



Gear Checklist for One-Day Projects

- Your crew leader may have gear suggestions based on the project and location. Please read any email correspondence carefully.
- 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.

Provided by ITA

- ✓ Hard hats
- ✓ Tools
- ✓ Extra Gloves/Eye Protection Glasses
- ✓ First Aid Kit

Clothing

- Shirt – Long sleeved
- Long, durable pants – no shorts or leggings
- Sturdy Ankle Boots, not running shoes
- Pair of hiking socks
- Work gloves
- Bandana/ Buff – Nice to wear under your hear hat
- Rain Gear
- Fleece or jacket
- Hat for shade and/or warmth
- Eye protection - Sunglasses are ok!

Personal Gear

- Day Pack to carry layers, water, snacks, etc.
- Water for the day – Recommend 2-3 liters.
- Sunscreen and Chapstick SPF 25 or higher
- Bug repellant
- Lunch, high-energy snacks, electrolytes
- Personal medications/prescriptions if needed
- Toiletry bag with hand sanitizer, toilet paper, and zip lock bags to pack out used toilet paper

Optional

- Camera
- Trekking Poles
- Personal first aid kit
- Gaiters to keep rocks and brush out of shoes and keep shoes dry.
- Trekking Poles
- Creek crossing shoes

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