Alternative Break Equipment Checklist

This list is a general guide for trips offering indoor accommodations. Your equipment needs will vary based on the project and climate. Pay attention to any special instructions from your host for your specific project. Don’t hesitate to call us if you have any questions regarding clothing or equipment needs for your trip.

Suggested Items (Essentials marked by an asterisk)

Clothing:
* Broken-In Hiking/Work Boots
* Leather Work Gloves
* 2 Pair Long Pants
* 2 Long Sleeve Shirts
* Rain jacket & Pants
Camp Shoes or Outdoor Sandals
3 Pair Liner Socks
3 Pair Heavy Boot Socks
Wool Sweater, Shirt or Down Vest
Mid-weight Jacket (Synthetic Fleece or Light Down)
2-3 T-Shirts
Warm Hat
Underwear
Thermal Underwear
(Top & Bottom depending on climate)
Shorts

Equipment:
* Daypack
* Sleeping Bag or Linens (appropriate to climate)
* 2 1-Liter Water Bottles
Flashlight/Headlamp & spare batteries
Duct Tape
Matches in Waterproof Container
Whistle (for emergency signal only)
Reusable Container for carrying lunch/sandwich
Pocket Knife

Personal Items:
Towel & Bio-degradable Soap
Sun Hat and Bandana
Sunscreen
Sunglasses
Insect Repellent
Personal Toiletries

Personal First Aid Items:
Adhesive Bandages
Hydrocortisone Cream
Sterile Gauze Bandages
Medical Tape
First Aid Cream
Anti-histamine (for allergic reactions, itching)
Second Skin Gel (for blisters & burns)
Tweezers
Ibuprofen, Acetaminophen, Aspirin, etc.
Diarrhea Medicine
Ace Bandage

Miscellaneous:
Large Garbage Bags (to keep gear dry)
Swimsuit
Camera
Binoculars
GPS Unit
Compass/Maps
Nylon Cord, 25-50’ (for clotheslines, etc)
Backpack Chair/Camp Chair
Reading Book or Field Guide
Tetanus Booster
(highly recommended if you’ve not had one in past 5 years)

ABSOLUTELY NO ANIMALS, WEAPONS OR FIREARMS! NO EXCEPTIONS!