

## ***Spike Gear List***

Having the right gear and being comfortable in the field are important factors for a safe and fun Trail Crew season. Below is info to help get you off on the right foot. If you are unable to procure any of the items outlined below, please let us know. Some camping gear is available to borrow for the season and we can also provide additional recommendations if you have specific questions.

Being prepared for any kind of weather while we're in the field is critical. Having a variety of layers can be very important. Some days could be very hot while others could be cool or even cold and wet. Unless there is a lightning storm, the crew will work through inclement weather.

Personal Protective Equipment (PPE) will be provided such as a hard hat, safety glasses (eye pro), work gloves. These should be worn at all times while working or handling tools. Hearing protection will also be required and should be worn if required by the task. You will be provided 2 short sleeve work shirts that you should attempt to keep in good condition.

### **Required Work Gear**

- ❖ **Work Boots** - Your feet are possibly only second in importance to your head while working on a trail crew. **TAKE CARE OF THEM!!! (Donated To CWCC Members by Lowa Boots!!!)**
- ❖ **Work Pants** - Should be durable, Dickies and other poly-blends work pants work very well, Carhartt and jeans are also fine but stay wet. Arborwear Tech Pants are great.
  - **Goodwill and other thrift stores can be a great place to look**
  - **Lightweight hiking pants and leggings are not recommended.**
  - ***NO excessively ripped or overly baggy pants are allowed.***
- ❖ **Short Sleeve Work Shirt**- 2 work shirts will be provided to each team member and should be worn throughout the season.
- ❖ **Socks** - Wool, wool blend, or synthetic hiking socks are recommended to protect your feet from blisters.
  - **Cotton Socks are not recommended.**
- ❖ **Water Container(s)** - The type may be a personal choice. Nalgene is great, as well as the generic similar brands. Reusing large drink bottles is fine.
  - ***Minimum of 3 quarts / liters or 96oz is required.***
- ❖ **Rain Gear (THIS IS MANDATORY)**- Waterproof jacket and pants will keep you warm and dry on rainy days. **Bring durable and rugged gear.** Remember, we work in the rain.
- ❖ **Daypack** - Should be large enough to carry 3L of water, lunch & snacks, rain gear, warm layers & other personal gear. CFPA has daypacks that you can borrow for the season,

### **Recommended Work Gear**

- ❖ **Long Sleeve undershirt**- A lightweight, long sleeve shirt can help with protection against sun exposure and bugs.
- ❖ **Long Underwear/Leggings**- lightweight, to be worn under work pants. ***Optional***
- ❖ **Work Outer Layer (shirt or jacket)** - A long sleeve top, preferably fleece or wool, (for wet days and cool mornings) is recommended. **Cotton or leather jackets are NOT recommended.**

### **Other Recommended Items**

- ❖ **Basic Toiletries** - toothbrush and toothpaste, comb, shampoo and soap, a few wet wipes. Note: We recommend biodegradable toothpaste and soap if possible to have a lesser impact in the environment.
- ❖ **Prescription medicines** - *Prescription use will be the responsibility of the crew member.*  
**Bandanas** - they have a million and one uses!
- ❖ **Sunscreen** - (at least SPF 15) and Insect Repellent
- ❖ **Lip balm** - with sunscreen
- ❖ **Sunglasses**
- ❖ **Headlamp** or Small flashlight and extra batteries
- ❖ **Mug** - Something for hot drinks.

### **Camp Clothing**

- ❖ **Camp Shoes** - lightweight and comfortable
- ❖ **Sandals** - (to let you feet air out, flip-flops not recommended)
- ❖ **Warm upper layer** - wool or synthetic; to wear at camp and kept dry. **This is different from your work outer layer.**
- ❖ **T-shirts** - you will have 2 work shirts, but you may want to bring 1-2 more for after work.
- ❖ **Shorts**
- ❖ **Swimsuit**
- ❖ **Hat** - for sun protection when off project time
- ❖ **Warm Hat** - Who knows maybe it will cool down at night

### **Camping Gear**

*(Group kitchen gear provided)*

- ❖ **Bag for gear** - Frame pack used for storing gear during Spikes. Any pack designed for short overnight backpacking trips should suffice (3,000-5,000 Cubic inches). If price is a factor in purchasing a frame pack, a duffel bag large enough to fit a 4-5 days of gear will be acceptable. **(limited number that can be borrowed)**
- ❖ **Sleeping Bag** - Warm, lightweight and compact. Either down or polyester-fill with a stuff sack. Most crew members are comfortable in a bag rated to 20-30 degrees. **(limited number that can be borrowed)**
- ❖ **Sleeping Pad** - one person Inflatable or thin closed-cell foam. **Do NOT** bring a big, thick foam open-cell foam pad. **(limited number that can be borrowed)**
- ❖ **Tent** - CFPA has tents That can be borrowed. Members are welcome to use their own 1 or 2 person tent (3 season tent is recommended). **(Can be borrowed)**
- ❖ **Two to Three 1quart/liter Water Bottles** - Sturdy. Recycled sport drink bottles are fine. Hydration packs are a great alternative.
- ❖ **Day pack** - to carry 2-3 quarts / liters of water, lunch and snacks, rain gear, warm layers and other personal gear. **(limited number that can be borrowed)**

If you need any assistants with borrowing gear or looking for specific recommendation email

[CWCC@ctwoodlands.org](mailto:CWCC@ctwoodlands.org)