

Mountain Equipment List



This is a comprehensive list intended for back(*) and front country projects. Personal Protection Equipment (PPE) items are required and non-negotiable. Please review the list, ask any questions to your project leaders or WVHQ, and check your gear early for fixing or replacement.

You should have

- Backpack w/ a sturdy frame (internal/external)*
- Day pack (20-40 liter)
- Tent w/ rain fly to the ground
- Sleeping bag (preferably synthetic)
- Sleeping pad
- Long underwear top
- Long underwear bottom
- Long-sleeve work shirt
- Long work pants
- Rain pants (waterproof is best)
- Rain jacket with hood (waterproof is best)
- 2 warm jackets/sweaters/shirts
- 2 t-shirts
- 2-3 pairs of underwear (fast drying)
- 3 pairs of hiking socks
- Beanie or pile cap
- Gloves
- Clothing stuff sacks
- PPE: work gloves (preferably w/ a leather palm)**
- PPE: hiking/work boots with a firm toe box (these need to be well broken in. **No mesh top toe boxes or trail running shoes**).**
- PPE: eye protection (safety glasses or sunglasses)**
- Camp shoes (sandals or running shoes)
- Water purification system (filter or chemical)
- At least 2 one-quart water bottles
- Eating utensils (spork, etc.)
- Cup/mug/tumbler
- Bowl/plate with a snapped closed lid (tupperware works great)
- Light source (headlamp/flashlight)
- Spare batteries
- Trail map & compass
- Sun hat
- Sun glasses
- Sunscreen & lip balm
- Toilet kit (hand shovel, toilet paper, hand sanitizer, wipes)
- Personal First Aid kit (see below)
- Medication you take daily
- Insect repellent

Optional gear

- Extra t-shirts, shorts, long underwear
- Sports bra (fast drying or Lycra)
- Bathing suite
- Bath towel
- Solar shower (if car camping)
- Gaiters (keeps seeds, stickers, & water out of boots)
- Camp or backpacking chair
- Backpack cover
- Ground tarp (if sleeping in a tent)
- Trekking poles or hiking staff
- Camera
- Reading materials
- Guide books (flora & fauna)
- Binoculars or spotting scope
- Hand lens (viewing rocks or flowers)
- Waterproof matches or emergency fire starter
- Emergency whistle
- Multitool or pocket knife
- Mirror (for signaling or tick checks)
- Extra set of car keys
- Bandana, handkerchief, or buff
- Fishing gear and fishing license
- Bear bells
- Head net

Suggested personal first aid kit items

- Band Aids
- Sterile gauze bandages
- Medical tapes, breathable fabrics
- First aid ointment or cream (Neosporin, etc.)
- Moleskin (blisters)
- Second-skin gel (for blisters or burns)
- Tweezers
- Scissors or a pocket knife
- Anti-inflammatory medications (Motrin, Aleve, etc.)
- Antacid medication (Tums, Rolaids, etc.)
- Diarrhea medication (Pepto Bismal, Imodium, etc.)
- Ace bandage
- Hydrocortisone cream
- Benadryl medication and/or topical