

Sleeping				
Number	Item	Description	Why do I need this?	✓
1	Sleeping bag with appropriate stuff sack	Synthetic, rated to 35° Fahrenheit or lower, packed in its stuff sack	For sleeping, both in the group tents and in the field. We advise against down-filled sleeping bags, as synthetic bags can still keep you warm when wet.	
1	Sleeping pad	Closed-cell foam, self-inflating, or insulated air pad, NO non-insulated air mattresses or open-cell foam (egg crates)	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 your headlamp to replace them when they wear out		
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 an unbreakable material	For eating breakfast and dinner at your camp or living site	
1	Mug	Insulated and made of an unbreakable material	For hot drinks in camp	
at least 4 quart capacity	Water bottles/containers	Enough capacity to hold at least four quarts 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.	We will be working in a desert environment and everyone needs to drink a minimum of four liters of water during the work day to stay properly hydrated, and water will not be available at the work site	
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	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	Wool or synthetic are best	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	
2+	Fabric Face Mask	Well fitting cloth face masks	To protect you and your fellow crew members and leaders from COVID	

Upper Body

<i>Number</i>	<i>Item</i>	<i>Description</i>	<i>Why do I need this?</i>	✓
1	Rain coat	Waterproof, no ponchos	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	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	Biodegradable soap and shampoo	Small travel-size is best	Showers may be available at your living site, but when camping in the backcountry you may want to wash up outdoors. Biodegradable soaps have less impact on the environment.	
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	Feminine hygiene products	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.	
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 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.	
1	Towel	Small and lightweight is best	For drying off	
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	Watch	Something inexpensive that can get wet and dirty		
1 set	Extra batteries for camera	Whatever type needed for camera		
N/A	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	Crew members are prohibited from tending, assisting, or participating in any explosive or blasting activities.