

Recommended Gear List – Backpacking

***Please see the Project Fact Sheet(s) to determine what cooking equipment & food you need to bring and if water sources are available.**

Essentials:

- Sturdy, lightweight frame backpack (3,500-5,000 cubic inches)
- Daypack/fanny pack
- Tent w/ rain fly
- Ground cloth / foot print
- Sleeping pad
- Sleeping bag
- Sturdy Hiking or work boots (required)
- Heavy work gloves
- Hiking socks
- Lightweight Thermal (or silk) underwear-top & bottom
- Lightweight Short-sleeve shirt (quick drying)
- Lightweight Long-sleeve shirt (quick drying)
- Lightweight pants (quick drying)
- Wind/waterproof jacket
- Wind/waterproof pants
- Warm gloves
- Bandana
- Fleece or wool hat
- Brimmed hat
- Fleece jacket/vest
- Backpacking stove w/ fuel*
- Lightweight, portable cook set or mess kit*
- Waterproof matches/fire starter
- Water filter*
- Capacity to carry a minimum of 3-4 liters of water per day to worksite
- Personal First-Aid Kit
- Sunscreen & lip balm
- Protective eyewear/sunglasses
- Insect repellent
- Swiss Army knife or multi-tool
- Trail map & compass
- Flashlight/headlamp & extra batteries
- Trowel, toilet paper & Ziploc bags
- Bear proof container*
- Personal medication
- Plastic whistle
- Duck tape
- Large garbage bags

Optional Items:

- Camp shoes
- Camera & film
- Binoculars
- Gaiters
- Parachute cord
- Hiking staff or trekking poles
- Journal
- Reading book
- Small towel

IMPORTANT!

- **Do not bring cotton clothing. It does not insulate and stays wet from perspiration and precipitation.**
- **Please bring gear that is waterproof & breathable (ie. Gortex).**
- **Please do not wear shorts at the worksite.**

Notes:



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