

## Mappt - The Ultimate Fieldwork Preparation Checklist

How to successfully conduct a fieldwork expedition and enjoy yourself along the way.

This simple checklist provides a tool to ensure researchers, geologists, scientists or explorers are fully prepared for their journey.

We've also included some helpful tips and suggestions for an enjoyable expedition.

Planning	Notes	Done (✓)
Research Design		
Where are you going?		
Why?		
What do you hope to achieve?		
What methods will be used?		
What data will be collected?		
What equipment do I need? Is it durable?		
Have I loaded all my data onto my device?		
Have I pre-cached the mapping area I'm working in?		
Have I printed the Mappt User Manual?		
Do I have a power bank?		
Who else is attending?		
What skills do they bring?		
What equipment do they need?		

Create a clear list of objectives and goals - prioritised in order of importance

<b>Logistical arrangements</b>		
How much space in my luggage do I need?		
How heavy is my luggage?		
Transport - Have I booked my flight?		
Do I need a medical check-up?		
Risk assessment		

Discuss arrangements well in advance

<b>Equipment</b>		
Hammer		
Chisel		
Tablet - Hardware		
Create customised forms in Mappt		
Notebook		

Mappt is a great software tool for data collection and mapping – no need for paper forms

Sample bags		
Camera		
Memory card		
Batteries		
Other		

Is this a rigorous expedition?

<b>Food</b>		
How hungry will I be?		
Plan a menu		
Breakfast – Porridge		
Chocolate		
Cereal		
Dried fruit		
Trail mix		
Hot flask – tea/coffee		
Biscuits		
Cheese		
Tinned tuna		
Fruit		
Pasta		
Rice		
Tinned vegetables		
Salami		
Pesto		
Sundried tomatoes		
Vegemite		
Cereal bar		

3000 calories for women  
3500-4000 for men

Expeditions often have long hard days and can be miserable. So, don't forget to treat yourself

<b>Clothing</b>		
Base – merino wool		
Light weight down jackets		
Fleeces		
Thermals		
Water proof boots		
Gloves		
Socks		
Hats		
Underwear		
Second pair shoes		
Thermal sleepwear		

Pants with padded knees are great for geologists

Rotate clothing, get changed before and after expeditions – even if the clothes aren't clean, it's a great way to boost morale.

<b>Other</b>		
Tents		
Living kits		

Sleeping bags		
Stoves		
Spades		
Ear plugs		
Books		
Sewing kit		
Body wash		
Wet wipes		
Diary		

Keeping a diary is a great way to decompress at the end of the day and keep you sane.

## On the expedition

<b>Work goals</b>		
Where to go?		
What to do?		
Scope out local area		
Type up the day's work in the evenings		
Plot your data		
Review your data on your tablet		

Mappt allows you to visualise your day's work on a map with GPS tracking and geotagged photos

<b>Working in a team</b>		
Recognise yours and other's feelings		
Eat		
Take time alone and relax by yourself		
Be sensitive		
Help others		
Share		
Bond and chat with others		
Listen to music		
Keep a diary		

After a long day, you and your workmates may be feeling tired, grumpy or hungry, so don't forget to recognise these feelings

<b>Morale Boosters</b>		
Exciting treats		
Dry, comfortable sleeping clothes		
Good books		
Keep a diary		
Flask of whisky		
Do some washing		

If you'd like more information about Mappt, our mobile GIS and data collection app, you can check out some of the awesome features [here](#) or download a free trial on you Android device [here](#).

Any questions please email [support@mappt.com.au](mailto:support@mappt.com.au) and we'd be happy to answer any query you may have.

Mappt can contain all your field work data so don't forget to email, or upload your work when you get back online