



Volunteer Vacations Equipment Checklist

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 us if you have any questions regarding clothing or equipment needs for your trip. Required items are designated with an asterisk:

CLOTHING

- Broken-in hiking/work boots***
- Work gloves***
- 2 pair long pants***
- 2 long sleeve shirts***
- Rain jacket***
- Camp shoes or outdoor sandals
- 5 pair socks
- Wool sweater, shirt or down vest
- Mid-weight jacket (synthetic fleece or light down)
- T-shirts (2-3)
- Warm hat
- Underwear
- Thermal underwear (top & bottom depending on climate)
- Sleeping Shirt/Pants
- Shorts

EQUIPMENT

- Daypack***
- Sleeping bag or linens (appropriate to climate)***
- 2 1-Liter water bottles***
- Personal Mess Kit (cup, bowl, utensils)
- Reusable container for carrying lunch/sandwich
- Flashlight/Headlamp & spare batteries
- Matches in waterproof container
- Whistle (for emergency signal only)
- Pocket knife
- Duct Tape

PERSONAL ITEMS

- Bio-degradable soap & towel
- Sun Hat and Bandana
- Sunscreen
- Sunglasses
- Insect repellent
- Personal toiletries
- Personal First Aid Kit
- Personal Medications