

## **Field School 2024 Information Sheet**

The following information sheet has guidelines and policies regarding the archaeological field school. Please take note of your responsibilities and expectations. Each day we will be leaving from the Stotlar Curation facility (200 W Industrial Park Rd., Carbondale, IL 62901) at 7:30 AM and will arrive back to campus around 4:30 PM.

The first class will be held on May 20<sup>th</sup> in Faner 3515 C-Wing. We will be departing for the field after our meeting so please come in proper attire listed below.

### **TRANSPORTATION:**

Transportation will be provided to and from the Kaskaskia site each day. The vans will depart at 7:30am and return back to campus at around 4:30pm. Students are expected to provide their own transportation to and from the Curation building each day and should be aware there are few public transportation options in the Carbondale area.

### **HOUSING:**

Housing costs are not included in the tuition. There are some affordable housing options on campus:

- **SIU Residence Halls**  
\$28 per night, estimated total cost \$ 1,232.00  
<https://housing.siu.edu/housing-options/residence-halls/break-housing/>
- **Touch of Nature**  
\$40 - \$75 per night, estimated total cost \$1,760 - \$ 3,300  
<https://ton.siu.edu/common/documents/rates/lodging-rates.pdf>

### **HEALTH:**

We take your health and safety very seriously, but fieldwork has some unavoidable hazards (which we try to minimize). The most common field hazards are dehydration, sunburn, cuts and scrapes, blisters, poison ivy plants and tick bites. Dehydration can ultimately lead to a very serious and dangerous condition; heatstroke or sunstroke. The weather is likely to range from pleasant (mornings can be very cool) to hot and drenchingly humid (later in the season).

We expect you – and will repeatedly remind you – to prevent such conditions by constantly drinking water. (~ 1 gallon a day in the field is average), applying sunscreen BEFORE work begins and again during the day, wearing appropriate clothing, and by exercising caution with and around the many sharp tools we use. **If your tetanus shot is not up to date, you'll want to get a booster.**

It is possible to get a tick while we are at Fort Kaskaskia. There is a slim chance that after experiencing a tick bite you will form a bullseye rash. This is not something to take lightly and you should visit your primary care physician for antibiotics. Below are a few tips for avoiding tick bites all together.

- **Wear clothing that will cover your arms and legs.** Pants are required during the field school. We would also advise wearing long sleeve shirts and socks.
- **Use repellent** that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin (and clothes if needed) for protection that lasts several hours. Also use common sense and avoid your hands, eyes and mouth.
- **Bathe or shower as soon as possible** after coming indoors (preferably within 2 hours) to wash off and more easily find ticks that are crawling on you.
- **Conduct a full-body tick check** using a hand-held or full length mirror to view all part of your body upon return from tick-infested areas.
- **Examine gear, wash clothes in hot water.** If the clothes cannot be washed in hot water, tumble dry on low heat for 90 minutes or high heat for 60 minutes. The clothes should be warm and completely dry.

#### **For poison ivy prevention:**

- **Wash skin immediately.** Poison ivy secretes an oil that is used to irritate your skin. Dish soap is effective at getting the oils off your skin before you have a reaction. So it is recommended that you shower with this or any other product that breaks down the oils.
- **We will have Tecnu in the field.** If you know you have been exposed to poison ivy or oak, Tecnu can be used to remove the poison oils that causes rash and itching if used within 8 hours after exposure to the poison ivy, oak and sumac plants before a rash appears.

#### **EQUIPMENT:**

Most of the equipment for the field school will be provided for you. We will have a safety kit and a bottle of Technu to help prevent and treat poison ivy.

You are responsible for the following:

- **Personal water jug.** Water fountains will be on site at F. Kaskaski.
- **Sunscreen**
- **One or two pairs of work gloves.** Preferably with a leather palm or other cut resistant gloves. We will be working with historic cultural material which includes:

glass, nails, sharp rocks and many other items your hands can easily get cut or punctured with.

- **Closed-toed shoes or boots with a sturdy sole.** Preferably boots with little tread that will not tear up the excavation surface. Your shoes WILL get muddy and wet. NO open toed shoes/sandals will be allowed for your own safety.

Normal field attire consists of a short or long-sleeve shirt, long pants, close-toed or work boots, and gloves. Don't waste money on special "archaeology" or "high-tech fabric" field clothes; just bring something you don't mind getting very sweaty/dirty/stained. Cotton is best for breathability, and light colors are much more comfortable when in the sun on a hot day. Other recommended attire includes long socks, bandanas, a hat, and insect repellent.

### **MEALS:**

You are responsible for providing your own meals. Lunch will be taken with us to the field each day. If you plan on bringing perishable items, you may want to bring a lunch cooler. We would advise you to bring some type of food with high water content to keep you hydrated (fruits and vegetables). Some days might be more physically trying than others and we would advise you eat breakfast before going into the field to prevent any dizziness or fainting from low blood sugar.

### **FORMS AND FEES:**

There are two forms that need to be completed by each student: Assumption of Risk form and the Medical Information Form. These forms need to be handed in no later than the first class.

### **Information Contact List:**

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