



# BACKCOUNTRY TRAILS PROGRAM: PERSONAL EQUIPMENT LIST

This is a comprehensive list of the gear you will need for a BC season. The cost can range from \$600 to \$1000. Items denoted with an asterisk\* are available to borrow from the program for those in financial need. Issued items must be returned in working condition or you will be charged for them. Be aware that the most expensive gear doesn't mean it's the best and be wary of the cheapest gear. Quality of your gear is very important as it will need to last the season. It is VERY important you review this list closely.

**Do not purchase any gear/equipment until you have spoken with your BC Supervisor.**

Do not purchase any gear before you try it on. You want to make sure things fit and are comfortable. Ask your BC SUPERVISOR for assistance. They will have advice, suggestions and most likely some additional requirements in terms of what to bring. Be aware that everything you bring you will have to fit into your backpack and you will have to be able to hike at 3mph for up to 18 miles a day. There is very little to no storage space. Weight is an important concern.

## Required Gear and Equipment

- **Sleeping Bag\***: It is essential to be able to sleep dry, warm and comfortable throughout the season so you are ready for work. Purchase a "mummy" style bag that is long enough for you. If you sleep warm then get a bag with a Temp Rating of 15 degrees. If you sleep cold then get a Temp Rating of 0 degrees or less. Down (feather)-filled bags are very warm, but do not keep you warm if wet and are difficult to dry and clean. Synthetic fiber-filled bags are easier to clean and dry and are still able to keep you warm if it gets wet. Make sure you will be warm enough!
- **Sleeping Pad\***: This is essential for added warmth and comfort. A sleeping pad will add a barrier between you and the cold ground and act as a mattress for comfort. There are two kinds available: closed cell foam or inflatable thermarests. Thermarests can be heavy and puncture easily while foam sleeping pads are light and very durable.
- **Tent\***: This also is essential for warmth and comfort. Do not buy anything larger than a two-person tent and don't buy a 4-season tent. Tents can be heavy so be mindful of weight. Also be mindful of comfort by making sure it isn't too small for you. Lastly, be sure to buy a tent that is durable rather than cheap and flimsy.
- **Large Backpack\***: You will use this to carry all of your personal gear and maybe for work. It will get a lot of hard use. Purchase one that is built for your height and girth, feels comfortable with at least 35 lbs. of weight in it, and has waist & shoulder straps. It is very important you try your backpack on with some weight in it before arriving to make sure it fits and is comfortable. There are internal and external frame packs. Both have advantages and disadvantages although it can be easier to carry tools on your shoulder while using an internal frame backpack. Do not get anything smaller than 5000 cubic inches. Anything significantly larger may be unnecessary and just tempt you to bring more things than you need.
- **Water bottles and hydration system**: You must have a way to carry a minimum of one gallon of water, but we recommend more as it is common to consume two gallons of

water in a day. Purchase sturdy water bottles. We don't recommend bladder systems like camelbacks and platypuses as they puncture easily when carrying tools and they are not large enough. If you choose to use them bring additional water bottles and have backups.

- **Head Lamp\***: Bring a head lamp (with extra batteries). Do not bring flashlights as they are not practical in the backcountry.
- **Alarm Clock**: You will need a reliable alarm clock that will wake you up. Lateness will not be tolerated.
- **Wrist/Pocket Watch**: This is an important safety item. Time management is a major concern for our crewmembers.
- **Back-up Work Boots**: Extremely essential. We will provide one pair of work boots, however you will need to bring an additional pair of work boots for backup. They must be a 6-inch boot with Vibram soles. We recommend purchasing a boot similar to the boots that we provide. Light-weight hiking boots are NOT acceptable and do not bring any steel-toe boots.
- **Sewing Kit**: Bring either a small personal sewing kit or a few needles and some spools of thread. You will need these to sew your uniform patches on and make uniform repairs.

### **Required Clothing**

- **Socks**: 6 to 10 pairs. These are the key item of clothing in your life after providing for your warmth. Wool or wool blend or polypropylene are best for keeping warm even when wet. Cotton socks are cold when wet and provide the least padding. We do not recommend using cotton socks.
- **Underwear**: We recommend 5-7 pairs.
- **Warm Shirt**: A flannel or wool shirt can be a good option for layering.
- **Sweater (fleece or polypropylene)**: Another good option for layering.
- **T-shirts**: Two to four are recommended with at least one long sleeve T-shirt.
- **Warm Jacket or Parka**: A fleece or wool, medium-weight jacket is recommended for maintaining warmth when wet as well as being light enough to facilitate layering. Heavy winter jackets are too bulky and heavy.
- **Long and Short pants**: The uniform pants provided by the CCC are the best option for long pants. Do not bring more than two more pairs of long pants. Similarly, do not bring more than two pairs of shorts.
- **Swim suit**: Bring only one.
- **Beanie (wool or fleece)**: Maintaining head warmth is crucial in cold weather.
- **Uniform long sleeve shirts and pants**: 3 sets. These are provided to all members who are not already in the CCC. If you are currently in the CCC you are required to bring your already issued CCC uniforms from your center.
- **Strap-on Sandals**: These are essential for keeping your feet healthy by allowing them to air out, to avoid foot rot and trench foot and to help blisters heal. They must be strap on sandals like Texas or Chacos. Flip-flops are not allowed and we don't recommend Keen shoes as they don't sufficiently air your feet out.

**Personal Identification**: Passport, Driver's License, State ID card, Green Card. If you do not bring a passport, then you will need to bring your original birth certificate or a CERTIFIED copy of your birth certificate in addition to your DL or State ID card, or Green Card.

### **Optional Gear**

- **Daypacks\***: (**HIGHLY RECOMMENDED**) You will use this every day! It should be durable. Daypacks with zippered closures to the main compartments often malfunction due to the extreme use they endure. A drawstring closure is better. A pack of at least 1200 cubic inches is best. (You can get by without a daypack if you prefer to use your backpack to use on the grade instead).
- **Rain Gear\***: (**HIGHLY RECOMMENDED**) We will provide rain gear (jacket and pants), however, we recommend you purchase your own rain gear so you know what you're getting. Buy a good quality coated nylon type. Gore-Tex is expensive and doesn't work well. No ponchos.
- **Heavy Duty Garbage Bags**: (**HIGHLY RECOMMENDED**) these are great for keeping your clothing and sleeping bag dry in your tent and in your backpack during rain.
- **Pocket Knife**: (**HIGHLY RECOMMENDED**) A very useful tool. No blades longer than 4 inches. Bring

either a knife or a multi-tool, not both.

### **Optional Items**

The following list includes everything you could ever want in the Backcountry. Choose wisely, picking only the items you anticipate needing, after careful thought about what your interests are. Remember, you will have to carry everything you bring with you up steep mountain trails at high altitudes, while hiking at a brisk pace. With gear, "Less is more!"

1. Stamps/Envelopes/Pen/Pencil/Paper
2. Camera
3. Fishing Gear (and fishing license)
4. Backpacking stove & cooking pot. (Highly Recommended for crew in the Sierra Mountains.)
5. Books / reading material (A library of resource books and other reading material is provided by the CCC.)

### **Personal Toiletries and Medication**

You will need to bring your own small durable bag to store these items in. All personal toiletries will be stored in camp in a bear can, so you will need to only bring small quantities that are absolutely necessary.

1. Prescription medicines, extra pair of glasses, contact lenses, etc. - adequate supply for the season.
2. Sunscreen
3. Toothbrush / toothpaste
4. Soap / Shampoo (Organic / Biodegradable)
5. Towel (Light weight or backpacking towel)
6. Comb / brush

### **Other Important Information**

1. Weapons of any type are illegal – don't bring any.
2. Personal vehicles are not allowed. We do not have facilities for vehicle storage.
3. You will be receiving a letter from your Backcountry Trail Crew Supervisor that will have additional suggestions.
4. It is very helpful to have a contact person in civilization that would be willing to purchase and mail supplies to you.

***Crewmembers will be required to reduce personal gear to around 35 to 45 pounds as the season progresses.***