROD and preferred alternative for the Klamath Refuges Comprehensive Conservation Plan (https://www.fws.gov/refuge/Tule_Lake/what_we_do/planning.html). Audubon Portland, Oregon Wild and WaterWatch, and Crag Law Center subsequently filed a lawsuit charging that the agency failed to follow federal law in the
development to the CCP and that the preferred alternative does little to protect the refuges habitat and wildlife.

2. Malheur National Wildlife Refuge
   1. The refuge hired a new deputy Director, wildlife biologist, fisheries biologist, and ecologist just before the hiring freeze. These hires come with varying degrees of experience.
   2. Portland Audubon hired Russ Namitz as one of 2 field coordinators (also Candace Larson will return for the 5th year) that will work at the refuge this summer undertaking docent outreach, organizing 4-6 work parties, and conducting wildlife surveys.
   4. Lake Abert: no update

Species
Condors:
- Many chapters helped generate scoping comments to the National Park Service supporting Condor reintroduction in Northern California and also calling for more aggressive strategies to reduce use of lead shot in Oregon. The scoping process is now over. The agencies are expected to produce a draft environmental assessment for another round of public review and comment later this year.
- Portland Audubon is working with US Fish and Wildlife Service and others to develop a strategic plan for reducing lead in Oregon
- New interior secretary Ryan Zinke repealed the recent ban on lead ammunition and fishing gear in all national wildlife refuges.

Greater Sage Grouse: Portland Audubon has been closely tracking the Sage Grouse recovery process in Oregon. In particular, Portland has been tracking funding of sage grouse recovery efforts in the state budget and also recovery efforts in Baker County where sage grouse are seeing the most significant declines.

Marbled Murrelet:
- See above note on MAMU uplisting status review
- Kalmiopsis Chapter is working on a nomination for a new MAMU IBA in the Elk River area.

Hazards
Bird-Friendly Vineyards
The bird friendly vineyards group has started winery visits. Stephanie Hazen had an in-depth interview with the viticulturist for Willamette Valley Vineyards. The interview produced a lot of good information including a cedar waxwing problem in 2013, methods to protect grapes from bird predation, and current vineyard certification programs.

Building a Region where People and Wildlife Can Coexist
About Us | Local Birding Information | Trips
| **Klamath Basin Audubon Society Officers and Board Members** |
| --- | --- | --- |
| President | Beth Phillips | 530.908.3412 | pidgeso@gmail.com |
| Vice-President | Molly Russell | 541.884.3868 | russellX1@msn.com |
| Secretary | Darrel Samuels | 541.850.5832 | dsamuels@charter.net |
| Treasurer | Sherry Lindley | 541.205.5269 | shadylin@aol.com |
| Board | Mary Ellen Sargent | 541.850.3926 | sargentme5@aol.com |
| Board | Carol Westfall | 541.810.1866 | ourlakeshorelanding@gmail.com |
| Board | Ron Larson | 541.851.0981 | rlarson@ccountry.net |
| Board | Rick Hardy | 541.882-3169 | rhardy11@charter.net |
| Board | Tom Essex | 541.273.7442 | Tomkathy_1@charter.net |

| **Klamath Basin Audubon Society Committee Chairs** |
| --- | --- | --- |
| Conservation | Marshal Moser | 541.880.4269 | marshalmoser@gmail.com |
| Education | OPEN |  |  |
| Field Trips | Kevin Spencer | 541.880.8015 | rriparia@charter.net |
| Grebe Editor | Shirley Alley | 541.273.2957 | s.alley@charter.net |
| Historian | OPEN |  |  |
| Membership | Myki Spindl | 805-712-5714 | mykispin@gmail.com |

**Mission:** The Klamath Basin Audubon Society will provide the opportunity for all to experience and appreciate our region’s wildlife, focusing on birds and other natural resources.

KBAS is a chartered chapter of the National Audubon Society.

**The Board of Directors** meets 3:00 – 5:00 p.m. the first Wednesday of each month at the Chamber of Commerce offices, 205 Riverside, Klamath Falls. All members are welcome and encouraged to attend.

For address changes, please contact both National Audubon Society and KBAS, Attn: Beth Phillips, PO Box #165, Malin, OR 97632

Comments and information to The Grebe Editor are welcomed and encouraged. Send to Grebe Editor, 6212 Osprey Lane, Klamath Falls, OR 97601 or s.alley@charter.net

Check our website: www.klamathaudubon.org

KBAS e-mail address: klamathauduboninfo@gmail.com
LOCAL MEMBERSHIP/RENEWAL APPLICATION

Date ____________

□ Individual: $20
□ Student and Senior (62 and over): $15
□ Family: $25

Here is my tax deductible extra contribution for $________________

Total Enclosed $___________

□ Check here if you are a current member of national Audubon
□ Not sure of national membership status

Name ________________________________

Address ________________________________

City/State ______________________________
ZIP _____________________

Phone ______________________________
Email ______________________________

Note: You will receive The Grebe at this email address

Please contact me regarding:
□ Gift memberships
□ Volunteering for KBAS Committee activities

Make your check payable to KBAS and mail with this form to:
KBAS, P.O. 354, Klamath Falls, OR 97601

Meeting Schedule

Board Meetings
Where: Chamber of Commerce
      205 Riverside Dr. Ste. A
When: First Wednesday
      of the Month
Time: 3 pm - 5 p.m.

General Meetings
Where: Fisher Nicholson Realty
      Office, 403 Main St.
When: 2nd Thursday
      of the Month
Time: 6:30 pm - 9:00 pm

The Grebe is posted monthly on the website WWW.KLAMATHAUDUBON.ORG

KBAS general meetings are held at 6:30 p.m. on the second Thursday of every month except June, July, and August. The next meeting will be April 4. See page 6. No meeting in February.

Website: www.klamathaudubon.org

KBAS email address: klamathauduboninfo@gmail.com
Bird Bound: A Packing List for Birding Travelers

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way trip and just leave them behind. Often someone in your host country will be glad to get them (or undies that needed discarding anyway) and then room for souvenir purchases magically appears!

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Pack for the best possible conditions, not the worst. Hold every piece in your hands, and ask yourself not will you wear it, but will you wear it enough.

VALUABLES, DOCUMENTS
- cash - small bills best, make sure they are clean of marks and tears
- credit cards - two types, in case one doesn’t ‘go through’
- travelers checks - optional, use as emergency funds and to convert
- moneybelt
- drivers license - and International Drivers Permit if country requires (AAA issues)
- airline tickets, itinerary, hotel and rental car documents/information
- passport/visa documents
- immunization records - if required, check carefully
- photocopies of above - trimmed and kept in separate place
- addresses/phones/email/emergency contacts/embassies - both home/abroad
- language book
- guidebook/maps (cut out appropriate sections only, trim)
- novel/journal/ebook reader, like Kindle (can hold guidebooks, too)/magazines

GEAR
- suitcase, daypack
- luggage tags/TSA locks
- binoculars
- pouch or case/safety chain/raincover /lens paper or cleaning pen
- bird book, destination checklists and where-to-go information
- scope/tripod - optional

HANDY STUFF
- pens, pencil, notepad
- antibacterial wet wipes, singles pack
- airplane snacks
- baggies - few large, few small, myriad uses
- bungee and/or rubber bands and/or paper clips and/or bit of duct tape
- thin nylon cord for clothesline
- alarm clock - travel style
- watch - cheap, w/ new battery or windup type
- extra batteries
- compass - small, zipper clip-on type
- water bottle - empty, until through security
- plastic fork/spoon/can opener (may get confiscated)
- flashlight - small, or penlight
- nylon or net bag - flattens to almost nothing, for souvenirs, dirty clothes, etc.
- sewing kit - optional, without scissors
- deck of cards, travel games
ELECTRONICS
- cell phone/charger - check roaming charges
- netbook/charger - optional
- flash drive or small hard drive device (for digital pic storage, etc.)
- camera/video camera/battery/charger/cables/lenses
- car chargers
- MP3 music/birdsong system (can be on smart phone) / earplugs
- GPS, Navigation aid (Garmin type or smart phone)
- outlet adapter/voltage/current converter (ck for country visiting)

PERSONAL NEEDS, CLOTHING
- toiletry case - thin, waterproof
- 3.4 ounce bottles in 1-quart clear baggie for toiletries (1 baggie/per person)
- shampoo/conditioner
- soap - liquid works well
- toothpaste/toothbrush/floss
- brush/comb
- first aid kit - small, combo of:
  - antibiotics
  - antibacterial cream
  - cortisone
  - Pepto
  - Imodium
  - pain-reliever
  - Ex-Lax
  - vitamins
  - personal RX
- sunscreen
- insect repellent - no aerosols, look for stick type
- Kleenex - couple travel packs, handy for toilet paper at destination
- nail clipper/file (optional, can get confiscated)
- shaving needs, vaseline
- for women: feminine items/pocket mirror/lotion/hair clips or bands
- make up - minimal
- jewelry - minimal and not irreplaceable
- eye needs: contacts, solution/reading glasses/sunglasses/case
- raincoat - parka style with hood
- rain pants - thin nylon
- hat - crushable
- swimsuit - men can use zip-off pants
  (tankini type works well for women - top can be worn alone)
- sarong, thin rayon-type - many uses (cover up, skirt, blanket, shawl)
- scarf/bandanna - many uses
- shoes - 2-3 pairs
- pants - 1 pair chinos (for airplane), 2 pairs cargo or zip-offs
- shorts - optional/use zip-offs
- skirts - 1-2, depending on preference, good for airplane
- t-shirts - 2-3
- shirts - 2-3 long sleeve, 2-3 short sleeve
- sweater/warm layer - choose carefully - make sure thin and packable
- socks, undies - 4-6 pairs/bra - 2
- belt
KID STUFF (limit to what child can carry in own daypack):
  __small toys/games/playing cards
  __handheld game device/charger or batteries
  __books
  __snacks
  __small sketchpad/colored pencils/little sharpener
  __Beanie Baby friend (not irreplaceable)
  __small ball or nylon fabric frisbee