

Gear List

For four and five day long ADK Volunteer Trail Projects

Note: The items labeled “required” constitute the ADK’s best assessment of the personal equipment necessary to reasonably minimize the risks of such a wilderness activity. Because of this, only participants prepared with the required equipment items will be allowed to participate on ADK trail projects. For the safety of the group, the ADK Leader reserves the right to deny participation, without reimbursement, to any individual deemed inadequately prepared. Please note the level of importance for each item: Required = “must have to participate”; Recommended = “highly desirable”; or Optional = “users’ choice”.

Clothing

A Note on Clothing and Gear:

Before you buy anything specifically for your trip, go to thrift stores, Salvation Army, etc. Usually you can find used clothes cheap. Trail work clothes will likely become very dirty; don’t bring your best gear such as Gore-Tex because it could get ripped or damaged. Bring a change of clothes for the end of the trip for a more comfortable ride home.

A Note on Clothing Materials:

Cotton: While comfortable in the front country, cotton absorbs and retains water, drawing heat away from the wearer. Cotton also takes a long time to dry when it becomes wet. For this reason, 100% cotton clothing is deadly in the backcountry and is not risked on ADK trips.

Wool: A favorite material of woodsmen for centuries, wool retains its insulating qualities when wet. Also, wool is singularly durable.

Fleece: Also called Pile, Fleece is a synthetic material that draws moisture from skin without actually absorbing water, which makes for great insulation. Otherwise similar to wool, fleece is lighter.

Polypropylene: Polypropylene is another synthetic material that serves as a great insulator. It is especially effective as a moisture-wicking base layer next to skin. Wool (Merino) is also an excellent base layer.

A Note on Layering:

We recommend two or more insulating layers in addition to a waterproof layer, and a t-shirt. For those who get cold easily, we recommend adding an additional insulating layer. It is important that all layers fit over one another comfortably.

Equipment	Notes	Check List	
Synthetic t-shirt	<u>Required</u> . We strongly suggest a lightweight synthetic or 50-50 (50% polyester-50% cotton) t-shirt to wear on hot days and while working.		
Top Base Layer	<u>Required</u> . A long-sleeved synthetic (ex. polypropylene) or merino wool mid-weight long-underwear top works best.		
2 nd Insulating Top Layer	<u>Required</u> . Many participants prefer a 200-weight fleece top or wool jacket. A heavy-weight long-underwear top may also be acceptable.		
3 rd Insulating Top Layer	<u>Optional</u> . Participants who get cold easily may desire a supplementary heavier fleece or wool jacket or vest.		
Work Shirt	<u>Recommended</u> . A work shirt is typically a synthetic mix such as 65% polyester/35% cotton and is long sleeve. Dickies® makes these kinds of shirts. This work shirt can be worn alone or over a t-shirt. The long sleeves provide good protection from arm scratches.		
Rain Jacket	<u>Required</u> . Any raingear top must be waterproof and allow for enough room to fit over all insulating layers. Breathable materials are acceptable. A rain jacket with a hood and ventilation zippers are desirable. A rain jacket also serves as a windproof layer. <i>Note: Because ponchos will not withstand the abuse of trail work in thickly-vegetated and steep terrain, ponchos are unacceptable.</i>		

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Clothing (continued)		
Equipment	Notes	Check List
Bottom Base Layer	<u>Recommended.</u> A synthetic (ex. polypropylene) or merino wool long-underwear bottom works best. <i>Note:</i> Be aware that long underwear bottoms have gender-specific designs that are not always made obvious on packaging.	
2 nd Insulating Bottom Layer	<u>Optional.</u> Fleece pants or heavy-weight long-underwear might be used. <i>Note:</i> Full-length side zippers facilitate quick and easy layering that eliminates the annoyance of footwear removal.	
Work Pants	<u>Required.</u> Durable, quick-drying synthetic pants are ideal. Dickies® makes a good work pant that is 65% polyester/35% cotton.	
Rain Pants	<u>Recommended.</u> Any raingear pants must be waterproof and allow for enough room to fit over all insulating layers. Breathable materials are acceptable. <i>Note:</i> Full-length side zippers facilitate quick and easy layering that eliminates the annoyance of footwear removal.	
Hat	<u>Optional.</u> Wide-brimmed or baseball hats protect the eyes and the face from the sun. Also, hats help protect the head from insects.	
Shorts	<u>Recommended.</u> Nice to have for hiking and for swimming. Synthetic is preferable.	
Winter Hat	<u>Recommended.</u> Bringing a fleece or wool hat for warmth in rain, at night, or in an emergency is strongly recommended.	
Insect Head net	<u>Recommended.</u> Especially in the bugger months of June and July, or in wetter areas, a head net can reduce the extra stress of insects.	
Gloves	<u>Required.</u> Lightweight leather gloves can function as insulation, as well as protection against rocks, vegetation, and bugs.	
Mask	<u>Required.</u> A mask will be worn by all participants when 6 foot social distance cannot be maintained. It is recommended that you stow an additional mask in your daypack.	
Footwear		
Equipment	Notes	Check List
Boots	<u>Required.</u> Among equipment, boots rank first in importance. For trail work, acceptable boots provide the following: ⇒ <i>good traction</i> from a lugged sole (ex. Vibram®) ⇒ <i>adequate support</i> from a mid-sole stiffener and above-ankle height ⇒ <i>durability</i> from a full-grain, one-piece leather upper ⇒ <i>water resistance</i> from recent water-proofing treatment ⇒ <i>comfort</i> from a proper fit with enough room ⇒ <i>blister prevention</i> from being broken-in in advance by the wearer	
Socks	<u>Required.</u> Mid to heavy weight wool socks perform best. While hiking with a pack, wool socks should be worn with a lightweight polypropylene liner sock to prevent blisters. A minimum of three pairs of each are recommended. A fresh pair for each day is a nice treat.	
Camp Shoes	<u>Optional.</u> Lightweight sneakers or other footwear with closed toes are refreshing in camp.	
Gaiters	<u>Recommended.</u> Gaiters are used to keep dirt, rocks, and water out of boots. Gaiters are particularly useful when working in muddy conditions.	

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Sleeping Equipment		
Equipment	Notes	Check List
Sleeping Bag	<u>Required.</u> Only synthetic-filled bags rated at 20°F / -7°C will perform adequately in our conditions. Down bags lose all insulation when not kept dry, often an impossible task in our conditions.	
Sleeping Pad	<u>Required.</u> The sleeping pad insulates from the cold ground. Closed-cell foam pads are acceptable as are compact self-inflating air pads (ex. Therm-A-Rest®) but extra care must be taken to prevent rips and tears.	
Compression Stuff Sack	<u>Required.</u> This sack serves to make the sleeping bag easier to pack in a back pack. The sack should be lined with one or two compactor garbage bags to provide water resistance.	
Pillow	<u>Optional.</u> Although extra clothing can always be used as a pillow, some hikers prefer to carry a very small, compact pillow.	
Packing Equipment		
Equipment	Notes	Check List
Backpack	<u>Required.</u> External and internal-frame backpacks will suffice. Packs should be spacious enough to hold all required personal equipment as well as an equitable share of group gear. The minimum adequate volume is 65L / 4000in ³ . Participants should allocate half of the pack's volume to group gear. <i>Note:</i> It is important to practice carrying a full pack before the trip, both to get used to the equipment and to get in shape. <i>*This equipment item is available for loan at no charge.</i>	
Storage Bag for Clothing	<u>Recommended.</u> This bag is used to organize personal clothing items within the pack. Small, lightweight zip-style duffle bags or compression stuff sacks, lined with garbage compactor bags, work well. Small dry bags, while heavier, are also acceptable.	
Waterproof Bag Liners	<u>Recommended.</u> Large sealable plastic bags (Ziploc®) work, but garbage compactor bags are also fine. In any case, extra bags should be packed.	
Daypack	<u>Recommended.</u> Some participants prefer to carry in a lighter day pack to be used on day hikes. Any daypack should be durable and large enough for food, water, raingear, insulating layers, emergency equipment, and more. <i>Note:</i> Certain backpacks feature a removable section that can function as a day pack or hip-pack. <i>*This equipment item is available for loan at no charge.</i>	
Tents	<u>Required.</u> To limit any spread of COVID-19, ADK will not be providing tents for participants. If the volunteer is signed up with a family member, they will be allowed to share a tent if they prefer.	
Other Gear		
Equipment	Notes	Check List
Water Storage	<u>Required.</u> Two or three liter-sized water bottles work well. Many participants also use bladder-bag systems (ex. Camelbak®) but at least one actual bottle should be taken in case the bag rips or leaks.	
Flashlight	<u>Required.</u> Headlamps are lightweight and very functional alternative. <i>Note:</i> No light is reliable without either a backup flashlight or extra batteries and an extra bulb.	
Personal Toiletries	<u>Required.</u> Toothbrush, toothpaste, lip balm, feminine hygiene products, toilet paper, and medications should be kept to a minimum due to limited	

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	space in packs and in bear vaults. Sample-sized toiletries are preferable. <i>Note:</i> Fragrant substances are animal attractants and should be avoided.		
Hand sanitizer	<i>Recommended.</i> The Volunteer Leaders will have hand sanitizer in their med-kit. However, the participant may like to have their own travel size bottle to use for themselves.		
Other Gear (continued)			
Equipment	Notes	Check List	
Pocket Knife	<i>Recommended.</i> Small blades (2-3 inches) are useful for preparing meals.		
Camera	<i>Optional.</i> The ideal camera is a waterproof, shock-resistant digital.		
Insect Repellent	<i>Recommended.</i> Especially in the buggier months of June and July, or in wetter areas, repellent can reduce the stress of biting insects. Only a small bottle is necessary.		
Writing Materials	<i>Optional.</i> Waterproof pens and paper can be used to take notes on instruction material or for journal purposes.		
Towel or Bandana	<i>Optional.</i> Synthetic towels have multiple functions in the backcountry. A bandana is the <i>only</i> equipment item that may be 100% cotton.		
Trekking Poles	<i>Optional.</i> One or two trekking poles can be very helpful, especially in descent. Spring-loaded poles protect the users' wrists. <i>Note:</i> For those with knee problems, trekking poles are particularly helpful as they transfer weight from the legs to the wrists and arms.		
Lash Straps	<i>Recommended.</i> Lash Straps allow items to be packed on the outside of a smaller backpack for transportation.		
Extra rope	<i>Optional.</i> Parachute cord is lightweight and useful for trying down tents, tarps, and for tying extra gear to your back pack.		

Provided Group Gear			
<i>Note:</i> The following is a list of group gear typically provided by the ADK for the use of all participants, though the precise list varies for each trip at the discretion of the ADK Leader.			
Equipment	Notes		
Tools	Specific tools will vary depending upon the type of trail project.		
Food	Food is provided to the group. Small amounts of personal snacks may be cleared by the ADK Leader prior to the trip. Be sure to inform the ADK Leader of any personal dietary needs or restrictions.		
Cook Stove & Fuel	A two-burner Colman cook stove is used for heating water and making hot meals. The Colman stove is fueled by white gas.		
Cooking Set & Eating Utensils	Pots, frying pans, and a hot drink kettle. Plates, bowls, forks, spoons, butter knives, cups, and mugs		
Food Storage	When working outside of the High Peaks a bear line is used to "hang" food above the ground.		
Water Purification System	Iodine is used to treat water in the back country for drinking. This is a similar treatment as water purification tablets except this application is in liquid form. One to two drops of iodine is used per 32 oz / 1 liter.		
First-Aid Kit	A comprehensive first aid kit accompanies the trail crew throughout the entire trail project.		
Map	The ADK Leader will have a map of the trail project location and a complete project brief.		

Please feel free to call the ADK's Trails Department with any questions at (518) 523 3480 x118.
We are looking forward to answering your questions and to having you on our trail project!