



Gear List for Virgin Islands Volunteer Trip

INTRODUCTION AND WEATHER

The key to staying comfortable while on an active trip is layering. To get maximum comfort with minimum weight, you need versatile layers that mix and match to create the right amount of insulation, ventilation and weather protection. This gear list has been created to help you choose your equipment for the trip. Average daytime temperatures in and around the Virgin Islands generally range from 73 to 87 degrees F. Days are generally clear and pleasant, with occasional showers in the early morning and at night. All day rain is unusual. Volunteers work unless there are unusually severe weather conditions. Please come prepared for all possibilities and equipped with good raingear.

RECOMMENDED GEAR

OFFICIAL PAPERS

- Airline tickets, itinerary and confirmation
- Valid Passport
- Proof of emergency medical and evacuation insurance

LUGGAGE

- Soft sided suitcase, duffel or backpack
- Small Daypack (approx. 2,000-2,500 cu. in.) to carry your lunch, camera, water bottles, extra clothing
- Passport pouch and money belt

OUTERWEAR

- Hooded rain jacket, waterproof and breathable
- Rain pants, waterproof and breathable
- Rain cover or large plastic bag for your daypack

FOOTWEAR

- Sturdy hiking boots, waterproof, broken in, aggressive tread.
- Comfortable shoes for travel & after-work wear
- Flip-flops for showers and in tents

CLOTHING

- A few lightweight, casual, easily washable items for travel and wearing after work
- Lightweight sweater for the evening
- Hiking shorts, lightweight and synthetic
- Hiking pants, lightweight and synthetic (Zip-off pants are dual purpose)
- Long-sleeve shirt(s)
- T-shirts, quick dry
- Hiking Socks (synthetic or wool) and liner socks
- Sleepwear appropriate for mixed group exposure
- Underwear

CLOTHING ACCESSORIES

- Sun hat
- Bandana
- Leather gloves for work, two pair
- Safety glasses (or similar eye protection)
- Kneepads for kneeling while working (optional)
- Swimsuit, and rashguard for swimming (optional)
- beach towel

TRAVEL ACCESSORIES

- Light sleeping bag or liner (cot provided) and camp pillow
- Two (2) one-quart water bottles or hydration system
- Plastic container(s) (reusable) for lunches
- Flashlight or headlamp and spare batteries/bulb
- Sunglasses and retainer strap
- Sunblock and lip balm
- Toiletry kit
- "Quick-dry" towel
- Personal prescription medication
- Personal first aid kit
- Insect repellent
- Electrical plug adapter

OPTIONAL FIELD GEAR

- Camera, and spare batteries
- Small binoculars
- Hiking stick or trekking poles
- Watch or clock with alarm
- Spare contact lenses or glasses
- Baby Wipes or hand sanitizer gel
- Earplugs (for sleeping)
- Reading and writing materials
- Plastic garbage bags to line duffel bag if it rains
- Whistle
- Small thermos



Gear List for Virgin Islands Volunteer Trip (Cont'd.)

Things to Consider

- Always pack essential items such as your passport, money, eyewear, medications and one set of spare clothes in your carry-on baggage, in case your luggage is delayed.
- Cotton is wonderful in warm weather. However, once it becomes wet, it will drain your body heat. Consider bringing wool or synthetics such as Capilene®, MTS® and Thermax®.
- Always test your layers before a trip. Your outer layer should fit easily over the inside ones without binding and bunching up.
- Always make sure boots are broken in. Bring moleskin for foot treatment. Thin liner socks worn under regular hiking socks may minimize the risk of blisters. The liner sock should be synthetic, not cotton.
- Remember to notify your credit card companies about your travel to the Virgin Islands

We are looking forward to enjoying this trip with you. If you have any questions about the gear list, please contact your trip leader at virginislands@conservationvip.org