



## 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, use quick drying, **non-cotton** layers to create the right amount of insulation, ventilation, and weather protection. This list will help you choose gear for the trip.

Average daytime temperatures generally range from 73 to 87 degrees F with humidity ranging from 58 to 90%. Days are clear, pleasant, but can be hot, with occasional showers in the early morning and at night. All day rain is unusual. Volunteers work unless there are severe weather conditions. Please come prepared for all possibilities.

### GEAR CHECK LIST

#### **OFFICIAL PAPERS**

- Airline tickets & itinerary
- Valid passport (if necessary)
- Final Bulletin
- Medical/evacuation/travel insurance documents
- Vaccination record(s)

#### **LUGGAGE**

- Soft sided wheeled duffel/suitcase/backpack
- Daypack (~20/30L) to carry lunch, water, gloves, extra clothing
- TSA-approved luggage locks

#### **OUTERWEAR**

- Waterproof, breathable rain jacket with hood
- Waterproof, breathable rain pants
- Rain cover or plastic bag for daypack

#### **FOOTWEAR**

- Sturdy hiking boots, waterproof, broken in, aggressive tread
- Comfortable shoes for camp and walking
- Sandals or flip flops for beach/shower

#### **CLOTHING AND ACCESSORIES**

- Full length hiking pants, synthetic, quick dry
- Long sleeve shirts, quick dry
- T-shirts, quick dry
- Shorts
- Socks
- Hiking socks (synthetic or wool)
- Liner socks
- Underwear
- Sleepwear appropriate for group exposure
- Lightweight jacket/sweater
- Leather gloves required for volunteer work
- Safety glasses or similar eye protection required for volunteer work
- Swimwear & (optional) rashguard
- Swimwear coverup(s)
- Sun hat
- Bandana
- Lightweight beach towel
- Face mask

#### **TRAVEL ACCESSORIES**

- Lightweight sleeping bag or liner (cot is provided)
- Two one-quart water bottles or hydration system (3L max)
- Headlamp + spare batteries
- Sunglasses
- Glasses, contact lenses
- Mineral sunscreen
- Lip protection
- Hand sanitizer and wipes
- Toiletry kit
- Insect repellent
- Prescription medications
- Personal medical kit
- Small "quick-dry" travel towel
- Earplugs (for sleeping)

#### **OPTIONAL**

- Cell phone, charger
- Camera, charger, memory
- Binoculars
- Hiking stick or trekking poles
- Reading/writing materials
- Garbage bag to line duffel
- Whistle
- Small sit pad for lunch (can be used as knee pad also)
- Lightweight sleeping pad
- Blow-up pillow
- Buff



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

### Reminders

- Pack essential items such as your identification, money, eyewear, medications and spare clothes in your carry-on baggage
- Cotton will drain your body heat when it becomes wet. Consider wool or synthetics such as Capilene®, MTS® and Thermax®.
- You must wear long pants and a long-sleeve shirt while participating in the volunteer work.
- Test your gear before a trip. Outer layers should fit over the inside layers
- Make sure boots are broken in. Bring moleskin for foot treatment. Thin liner socks worn under regular hiking socks can minimize the risk of blisters.

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](mailto:virginislands@conservationvip.org)