



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 Resources page. Please reach out to 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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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 repellent 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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