Equipment List: Catamount Trail Crew

The Catamount Trail Crew will be staying at a Vermont State Park campground during the duration of their trip. This will mean you will be staying in a tent or a lean-to, will have access to daily showers, and bathrooms (with running water). While these aren’t the harshest camping conditions, it could be rainy and chilly (yes, even in August) and you will be doing Park work (trail work and other projects), so it is important that you are prepared to be living, working, and playing outdoors!

**Recommended Clothing and Personal Gear:**

- 1 quick-dry or wool long underwear bottom
  *Long underwear made with any percentage of cotton is not acceptable!

- 1 quick-dry or wool long underwear top
  *Long underwear made with any percentage of cotton is not acceptable!

- 1 pair of wool or fleece pants (warm-up athletic pants are a good example of these)

- 1 pair of waterproof rain pants (very important!)

- 1 pair of hiking shorts (preferably 1 pair of zip-off pants that can double as shorts!! These are very important)

- 1 pair of long pants (old jeans, Carhartt’s, nylon hiking pants, etc.)

- 1 or 2 long sleeve cotton shirt(s) to protect from bugs

- 1 heavy wool or fleece sweater (no sweatshirts or other cotton items)

- 1 light nylon windbreaker (optional, but know that this is a good anti-mosquito layer)

- 3 T-shirts

- 1 waterproof rain jacket (no ponchos, breathable preferred, a rain jacket is a must!)

- 5+ pairs of underwear

- 1 bathing suit

- 1 small pocket knife (optional)

- prescription medications if needed

- 1 pair of hiking boots (above-the-ankle, water-proofed and WELL BROKEN IN!)

- 1 pair of sneakers or sandals (to wear around camp)

- 2 pairs of liners socks (these are optional and if you get them, they should be lightweight wool or polypropylene)

- 1 pair of wool hiking socks

- 1 pair of heavy-duty work gloves

- 1 wool or fleece ski hat (yup, it could get that cold at night)

- 1 baseball cap or sun visor

- 1 head lamp or small flashlight with extra batteries (this is important!)

- 1 day pack or small backpack (important!)

- 1 sleeping bag (mummy style rated to at least +40 Fahrenheit, this is important)

- 1 foam sleeping pad (Ensolite, Thermarest, or Ridge Rest, a pad is important)*

- 2 one-quart water bottles (important!)

- 1 cup, bowl, spoon, and fork (important!)

- 2 cotton bandanas

- Toiletries (toothbrush, toothpaste, sunscreen, lip balm, BUG SPRAY)

- Backup pair of prescription glasses if you use contact lenses

- 3 large garbage bags (to waterproof your clothing and sleeping bag)

- 1 towel

*NOTE: You may want to consider bringing a “Crazy Creek”-type camp chair that can fold out and double as a sleeping pad. They tend to work well for relaxing around the campfire. And we know this seems specific for clothes, but trust us, you want to have work clothes, sleeping clothes, and campfire hang out clothes.

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

**IMPORTANT CATAMOUNT TRAIL PACKING & PREPARATION TIPS**

Safety:

Safety is always our #1 concern on Service TREK. In light of this, we have developed an equipment list that will ensure both your comfort and your safety during the trip. Cotton, for example, is not a substitute for wool, quick-dry, polypropylene, fleece, or nylon. When cotton gets wet, the fibers hold water and may result in the loss of body heat. The only cotton items
that you may bring are: t-shirts, shorts, undergarments, and bandanas. Please do not bring items not listed!

**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 also tend to post sale items online. Many stores offer college student discounts, so bring along your CatCard! (UVM ID Card).

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.

**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; you may not bring anything not on the list.

2. If you are allergic to bee stings or use an inhaler, please keep your medicine easily accessible.

3. Line the stuff sack for your sleeping bag with one of your plastic bags. Now stuff your sleeping bag in the garbage bag and barrel lock the stuff sack. This will help you to keep the bag dry in damp weather.

4. If you have an internal frame pack, you should put your sleeping bag in the bottom. If you have an external frame pack, you will most likely need to strap your sleeping bag outside (under the pack compartment, strapped to the metal frame).

5. After packing your sleeping bag, line the inside of your pack with a garbage bag. Your clothes can then be loaded into your pack. If you roll your clothes individually, in cylinders, you will be able to fit more in!

6. Pack personal items, eating utensils, and other necessities toward the top of your pack. If you have outside pockets, using them can help keep you organized!

7. Water bottles should be packed in an easily accessible location.

**Physical Preparation:** The better condition you are in, the more enjoyable your TREK experience will be! Here are a few suggestions for arriving properly prepared:

1. Take a walk or jog for at least 15-30 minutes every other day (starting in June or July).

2. Wear your hiking boots around the house or on your walks. If you have brand-new boots, the chances of getting blisters are 100%! To prevent this, wear your boots periodically leading up to TREK. You and your group will definitely appreciate the effort!

3. Catamount Trail crew could be hiking into their trail work at least a couple of miles (in and then out) every day. Sometimes you will be carrying trail materials or tools, so it is important that you get yourself ready for some physical work!
Service TREK UN-equipment List: Catamount Trail 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
- Non-biodegradable soaps
- Hatchets or survival knives (blades more than three inches long)
- Laptops, tablets, and other expensive personal technology
- Curling irons/straighteners/hair dryers
- Cotton workpants (Old Jeans, Carhart’s, etc.) (wool is preferred)
- 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 Services. 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 Free & Low-Tech Adventure:
In addition to bringing appropriate gear, you are required to abstain from the use of tobacco (cigarettes or chewing), alcohol, and other drugs while participating on 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 that you 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