

VOLUNTEER VACATION



Equipment Checklist

Indoor Accommodations

This list is a *general guide* for trips offering indoor accommodations. Your equipment needs will vary based on the project and different climates. Pay attention to any special instructions from your host and crew leader for your specific project. Don't hesitate to call if you have any questions regarding clothing or equipment needs for your trip. Note that whatever you bring might get dirty!

CLOTHING

- ☐ Broken-in hiking/work boots or sturdy, closed toed shoes
- ☐ Work gloves (1-2 pairs)
- ☐ 2 pair long pants
- ☐ 2 long sleeve synthetic or wool (non-cotton) shirts
- ☐ Mid-weight layers (synthetic down, fleece, or wool)
- ☐ Warm coat (synthetic down, fleece or wool)
- ☐ Rain coat
- ☐ Rain pants (climate & weather dependent)
- ☐ Thermal underwear / base layers
- ☐ Shorts / warm weather layers as needed for climate
- ☐ Sun shirts / lightweight sun protection
- ☐ Warm hat
- ☐ Sun hat / baseball hat
- ☐ Warm gloves
- ☐ Underwear
- ☐ Sleeping Shirt/Pants
- ☐ Camp shoes or outdoor sandals
- ☐ Hiking socks
- ☐ Camp / town clothes (comfortable layers for non-working days)

EQUIPMENT

- ☐ Daypack
- ☐ Sleeping bag or bedding (appropriate to climate & depending on accommodations)
- ☐ Personal towel & wash cloth
- ☐ 2 1-Liter water bottles
- ☐ Personal Mess Kit (cup, bowl, utensils)

- ☐ Reusable container for carrying lunch/sandwich
- ☐ Flashlight/Headlamp & spare batteries
- ☐ Lighter or matches in waterproof container
- ☐ Whistle (for emergency signal only)
- ☐ Pocket knife
- ☐ Repair kit

PERSONAL ITEMS

- ☐ Facemask that covers nose & mouth
- ☐ Shampoo, soap & towel
- ☐ Buff or bandana
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Insect repellent
- ☐ Personal toiletries
- ☐ Personal First Aid Kit
- ☐ Personal Medications

ADDITIONAL RESOURCES

- ☐ [How to Choose a Backpack](#)
- ☐ [How to Choose Hiking Boots](#)
- ☐ [What to Wear Hiking](#)
- ☐ [Weather Basics for Backpackers](#)
- ☐ [How to Train for Backpacking](#)
- ☐ [How to Train for Hiking](#)
- ☐ [How to Treat Insect Bites and Stings](#)
- ☐ [Wilderness First Aid Basics](#)
- ☐ [Leave No Trace Seven Principles](#)