


ROCKY TOP TRAIL CREW

GEAR LIST

Years of experience in the mountains demands we emphasize good rain gear and layered clothing. Cold and wet conditions are expected any month of the year when working on the Appalachian Trail in Great Smoky Mountains National Park, particularly because of the high elevation of the Trail within the park. Temperatures in the Smokies can vary widely, especially in the late summer and early fall.

As you pack and prepare to come on crew, give us a call if you have any questions: (828) 254-3708.

REQUIRED ITEMS For your safety and comfort, please arrive with these essential items.

- BOOTS:** Sturdy, quality hiking/work boots that cover the ankle are required (they do not need to be steel toe). No trail runners. The trail can be rocky, and you will be using sharp objects, so strong, comfortable boots will be one of the most important items you can bring. They should be well broken in before crew. 
- RAIN GEAR:** Heavy duty, nylon rain gear that is suitable for construction work is a good option. It should include both a hooded jacket and long pants. Some volunteers still have preferred lightweight hiking rain gear, although much of the name-brand hiking outerwear is not designed for the work that we will be doing and may get damaged. A nylon poncho is also suitable; however, a lightweight, plastic, disposable type poncho is not acceptable.
- WORK CLOTHES:** Long or short sleeve (synthetic*¹) work shirts. Long sleeves will protect you from bugs, underbrush etc. **LONG PANTS ARE REQUIRED WHEN WORKING.** Please understand that cotton and many natural fibers present a few serious problems when they get wet in the backcountry. The first is that they don't dry, becoming heavy and unbearable. While a pair of Carhartt, Dickies or cotton workpants might work well in dry conditions, it's important to have some synthetic fiber pants that can get dirty and dry quickly. We require one set of work clothes but recommend two sets.
- SOCKS:** A highly personal area of discussion! 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. Socks should be made of wool and/or synthetic blend.
- HAT and GLOVES:** Wool or fleece hat for cold or cool evenings and a set of gloves (for warmth) are required. The elevation at which we work often means it gets cold quickly, especially once we're wet, either from sweat or rain.
- THERMAL UNDERWEAR:** One pair of lightweight or medium weight **synthetic** 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 SHIRTS, SWEATER, and FLEECE JACKET:** Please bring a minimum of two items in this category for insulation purposes during wet work days and chilly evenings.
- OTHER CLOTHES:** Bring at least one set of clothes (preferably synthetic top and bottoms) to wear when not working. This “dry set” of clothes ensures comfort and warmth after a long day of hard work.
- PERSONAL ITEMS:** Government issued ID, toothbrush/toothpaste, pack towel, toilet trowel, toilet paper, *biodegradable* soap, hand sanitizer, medications, lip balm, sunscreen, bandanas, comb, underwear, feminine hygiene items, etc.
- HEAD LAMP:** Please make sure your head lamp has a red light mode, and remember to pack a set of extra batteries.
- WATER BOTTLES:** You should plan on having at least 2 to 3 bottles that allow you to carry between 3 and 4 liters. *Tip:* Smartwater or Gatorade bottles work well.

OPTIONAL ITEMS

- SUN HAT and WORK GLOVES:** You may choose to bring an additional hat of some kind to deflect sun on hot days. If you have your own favorite pair of work gloves, please feel free to bring them.
- GAITERS:** These are helpful when working to keep dirt and rocks out of your boots. These can be purchased at outfitter stores and come in a variety of styles.
- CAMP SHOES:** Camp shoes are a nice addition so you can change out of your boots at the end of the day (e.g. Crocs, sandals, light sneakers, etc.).
- CLOTHES FOR THE TRIP HOME:** These clothes can be left at basecamp, along with any bedding, towel, etc.
- ELECTRONICS SUCH AS CELL PHONE and BATTERY PACK:** Be sure to waterproof your electronics in one or two Ziplock baggies or other style of dry bag.
- PERSONAL WATER PURIFICATION:** We provide a group water purification device, but feel free to bring a backup device like a Sawyer or Aquamira.
- TREKKING POLES:** A pair or a single pole is fine.

ITEMS TO BRING IF YOU HAVE THEM We suggest you bring any of the following items if you have them. If possible, please let us know before you arrive if you need us to provide any of the below.

- SLEEPING BAG:** We recommend bags that are rated 20° F or lower, and bring a sleeping bag liner if you sleep cold. Note: it will rain, and down sleeping bags provide zero warmth when wet.

Consider using a garbage bag inside or outside the stuff sack containing your/our sleeping bag.

- BACKPACK and PACK COVER:** Good quality, 40-60L backpack. A garbage bag inside and over your pack works well to protect your backpack when hanging from bear cables at night.
- DAYPACK:** The bigger the better! You will be using this each day for your commute from camp site to work site, so you will be carrying lunch, water, rain gear, gloves, extra clothes, tools etc. For the hike up to the work site, you will want to pack this daypack inside your backpack.
- SLEEPING PAD:** A full-length closed cell foam or insulated inflatable type is recommended.
- TENT:** We have 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.

If you have questions about any of this, please contact us before you leave home!

REMINDER ABOUT WHAT WE SUPPLY: Food and cooking utensils; first aid supplies; bug repellent; PPE like work gloves, a hard hat, eye protection, and shin guards; tools; transportation during the week; and a whole lot of fun times!

A NOTE ABOUT BASECAMP: Base camp has beds! You'll sleep at basecamp your first and last night. We have bottom sheets and pillows, but feel free to use your sleeping bag in place of bed linens if you wish. We do not supply towels, wash clothes, soap, or shampoo; please plan on bringing your own. While we have laundry facilities and laundry detergent at base camp, availability of facilities may be limited based on crew size and schedule.

1 Synthetic fibers include polyester, polypropylene, fleece, acrylic, rayon, wool, or name brands like Polartec™, COOLMAX™, and Capilene. Wool works as well as synthetic fibers for warmth when wet.