

## WMHCTA Gear Guidelines for Volunteers

### Clothing

In general: Avoid cotton, except in hottest weather. Be prepared for both sun and rain. Several light layers are more flexible and comfortable than one or two heavy layers. Protect your body from scratches, poison ivy, bruises, and other injuries with durable long pants and sleeves.

Sturdy work shoes

Wool or synthetic socks

Long pants

Long sleeve shirt

Short sleeve shirt if weather and trail conditions permit

Synthetic, wool, or cotton undershirt, depending on conditions

One or two upper body layers, preferably wool or synthetic

Hat with brim

Wool or synthetic watch cap

Handkerchief (cotton OK)

Raincoat

### Work gear & Personal Protection Equipment (PPE)

Protective glasses

Leather work gloves

Head straps for glasses (e.g., Croakies)

Sunglasses

Sunblock

Personal first aid kit

### Miscellaneous

Water, minimum one quart

Water purification

Food, twice as much as you think you will need

Toilet paper

Pocket knife or Multi-tool (e.g., Leatherman)

### Multi-day Trips

Spare clothing, especially socks and undershirts

Camp shoes

Rain pants

Light but warm gloves or mitts