Volunteer Trails Crew Packing List

Remember, you need to be prepared to carry all your own gear into the project's basecamp. We recommend use of separate stuff sacks for your tent, sleeping bag, pad, clothes, and personal items. If you have questions or do not have the required gear, please contact our office.

GLACIER - TWO MEDICINE
A L L I A N C E

Gear

- Backpack, sufficient size to carry all your personal items
- Tent with ground cloth and fly
- Warm sleeping bag (Min. 30 degree rating)
- Sleeping pad
- Personal mess kit:
  - Spoon/fork
  - Bowl/plate
  - Tupperware or reusable sealable bag
  - Mug for hot drinks
- Headlight + extra batteries
- Water bottle – minimum 2 liters; camelback/bladder okay if you have a separate water bottle too.

Toiletries

- Hand sanitizer – small bottle
- Toothbrush, paste, and floss
- Biodegradable soap (non-fragrant is preferred)
- Deodorant
- Sunscreen, Bug Repellant
- Personal medications
- Personal blister + personal first aid (leaders carry a large first aid kit)

Clothing

- Work clothes:
  - Long-sleeved shirt (protective layer)
  - T-Shirt
  - Work pants
  - Sturdy work gloves
  - Eye protection
- Sun hat and sunglasses
- Rain jacket and pants

- Set of long underwear (top and bottom, non-cotton)
- Lightweight hiking pants
- Warm pants
- Second T-shirt
- Second Long-sleeved shirt
- Shorts
- Swimsuit
- Extra socks and underwear (2 – 3 pairs recommended)
- Warm insulating layer like a wool, fleece, or down sweater/jacket (non-cotton)
- Warm mittens or gloves
- Stocking cap (aka "Tuk")
- River sandals or other shoes that can get wet (no flip flops!)
- Hiking boots with ankle support – **well broken in before the trip! Don't bring new boots!**

Optional Items

- Bear spray (strongly recommended)
- Lightweight/quick dry towel
- Trekking poles
- Backpacking pillow
- Book + Journal + pen
- Lightweight camp chair
- Camera
- Frisbee or playing cards
- Binoculars
- Garbage bag to line inside of pack
- Pack cover
- Whistle
- Lighter
- Multi-tool like Leatherman
- Earplugs