



Front Country / Back Country Corps Team Gear List

Your program will expose you to a variety of weather conditions. The equipment you bring will have to serve you for both working out of a base camp and for (potentially) a 10-day backcountry hitch. If you bring everything on this list, you will be amply equipped for your SCA adventure.

You do not have to go out and spend tons of money on new gear and clothing. You probably already have most of the items listed here. There are many good sources for cheap camping gear. Your first priority should be to see if you can borrow things from friends or neighbors; check out the local second-hand store, Salvation Army or Goodwill; Army/Navy surplus stores sometimes have good bargains. REI has garage sales where cheaper used gear can be purchased. Sierra Trading Post Outlet some bargains as well.

If you have any questions about what to bring, be sure to contact your Project Leader. We want you to have the best experience possible. Proper gear and clothing will help facilitate that.

LEATHER BOOTS

1 pair full leather boots (meaning no canvas on them).
Select these with care: you will be wearing them all day, every day for the season. Buy your boots as soon as possible if you don't already own a pair. Wear your boots, whether old or new, regularly to break them in and toughen your feet before the program begins.

Sturdy leather hiking or work boots are required for the program. Leather hiking boots are ideal but leather work boots that come up above the ankle are OK, too, if they are comfortable enough to hike in. Purchase a high-quality, leather boot that is fairly heavy. They must have a lugged rubber sole, such as Vibram. **We do NOT recommend steel-toe boots.**

DO NOT bring any sort of lightweight hiking shoe, or any shoe or boot with Gortex or canvas uppers **as your work boots.** You may bring a second pair of shoes like these to hike in if you wish.

BACKPACK

1 pack. Rigid-frame- or internal frame. External frames should have an "H" shape frame. All internal frame packs should have at least 4,000 -5,000 cubic inches/65-70 liters. Whatever kind you bring, your backpack **MUST** have padded shoulder straps and a padded hip belt. You will have to carry group gear on hitch as well as personal gear, so bring a pack with a bit of extra space if possible.

DAY PACK

OPTIONAL, as you will be provided one. 1 sturdy day pack. Ideally, your pack should have a minimum of 2,000 cubic inch (30 liter) capacity. You will need this big of a pack because you will carry many things to the work site each day. Test your pack for

its capacity to hold your lunch, two water bottles/a water bladder, extra clothes, rain gear, your first aid kit, and other items you keep on your person. The pack also needs to be comfortable, as it will become a trusted and dirty companion.

SLEEPING BAG

1 bag. A fiber-fill (synthetic) or down bag. **NO COTTON BAGS.** Your sleeping bag should be rated to at least as low as 20 F. This means it is designed to keep you warm when it gets as cold as 20 F. Again, if you don't have this, please try to borrow on from friends or family.

SLEEPING PAD

1 pad. We recommend a closed foam, ensolite or Thermarest type pad.

NYLON STUFF SACKS

Optional. 1-3 nylon stuff sacks to keep your gear organized in your pack. Another way to go is to pack all your clothes in gallon-size Ziploc bags- helps keep things organized, compact, and dry.

CLOTHING

PANTS

At least 1 pair. Old chinos, khakis, army pants, or jeans also work. Thick pants that will withstand scratchy plants are preferable. You should be able to squat down and move comfortably in most working positions.

SHIRTS

Good to bring at least two work shirts, preferably long sleeve. The SCA will provide you with a long sleeve work shirt and some short sleeve ones by the end of training.

LONG UNDERWEAR

At least 1 set wool, polypropylene or Capalene long johns, top and bottoms. These come in handy on cool mornings and nights. Also, can be combined with t-shirt to meet long sleeve work shirt requirements. **NO COTTON**

WARM TOP

1 **wool or fleece** pullover or sweater. You can often find good, used, sweaters at the Goodwill, Salvation Army, and any second hand clothing store. **NO COTTON**

WARM OUTER GARMENT

Warm windproof jacket. Fleece jackets are fine in combination with rain gear or a wind breaker.

RAIN GEAR

1 rain jacket and 1 pair rain pants. Coated ripstop nylon is recommended: it is light and relatively inexpensive. Goretex is fine if you already own it, but we don't recommend going out to buy it, and be forewarned your gear probably will take a beating this trip. **Avoid cheap plastic raingear:** Plastic tears easily and cannot be repaired. Make sure it's waterproof and not 'water resistant'(only repels water for a short time).

TSHIRTS-	A couple of t-shirts for town on days off or in camp. Remember, SCA provides one t-shirt-.
SHORTS	1-2 pair hiking or running shorts.
WARM CAP	1 wool or fleece cap. Your head is the most important part of your body to keep warm.
SUN HAT	Optional - 1 sun hat with a bill or brim to keep the sun off your face. Baseball caps fine.
UNDERWEAR	4-5 pair, or whatever you need.
WOOL SOCKS	4-5 pairs wool or wool-blend socks with at least 80% wool. NO COTTON
LINER SOCKS	Optional - 5 pairs light wool, silk, or polypropylene liner socks. Can help reducing friction, hotspots, blisters, etc.
TENNIS SHOES	1 pair for in camp or wading streams. Must be closed toe for working in kitchen.
LEATHER WORK GLOVES	1-2 pair. These are important. Must be a heavy glove with all leather or at the very least with leather palms. You will be working in these gloves 8 hours a day for 10 days at a time. Get good gloves! That being said, they will wear out so don't break the bank getting a good pair. \$8-15 is a good range.
LIGHT GLOVES	1 pair of fleece or wool gloves, for chilly mornings or evenings.
SWIM SUIT	1 swim suit.
PERSONAL ITEMS	
EATING UTENSILS	Metal or Plastic bowl with lid (Tupperware, Nalgene make great ones) this will be your container for lunch and dinner, travel mug (for coffee, tea, or hot chocolate), eating utensil [metal (heavy) or plastic spoon, fork, or spork]. Mark your name on each.
Head Lamp	1 headlamp with extra batteries.
SUNGLASSES	1 pair. You will be issued safety glasses for your project work which will be properly rated to be shatter resistant. DO NOT have these glasses double as your safety glasses unless they are approved by your Project Leader.
TOWEL	1 small towel (super-absorbant compact "camp" towel is ideal) and wash cloth (bandannas work great for this). You might want to

bring a dark colored towel as they appear to stay “clean” longer if that matters to you.

TOILET KIT

Biodegradable soap (Ivory, Dr. Bronners), soap container, brush (if you need it), comb (if you need it), tooth brush, toothpaste, dental floss, razor (if you need it), menstrual products (if you need them), shampoo. NO aerosol spray cans.

SUNSCREEN

1 small bottle sun-block with SPF 15 or higher.

CHAPSTICK

1 tube.

WATER BOTTLES

2 1 quart water bottles. Nalgene -polybottles- are the best. Other heavy duty plastic or tin ones are fine. You will get a 3 liter bladder from SCA for your daypack.

“Town” CLOTHES

These will be good for off days when in town.

OPTIONAL ITEMS

- 1 or 2 Books (for late afternoon reading) if you want.
- Camera
- Extra prescription glasses or contact lenses if you wear them.
- Frisbee
- Short Gaiters (to keep the rocks and dirt out of your boots when working)
- Hacky sack
- Hammock
- Musical instruments (but ask project leader first, if large, and if someone else is bringing same one)
- Playing cards
- Sandals: nice for around camp to air your feet out, but you can't wear them in kitchen
- Sleeping bag liner (flannel or cotton sheet sewn in half): to sleep in by itself for warmer nights, or in combination with a bag on cold nights.
- Sketchbook and drawing or painting supplies
- Writing materials, postcards, stamps
- Bug Repellent – 1 bottle. No aerosols as they won't let you on the plane with them
- Journal – A nice memento to write about your experience and reflect upon after the program
- Pocket Knife/Multi Tool- Can be handy for multiple things. No huge fixed blades. Be sure to pack in your checked baggage if you fly.
- Bandannas – Useful for multiple things: sweat band, hot pad, wash rag, blindfold for sleeping in on off days