

Plant Health & Culture: Plant Medicine—Exploring Nature’s Healing Potential

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Week Two: July 12 – 18, 2026

Schedule: Monday - Friday, 9-12 and 1:30-3:30; no class Wednesday
afternoon.

Location: Kennedy Hall, room 105 and some fieldwork

Equipment List

General Equipment:

1. **Backpack/Daypack** – To carry personal items, water, and equipment.
2. **Water Bottle/Reusable Hydration Pack** – Stay hydrated throughout the day.
3. **Sunscreen** – SPF 30 or higher for sun protection.
4. **Insect Repellent** – To protect from outdoor pests like mosquitoes.
5. **Hat or Cap** – For sun protection.
6. **Sunglasses** – UV protection for the eyes.
7. **Notebook and Pen** – For taking notes during activities or fieldwork.
8. **First Aid Kit** – Basic supplies for minor injuries.
9. **Camera or Smartphone** – To document activities or for mapping, if needed.

Outdoor Activities (visit to the Cornell Botanic Garden and the Herbalist Farm):

1. **Appropriate Footwear** – Comfortable, durable shoes (hiking boots, sneakers, or outdoor sandals depending on the activity).
2. **Weather-Appropriate Clothing** – Lightweight, breathable fabrics for hot days, with layers for cooler evenings.
3. **Rain Gear** – A lightweight rain jacket or poncho/umbrella.
4. **Sun Protection Gear** – Light long-sleeve shirt, UV-blocking clothing.

Indoor Activities:

1. **Notebook/Handouts** – For any personal notetaking.
2. **Laptop/Tablet** – For any personal notetaking.

General Tips:

- **Dress Appropriately:** Wear comfortable clothing, especially if you will be walking outdoors or exploring the herbarium's garden areas.

Additional Tips:

- **Be Prepared for Varied Terrain:** Farms can have uneven or muddy ground, so make sure your shoes and clothing are suitable for outdoor work. Be mindful of ticks.
- **Ask Questions:** Take this opportunity to learn from the farm's experts about cultivation techniques, pest management, and sustainable farming practices.