



Suggested Gear Checklist

Backpacking Projects

- Everyone packs a little differently for backpacking. This list was made with packing for trail work in mind.
- **Please pack LIGHT as we will also be carrying some group gear and tools.**
- All gear should be tested, even if it's just in your backyard!
- Your crew leader may have gear suggestions based on the project and location. Please read any email correspondence carefully.
- More info on how to pack, and how to plan backpacking meals is available on the Volunteer Recourses page. Please reach out to trails@idahotrailsassociation.org or your crew leader with any questions.

Provided by ITA

- Hardhats – required to bring and wear for trail work
- Extra gloves, extra eye protection
- Tools
- Group First Aid kit
- Satellite communication device – for project use only

Gear Provided by Volunteer

Clothing

- Please wear comfortable, yet durable clothing for work. Avoid cotton, and try to use synthetics or wool (wool and synthetics retain heat when wet, cotton does not)
- Check the weather but be prepared for everything! Wearing multiple layers is a good strategy for staying comfortable throughout the day.
- Boots **MUST** be well broken in to avoid blisters. But be careful about older boots too, the glue can wear out causing the sole to fall off.

- ☐ Sturdy work boots with ankle support, **not running shoes**
- ☐ 1 Long-sleeved work shirt
- ☐ Long work pants, **no leggings or shorts for project work**, please!
- ☐ Hiking socks to last the duration of the project.
- ☐ Long Johns or base layer
- ☐ Fleece or Sweater – mid layer
- ☐ Warm Jacket, packable puffy style jacket recommended.
- ☐ Rain Gear – Weather changes fast, **bring it every time**, no matter what the forecast says.
- ☐ Knit hat/gloves for warmth
- ☐ Enough underwear to last you the trip.
- ☐ Comfortable clothes for sleeping.

Project Gear

- ☐ At least 2 liters of water carrying capacity. Smart Water bottles work well when backpacking.
- ☐ Water filter if you have one but can usually share with others.
- ☐ Bandana/Buff - Use as a napkin or to wear under a hard hat
- ☐ Sunscreen and Chapstick

****We want you to be safe, prepared, and have fun! Please reach out if you have any questions!****

- ☐ Pocket knife or multitool
- ☐ Personal first aid kit
- ☐ Bathroom Kit - toilet paper, Ziplock bags, hand sanitizer (can use a Pulaski for a trowel)
- ☐ Work gloves
- ☐ Safety glasses and/or sunglasses
- ☐ Sun hat/baseball hat/visor

Camping Gear

- ☐ Backpacking pack (recommended 50-60L Capacity)
- ☐ Tent
- ☐ Sleeping bag (at least 30 deg or lower rating recommended)
- ☐ Sleeping pad (Inflatable at your own risk!)
- ☐ Headlamp and extra batteries
- ☐ Personal medications/prescriptions, with a few extra days just in case
- ☐ Personal Hygiene Products – Toothbrush, toothpaste, hand sanitizer, menstruation products.
- ☐ Repair Kit: Knife, duct tape, paracord
- ☐ Food - Plan and portion out each meal, with some emergency reserves.
- ☐ Cook Pot, stove, fuel, lighter
- ☐ Ziplock bags or a reusable trash container
- ☐ Bear hang or bear bin

Optional – Don't forget you're carrying everything on your back, please pack light!

- ☐ Trash Compactor bag as a pack liner to keep your gear dry in your pack
- ☐ Closed-toed camp shoes such as Crocs or tennis shoes. Open toes at camp are a significant cause of injury on projects.
- ☐ Creek crossing shoes or sandals
- ☐ Trekking Poles –handy for stream crossings and long downhill sections
- ☐ Clothes/sandals for swimming
- ☐ Gaiters to keep rocks and brush out of shoes and keep shoes dry.
- ☐ Extra clothes, change of clothes for camp
- ☐ Cards, book, fishing pole, binoculars, camera
- ☐ Mini lightweight day pack
- ☐ Light camp chair
- ☐ Bug repellent or bug net
- ☐ Satellite communication device for personal check-ins
- ☐ Phone Charger

Make sure you pack up your bag at home, as if you're headed down the trail, to ensure everything fits and is lightweight enough to reasonably carry. It is not recommended to carry a pack that is more than one third of your body weight. Once at the trailhead, coordinate with the crew to consolidate gear. Do you want to share a stove, water filter, or bear hang with someone?

You want to be comfortable but will need fewer clothes than you think. Everyone will be equally dirty after a week of trail work! It is recommended to bring one set of work clothes, one set of camp clothes (a shirt and maybe shorts but you can also keep wearing your work pants), and one set of sleeping clothes that stay in your tent. Don't skimp on socks and underwear. Be prepared for all types of weather, regardless of the season.

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