

Volunteer Equipment List—Multi-day

The following list is designed to help you know what to bring on your multi-day Volunteer Project. Even when we are utilizing a horse-packer to carry things in for us, please try to pare down to the essentials. These are recommendations only, and come from a backpacker's years of experience. If you don't have an item, don't go out and buy it; see if you can borrow or go with a less techy, cheaper alternative. If you'll be car-camping rather than in the back-country, consider accordingly.

Temperatures in summer can range from the high 20's in the higher elevations to the high 80's in the lower elevations of the A-B Wilderness. Bring a variety of layers that you can mix and match and wear over the tops of other things. Consider the elevation at which you will be working. Altitudes range from about 6000-10,000 feet.

Essential items:

- Daypack**—that you can take to the worksite each day, with water, lunch, first aid, tools, sunscreen, raingear, extra layers, etc.
- Boots**—Supportive, waterproof backpacking boots; full-leather or composite are fine. To do work for the ABWF & the Forest Service, you must have adequate protection for your feet. Low-top, light hikers are not preferred but are great camp/day-hiking shoes.
- Long pants**—either sturdy work pants or hiking pants; long pants are essential for your protection. While not recommended, some people love working in jeans.
- Rain Jacket**—Your most important piece of gear. Waterproof and dependable, good raingear is essential as we are often away from camp most of the day. Breathable material like GoreTex is preferred.
- Rain pants**—lightweight. We may be working out in the rain for long periods of time and it's easy to get soaked and cold without pants. Really good idea.
- Tent, Tarp, personal shelter**—As lightweight as possible; one person, or lightweight two-person tent. Consider the presence of bugs...
- Sleeping bag**--rated to 15-25 degrees. Down or synthetic.
- Sleeping pad**—to your comfort—inflatable
- Water bottles:** Two (2) one-liter bottles or 2-liter CamelBak—please have the capacity to carry at least two liters at all times.
- Plate, bowl, eating utensils & mug**—Please bring your own! We recommend a quart-sized plastic Rubbermaid food storage container (8" around) with a lid you can store leftovers or lunch inside your pack.
- Head lamp w/ spare batteries**
- Ball cap or sun-hat**
- Sunscreen and lip balm**
- Sunglasses**
- Toilet Kit:** Keep a zip-lock bag with a supply of toilet paper and a few extra plastic bags for bagging and packing out your used toilet paper; a bandanna works great as a pee-rag for women.
- Personal Bag**—toothbrush/toothpaste, brush/comb, personal meds/vitamins, aspirin/ibuprofen, lip-balm, tiny bottle of biodegradable soap, hand-lotion, etc.
- Full sized Backpack**—Generally NOT needed except where specially noted. On all our multi-day trips into the backcountry, we have a horsepacker

carry in our heavy food, tools, tents, sleeping bags, pads etc. Your daypack should therefore be able to carry in your clothes, personal belongings, etc. so you shouldn't need a full-on backpack.

Recommended Backpacking/Work Clothing

- Hiking Pants/Work pants** or convertible pants. These are required. Lightweight long trail pants are key to protecting yourself when doing trail work.
- T-shirts**—cotton or synthetic; bring 2.
- Long-sleeve shirt;** lightweight work/hiking shirt to keep off sun, bugs and dirt.
- Mid-layer**—1 mid-weight insulating or wind-protective layer (such as expedition weight fleece, DryClime, Softshell, etc.
- Long johns**—synthetic tops and bottoms--1 pair of light to mid-weight polypropylene or wool long johns; no cotton, which just gets wet, keeps you cold.
- Jacket**—insulated warm jacket/coat synthetic fill or down, weight of which depends on how cold you get.
- Insulating layers** (expedition-weight long johns, fleece pants) if you are prone to cold.
- Underwear** and bras; number depending on length of stay.
- Socks**—wool or synthetic blend, and sock liners—minimum 2-3 pairs.
- Warm hat**—fleece or wool; nothing too heavy.
- Gloves**--Light- to medium weight in warmth—fleece or wool. No ski gloves—it's summer!
- Camp shoes**--light weight running shoes, Crocs, chacos, sandals, etc.

Suggested items - depending on preference:

- Bug Repellent**—DEET or natural
- Camp chair**--Crazy Creek type; lightweight/portable
- Bandannas**—bring two
- Work gloves**—your own if you have a pair that are broken in/you really like. Otherwise we provide.
- Paperback novel?**
- Hiking Poles** if you use them
- Head-net-** for bugs
- First Aid Kit**—personal size that supplements the group FA Kit we will bring.
- Water Filter**—pump, Iodine Tablets; chlorine tabs, etc. The trip leader will have one to share around.
- Bear Spray**—yes, if you have a canister!
- Travel towel**—if you're with us multiple days it might be nice to take a sponge bath or two—lightweight.

Optional items—Can be very useful:

- Knife**--pocket or multi-tool knife

- Camera** (digital) for recording your experience and for documenting work progress.

- Binoculars**
- Water bag**, i.e. 2L, or 4L Dromedary,

Car Camping Trips: in which we will be camping in a regular campground with pit toilets, picnic tables, etc. and hiking to work each day...

More luxurious items –Can be very useful:

- Folding Camp Chair**
- Cooler with your own beverages/snacks**
- Guitar**
- Camp games**
- pillow**

Questions about what to bring/what NOT to bring? Contact us at info@abwilderness.org or call 406-425-1944 and ask for David.