



Suggested Gear Checklist

Packed In Fully Supported Trips

Great news, you're getting packed into your backcountry project by horses, mules, goats, or llamas with food provided by a volunteer camp cook!

- You will likely still need to carry some personal gear, like a sleeping bag or bulky clothes bag. Group gear, food, and heavier items are prioritized for being packed by the animals.
- Weight is very important! Please try to limit personal gear to **30 pounds** or less. No heavy cots or bulky chairs, think backpacking gear!
- Personal gear is best packed into several packed duffle bags, stuff sacks, or dry bags instead of one large bag. The bags should be closed tightly and should not rattle around.
- **Always carry any medically necessary/vital/nonreplaceable gear.** Personal medications, glasses/contacts, car keys, and wallet must be taken on your person. While it is unlikely, gear can fall off or run away.
- 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 or your crew leader with any questions.

Gear 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, often you'll need to bring lunch for the hike in on the first day.
- 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.

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**
- 1-2 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.

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
- Light backpacking style camp chair or sit pad
- Personal Hygiene Products - Toothbrush, small toothpaste, hand sanitizer, camp towel, menstruation products, unscented baby wipes.
- Personal medications/prescriptions, with a few days extra.

Optional - Group gear is prioritized on the pack animals, and you may need to carry any extra gear

- 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
- Insulated mug for hot drinks
- Repair Kit: Knife, duct tape, paracord
- Satellite communication device for personal check-ins
- Phone charger/battery pack

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