



TRANSCAUCASIAN TRAIL

Volunteer Packing List

It's always good to have durable and functional outdoor gear in the mountains, but before you bring your nicest gear, please consider some of the conditions during the project. Trail building will be dirty, labor-intensive work that will include using sharp tools, blazing through thorny brush, and getting generally pretty dirty, so keep that in mind. In general, you want synthetic or woolen insulating layers for chilly mornings and evenings, because they keep you warm when wet, whereas cotton does not. For daytimes, cotton is durable, comfortable, and very breathable, so cotton or cotton-blend work clothes are a good bet for when you are doing trail work.

The following packing list is meant to cover what you will need out in the field camps. It isn't intended to cover all aspects of your travels, or your rest days at HQ.

- **Expedition/trekking pack:** You'll be carrying all your gear to the field camp location at the start of each week, and back out at the end. You'll need a pack that's big enough to carry all the field camp equipment on this list.
- **Day-pack:** You'll be carrying your daily supplies and personal belongings out to the work site every day, so a comfortable day-pack is essential, in addition to your main hiking/trekking pack. A small combination daypack/hydration pack works well.
- **Work gloves:** Crucial for building tread, removing non-native plants, and the like. We will have extras, but bringing a solid pair that fits you well is a good idea.
- **Safety glasses/goggles:** Eye protection is essential when using axes or sharp tool, so we recommend that you bring a pair of clear safety glasses/goggles. We will have extras.
- **Durable boots:** consider their usage not only for hiking, but trail building as well, i.e. using sharp tools like a shovel or pick mattock.
- **Extra socks:** Your boots will get wet, and they will be hard to get dry, making your socks wet. You will be very thankful for several pairs of extra socks. Get socks that are appropriate for your boots and will dry relatively quickly, like Smartwool or something similar.
- **Waterproof shell:** Should be lightweight and durable.
- **Rain pants:** You can do without, but they come in handy.
- **Cotton or cotton blend work shirt**
- **Long work pants** (cotton/polyester/nylon)

- **Down or synthetic insulation jacket:** evenings are cool all year round.
- **Technical base layer:** capilene, polypropylene, merino wool, bamboo, or some other type of technical long underwear, top and bottom.
- **Sweater/fleece:** synthetic fleece dries quickest.
- **Warm hat:** for evenings and cold weather.
- **Sun hat:** be prepared to spend all day working outside. You will want a hat with a broad visor to block the sun.
- **Flashlight or headlamp and batteries:** cheap and long-lasting batteries are hard to come by.
- **Sleeping bag:** even in the summer, nights are cold, especially at altitude, so bring a warm sleeping bag. Depending on the individual, sleeping bags should be rated between -5 °C and +5 °C (23°F and 41°F)
- **Sleeping pad:** Closed-cell foam pad is durable and lightweight
- **Tent:** sturdy enough to withstand high winds.
- **Bug spray/insect repellent**
- **Sunscreen and sunglasses:** bring plenty of sun protection for your skin, lips, and eyes.
- **Dry bags** (recommended)
- **Plate and utensils:** Will be used when camping.
- **River sandals/flip flops/camp shoes:** These are useful around camp and essential to letting wet feet dry out.
- **Water bottle/hydration pack:** Trailbuilding is hot work. You will need to carry your own water when you're out in the field. Make sure you bring the water storage capacity you will need. We recommend a minimum of 3 litres.
- **Towel:** A synthetic camp towel that will dry quickly.
- **First aid kit:** Bring a small, personal first-aid kit with moleskin for blisters, ibuprofen, aspirin or anything else that you may want while at the camp. Also, bring sufficient quantities of any prescription medications and/or contact lens solution that you will need. There will be group first-aid kits for emergencies and daily needs (blisters, headaches, allergies, etc.,) but there will be no drug store near the remote camp. Even common over-the-counter drugs may not be readily available, so if there is something you think you will need, better to bring it.
- **Biodegradable soap and shampoo:** we will be working in a conservation zone and the introduction of non-biodegradable chemicals is not permitted.
- **Books:** We're building up a small volunteer library here, but you'll have some free time to read, so bring something you enjoy.