



FRIENDS of NEVADA WILDERNESS

## Volunteer Project Suggested Packing List

*FNW has a limited amount of gear (tents, pads, sleeping bags), to lend out on projects. Just let us know!*

### What should you wear/pack on a Friends of Nevada Wilderness Single-Day volunteer project?

- ☐ Long sleeves and pants (required to participate in the work).
- ☐ Sun protection: Hat, Sunglasses, Sunscreen
- ☐ Comfortable but sturdy hiking shoes or boots. No sandals, please!
- ☐ Extra warm layers
- ☐ A Backpack to store: food, your extra warm layers, sunscreen, any medications you require, and water bottles (at least 2 liters: 1 liter = 2 of the standard plastic water bottles)

### What should you pack on a Friends of Nevada Wilderness Overnight/Camping Volunteer Project?

Food	Fun Stuff
Lunches (one for each day)	Camera
Snack Foods (chocolate, bars, dried fruit, nuts, etc)	Books (for reading, guidebooks, etc)
Any other meals not provided by FNW	Journal, pen
	Binoculars
	Playing Cards/Games
Clothing Items	Camping Items
Long sleeves and pants (required to participate in the work)	Fork, spoon, cup, coffee mug, bowl, & plate ( <i>FNW does not provide utensils or plates</i> )
Warm clothing:	Tent, with rainfly
<ul style="list-style-type: none"><li>• multiple layers for adjusting</li><li>• warm hats, gloves, long underwear</li><li>• Waterproof jacket</li></ul>	Sleeping bag (rated to at least 20 degrees)
Sun protection: Hat, Sunglasses, Sunscreen	Sleeping Pad
Comfortable but sturdy hiking shoes or boots for the project	Camp Chair
Comfortable shoes for the evening	
Backpack/Daypack	

In Daypack at Worksite	Other
Water bottles (at least 2 liters: 1 liter = 2 of the standard plastic water bottles) - FNW provides water to refill bottles	Toothbrush, toothpaste, toilet paper
Insect Repellant	Money, Driver's License/ID, credit card
Chapstick, preferably with SPF	Pain Relievers and other OTC medications that you want
Personal First Aid Kit – we have extensive first-aid kits on every trip	Any prescribed medications
A small knife or multi-tool	Sunscreen
Headlight and/or small flashlight	
Lunch & Snacks	