

Star Gazing Checklist

(Cold Weather Star Gazing in Tennessee)



This checklist is written for the coldest weather star gazing events, such as the Geminid Meteor Shower in mid-December. Adjust the list as needed for warmer weather star gazing!

THE TEN ESSENTIALS

1. Navigation:

- a. Know where to go: Scope out your star gazing location in the daylight, so you know how to get there in the dark. Pick a spot away from the city lights.
- b. Star Chart: Know what part of the sky to look in
- c. Telescope: If you or someone in your group has one, bring it!

2. Hydration:

- a. Hot Fluids: Pack a thermos with hot water, and bring a few packets of hot cocoa cider and/or tea.
 - i. Are you 21 or older? Make it a hot toddy!
- b. Water: If you've found a really great star gazing spot, more than likely you are not near a drinkable water source, so bring a few bottles of water.

3. Nutrition:

- a. Picnic: Is the sun setting early enough to enjoy a picnic dinner under the stars? Pack some sandwiches or grab a meal-on-the-go on your way.
- b. Snacks: Bring a combination of sweet, salty, and fruity snacks.

4. Sun Protection... actually, don't worry about this one!

5. Insulation:

- a. Blankets & Pillows: Bring at least 2 blankets. You'll want one blanket to lie out on the grass, and another blanket to wrap yourself in. Don't forget a pillow!
 - i. If it's really cold, consider bringing a sleeping bag to crawl into
- b. Clothing: Dress for the overnight lows! It could be 60 degrees when you leave the house and 32 degrees when you settle onto your blanket. Keep yourself comfortable.
 - i. Long pants & long sleeve shirt
 - ii. Coat, Sweatshirt, scarf, hat & mittens

6. Warmth:

- a. Hand Warmers: Stuff them in your shoes, mittens, and the bottom of your sleeping bag! The stars are more beautiful when you're warm.
- b. Hot Fluids: See "Hydration" above!

7. Illumination:

- a. Headlamp: It's bad form to have lights on when star gazing, especially with a group, but you'll need to see where you're going. Bring a headlamp, preferably one with a red light.

8. First Aid: It's not a bad idea to have a kit in your car, and jumper cables too

9. Shelter: Check out our [Car Camping Checklist](#) if this is an overnight event

10. Safety: Cell phone. Be sure to let others know where you'll be.