

TRAIL CREW PACK LIST

PERSONAL GEAR

- ___ water bottles/ canteens: **>1 gal, total**
- ___ backpacking backpack¹
- ___ tent
- ___ sleeping pad¹
- ___ sleeping bag¹
- ___ sleeping bag liner/ sheet
- ___ pillow (*optional*; or pillow case)
- ___ headlamp or flashlight
- ___ alarm clock (e.g., a watch, travel clock, ipod, etc.)
- ___ daypack (e.g., a school backpack)
- ___ toilet paper¹ (*personal stash in daypack, optional*)
- ___ sunscreen
- ___ sunglasses
- ___ insect repellent
- ___ lip balm with SPF
- ___ moisturizer (*optional*)
- ___ menstrual supplies
(including 3 ziploc bags, if using disposables)
- ___ hairbrush or comb
- ___ dental care
 - ___ toothbrush
 - ___ toothpaste
 - ___ floss (+ threaders, if applicable)
 - ___ night guard (if applicable)
- ___ (2-3) bandanas
- ___ wash cloth
- ___ bath towel
(compact backpacking variety recommended)
- ___ soap¹/ body wash (biodegradable, travel size)
- ___ shampoo/ conditioner (if applicable,
biodegradable, travel size)
- ___ baby wipes¹
- ___ prescriptions – e.g., personal medications,
eyeglasses, etc. (if applicable)
- ___ clothes:
 - ___ work/hike boots, leather, high ankle
 - ___ camp shoes (e.g., crocs, flip-flops)
 - ___ (4-7) pairs of socks, thick/
 - ___ (4-8) underwear
 - ___ bra(s), e.g., sports bra (*optional*)
 - ___ (1) set of sleepwear:
 - ___ long underwear (top + bottom)
 - ___ socks (designated, clean)
 - ___ (1) work pants or overalls, sturdy
 - ___ (1) hike/ camp pants
 - ___ (2-3) sets of work shirts
 - ___ **long-sleeve**

- ___ short-sleeve undershirts
- ___ (1) hike/ camp shirt
- ___ (1) camp sweater or fleece jacket
(turtle-neck recommended)
- ___ (1) fleece/ wool beanie
- ___ (1) set of rain gear
(lightweight but sturdy)
- ___ jacket/ poncho
- ___ pants

optional personal item ideas:

- ___ journal/ notebook
- ___ pencil/ pen
- ___ reading book
- ___ camera
- ___ ipod
- ___ cards¹
- ___ frisbee

safety gear:

- ___ L&I insurance card¹
- ___ hard hat¹
- ___ safety glasses¹
(Note: PNTA provides standard safety glasses, but they may not fit over all prescription eyeglasses.)
- ___ (2) pairs of work gloves¹
- ___ first-aid kit¹
(Group kit provided. Bring your own kit for your daypack, if you prefer.)
- ___ moleskin
- ___ pocket knife

ABOUT PACK WEIGHT

Bring the necessities, but pack as lightly as possible! You are responsible for carrying all of your own personal gear, including a gallon of water and your lunch and snacks.

Sometimes the crew has to carry in select tools, as well. If we're lucky, there may be enough pack animals to carry our tents.

If possible, try not to carry much more than 30% of your body weight. We'll be backpacking long distances (5-20 miles, depending on the job) across varied terrain and steep slopes. It can be difficult, but *you can do it!*

¹ Available/ provided by PNTA..