

## GEAR LIST

**Members will need to have everything on the required gear list on their first day with UCC.**

It's important to realize that all the gear listed below will serve to help keep you safe and comfortable throughout your season with UCC. The work that we do is tough, and the conditions can be very rough on you and your gear. Take your time do your research, try things on if possible, and make sure you're getting the right gear for you. If you are new to world of outdoor gear it can seem very daunting, especially when considering the cost of all that you'll need. While there are items you will likely have to buy new, we highly encourage you to start checking out thrift stores/secondhand gear shops, especially for warm weather clothing and other gear items. If you don't have any options where you live there are many online outdoor gear retailers where you can often find items on sale. There will be a list of these retailers after the gear lists.

Please do not feel that you need to show up with the newest, fanciest, most expensive gear. Not all the expensive gear is actually worth the cost, and even if it is, it is going to receive a lot of abuse throughout the season. While there might be some gear worth investing in (like boots or a sleeping bag), it is usually better to go mid-range with most items, and even low-range here and there. Think about your needs and what you're hoping to get out of this gear.

No part of training will require the need for any backcountry specific gear. There are certain items and style of items that might be better or necessary for backcountry projects, but the likelihood of having backcountry projects will vary depending on which office you will be working out of. Please feel free to reach out to the coordinators in your office about backcountry projects, as well as any other questions you have regarding the gear listed below. We are happy to answer questions and give gear advice!

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## PROVIDED GEAR

- Stove & Fuel:** We provide every crew with a two burner Coleman propane stove and larger refillable propane fuel tank.
- Cook Kit:** This is everything your crew should need to prep, cook, consume, and clean up after your meals (minus food ingredients). You are welcome to add personal cooking items into your crews cook kit.
- Camp Table:** A smaller table for prepping and cooking your meals, typically foldable/collapsible.
- Food Storage:** Every member is given a 5-gallon bucket with a screw top lid where you can keep your personal food. Each crew is also given a (roughly) 50-gallon cooler for communal food and perishables. For longer project additional food storage can be provided.
- Water Cubies:** Larger water storage containers for the crew, is kept in work rigs and at camp.

- ❑ **First Aid Kits:** Each crew receives a well-stocked first aid kit.
- ❑ **Personal Protective Equipment (PPE):** Hard hat, eye protection, ear protection, leather gloves, chaps (for chainsawing)
- ❑ **Work Uniform Shirts:** Each member will be given two uniform shirts that are worn everyday at work. They are your responsibility and are returned to UCC at the end of your season.
- ❑ **Hoodie:** A bit of swag we hand out at the beginning of the season. Can be worn for work and personal use.
- ❑ **Hoo-Rag:** It's like a buff, can be used as a bandana, neck warmer, handkerchief, the world is your oyster.

## REQUIRED GEAR

- ❑ **Boots:** Our chainsaw training (which all members go through) and any chainsaw work requires full leather boots a minimum 8" tall. Boots should have a sturdy toe, good ankle support, and good traction in the sole. Boots DO NOT need to be steel toe or look exactly like the provided photo. Foot care is extremely important with this type of work, and that starts with a good pair of boots. When shopping around, if possible, go somewhere and try on a few different brands and styles to see what fits you best. You will be working and potentially hiking in these all day, so finding a pair that is comfortable is crucial to your own selfcare. While a minimum 8" boots are required for the chainsaw training and any chainsaw projects, 6" are acceptable for any other types of work, if you should choose to have or already own a second pair. As far as price, while one can certainly spend \$250+ on a high-quality pair of boots, there are definitely much more affordable options that can get easily get you through a season. Stores like Boot Barn (workwear/western stores) can be great places to find deals. *Common Brands: Carolina, Chippewa, Danner, Georgia, Redwing, Rocky, Timberland, Wolverine, Whites*



Oh, and...**BREAK THEM IN BEFORE YOU ARRIVE!** Blisters during training are never a fun way to start off your season. Moleskin, athletic tap, leukotape, and even duct tape are great options for dealing with blisters if they do develop.

- ❑ **Work Pants:** We recommend a thicker pair of pants made of durable canvas, denim, or even hemp (Patagonia makes hemp work pants). These materials will offer you more protection and can last an entire season. Hiking style pants, while acceptable, are not recommended as they tend to rip easier due to their thinner material. Cargo pockets and double knees are not required but are fine to have. Color needs to be khaki/tan/dark khaki/brown and needs to be solid (no camo patterns). While lined/insulated pants will offer you the extra warmth you might need in early spring and late fall, they are likely to get too hot in hotter temperatures. A separate pair of thermal liners (see base layers below) are a great solution for those colder mornings and can be removed later in the day when it gets warmer. *Common Brands: Carhartt, Dickies, Arborwear, Patagonia, Wrangler RIGGS, Duluth Trading Company*



Work pants for women that fit well can be challenging to find, so trying on a few styles is recommended. Luckily, all the companies listed above make at least one style of women's work pant, though they are not always as well stocked in stores. Another alternative is **Red Ants Pants**, a women owned and operated company that make work pants with women in mind, right here in the US. Only downside, they are more costly than the brands listed above.



- **Tent:** UCC members must have their own personal tent for use on projects. While a one-person tent is adequate, a two-person will provide more room to spread out and are great for frontcountry hitches where size and weight aren't an issue. A three-season tent will work just fine, just make sure it has a full rain fly that will keep out rain, snow, and wind. Footprints/tarps/Tyvek sheets that go under your tent are recommended for extra protection and waterproofing. Tarp-tents and bivvies are acceptable, but we highly recommend you have previous experience using them and confidence in its ability to handle the diverse weather we get here in Utah. Hammocks are also acceptable, but we recommend you have an alternative as there are not always adequate trees for a hammock where you're camping, and not all national parks allow the use of hammocks on their trees. For tents, we recommend avoiding cheaper brands like Coleman and Walmart. Links [here](#) and [here](#) to REI articles talking about tents and how to choose the best one for you. *Common Brands: Kelty, ALPS Mountaineering, REI, Sierra Designs, MSR, Big Agnes, Mountain Hardware, North Face, or other companies with similar styles and designs.*



Super ultralight backcountry style tents are not necessary for frontcountry hitches, and even if on backcountry hitches you can still use your heavier tent. It's up to you to determine what you are willing to spend and what you are willing to carry.

- **Sleeping Bag:** There are many things to consider with sleeping bags; insulation type, temperature rating, style, and of course, cost. REI has some good articles [here](#) and [here](#) that go into detail the differences between the different options as well as pros and cons of each. All we require is that you have something that is going to keep you warm enough at night throughout the season. Make sure to get a sleeping bag that will fit your size and height, as too big can leave space for cold air near your feet and too small can leave you feeling too cramped. Members should also consider getting a sleeping bag liner which can increase the temperature rating of your bag anywhere from 5-15°F. Down quilt alternatives are fine to use as long as members have experience and confidence using them in colder weather.

The sleeping bag temperatures guidelines that follow are a general recommendation, and your decision should be based on your own personal comfort level and whether you tend to sleep warmer or colder.

- For COLD temperatures: Sleeping bag rated to 0-25°F.
- For WARM temperatures: Sleeping bags rated 30°F and higher, or just a light blanket/sheet for the hotter nights.
- Temperatures in Utah can vary widely based on the season, weather, location, and elevation. Even in the summer at night we can have temps from below 32°F to above 100°F. While this isn't very common, BE PREPARED!



- **Sleeping Pad:** Your sleeping pad has two functions, to give you something comfortable to lay on at night, and to insulate you from the cold ground while you are sleeping. Members can choose between a closed-cell foam pad or an inflatable air pad. Inflatable pads are typically more comfortable and warmer but are more expensive and can be punctured. Foam pads are much more affordable and don't have a risk of being punctured but aren't as warm or comfortable. Some members will double up on sleeping pads for extra padding and support, sometimes using both styles. Consider the [R-Value](#) (warmth) of your sleeping pad when purchasing. If choosing to go with an inflatable air pad, you should consider buying a patch kit in case you get a hole while on hitch. REI article [here](#) about sleeping pads. *Common Brands: Therm-a-rest, ALPS Mountaineering, Big Agnes, Klymit*

- **Duffle Bag/Large Backpacking Pack:** When going on hitch you will need a bag for transporting your personal gear. You will only need a backpacking pack if you will be working on backcountry projects. For frontcountry projects a large duffle bag will work just fine. A minimum storage capacity of 65 liters is required, and larger packs are recommended depending on how much gear you'll be bringing. If getting a backpacking pack, be sure to try them on in person and get one that fits properly. Most gear stores will even let you pack your gear in the pack in the store so you can make sure it's a good fit. Internal frame packs are recommended. REI article about backpacking packs [here](#). *Common Brands: Kelty, Osprey, Gregory, Deuter, REI*



- **Day Pack:** Members are required to have a day pack that will be used to hold their water, food, rain gear, extra layers, PPE, and whatever else they might need for the day. A storage capacity of 20-40 liters is recommended. Like most everything else, it is recommended you try it on and make sure it is a good fit for you. Some members use their large backpacking pack as their day pack rather than purchasing another smaller day pack, which is fine. REI article [here](#) about daypacks. *Common brands: See brands above*

- **Water Containers:** While on projects, you may not have access to water throughout the day and will need to be able to carry at least 6 liters of water for yourself. Utah can get very hot and it is a very dry heat, so your sweat often evaporates quickly so you don't realize how much water you are losing. It is imperative for your health and safety that you carry and drink enough water throughout the day. Nalgene style containers are the most common as they are very durable, but reused Gatorade or other plastic screw top beverage containers will work just fine, though they can break easier over time. Bladder containers are also great options as they will hold a lot of water and pack down well when empty, though they can also get punctured if you aren't careful. *Common brands: Nalgene, MSR Dromedary, Camelback, Platypus*



- **Rain Gear:** Weather in Utah is often unpredictable, and you can't always trust the forecast for the day, therefore you will always want to have set of rain jacket and pants on you and ready to use if necessary. Being soaking wet in cold conditions is a perfect recipe for getting sick or even developing hypothermia. Rain gear should be durable, effective, comfortable to work in, and be able to fit over your normal work clothes. They should be 100% waterproof, not just water resistant. Ponchos or disposable rain jackets are NOT recommended as they aren't as durable and can rip easily. *Common Brands: REI, Marmot, Frogg Toggs, Outdoor Research, North Face, Columbia*

- **Headlamp:** Depending on the time of year you are serving it could very well still be dark when you wake up in the morning to get ready for work, or in the evening while you are still finishing up dinner. And because emergencies can happen at any time, we require all members to have a headlamp. While there are expensive brands and models out there with high lumens and multiple color setting, Walmart sells one for \$10 that will work just fine. *Common Brands: Black Diamond, Petzl, Walmart*



- **Warm Jacket:** Even in the summer it can be cold in the mornings and evenings, so having a jacket of some sort is essential to keeping you comfortable and warm. "Puffy" style jackets with down or synthetic insulation are very popular, but you still want an outer layer as a windbreaker. Many members will just use their rain jackets. A thicker ski jacket works just as well and keeps you warm. A jacket is something you could definitely get from a thrift store or secondhand gear shop.

- **Base Layers:** Also known as thermals or long underwear, this is the first layer of clothing you wear outside of your actual underwear. Being the layers that contact your skin, it is imperative they keep you dry and warm. The best material is Merino Wool as it wicks moisture away from the body, is odor resistant, and is very warm. The only downside is they cost more than others. Other materials include synthetics like polyester and even silk. Cotton material is STRONGLY discouraged as it traps moisture against your skin and can pull heat away from your body. It also takes a long time to dry.
- **Warm Layers:** The key to staying warm is wearing multiple layers which help trap heat between each other, making it harder for the cold to penetrate through. On especially cold days even after the initial base layer you may want to have another 2-3 layers on before your jacket. Having multiple layers allows you to slowly remove them and manage your temperature and comfortability throughout the day as it starts to warm. It is a good idea to have some medium and heavy layers so you have a few options to choose from, and extra if anything gets wet or dirty. Similar to your base layers, wool and synthetics are great material to use, as well as fleece. Cotton can be used in this layer, but it is important to keep it dry and remove it as soon as you notice it trapping any moisture (like from sweating). You could find a lot of different layers at thrift stores and secondhand gear shops.
- **Wool/Synthetic Socks:** Much like your shoes, your socks will play a huge part in keeping your feet comfortable and help prevent blisters. We highly recommend wool, wool blend, or synthetic materials for your socks and to avoid cotton for the same reason listed above. After working a day or two, your socks can start to get pretty gross, so we recommend having enough pairs to wear a new pair every day or two. We also recommend a pair of “tent socks” that you only wear in your tent and that stay clean and dry for the entire hitch. There are some REI articles [here](#) and [here](#) about socks. While hiking socks will work fine as long as they have some decent thickness and cushion, it would be a good idea to have some thicker wool socks for the colder days.
- **Underwear:** Much like your socks, your underwear can get real gross very quickly. In order to prevent any bad chaffing, rashes, or infections you will want to not only change your underwear regularly but keep yourself clean and wash yourself a couple times a hitch (see personal hygiene below). There are two great articles on REI that detail the different styles and materials for [underwear](#) and [sports bras](#).
- **Face Masks:** UCC does provide disposable masks and keeps a box in every work rig just in case one is needed. However, we HIGHLY encourage you to bring a couple reusable ones of your own so we can reduce the amount of waste we are producing as an office.

## RECOMMENDED GEAR

- **Pack Cover:** A pack cover is a rain jacket for your backpack that keeps it, and everything inside of it, dry. We recommend getting one for your larger backpacking pack, especially if are going to be doing any backcountry projects and potentially hiking miles to a worksite in the rain. It is also recommended you get one for your smaller day pack as well (though you could just use the larger one for both bags). Often backpacks will come with pack covers.
- **Drybags/Ziplocs:** While pack covers do a pretty good job keeping your things dry, they don’t always work 100%. And sometimes you must go into your bag while it’s raining to get something. If you have any items you are especially worried about getting wet (food, sleeping bag, clothes, phone, electronics, etc.) it is best to keep these in some kind of water proof bag. Drybags work great and are typically made of durable material but can be expensive. Ziplocs and even trash bags are great cheap alternatives for keeping your items safe and dry.

- **Food Storage Container/Tupperware:** We recommend having a container or two to hold leftovers from dinner and/or hold your lunch and snacks for the day. Food can easily get squished or spill out into your bag, so having a container that seals and whose lid is secure and leak proof will help mitigate this. Ideally you want a container that you can fit more than just a sandwich into.
- **Hat/Cap:** While most of our work requires you to wear hardhats, there are occasions you won't have to. When this is the case it's a great idea to have some kind of brimmed hat to help keep the sun off you. It's also nice to have a hat to wear on breaks, and off work. Consider a hat that also covers the back of your neck.
- **Warm Hat & Gloves:** Similar to your layers, hats and gloves will help keep you warm on those colder days. Wool, wool blends, fleece, and synthetic material are ideal. These can also be thrift store and secondhand gear shop finds.
- **Sunglasses:** Sunglasses cannot be worn during work as PPE unless they are approved by your Regional Coordinator. Lenses must be shatter proof (ANSI Z87.1 certification) and give enough coverage around the eye. To be determined on a case-by-case basis.
- **Camp Clothes:** At the end of the day, most folks want to get out of their dirty, sweaty work clothes and change into something clean and comfortable. You might also want to have a set of clothing for going on hikes at the end of the day. And don't forget a bathing suit as you might be lucky enough to be close enough to a body of water to go swimming. Just make sure whatever you bring for camp clothes are comfortable but still professional.
- **Hiking/River Crossing Shoes:** Your work boots are not always going to be the most comfortable to hike long distances into a worksite or cross rivers in (who wants wet boots all day if we can avoid it?). When this is the case, a good pair of hiking shoes or hiking sandals will come in very handy. Sandals need ankle straps and good tractions on the soles.
- **Personal Hygiene:** Bring what you'll need to be clean and comfortable. This may include:
  - *Small package of baby wipes/baby powder:* great for cleaning up at the end up the day, helps keep camp clothes and sleeping bag clean. Store dirty baby wipes in Ziploc and throw away.
  - *Biodegradable soap:* for if you need a little bit more of a clean than baby wipes can handle
  - *Toothbrush, toothpaste, and floss:* Oral care can easily get neglected on hitch, make a point to get it done.
  - *Chapstick:* or other types of lip balm. Get the kind with SPF
  - *Moisturizer:* Good for people who have dry skin or react poorly to the dry heat here in Utah
  - *Anti-Chafing Products:* Powders and balms to help reducing any skin chafing. Popular products like Body Glide apply easily like a deodorant stick.
  - *Feminine hygiene products:* Remember tampons and pads are trash and should not be placed in any kind of bathroom receptacle or buried in the backcountry. A large Ziploc bag wrapped in duct tape is a clean way to store used toilet paper, wipes, tampons, and pads. The duct tape helps ensure longevity and durability of the Ziploc as well as blocks any visibility inside the bag. Once it starts to get full, you just seal it and toss it.
- **Medications:** UCC provides a medical kit with some medications for emergencies. If you take any medication regularly, or have a prescription medication, it is your responsibility to supply it and bring it with you on hitch. If there are certain conditions your medication must be kept in that might be difficult to do in the field, PLEASE discuss with your staff ASAP so we can work on a solution for you.
- **Sunscreen:** You will be spending the majority of your time outside in the elements, so having adequate protections is important. Depending on where you are from, Utah is most likely higher in elevation and therefore

has higher exposure to the sun. We recommend putting sunscreen on multiple times a day to help prevent uncomfortable sunburns. It is best to get the active sport sunscreen that is also water resistant and has a high SPF.

- Bug Spray/Bug Net:** Depending on the time of year the bugs in Utah can range from non-existent to a small nuisance and all the way to an almost unbearable pest. Bug spray will help deter them, and bug nets will help keep them off your face. If bugs are bad be prepared with long sleeve clothing to cover your arms and legs.
- Watch/Travel Alarm:** You are responsible for waking yourself up in the morning and being ready on time. While most people will use their phones as alarms, if you are a heavy sleeper, it might be a good idea to have another alarm set. Make sure to keep your phone charged!
- Personal Stove:** While UCC provides a stove and cookware that can be used at camp for breakfast and dinner, sometimes when you are at the worksite it is nice to have a warm lunch, especially on those colder days. If you own your own small/smaller personal stove, like a Jetboil or MSR Pocket Rocket, you are welcome to bring it to the worksite and cook yourself something warm for lunch. If lunches end up going long, or messes are being made and not cleaned up, you will be asked to no longer bring it.
- Bandana/Washcloth:** Bandanas are very versatile, and it is recommended you have a couple on you while on hitch. They are great as headbands to collect sweat, handkerchiefs for blowing your nose, or rags for cleaning yourself up if needed.
- Camp Chair:** While some of your worksites may have picnic tables for you to sit at, it is not always a guarantee. Having a camp chair to be able to sit on and get yourself off the ground can make all the difference at the end of a long workday.
- Small Pocket Knife/Multi Tool:** A good pocketknife or multi tool comes in handy more often than you'd think.
- Sewing Kit/Patch Kit:** There are many things that can tear and rip while you are on hitch (clothing, tents, backpack, sleeping bags, etc). Having a small kit with some needle thread and patches can be a life saver if needed.
- Neoprene Gloves and Socks:** These are typically only useful when you are going to be working in cold water for long periods of time. They are certainly not required, and the majority of members don't get them.

## FUN PERSONAL GEAR

- Books/Something to Read:** Being away from service is the perfect excuse to start that book you've been dying to read
- Journal/Pens:** Start journaling and taking notes of your experiences, and write your loved one's letters
- Deck of Cards/Games:** Keeps everyone happy and having fun playing games around camp at the end of that day
- Camera:** Capture photos of everything you're experiencing and submit them to the UCC Instagram!
- Musical Instruments:** While we need to try to be respectful of our noise, nothing wrong with starting a crew family band.

### Online Outdoor Gear Retailers

- ❖ *rei.com*
- ❖ *backcountry.com*
- ❖ *backcountrygear.com*
- ❖ *enwild.com*
- ❖ *camp saver.com*
- ❖ *campmor.com*
- ❖ *moosejaw.com*
- ❖ *sierra.com*
- ❖ *ems.com*
- ❖ *evo.com*
- ❖ *bentgate.com*
- ❖ *gearx.com*
- ❖ *geartrade.com*
- ❖ *steepandcheap.com*
- ❖ *hiltonstentcity.com*
- ❖ *earthsedgeusa.com*
- ❖ *outdoorplay.com*
- ❖ *llbean.com*
- ❖ *mountaingear.com*
- ❖ *theclymb.com*

### Physical Outdoor Gear Stores

- ❖ *REI*
- ❖ *Cabela's*
- ❖ *Sportsman's Wearhouse*
- ❖ *small independent gear stores*