

## Equipment List: Farm & Food Crew

Farm & Food Crew typically stays in a local church, community center, or with a campus partner\*. The crew usually is sleeping on floors – think “slumber party” style. Some housing sites may not have on-site showers, in which case showers are accessed on campus. Generally, you will have shower access every other day. This means it is important for you to prepare appropriately! While you will not be hiking or moving from site to site, space is very limited at our host sites, so please only bring items that you need. Note the list below for reference. Thanks for your cooperation.

\*Housing locations are usually confirmed by early July.

### Purchasing Equipment:

While we want you to bring equipment that will ensure an enjoyable experience, we also recognize that prices for outdoor equipment can add up quickly.

Listed below are some other money-saving ideas for Service TREK equipment:

1. You can usually get some great deals online if you check out sites that specialize in discounted brand name gear like campmor.com, sierratradingpost.com, or steepandcheap.com. Stores like L.L. Bean and REI post sale items online. Many stores offer college student discounts, so bring along your CatCard! (UVM Student ID).
2. Thrift shops, Army Surplus stores, and Outdoor Gear Exchange (here in Burlington) shops often have raingear, wool pants, and long underwear at lower costs than sporting goods stores. The quality is usually good!
3. TREKKIES who are awarded TREK financial support have the option for a no-cost rental from the UVM Outing Club. If you have any questions about this, please get in touch with our logistics team at [strek@uvm.edu](mailto:strek@uvm.edu).

### Recommended Clothing and Personal Gear:

_____ 1 pair of jeans or comfortable work pants*	_____ 1 pair of comfortable closed-toe shoes (sneakers or hiking boots)
_____ 1 pair of pants that can be worn in rainy conditions	_____ 5+ pairs of socks
_____ 2 pairs of comfortable shorts	_____ 1 pair of heavy-duty work gloves
_____ 1 pair of sweatpants	_____ 1 baseball cap or sun visor
_____ 1 heavy cotton or fleece sweater	_____ 1 day-trip backpack
_____ 1 light nylon windbreaker (optional, but good anti-mosquito layer)	_____ 1 sleeping bag
_____ 4 T-shirts	_____ 1 foam sleeping foam pad (such as Ensolite, Thermarest, or Ridge Rest)
_____ 1 waterproof rain jacket (no ponchos, breathable preferred)	_____ 1 water bottle
_____ 5+ pairs of underwear	_____ toiletries (toothbrush, toothpaste, sunscreen, lip balm, soap, etc)**
_____ 1 bathing suit	_____ wet wipes***
_____ 1 set of pajamas/clothes to sleep in	_____ 1 towel
_____ prescription medications if needed	

*\*PLEASE NOTE, some service projects may result in dirty or stained clothes (e.g., trail work, painting)*

*\*\*If you wear contact lenses, please bring your prescription glasses as a backup!*

*\*\*\*Shower facilities are guaranteed only a few times during the week. (You can make it!)*

Other optional items: personal journal, favorite recipe for a group, gaiters, sunglasses, cotton bandanas, camera, small musical instrument, readings to share, games, sandals for evening.

**Packing your Gear:** The better you pack your gear, the more space you will have to fit incidentals and the easier it will be to find things. Here are a few tips on conserving space.

1. All of your gear (with the exception of your sleeping bag and pad) should be packed in either a duffel bag or backpack. **Space is a serious factor; please consider this before you bring extra items.**
2. If you are allergic to bee stings, use an inhaler, or carry an EpiPen, please keep your medicine easily accessible. Tell your TREK Leader where these items are located.

### **UN-equipment List: Service TREK Farm & Food CREW**

The following is a list of items that you may **NOT** bring with you on TREK. These items are considered hazardous to personal safety and to the safety of other group members and/or the environment. In order to provide all TREK participants with a safe environment, please do not bring these items on TREK:

- Alcohol and other drugs\*
- Cannabis and cannabis products\*\*
- Cigars, cigarettes, e-cigarettes, vapes, and chewing tobacco
- Fireworks
- Hatchets or survival knives (blades more than three inches long)
- Laptops, tablets, and other expensive personal technology items
- Curling irons/straighteners/hair dryers
- Any other clothing not listed on the equipment sheet (no extra layers, sweatshirts, sweatpants, etc.)

\*As Service TREK is a university program, possession of illegal substances must be reported to the campus conduct system and the University of Vermont Police. Drugs, alcohol, controlled substances, and fireworks are not allowed on campus.

\*\*While cannabis and cannabis products are legal in the state of Vermont, they are NOT allowed on UVM campus or on TREK trips. Possession of cannabis or cannabis products will be reported to the campus conduct system and the University of Vermont Police.

If you bring other items listed with you to campus (i.e. TV, curling iron, extra clothing), please store them with your belongings in the residence hall until you return from TREK. **Please make intelligent choices in this regard.** Thank you for your cooperation. If you have questions or concerns, please feel free to contact our office at (802) 656-2060.

### **TREK is a Substance & Low-Tech Adventure:**

In addition to bringing appropriate gear, you are required to abstain from the use of tobacco (cigarettes, e-cigarettes, or chewing), alcohol, cannabis, and other drugs while participating in Service TREK. This policy is designed to ensure the safety and inclusion of all members of the group, and our first priority with TREK is to provide for the physical and emotional safety of all participants. *Violation of this policy may result in your removal from the TREK program and disciplinary action from the university conduct system.* Not a great way to kick off your UVM experience, so keep it substance-free!

Also, we highly encourage you to un-plug for TREK. In order for you to completely immerse yourself in meeting your new BFFs and doing some important work for the community, we need you to be fully present. You may bring your phone; most Service TREK groups will create ground rules for "technology time." Don't worry, if you absolutely need to get in touch with loved ones (or they with you) for emergencies, TREK leaders will also have cell phones and as the Service TREK Director I will be on call and accessible during the whole trip.

### **Let's Recap**

- Pack it vs. Don't Pack it---please follow our guidelines.
- No drugs, cannabis, booze, or smoking. Period.
- Unplug---we want all of you!
- Get ready for an adventure!

See you all very soon!

Laura Megivern, Director of Service TREK