




Spike/Backcountry REQUIRED Gear List – For Adult & Teen Crews

Pocket Knives, Leatherman's, and any pocket blades are not allowed on Teen Trail Crews.

Please do not bring them.

	<i>Clothing/Gear</i>	<i>Use</i>	<i>Tips</i>
<input type="checkbox"/>	Hiking Boots – High cut, All Leather, waterproof, or treated with a waterproof product.	For hiking and trail work in all conditions.	Please break your boots in prior to arrival to minimize discomfort and blisters/infections.
<input type="checkbox"/>	Backpack – Well fitted internal or external frame with hip belt –3,500-4,000 CU's or 60-70 Liters.	To hike with individual and group gear 1-5 miles.	A backpack should be fitted to the individual for comfort.
<input type="checkbox"/>	Sleeping Bag – 20 degree rating. Synthetic is preferable to down as it dries faster and keeps you warm if it gets wet.	For sleeping in the backcountry. At 2,000 ft. elevation it can be much colder than sea level.	A compression sack is helpful for fitting it into your pack.
<input type="checkbox"/>	Sleeping Pad – Lightweight foam ensolite pad or inflatable style (like the brand Thermarest carries).	For comfort and insulation while you sleep.	Some base camps will have cots and mattresses but a pad will increase comfort.
<input type="checkbox"/>	Rain Gear - Rubberized or treated rain pants & jacket. Heavy, non-breathable, PVC type is what is best. <div style="text-align: center; margin: 10px 0;">  </div>	This rain gear is very cheap and can be found for \$20-\$30/set at big box stores. It is meant to keep you warm if it's cold out and to keep body heat in back at camp when you're no longer working up a sweat.	Gore-Tex is not acceptable as it will likely get torn around sharp tools. It also won't keep you as warm and is expensive.
<input type="checkbox"/>	Work Pants – Loose fitting, canvas, rugged, heavy cotton-poly blend that can get muddy. Brands to look for: Dickey's, Carhartt, Red Ants pants for women.	For protection from elements and tools while doing trail work.	Check thrift stores for second hand rugged pants. Cotton work clothes are good to work in. Having spare pants to change into at camp will help to prevent hypothermia.
<input type="checkbox"/>	Work Shirts – 2-3 T-shirts, polyester or cotton – 1 Long sleeved T-shirt that can get dirty – polypropylene, polyester, or wool (no cotton).	Shirts that can get dirty and muddy.	Put the dirty T-shirt on each morning for work, saving a clean one to change into at camp each night.
<input type="checkbox"/>	Pants – 1-2 pairs that are clean, warm, and comfortable for evening at camp.		
<input type="checkbox"/>	Long Underwear Shirt & Pants - polypropylene, polyester, or wool (no cotton).	To wear to bed for warmth.	
<input type="checkbox"/>	Fleece or Wool Sweater – no cotton, no sweatshirts!	For warmth as needed.	Fleece can be incredibly lightweight and dries quickly.
<input type="checkbox"/>	Socks – several medium-heavy pairs; synthetic or wool (no cotton).	For Work and warmth.	It's always good to have a dry pair of socks on hand!
<input type="checkbox"/>	Underwear – As with other articles of clothing it is best to bring non-cotton items.	Since they are next to the skin, they need to wick away moisture.	

Spike/Backcountry Gear List – REQUIRED

<i>Clothing/Gear</i>	<i>Use</i>	<i>Tips</i>
<input type="checkbox"/> Hat and Gloves – Warm wool or fleece.	For warmth as needed.	These can come in handy even in the summer!
<input type="checkbox"/> Water Bottles – At least two quarts – (a full sized Nalgene bottle is 1 quart).		It is extremely important to stay hydrated.
<input type="checkbox"/> Headlamp or small flashlight.	For seeing around camp at night.	Please bring extra batteries too.
<input type="checkbox"/> Bowl/Plate & Utensil - a Tupperware with lid saves on waste, enables you to carry lunch each day, AND can double as your bowl/plate.	Dinner dishes are provided for crews at existing facilities.	Please make sure what you select can handle hot liquids & foods.
<input type="checkbox"/> Toiletries - medications, sunscreen, insect repellent, small towel, etc. Teen Medications must be in their original containers.	The smaller the toiletry bag the better; deodorant and soaps are unnecessary unless staying over for a weekend.	<i>it is not healthy for the ecosystem to use soaps in the rivers /lakes, even biodegradable ones—for more info go to: www.lnt.org</i>

Spike/Backcountry Gear List – REQUIRED - Optional

<input type="checkbox"/> Work gloves-Durable, leather palmed work gloves.	For working with tools on the trail.	
<input type="checkbox"/> Head wear – Bandanna, Baseball Cap or similar.	Protects from sun, rain, & bugs.	
<input type="checkbox"/> Lightweight, Closed Toed Shoes	For around camp.	
<input type="checkbox"/> Sunglasses	Eye Protection.	
<input type="checkbox"/> Shorts for hiking	Not to be worn during trail work.	
<input type="checkbox"/> Gaiters	To Keep dirt out of boots and help protect from ticks.	FMI: Tick Info on AMC's Website
<input type="checkbox"/> Towel		
<input type="checkbox"/> Swimsuit		
<input type="checkbox"/> Book, Journal, Camera		
<input type="checkbox"/> Calling Card/Spending money	You may need this if the location has local telephones to use and no cell service	At some locations there is a small store with items to buy such as socks, tooth brush, stickers, patches, batteries, &maps.

⇒ This gear list for Spike Camp Crews; those working in the backcountry with a 1 to 2 mile hike to get to camp or lodging, will help you prepare for trail work and camp life in a wide range of weather conditions. Rain, wind, sun, snow, and unexpected temperatures are a challenge in any outdoor environment. Dressing in layers will help you meet these challenges.

TICK PRECAUTIONS: *Prevent Tick Bites. Be extra vigilant in warmer months (April-Sept) when ticks are most active.
 *Repel Ticks with DEET or Permethrin
 *Cover exposed areas and wear light colored clothing.
 *Find and Remove Ticks. Conduct a full-body tick check at the end of each day. Tell a leader if you find one and save ticks that have bitten you, for further examination. Ticks can ride home on clothing, and attach to a person later.