

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:

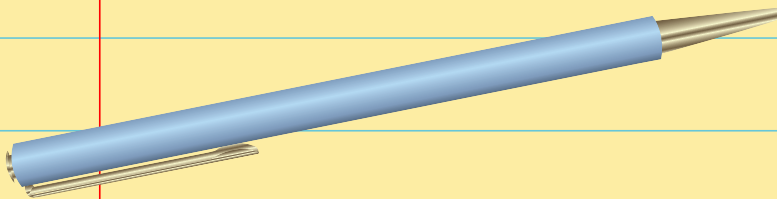
- Towel & Bio-degradable Soap
- Sun Hat and Bandana
- Sunscreen
- Sunglasses
- Insect Repellent
- Personal Toiletries

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!