

# Multi-Day Backcountry Project

## Packing Checklist for Volunteers



This packing list includes essential and recommended items to help you have a safe, fun, and comfortable volunteer experience!

If you don't own an essential item, don't worry!

We are always available for any of your project-related questions. Contact [outreach@voc.org](mailto:outreach@voc.org) for information about our free Gear Lending Library; we may be able to help you complete your packing list.

### **Essential Clothing**

- ☐ 2 T-shirts (synthetic or wool material recommended)
- ☐ 1 long sleeve (synthetic or wool material recommended)
- ☐ 1 fleece or down insulating layer
- ☐ 1 rain jacket
- ☐ 1 pair long work pants
- ☐ 1 pair base layer bottoms (long underwear)
- ☐ 1 pair shorts
- ☐ 1 Warm hat
- ☐ 1 Sun hat (baseball cap or bucket hat)
- ☐ Sunglasses

### **Essential Footwear**

- ☐ Work shoes (sturdy, closed-toe)
- ☐ Camp shoes (sandals, trainers, or whatever you're comfortable in)

### **Essential Camping Items**

- ☐ Tent
- ☐ Sleeping Bag
- ☐ Sleeping Pad
- ☐ Headlamp and/or Flashlight
- ☐ Plate/Bowl/Utensils (a bowl or Tupperware with a snap-on lid is especially handy for packing lunch or taking leftovers on the trail)

### **Additional Essential Items**

- ☐ Water Bottle(s) totaling 2 liters
- ☐ Backpack (+ daypack)
- ☐ Sunscreen
- ☐ Work gloves

### **Optional, but Recommended**

- ☐ Personal items (medications, contact lenses, toiletries, etc.)
- ☐ Insect repellent
- ☐ Camp Chair
- ☐ Insulated coffee mug
- ☐ Additional snacks (VOC will make every attempt to provide ample food, including snacks. However, if there are specific snacks you like to have, including any for dietary considerations, we recommend bringing them.)
- ☐ Reusable [sandwich wraps](#) and/or [snack bags](#)

**\*\*NO PETS ALLOWED\*\***