

Sleeping				
Number	Item	Description	Why do I need this?	✓
1	Sleeping bag with appropriate stuff sack	Rated to 35° Fahrenheit or lower, packed in its stuff sack	For sleeping in your tent in the field	
1	Sleeping pad	Closed-cell foam, self-inflating, or insulated air pad; we advise against a non-insulated air pad.	For padding and warmth when sleeping on the ground	
1 set	Sleeping clothes	Dry and clean clothes to sleep in at night	Work clothes will quickly become dirty and may get wet	
1	Headlamp	A battery powered light on a headband	For evening chores, reading at night, or going to the bathroom at night	
1 set	Extra headlamp batteries	Batteries of the same type as those of your headlamp	To replace when headlight batteries (rechargeable batteries work great)	
1	Wrist watch with alarm function	With fresh battery or chargeable	You will not have access to your phone while in the backcountry so this will be necessary for waking up on time	
Eating & Drinking				
Number	Item	Description	Why do I need this?	✓
1	Fork & spoon or spork	Metal, wood or durable plastic	For eating	
1	Container with a tight-fitting lid	Tupperware-type containers work well	Packing a lunch to the worksite each work day	
1	Bowl	Made of a lightweight and durable material	For eating breakfast and dinner at your camp or living site	
1	Mug	Something that can hold hot liquids	For hot drinks in camp	
at least 4 liter capacity	Water bottles/containers	Enough capacity to hold at least four liters of water. Nalgene bottles, canteens, and recycled juice or water bottles all work. If you bring a hydration system like a Camelbak, have at least two liters additional capacity with bottles.	4 liters is a good start for people's water needs. Some will need more water than this, some will need less. However, we require for the first week of work that everyone carry at least four liters.	
Hands				
Number	Item	Description	Why do I need this?	✓
2 pair	Work gloves	Heavy leather work gloves	You will be wearing these to protect your hands whenever working with tools, up to 8 hours a day, so make sure they're comfortable!	
1 pair	Warm gloves	Wool or synthetic gloves	To keep your hands warm in the morning and evening when camping outside	
Feet				
Number	Item	Description	Why do I need this?	✓

1 pair	Work boots	High-top boots made of leather or other durable material	To protect your feet from heavy tools and rocks during work, and to keep your feet and ankles safe while hiking on uneven terrain	
1 pair	Camp shoes	Fully enclosed shoes to wear while walking around camp. Crocs or something similar work great.	To give your feet a break from heavy work boots, while still protecting you from sharp objects, hot water, and fire while around the camp and kitchen	
4 to 7 pair	Socks	Wool or synthetic, tall enough to go above your work boots	To have warm, clean and dry feet every day	
Head				
<i>Number</i>	<i>Item</i>	<i>Description</i>	<i>Why do I need this?</i>	✓
1	Warm hat	Most knit caps will do just fine	To stay warm in the mornings or evenings	
1 or 2	Bandanas	Cotton bandanas	Has multiple uses, including washing your face, covering your head, drying your hands, or keeping from breathing dust while digging	
1	Sun hat or baseball cap	Something easy to travel with and that you don't mind getting dirty and stained	For keeping sun off your face when not wearing a hard hat	
1 pair	Safety glasses	Glasses or goggles made to protect your eyes from flying dust and debris. If you need to wear glasses, make sure your safety glasses fit over them. Some safety glasses also double as sunglasses.	To protect your eyes whenever working and using tools	
1 pair	Sunglasses	Glasses that protect your eyes from ultraviolet rays	To protect your eyes when outside and not working	
Upper Body				
<i>Number</i>	<i>Item</i>	<i>Description</i>	<i>Why do I need this?</i>	✓
1	Rain coat	Waterproof; no ponchos. Note: frogg toggs are inexpensive but tear easily	To stay warm and dry during summer rains, which can be unexpected and cold	
1 or 2	T-shirts	Cotton or synthetic	To wear in camp or to town	
2 or 3	Long sleeve shirts	Cotton or synthetic work shirts that you don't mind getting dirty or stained, as well as shirts to wear during your downtime or in town	Long sleeve shirts must be worn at all times while working to protect you from sharp plants and tools, as well as from the sun	
1	Long underwear top	Mid to heavy weight, wool or synthetic material	To keep you warm on cold mornings or evenings	
1	Jacket/sweater	Mid-weight fleece or other non-cotton	To keep you warmer on cold mornings or evenings	

1	Warm jacket	Warm mid to heavy-weight jacket that can fit over other layers	To keep you warmer yet on cold mornings or evenings	
Lower Body				
<i>Number</i>	<i>Item</i>	<i>Description</i>	<i>Why do I need this?</i>	✓
1 pair	Rain pants	Waterproof and durable	To stay warm and dry during summer rains, which can be unexpected and cold	
1 to 2 pair	Shorts		For days off when not working or in town	
Enough for a week	Underwear	Cotton or synthetic are fine, and you should be able to wash clothes at least weekly		
1 pair	Long underwear bottoms	Mid to heavy-weight, wool or synthetic material	To keep you warm on cold mornings or evenings	
2 to 3 pair	Work pants	Durable pants like Carhartts, Dickies, Riggs, or comfortably fitting jeans. Avoid lightweight hiking pants that can tear easily.	You will wear these all day each work day to protect your legs from tools and the environment	
Packs				
<i>Number</i>	<i>Item</i>	<i>Description</i>	<i>Why do I need this?</i>	✓
1	Large backpack	External or internal frame backpack, with 60 to 75 liter capacity and padded waist belt and padded shoulder straps.	To carry your sleeping bag, sleeping pad, clothes, food and other gear when traveling to backcountry campsites	
1	Small backpack	Day pack for hiking to the work site each day. It needs to be large enough to fit all daily items (about the size of typical school backpack or larger).	To hold 4 liters of water, food and any extra layers for the day	
Hygiene				
<i>Number</i>	<i>Item</i>	<i>Description</i>	<i>Why do I need this?</i>	✓
1 set	Soap and shampoo	Small travel-size is best	For washing up on the weekends when back at the Forest Service administration site	
1 set	Toothpaste and toothbrush	Small travel-size is best	Clean teeth and fresh breath are important, especially when living together in close quarters	
1	Brush or comb	Small is good		
Enough for the length of the project	Menstrual hygiene products (if applicable for your body)	Bring whatever you normally use; it's best to pack it in a resealable plastic bag to keep things dry		
1	Lip balm	Your choice, some SPF rating is good	The dry air and wind can chap your lips quickly	

Enough for the length of the project	Sunscreen	SPF 30 or higher	You'll be outside every day in the sun, and can get sunburned quickly without sunscreen	
1	Towel	Small and lightweight is best	For drying off	
Miscellaneous Required Items				
<i>Number</i>	<i>Item</i>	<i>Description</i>	<i>Why do I need this?</i>	✓
2 sets	Medications	Two sets of any medications that you listed on your medical form, including inhalers and Epi-pens	It's not easy to replace lost or ruined medications when in the field, and having two sets is very important	
	Crew leader phone numbers	Put these numbers in your phone or notebook before you travel	You need to contact your crew leaders if you get delayed or have any problems while traveling	
Optional Items				
<i>Number</i>	<i>Item</i>	<i>Description</i>	<i>Why do I need this?</i>	✓
1	Tent	A lightweight tent for both frontcountry camping and backcountry camping	Wild Arizona has tents for you to use. They are functional, but not the most roomy. If you have a better tent, you should strongly consider bringing it.	
1 pair	Sandals	Any lightweight, open shoes or sandals	To give your feet a chance to dry out when in environments where you aren't at risk of getting burned or poked	
1	Sheet or lightweight sleeping bag liner	Something lightweight that you can sleep in if there are very hot nights		
1	Small, lightweight camp pillow		It can be a lot more comfortable than sleeping on a lumpy stuff sack!	
1	Journal or book	Small and lightweight, packed in a Ziploc bag with a pen or pencil to keep everything together and dry	For writing and reflecting about your experiences, writing down recipes, drawing, taking notes, etc.	
Small package	Wet wipes	A small pack is plenty	Helpful for bathroom hygiene without running water; all used wipes must be packed out with other trash	
4 to 5	Resealable plastic bags	Small and large plastic bags that can be zipped shut	Useful for packing out wet wipes or feminine hygiene products. Also handy for storing items like books or journals that you want to keep dry.	
	Nylon stuff sacks	Small nylon bags	Handy for organizing your gear in your tent or backpack	
1	Sewing kit	Needle and thread	To make small repairs to ripped clothing	

1	Camera	Small reusable or disposable camera		
1	Camp chair	Small, lightweight fabric chair	For comfortable seating in camp	
1	Shaving razor	Non-electric	If it's important for you to shave during the project	
1 set	Extra batteries for camera	Whatever type needed for camera		
	Small games, deck of cards	Small and easily packable, no electronic games	To have fun and relax with your fellow crew members in the evenings	
Minimum \$50	Money		In case of delays while traveling or if you want to buy anything in town	
1 set	Clean clothes for your trip home			

PROHIBITED ITEMS

<i>Item</i>	<i>Explanation</i>
Alcohol	Alcohol is strictly prohibited during the YCC program.
Tobacco	Tobacco is strictly prohibited during the YCC program.
Non-prescription drugs	The YCC program is a strictly drug-free workplace. The only drugs permitted are medications that you listed on your medical form.
Firearms	Crew members are prohibited from using or touching firearms during the YCC program.
Explosives & Fireworks	Crew members are prohibited from tending, assisting, or participating in any explosive or blasting activities.
Screens other than a cell phone	Tablets, laptops, and other electronic devices with screens other than a cell phone.
Gaming consoles	One of the focuses of the summer is to pursue analog hobbies and activities.