

BACKCOUNTRY TRAILS PROGRAM PERSONAL EQUIPMENT LIST

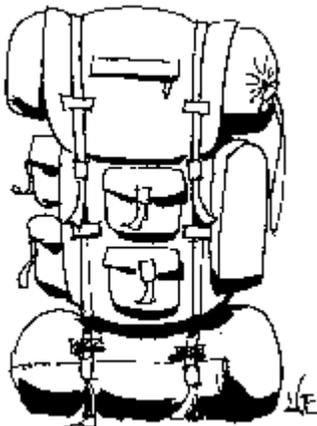
The following is a comprehensive list of necessary and suggested gear for a Backcountry season. [Recommendations from previous corpsmembers are listed in BLUE. \(These recommendations are in no way brand endorsements, but based on feedback from Backcountry Alumni\)](#) The cost to purchase everything you will need for the season will range from \$600 to \$1000. Be wary of cheaper gear as it doesn't last, but the most expensive doesn't necessarily mean the best. It is **EXTREMELY** important that you review this list thoroughly and **CONSULT WITH BACKCOUNTRY STAFF BEFORE MAKING ANY PURCHASES AND SAVE ALL RECEIPTS. YOUR BACKCOUNTRY SUPERVISOR WILL REVIEW ALL YOUR GEAR WITH YOU BEFORE AND AFTER ARRIVAL.**

Make sure to try all gear on, or out before you purchase it. Make sure your gear fits correctly and is comfortable and durable. Your BC Supervisor might have additional suggestions and recommendations. Be aware that you will carry everything you bring on your back and are required to hike with it at a pace of 3mph up to 18miles at a time. There is little to no storage for extra gear.

WEIGHT IS AN IMPORTANT CONCERN!!!

REQUIRED GEAR/EQUIPMENT CHECK-LIST

- **Sleeping Bag:** Mummy style sleeping bags are essential for keeping warm in extreme conditions. Make sure you purchase one specific to your height and temperature tolerance. For instance if you tend to get warm in your sleep, a 15 degree bag will probably work, but if you get cold in your sleep, you would want to look for something 0 degrees or less. You could also add a sleeping bag liner if you are not sure. There are essentially two different kinds of bags: synthetic and down. Down bags are typically lighter and warmer, but are hard to clean and dry and COMPLETELY INEFFECTIVE when wet although the technology is getting better (and more expensive). Synthetic bags are a little heavier, but easy to clean and dry and can still keep you warm if they get wet. [Most CMs have preferred synthetic in the past.](#)
- **Sleeping Bag Compression Sac:** This is another exceptionally useful item. These are used to compress your sleeping bag and other bulky gear in order for it to all fit in your pack. [Waterproof or water resistant sacks for your sleeping bag are recommended to keep your bag dry in any condition.](#)
- **Sleeping Pad:** Essential for warmth and comfort throughout the season. There are three different kinds: closed cell foam, inflatable, and a combination of the two. [Most former CMs recommend a simple, lightweight ThermaRest pad- they are inexpensive, relatively comfortable, and the most durable option.](#) Combination pads combine the padding of a closed cell foam pad, but have an extra inflatable compartment for added comfort. They can be pricy and bulky/heavy and typically puncture during the season. Inflatable pads can be ultralight weight but ARE NOT RECOMMENDED as they often puncture in the duration and conditions experienced in a BC season.
- **Tent:** A 1 to 2person tent is recommended, a bivy is not recommended. The weight of the tent is an essential consideration. Make sure it is big enough and durable enough to live in for 5 months. You do not need a 4 season tent. [REI Half Dome 2 or REI Camp Dome tents come highly recommended by former CMs.](#)



- **Backpack:** This is your most important piece of gear. If you are reserved about spending, do not be with your backpack. You will use this every day, and it will carry all of the rest of your gear. Make sure to try on a number of different packs before deciding. Find one that fits your height and girth that feels comfortable with at least 40 lbs of weight in it. There are two different kinds of packs: internal and external frame. External frame packs have mostly gone out of style due to weight and accessibility. It is recommended that you purchase an internal frame pack with waist and shoulder straps. We also recommend that your pack be between 70-80 L. Anything more will encourage over packing and a heavy load, and anything less will not fit all of your required gear and clothing. Crews based in National Parks in the Sierras will be required to carry bear proof canisters that can be bulky and require extra room. Check with your Supervisor as to specific needs.

- **Hydration:** We require that you have the capacity to carry at least a gallon of water at a time. Work sites can be miles from the nearest water source, and CMs tend to drink upwards of 2 gallons a day. We would recommend a combination of both water bottles and a hydration system. [Former CMs recommend that you bring 2 Nalgens, Kleen Kanteen, or similar bottles along with a dromedary hydration system with a hose. Alumni specifically recommended a 6L MSR dromedary as they are the most durable. Camelback and Platypus are alternatives, but tend to leak or puncture faster.](#)
- **Head Lamp:** Bring a headlamp with extra batteries or rechargeable battery packs. Flashlights are not practical for BC conditions. You should chose a headlamp based on the battery life and quality. [Former CMs recommended brands like Petzl and Black Diamond.](#)
- **Alarm Clock:** You will need a reliable alarm clock with extra batteries. [CMs overwhelmingly suggested the REI travel alarm.](#)
- **Wrist Watch:** This is an essential safety item for life in the BC. Make sure to get something durable and WATERPROOF.
- **Rain Gear:** You will need to purchase good quality lightweight rain gear that will fit over your uniform. Both a rain jacket and rain pants are required. There are several good coated nylon varieties. Gore-Tex is protective but breaks down over time. Ponchos are unacceptable. If you are in the CCC bring your issued raingear and if you are not, CCC raingear can be issued on an as needed basis but is not recommended as it is heavy/bulky and uncomfortable. Ask your Supervisor for details.

- **Back-up work boots:** The CCC will provide your work boots, however you will need to bring an additional pair as a backup. Boots must be completely enclosed, with a 6 inch ankle and it is preferable that they have a Vibram sole. Your back up boots are not required to be safety toe boots, however, they must be approved prior to arrival as an acceptable backup. Again, this is an item that you should try various models/styles of before selecting. We also recommend that you wear the boots for at least 2 weeks to wear them in before the season begins. [Former CMs recommended Asolo and Vasque as being comfortable and durable.](#)



- **Sewing Kit:** Bring either a small personal sewing kit or a few strong needles and a spool of thread. These will be required for sewing on uniform patches and are useful for mending gear and uniforms.
- **Tupperware:** This will hold your lunch/weekend meals. [Most CMs prefer a divided/sealable Tupperware.](#)

REQUIRED CLOTHING:

Socks: 4-6 pairs. Wool, wool blend, or polypropylene are best for keeping warm while wet. Cotton socks are not recommended as they do not keep warm or breathe well. Liners can provide extra protection for those prone to blisters or sore feet.

Underwear: 5-6 pairs. Quick dry is the best, but cotton work fine.

Flannel/Wool Shirt/Sweater: Bring at least one warm layer- flannel, fleece, wool or polypropylene.

T-shirts: 2-4 recommended with at least one long shirt for sun/cold protection.

Warm Jacket: Medium to lightweight jacket is required for crews camping at high alpine areas. Fleece, wool, and synthetic “puffy” coats are preferred. Heavy winter jackets are too bulky and heavy to be practical in the Backcountry.

Shorts: Long work pants are provided by the CCC. A pair of hiking shorts or a combination of zip off pant/shorts are essential.

[Additional pairs of pants are not recommended for weight concerns.](#)

Beanie: Wool or fleece recommended. Maintaining warmth is crucial in cold weather!

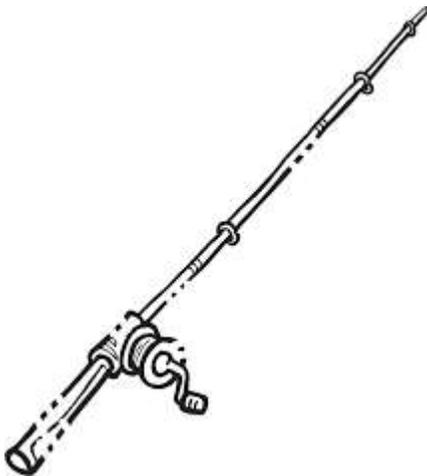
Sandals: Strap on sandals are essential for keeping your feet healthy by allowing them to air out, avoiding trench foot and blisters. They must be strap on sandals like Tevas or Chacos. [Keen sandals are great but do not properly air your feet out.](#) Flip-Flops are not safe and not allowed. There are good cheaper alternatives, but make sure they are safely secured to your feet and breathable.

Uniform shirts and pants: These are provided by the CCC. If you are currently in the CCC bring three sets of your best long sleeve uniform shirts and three pairs of your best work pants.

Belt

HIGHLY RECOMMENDED GEAR and PERSONAL ITEMS:

- △ **Pocket Knife/Multi-Tool with Can Opener:** If you choose not to carry a multi-tool, P-38 or P-51 military issue can openers are a good lightweight option.
- △ **Backpacking Stove and Cooking Pot:** You will be required to cook your own meals on the weekends. Some crews are allowed to have fires to cook with; others are not (above 10,000 ft, in designated wilderness areas, or in times of burn bans). A sturdy cooking pot is essential and it is nice to have your own. Many CMs purchase an MSR locking cook pot and that doubles as their lunch Tupperware. Stoves can be shared between CMs. There are a lot of light weight options using white gas (which is provided throughout the season). Check with your Supervisor if you have any questions about whether to bring one and which one to get. Remember utensils as well.
- △ **Sleeping Bag Liner:** Silk and Fleece are good options.
- △ **Gloves/Mittens:** These are extremely useful for high alpine camps, as temperatures can get below freezing.
- △ **Small First Aid Kit:** A camp first aid kit will be available in camp and at work, but on weekends, each person is responsible for carrying the supplies they need to respond to personal emergencies.
- △ **Lighter/Matches**
- △ **Insoles** These will be nice to have especially with new boots. Superfeet come highly recommended by members.
- △ **Writing Supplies (Pen, Paper, Stamps, Envelopes):** It is helpful to bring an address book with a list of your contacts. Also to make your own mailing labels before leaving home.
- △ **Garbage Bags/Ziplocs:** Can be helpful when organizing supplies/equipment.
- △ **Towel** A lightweight or backpacking towel is best
- △ **Personal Hygiene Items**
 - Prescription Medication
 - Glasses/Contacts
 - Toothbrush
 - Bio-degradable Toothpaste
 - Dental Floss
 - Nail Clippers
 - Chapstick
 - Sun-Screen
 - Natural Bug Spray
 - Bath Scrubby/Washcloth



THE FUN STUFF

- ❖ Fishing Gear with Fishing License
- ❖ Personal Book(s)
- ❖ Camera
- ❖ Check with your supervisor about IPODs/Electronics

EXTRAS THAT COULD BE USEFUL:

Daypack: Daypacks are useful for carrying the tools and gear you need to work every day. Be aware that if you choose to bring a separate daypack, you will be hiking this in, in addition to your backpack. Daypacks should be between 30 and 40L. [One with drawstring closures is better as zippers tend to break during the season with extended use.](#) You also have the option of using your main backpack to carry gear to work.

Backpack rain cover

Compass: Provided by the CCC

Water Filter: [The CCC does provide a water filter, however some people prefer to bring their own if they have one](#)

Solar Charger

Patching/Repair Kit: [Might include Seam Seal, Shoe Goo, Safety Pins/Clothespins, P. Cord, Extra Boot Laces, Tenacious Tape, etc.](#)

Swim Suit

Bandanas

Sunglasses: [UVA and UVB protection](#)

Small Tarp

Mosquito Bug Net

Diva cup: For females

Above is a fairly comprehensive list of everything you will or might need to bring into the Backcountry. If you have any questions, contact backcountry staff.

YOU WILL NOT BE PERMITTED TO BRING:

- ***Your Personal Vehicle***
- ***Weapons of ANY KIND***
- ***Non-Biodegradable/Environmentally Harmful Personal Hygiene Products***
- ***Drugs and Alcohol***

You will be receiving correspondence from Backcountry Staff that will have additional suggestions. If you are unsure about any piece of gear, contact them first before purchasing. Keep receipts for all of your gear in case you need to replace or return it.

It is extremely helpful to have a contact person in civilization that would be willing to send in extra gear and supplies as needed throughout the season.

MANUFACTURERS OF BACKPACKING GEAR

There are many quality gear brands including, but not limited to: [These were all brands recommended by former CMs](#)

REI	North Face	Eureka
MSR	Sierra Designs	MountainSmith
Osprey	Patagonia	Slumberjack
Marmot	Black Diamond	Arc'teryx
Gregory	Mammut	Granite Gear
Kelty	Mountain Hardware	Campmor
Big Agnes	Lowepro	Outdoor Product