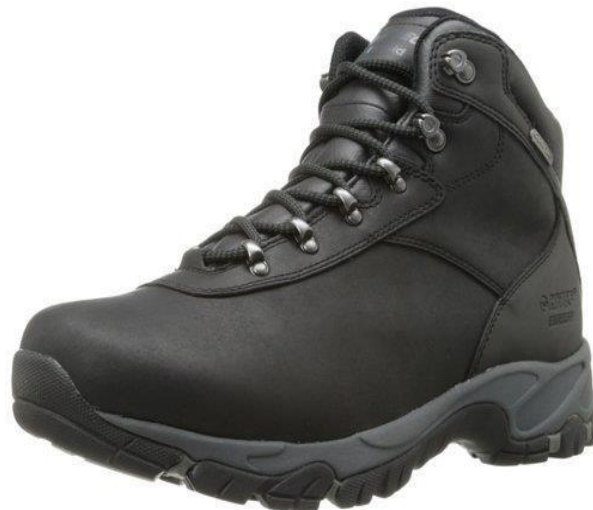




The following are **suggestions** on items to bring. Weather in the Mid-Atlantic Region during the crew season can be somewhat variable. Temperatures at the beginning of the season can reach the 80's during the day, while lows at the end of the season in October can be in the 30's. The use of synthetic or wool clothing is the best protection against cold and wet weather, which can occur in any month on the Trail, especially at higher elevations.

### ESSENTIAL ITEMS

**BOOTS:** Sturdy footwear is a must. High quality full grain leather or fabric and leather hiking or work boots are recommended. Lightweight hiking shoes, trail runners or sneakers are not acceptable for working. The terrain we work in can be rocky, and you may be using sharp tools or moving heavy rocks, so strong, comfortable boots will be the most important item you can bring. Steel toes are not necessary.



**WORK CLOTHES:** Trail work can be wet, dirty, messy business! Don't bring anything you don't expect to get very dirty - white clothing will never be white again. Synthetic work clothing is probably the most suitable for trail work – it's durable and typically dries quickly. Cotton work clothing, while durable, will take longer to dry. We suggest avoiding denim, as it seems to be particularly resistant to rapid drying in the woods. Clothing made with synthetic materials will take much less time to dry and is readily available in work-wear stores, outdoor stores and some discount stores. **LONG PANTS ARE REQUIRED WHEN WORKING.** Either long or short sleeve shirts are acceptable. Long sleeves will protect you from sunburn, bugs, underbrush etc. Gaiters can be helpful in keeping dirt, rocks and other debris out of your boots.

**SOCKS:** Wool or synthetic blend hiking socks that fit well with the footwear you plan to use are best. If you are a hiker, bring what you normally hike in, plus a few extra changes. If this is all new to you, try several different sock combinations with the boots you plan on wearing, until they feel comfortable. Walk around the block a few times in your boot/sock combination and you will soon know if it is going to work or not. Cotton socks are not appropriate and will make for a miserable experience.

**RAIN GEAR:** A hooded jacket and long pants are recommended. We suggest leaving your favorite expensive waterproof/breathable rainwear at home. Suitable options include heavy duty, rubber-coated nylon (usually rugged, but not breathable) or less expensive waterproof/breathables (not as rugged but more breathable).

**HAT, GLOVES:** Wool or fleece hat for cold or cool evenings, and an additional hat of some kind to deflect sun on hot days. Lightweight polypro (liner) gloves, if you have them, for cold mornings and evenings. If you have your own favorite pair of work gloves, please feel free to bring them.

**THERMAL UNDERWEAR:** One pair of lightweight or medium weight synthetic or wool blend top and bottom. You can use these to wear at night, or after work, or under your work clothes on cold, windy days.

**WOOL OR FLEECE SHIRT, SWEATER, JACKET:** A minimum of two items in this category are recommended, for insulation during both wet work days and chilly evenings.

**OTHER CLOTHES:** Bring something to wear when not working. Camp shoes (e.g. sandals or sneakers) are a nice addition, so you can change out of your boots at the end of the day. Consider bringing shorts or a swim suit in case your crew has the opportunity to go for a swim.

**MISCELLANEOUS ITEMS:** A working flashlight or head lamp and extra batteries, a pocket knife, sunscreen, **essential** personal hygiene items (toothbrush, a pack towel, **biodegradable soap ( e.g. Dr. Bronners or CampSuds)** and a couple of bandannas or wash cloths for washing up.

**NOTE:** The crew base has beds, but we do not supply bed linens, pillows, towels, soap or shampoo. Please plan on bringing your own, or use your sleeping bag in place of bed linens if you wish.

## ITEMS TO BRING IF YOU HAVE THEM

WE CAN SUPPLY ANY OF THE ITEMS LISTED BELOW  
IF YOU DO NOT HAVE YOUR OWN

**SLEEPING BAG:** A medium weight 20F bag is suggested, either down or synthetic. You are encouraged to bring your own if possible.

**DUFFEL/BACKPACK:** Most of our project camping sites are only a short distance from where we can park the crew van, so normally a duffel bag is all that's needed to haul all your stuff. We'll let you know if the crew is backpacking in to a campsite and a full-sized backpack is necessary.

**DAYPACK:** The bigger the better! You will be using this each day for your commute from the camping area to the work site, so you will be carrying lunch, snacks, multiple water bottles, rain gear, gloves, extra clothes, etc.

**SLEEPING PAD:** A full-length closed cell foam type is recommended. If you bring a Therm-a-Rest or other inflatable type pad, make sure you have a repair kit as well.

**TENT:** We have a small stock of tents available for use. If you would like to bring your own, you are welcome to do so. Be sure that it is lightweight and waterproof.

**NOTE:** We may ask you to share a tent with another crew member, to reduce impact, depending on the location and sensitivity of the campsite.

**WATER BOTTLES:** Plan on carrying 3-4 bottles each day. Feel free to bring your own (1 qt. soda bottles work well), though we will have some spare sanitized water bottles available.

**WE SUPPLY:** Food, work gloves, tools, cooking utensils, laundry facilities, laundry detergent, bug repellent, first aid supplies, transportation during the week, and a whole lot of fun times!