



## Equipment List: Burlington Crew

Burlington Crew will be staying in the basement of a local church. There will be access to a full kitchen and bathrooms, but showers will be accessed back on the UVM campus only a few times during the week. This means, it is important for you to prepare appropriately! While you will not be hiking or moving from site to site, space is very limited at our host churches, so please do not bring items not on this list. Thanks for your cooperation.

### Purchasing Equipment:

While we want you to bring equipment that will ensure an enjoyable experience, we also recognize that prices for equipment can add up quickly.

Listed below are some other money-saving ideas for Service TREK equipment:

1. You can usually get some great deals online if you check out sites that specialize in discounted brand name gear like [campmor.com](http://campmor.com) or [sierratradingpost.com](http://sierratradingpost.com). Stores like Eastern Mountain Sports and REI also tend to post sale items online. EMS in particular offers a college student discount, so bring along your CatCard!
2. Thrift shops, Army Surplus stores, and Outdoor Gear Exchange (here in Burlington) shops often have raingear, wool pants, and long underwear at lower costs than sporting goods stores. The quality is usually good!
3. TREKKIES who are awarded TREK financial support have the option for a no-cost rental from the UVM Outing Club. If you have any questions about this, please get in touch with our logistics team.

### Recommended Clothing and Personal Gear:

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| ___ 1 pair of jeans or comfortable work pants                      | ___ 1 pair of comfortable closed-toe shoes<br>(sneakers or hiking boots)               |
| ___ 1 pair of pants that can be worn in rainy<br>conditions        | ___ 5 pairs of socks   |
| ___ 2 pairs of comfortable shorts                                  | ___ 1 pair of heavy-duty work gloves   |
| ___ 1 pair of sweatpants   | ___ 1 baseball cap or sun visor  |
| ___ 1 heavy cotton or fleece sweater                               | ___ 1 day-trip backpack  |
| ___ 1 light nylon windbreaker (good anti-<br>mosquito layer)       | ___ 1 sleeping bag   |
| ___ 4 T-shirts   | ___ 1 foam sleeping pad (such as<br>Ensolite, Thermarest, or Ridge Rest)               |
| ___ 1 waterproof rain jacket (no ponchos,<br>breathable preferred) | ___ 1 one-quart water bottle   |
| ___ 5 pairs of underwear   | ___ toiletries (toothbrush, toothpaste,<br>sunscreen, lip balm, soap, shampoo,<br>etc) |
| ___ 1 bathing suit   | ___ 1 towel  |

*\*If you wear contact lenses, please bring your prescription glasses as a backup!*

*\*Shower facilities are only guaranteed a few times during the week. (You can make it!)*

Other optional items: personal journal, favorite recipe for a group, gaiters, sunglasses, cotton bandanas, camera, small musical instrument, readings to share, hackeysack, sandals for evening.

**Packing your Gear:** The better you pack your gear, the more space you will have to fit incidentals and the easier it will be to find things. Here are a few tips on conserving space.

1. All of your gear (with the exception of your sleeping bag and pad) should be packed in either a duffel bag or backpack. Space is a serious factor; you may not bring anything not on the list.
2. If you are allergic to bee stings or use an inhaler, please keep your medicine easily accessible.

### **Service TREK**

#### **UN-equipment List: Burlington CREW**

The following is a list of items that you may NOT bring with you on TREK. These items are considered hazardous to personal safety and to the safety of other group members and/or the environment. In order to provide all TREK participants with a safe environment, please do not bring these items on TREK:

- Alcohol and other drugs\*
- Cigars, cigarettes, and chewing tobacco
- Fireworks
- Hatchets or survival knives (blades more than three inches long)
- Laptops, tablets, and other expensive personal technology
- Curling irons/straighteners/hair dryers
- Any other clothing not listed on the equipment sheet (no extra layers, sweatshirts, sweatpants, etc.)

\*As Service TREK is a university program, possession of illegal substances must be reported to the campus judicial system and the University of Vermont Police. Drugs, alcohol, controlled substances, and fireworks are not allowed on campus. If you bring other items listed with you to campus (i.e. TV, curling iron, extra clothing), please store them with your belongings in the residence hall until you return from TREK. **Please make intelligent choices in this regard.** Thank you for your cooperation. If you have questions or concerns, please feel free to contact our office at (802) 656-2060.

#### **TREK is a Substance & Tech Free Adventure:**

In addition to bringing appropriate gear, you are required to abstain from the use of tobacco (cigarettes or chewing), alcohol, and other drugs while participating on Service TREK. This policy is designed to ensure the safety and inclusion of all members of the group, and our first priority with TREK is to provide for the physical and emotional safety of all participants. *Violation of this policy will result in your removal from the TREK program and disciplinary action from the university judicial system.* Not a great way to kick off your UVM experience, so keep it sub-free!

Also, we highly encourage that you un-plug for TREK. In order for you to completely immerse yourself in meeting your new BFFs and doing some important work for the community, we need you to be fully present. Don't worry, if you absolutely need to get in touch with loved ones (or they with you) for emergencies, TREK leaders will have cell phones and as the Service TREK Director I will be on call and accessible during the whole trip.

#### **Let's Recap –**

- Pack it vs. Don't Pack it---please follow our guidelines.
- No drugs, booze, or smoking. Period.
- Unplug---we want all of you!
- Join us on Facebook & connect with us over the summer (email, snail mail, Google hangout).
- Get ready for an adventure!

See you all very soon!

Laura Megivern, Director of Service TREK