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