

Wilderness Volunteers

Midewin Equipment List

YOU SHOULD HAVE

- sturdy backpack or duffle
- day pack
- high quality rain jacket and rain pants
- tent with rain fly and internal plastic floor liner
- warm sleeping bag (preferably synthetic)
- sleeping pad
- long underwear bottom
- long underwear top
- 2- wool or pile shirts/sweaters/jackets
- clothing stuff sacks
- plastic bags to protect clothing & sleeping bag (large garbage bags work well)
- 3 hiking socks
- wool cap
- work gloves
- long work pants
- long sleeve work shirt
- hiking shorts
- 2 or 3 synthetic underwear (cotton does not dry)
- 1 or 2 T-shirts
- hiking/work boots
- camp shoes (tevas or running shoes)
- camp pants & shirts (change of clothing)
- water purification pills or filter
- spoon
- bowl/plate (Tupperware works for meals, a lunch box & picking berries)
- cup
- toilet kit
- personal first aid kit (see suggested list)
- 3 one liter water bottles
- flashlight & spare batteries & bulb
- trail map & compass
- sun hat
- sun glasses
- bug dope for mosquito & ticks
- sunscreen & lip balm
- bath towel

OPTIONAL GEAR (keep it light!)

- extra work pants (long pants)
- extra T-shirts
- gaiters (to keep out water, dirt, and seeds)
- mittens
- handkerchief
- backpack seat
- camera & film
- bathing suit
- Swiss Army type knife
- flower/tree/bird guide book
- hand lens (for flowers, rocks, etc.)
- reading book
- binoculars
- spotting scope
- personal medication (such as bee sting kit)
- lycra/nylon sports bra (dries fast)
- extra car keys
- hiking staff or trekking poles

Suggested First Aid Items

- Band-Aids
- Sterile gauze bandages
- Medical tape, breathable fabric
- First aide cream (Neosporin or Bacitracin)
- Tape and Moleskin (for blisters)
- Second skin type gel (for blisters & burn)
- Tweezers
- Scissors (for moleskin)
- Anti-inflammatory medicine (Motrin, Aleve, etc)
- Anti-acids tablets (Gaviscon, Tums, Roloids, etc)
- Diarrhea medicine (Peptobismol, Imodium, etc)
- Ace bandage (for ankles, knees and wrist)
- Hydrocortisone cream
- Benadryl (for allergic rashes, itching)
- Tick removal kit (tweezers & magnifying glass)