

BACKCOUNTRY PERSONAL EQUIPMENT LIST

****DISCLAIMER:** All consumer information listed here is for informational purposes ONLY! Listings of companies and products do not constitute an endorsement. **

We recommend that you look at some equipment in stores in your area, try things on, find out what is comfortable, and what size you require, then compare their prices with merchandise offered through other sources. Also ask your BC SUPERVISOR for assistance. They probably will be able to offer some suggestions/ advice.

The following list is just a brief summary of some of the equipment that is available through retail stores and on the internet. You will find that equipment can get quite expensive. Be aware that the most expensive gear doesn't mean it's the best, and be weary of the cheapest gear. Quality of your gear is very important in order for it to work and last for you. A few mail order companies that sometimes offer equipment at lower prices are:

Campmor 1 (800) 226-7667 www.campmor.com
Sierra Trading Post 1 (800) 713-4534 www.sierratradingpost.com
REI 1 (800) 426-4840 www.rei.com
Cabela's 1 (800) 237-4444 www.cabelas.com
Mountain Gear 1 (800) 829-2009 www.mountaingear.com

SLEEPING BAG: (a required item) Purchase one that is long enough for your height, and that you can afford. It's not easy to wake up ready for work when you don't get a good night's sleep due to a poor sleeping bag. If you skimp too much on your sleeping bag you may be cold at night. If you tend to "sleep warm" a Temperature Rating of 20 degrees will probably be sufficient. If you "sleep cold", a Temperature Rating of 0 degrees is probably what you need. Down (feathers) filled bags are very warm, but they are typically useless if the fill gets wet. Some of the newer down filled models are advertised as retaining their effectiveness when wet because of the new high-tech outer shells being used. We can neither confirm nor deny these claims from personal experience. Synthetic fiber-fills are definitely able to maintain warmth when wet and are the better recommended sleeping bag. They are also easier to clean and dry.

BACKPACKS (a required item) Purchase one that is built for your height, feels comfortable with 35 pounds of weight in it (minimum), has waist & shoulder straps, and that you can afford. It is very important you try your backpack on before arriving with some weight in it to make sure it fits and is comfortable. Your backpack will hold all of your personal gear whenever we move and will get hard use on the weekends. Internal and external frame backpacks have advantages and disadvantages. It is a personal preference. It may seem like a good idea to get the biggest backpack you can find, but remember that it doesn't do any good to cram in more stuff than you can carry. 5000 cubic inches is adequate.

TENT: (a required item) Nothing larger than a two-person tent is needed, and one that is a 3 season tent rated for winter or expedition use works best but are expensive.

DAYPACKS: You will use this everyday! It should be durable. Daypacks with zippered closures to the main compartments often malfunction due to the extreme use they endure. A drawstring closure to a top loading pack is a more fail-safe approach. 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).

MANUFACTURERS OF TENTS, SLEEPING BAGS, AND BACKPACKS

Arc'teryx	Gregory	Mountain Hardware
Black Diamond	Jansport	Mountainsmith
Cabela's	REI	MSR
Campmor	Sierra Designs	North Face
Dana Designs	Kelty	Osprey
Eureka	Lowe Alpine	Outdoor Products
Granite Gear	Marmot	SlumberJack

SLEEPING PAD: A pad that acts as a mattress for comfort and warmth (closed cell foam type or thermarest). Thermarests can be heavy and may puncture during the season. Foam sleeping pads are light and very durable.

WATER BOTTLE OR HYDRATION SYSTEM: Crewmembers should have a minimum of one gallon of water carrying capacity and it is common to consume two gallons of water in a day. The new hydration systems, with a bladder connected to a tube that can be sipped from while hiking, are popular among many trail workers. Even still, these do not typically have the capacity to carry a days worth of water, so bottles for refilling are necessary. One final note, water bottles can be relatively expensive so a low cost alternative can be 2-liter soda type bottles (2 to 4 individual bottles provide approximately 1 to 2 gallons of carrying capacity). Soda bottles are reasonably durable and can be rigged using duct tape and parachute cord for increased durability as well as with loops for lashing and/or hanging the bottles.

POCKETKNIFE: Almost any small folding knife will do. (Blades less than 4 inches). "Rambo" knives are heavy and impractical for the simple tasks required of them. The multi-tool types of pocket knife (which usually include a pliers among other accessories) are very useful and popular. Choose either to bring a knife OR a multi-tool, not both.

FLASHLIGHT OR HEAD LAMP (with extra bulb and batteries): Many prefer headlamps. Flashlights tend to be impractical and heavy.

ALARM CLOCK: A watch with an alarm will suffice, or a small travel alarm clock.

STAMPS/ENVELOPES/PEN/PENCIL/PAPER

SEWING KIT: A small personal sized kit or just a few needles with a spool of thread.

PERSONAL TOILETRIES AND MEDICATION:

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

PERSONAL IDENTIFICATION: Drivers license, Passport, State Identification Card

REQUIRED CLOTHING:

1. **Socks--** These are the key item of clothing in your life after providing for your warmth. Wool or polypropylene are best for keeping warm even when wet, but both types can be too warm for some people in hot weather. Wool and polypropylene can be relatively expensive. Cotton are cold when wet and they also provide the least padding, but they are also the least expensive. Five pair is a minimum quantity and ten pair is recommended.
2. **Underwear--** Five to seven pair is recommended.
3. **Warm Shirt--** A flannel or wool shirt can be a good option for layering.
4. **Sweater** (Fleece or polypropylene) -- Another good option for layering.
5. **T-shirts--** Two to five are recommended.
6. **Warm Jacket or Parka--** A fleece or wool, medium weight jacket are recommended for maintaining warmth when wet as well as being light enough to facilitate layering.
7. **Long and Short pants--** Uniforms provided by the CCC are the best option for long pants. At most, one extra pair of long pants is recommended. One or, at most, two pairs of short pants are recommended for weekend hiking.

8. **Swim suit**-- One suit is sufficient.
9. **Beanie** (wool or fleece) -- Maintaining head warmth is crucial in cold weather.
10. **Uniform pants** (3 pairs) -- These are provided by the CCC.
11. **Uniform shirts** (3 shirts) -- These are provided by the CCC.
12. **Rain Gear** (You can use CCC-provided raingear or buy a good quality coated nylon type. Gore-Tex is expensive and doesn't work well. Ponchos don't work).
13. **Boots** (one pair of boots will be supplied but you should have another back up pair).

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. Camera & Film w/ pre-paid mailers
2. Fishing Gear (and fishing license)
3. Camp footwear (Sneakers, sandals, or other comfortable shoes)*. A durable sport sandal that allows your feet to air out around camp can be very beneficial.
4. Long Underwear (polypropylene) *
5. Backpacking stove & cooking / eating gear
6. Books / reading material (A library of resource books and other reading material is provided by the CCC.)

REQUIRED SAFETY GEAR: These items are provided by the CCC and do not need to be purchased. If you are in the CCC, bring your current gear with you.

1. Hardhat
2. Gloves (1 pair)
3. Safety glasses

NOTE

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.
5. Most crewmembers will be required to reduce personal gear to 35 pounds as the Season progresses.