



## Suggested Gear Checklist

### Car Camping Food Supported Trips

- Since we're car camping, we don't have to worry about weight. Feel free to bring whatever you need to work and live comfortably in the woods!
- Be prepared for all types of weather, regardless of the season.
- 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 is available in the "Packing Tips" document on the Volunteer Recourses page. Please reach out to [trails@idahotrailsassociation.org](mailto:trails@idahotrailsassociation.org) or your crew leader with any questions.

#### Provided by ITA

- Kitchen/cooking shelter, stove, pots pans.
- Eating tools, plates, bowls, forks, spoons, etc.
- Food/ snacks – Confirm the first and last meals with your crew leader if you have questions. Typically dinner on the first evening is the first meal provided.
- Hardhats – required to bring and wear for trail work
- Extra gloves, extra eye protection
- Tools
- Group first aid kit
- Toilet paper
- Group water filter
- Satellite communication device – for project use only

#### 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**
- 1-2 Long-sleeved work shirts
- 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
- 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 camp and sleeping in
- Closed-toed** camp shoes such as Crocs or light tennis shoes. Open toes at camp are a significant cause of injury on projects.

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



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### Car Camping Food Supported Trips

#### Project Gear

- Backpack/Day pack to carry food/water/layers to the work site.
- At least 2 liters of water carrying capacity (more in hotter weather)
- Water filter if you have one but can usually share with others.
- Bandanas/buff- Use as a napkin or to wear under a hard hat
- Sunscreen and Chapstick SPF 25 or higher
- Sun hat/baseball hat/visor
- Personal first aid kit
- Bathroom Kit - Trowel, toilet paper, Ziplock bags, hand sanitizer
- Work gloves
- Safety glasses and/or sunglasses
- Lunch Tupperware/container. (ITA will have Ziplock bags you can use also.)

#### Camping Gear

- Tent
- Sleeping bag (at least 30 deg or lower rating recommended)
- Sleeping pad
- Headlamp and extra batteries
- Camp Chair
- Personal medications/prescriptions, with a few days extra.
- Personal Hygiene Products - Toothbrush, small toothpaste, hand sanitizer, camp towel, menstruation products, unscented baby wipes.

#### Optional

- Trekking Poles
- Creek crossing shoes
- Gaiters to keep rocks and brush out of shoes and keep shoes dry.
- Bug repellant or bug net
- Pocket knife or multitool
- Bathing suit and water shoes for swimming
- Camera, fishing pole, binoculars
- Cards, acoustic instruments, books, journal
- Repair Kit: Knife, duct tape, paracord
- Satellite communication device for personal check-ins
- Phone charger/battery pack
- Pillow/camp blanket
- Tarp or rain shelter
- Fire starter/firewood

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