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Maine Conservation Corps

Overnight Volunteer Equipment List

The Maine Conservation Corps is committed to safety. You will be expected to wear appropriate clothing, gloves and footwear as outlined below. We will provide you with a hardhat that you will be required to wear. Additional safety equipment, such as ear and eye protection, will be provided as needed, and may be required.

Backpack: Rigid external frame or internal frame. External frames should have an “H” shape frame. Your pack should be large enough to carry your gear and food. Whatever kind you bring, your backpack **MUST** have padded shoulder straps and a padded hip belt. Kelty, Cruiser, Campcraft, Jansport, Camp Trails or Lowe are good brands. If you don’t own one, try to borrow one from a friend.

Work Clothes: Come dressed to work in pants, work shirt, socks, and boots. **NO shorts!**

Boots: Sturdy, good quality boots are essential. All-leather work boots are recommended. Most hiking boots are sufficient. **NO tennis shoes, trail shoes, sandals, etc.**

Socks: Several changes. The 2-sock system works very well to prevent blisters. Wear one thin sock next to your foot (polypropylene or wool), and one heavy wool sock next to your boot. Cotton socks make for cold damp feet!

Work Gloves: Quality, heavy-duty work gloves, preferably all-leather.

Rain Gear: Suitable for construction work. Gore-tex is fine, but be aware that it can tear.

Warm Layers: Polypropylene, wool, and fleece are good options. It’s always nice to have a base (often polypropylene) layer and then a heavier layer like a fleece or wool sweater. At higher elevation and during the fall season, long underwear bottoms are also recommended. Wool, polypropylene, and fleece are the only materials that will keep you warm when wet. **NO cotton!**

Wool or Fleece Hat

Underwear: As needed by individual.

Sleeping Bag: A fiber-fill or down bag. **NO cotton bags.** Your sleeping bag should be rated 15F---20F (This means it is designed to keep you warm when it gets as cold as 20F).

Sleeping Pad: A closed foam, ensolite or thermarest type pad. For ensolite pads, 3/8”, or

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½” thickness is more comfortable than the ¼” variety.

Tent: The MCC cannot provide tents for volunteers.

Stove: Backpacking/Camp stove for groups of 3 or more. **If your group consists of 1 or 2 people, CONTACT your project’s Team Leader, as some arrangement for cooking may be made.**

Plastic cup, bowl & spoon: and whatever else you need to eat in the outdoors. Many people bring Tupperware containers.

Water Bottles: 2 1-Quart water bottles. **Bring two**, as the work sites are not always close to water. Plastic juice bottles work well. Please do not bring glass.

Food: Bring enough food for meals and snacks! You’ll be working hard volunteering and will want to have plenty of food to restore all that energy you’ll be using!

Flashlight or Headlamp

Personal Items: Toothbrush, toothpaste, medications.

Recommended Items: Clothes for when you are not working, bug spray, sunscreen, sunglasses.

MCC work/camp sites are not always located near bathroom facilities; if this is the case, you will be expected to follow Leave No Trace (LNT) Principles.