

# GEAR LIST

This gear list has all of the gear and clothing you might need to keep warm, dry and comfortable during the Expedition. Each Expedition's specific gear list may vary slightly.

## REQUIRED CLOTHING *Head to Toe*

X	Item	Description	Borrow from MCC
	<b>Work Boots</b>	A pair of sturdy, lace-up, comfortable, work boots that are already broken in. Hiking boots would be great too! Boots should be above the ankle. Tennis shoes are NOT acceptable.	
	<b>Camp Shoes</b>	A pair of fully enclosed shoes to give your feet a break and protect them at the camp site. No 'Crocs'.	
	<b>Water Shoes</b>	A pair of old tennis shoes, sandals with a heel strap, or actual "water shoes" are all acceptable. Crew members may NOT go into the water barefoot or wearing flip flops.	
	<b>Socks</b>	At least 4 pairs of quality, comfortable socks to work in. Try on your socks with your hiking boots to make sure they fit well. Many of our members and leaders prefer wool or synthetic socks because they are durable and stay comfortable even when your feet get wet.	
	<b>Underwear</b>	Bring enough to last one week.	
	<b>Work Pants</b>	These should be as tough as you are. Bring 2 pairs of work pants that are in good condition (without holes, tears, patches). Jeans are acceptable. Be prepared for these pants to get dirty, stained, and worn out from the work.	
	<b>Warm Sweatshirt, Pullover, Jacket</b>	Even in the summer, Montana temperatures can drop and it can get very chilly. An extra warm layer (durable wool or fleece is preferable, but warmth is the most important criteria) to wear at work and in camp. Also serves as a great pillow!	
	<b>Long Underwear</b>	A warm top and bottom layer for chilly days/nights. Wool, silk, or synthetic materials like polypropylene are favored for their reliability even while wet.	
	<b>Warm Hat, Gloves &amp; Socks</b>	Great to have for sleeping on cold nights and those random high elevation snow showers in the summer.	
	<b>Towel &amp; Swimsuit</b>	For showering and potential swim sites.	
	<b>Rain Gear</b>	Both a rain jacket and rain pants are required.	X
	<b>'Recreation' Clothes &amp; Shoes</b>	A change of clothes to wear during weekends or at camp after a day of service; shorts and a t-shirt as well as a pair of tennis shoes. "Teva/Chaco/Keen" type sandals are also good to have. Sandals must have a back heel-strap. Flip-flops are NOT allowed.	

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## REQUIRED GEAR *Shelter, Eating, Drinking, Hygiene, & Misc.*

X	Item	Description	Borrow from MCC
	<b>Tent</b>	One or two person tent. If you are placed on a crew doing backcountry work, it may be smart to bring one that can easily be carried in your backpack. Make sure you have enough tent stakes!	X
	<b>Overnight Pack</b>	This needs to be large enough to carry all your personal gear. 55 liter is the minimum size pack you should consider bringing. A large duffel bag or suitcase will be sufficient unless you are placed on a backcountry crew. Contact MCC staff for more information.	X
	<b>Day Pack</b>	You will need a backpack that can carry your lunch, rain gear, extra layers, and 3 liters of water to the work site. You will carry this backpack every day, so it should fit well and be comfortable when fully loaded. School backpacks can work, but again- be prepared for it to get dirty and worn!	X
	<b>Sleeping Bag</b>	Down or synthetic bags are required. Lightweight, compact, and warm bags are best for packing. Bags rated for 15-35 degrees preferred.	X
	<b>Sleeping Pad</b>	This item will provide comfort and insulation from the ground. Commonly used varieties include: closed cell foam, or self-inflating. Inexpensive 'blue foam' pads are easily found at discount department stores.	X
	<b>Flashlight and/or Headlamp, plus Extra Batteries</b>	Headlamp is preferred. Light will be used during evening activities, in your tent or when going to the bathroom at night. Plus extra batteries are a must.	
	<b>Spoon/Fork, Container w/tight lid, Mug, Plate/ Bowl</b>	Please bring your own utensils (sporks are cool too); Plastic container (Tupperware) with a well-fitting lid to keep your lunch in; Plastic or metal 'travel mug' for hot drinks, and a bowl and/or plate for meals.	X
	<b>Water Bottles</b>	At least enough to have 3 L of water.	
	<b>Medication</b>	Bring any personal medications for entire session. Plus, 2 sets of any life-saving medications (inhaler, epi-pen, etc.).	
	<b>Watch or Alarm Clock</b>	It will serve as your alarm clock in the morning.	
	<b>Toiletries</b>	Essentials include biodegradable soap and shampoo, toothbrush, toothpaste, lip balm, small brush or comb, and personal feminine hygiene products (if applicable).	
	<b>Stuff Sack</b>	Any "smelly" items must be kept in a separate sack away from camp.	

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## OPTIONAL ITEMS

X	Item	Description	Borrow from MCC
	<b>Book and/or Journal w/ Pen or Pencil</b>	For reflecting on your experience, drawing, or reading.	
	<b>Resealable Plastic Bags or Nylon Stuff Sacks</b>	Handy for storing or organizing items. Plus added protection to keep things dry.	
	<b>Camera</b>	Small digital or disposable cameras are ideal. Remember, cell phone cameras will not be permitted.	
	<b>Hand Sanitizer, Sunscreen, Insect Repellent</b>	You will be outside everyday and all day.	
	<b>Bandana</b>	Useful for washing your face, keeping you cool, covering your head, etc.	
	<b>Baseball Cap &amp; Sunglasses</b>	To keep sun out of eyes when not wearing your hard hat & eye protection.	
	<b>Cash</b>	In case, you may want to bring a minimal amount of cash for incidentals (souvenirs, gas station stop items etc.).	
	<b>Recreational Items</b>	You are welcome to bring small games, deck of cards, musical instrument, frisbee, ball, etc. There will be time to relax in the evenings with other crew members & leaders.	

## MCC Provides

MCC provides all transportation during Expeditions. We also provide an MCC t-shirt, gloves, hard hat and safety glasses for each youth participant, along with all of the food, work tools, and group camping gear (such as camp stoves, water filtration systems, tarps, kitchen gear, first aid kits, bear spray, etc.).

For families with financial need, we also have some gear available to borrow, including tents, sleeping bags, rain gear and other items. Supplies are limited, so request ASAP.