

Required Gear for SCA Crews

Sleeping (If you are commuting from home to your crew daily, you will not need the items in the Sleeping section.)				
Number	Item	Description	Why do I need this?	✓
1	Sleeping bag with appropriate stuff sack	Synthetic or down filled; rated to 35 degrees Fahrenheit or below; packed in it's stuff sack	For sleeping of course	
1	Sleeping pad	YES: Closed-cell foam or self inflating (like ThermaRests) NO: Air mattresses or open-cell foam (egg crates)	To keep you comfortable and prevent your body from losing heat to the ground	
1 set	Sleeping clothes	Something dry and clean to wear at night	Yup, for sleeping	
1	Headlamp	Battery powered light that can be worn on your head	For evening chores, reading in your tent, or going to the bathroom at night	
1 Set	Extra headlamp batteries	Batteries to replace the ones in your headlamp when they die	Headlights are important for safe maneuvering at night	

Eating and Drinking				
Number	Item	Description	Why do I need this?	✓
1	Fork and spoon (sporks are cool too)	Metal, wood or durable plastic	You guessed it, for eating	
1	Container with a tight fitting lid	Plastic or metal containers work well	You will pack a lunch everyday to bring to the worksite	
1	Bowl	Unbreakable	For eating meals at your camp/living site	
1	Mug	Unbreakable insulated mug	For hot drinks in camp...mmmm	
2	Water bottles	Enough to hold at least 2 quarts of water. Nalgene, canteens and reused juice or water bottles all work fine. If you bring a hydration system (like a Camelbak), you must also bring 2 water bottles in case your hydration system springs a leak.	Dehydration makes people grumpy, gives them headaches, and leads to serious health issues if it becomes severe. You will often be working away from camp for 8 hours and may not have access to water at your work location.	

Hands				
Number	Item	Description	Why do I need this?	✓
2 pair	Work gloves	Heavy work gloves with leather palms or made completely of leather	You will wear these to protect your hands whenever you are working with tools. That means almost everyday for up to 8 hours a day!	
1 pair	Warm gloves	Wool or synthetic gloves	To keep your hands warm on chilly mornings and evenings	

Feet				
Number	Item	Description	Why do I need this?	✓
1 pair	Work boots	High-top boot made of leather or other durable material	To protect your feet from the heavy tools that you will be using and to keep your feet and ankles safe while hiking on uneven terrain	
1 pair	Camp shoes	Fully enclosed shoes; no "Cros" or other shoes that do not fully enclose your feet	To give your feet a break from your heavy work boots and protect your feet from sharp objects, hot water, fire and stoves while you are in the camp "kitchen". You will not be allowed into the kitchen without shoes that fully enclose your feet.	
4 to 7 pair	Socks	Wool or synthetic; tall enough to go above the top of your work boots	Warm feet are happy feet. Wool or synthetic socks will keep your feet warm even when they are wet from sweat, puddles or mud. Tall socks mean that the tops of your work boots won't chafe your ankles.	

Head				
Number	Item	Description	Why do I need this?	✓
1	Warm hat	Wool or synthetic are best	To keep your head warm on chilly mornings, evenings and rainy days	
1 or 2	Bandanas	Cotton bandanas	Useful for all kinds of things like washing your face, covering your head, drying your hands...	
1	Sun hat or baseball cap	Pick one that's easy to travel with and that you won't mind getting dirty	For keeping the sun out of your eyes when you are not wearing your hard hat	
1 pair	Safety glasses	Glasses or goggles made to protect your eyes from flying dust and debris. If you wear glasses to help you see, make sure your safety glasses fit over them!	To protect your eyes when you are working with tools	
1	Sock or glasses case for your safety glasses	A big old sock works great, or a case made specifically for the glasses	To protect them from scratching; it's really hard to see through glasses that are all scratched up	
1 pair	Sunglasses	Glasses that protect your eyes from ultraviolet rays	To protect your eyes. You'll be outside all day every day!	
1	Sock or glasses case for your sunglasses	A big old sock works great, or a case made specifically for the glasses	To protect them from scratching; it's really hard to see through glasses that are all scratched up	

Upper Body				
Number	Item	Description	Why do I need this?	✓
1	Rain coat	Waterproof; NO ponchos (they flap around in the wind and don't protect you well when you are working)	Getting wet means getting cold, and getting cold can lead to serious health risks (like hypothermia) when you live outside. Be sure to choose a raincoat that is waterproof!	
1	Swimsuit top	Plan to bring a less revealing bathing suit like a one piece or a jog bra or rashguard top and shorts; no bikinis	You might just have the chance to go swimming with your crew	
1 or 2	Cotton t-shirts	Cotton	Cotton breathes well and is great for sleeping in or wearing in camp or on trips into town; you will also receive 1 SCA cotton t-shirt when you arrive	
2 or 3	Non-cotton t-shirts	Wool or synthetic material	You are going to get sweaty and dirty and will probably get rained on. These shirts will help you to stay warm even if they are wet from sweat or rain.	
1	Long sleeve shirt	Cotton or non-cotton; a long sleeve button down is a good option for easy thermal regulation	There will be bugs and hopefully some sun on your crew. A long sleeve shirt can help to protect you from both.	
1	Long underwear top	Mid to heavy weight; wool or synthetic material	To keep you warm! To wear as your first layer on chilly evenings, mornings and rainy days, or as pajamas on cold nights.	
1	Jacket/sweater	Mid-weight windproof fleece or non-cotton sweater	To keep you warm on chilly evenings, mornings and rainy days	
1	Warm jacket	Warm mid to heavy-weight jacket that can fit over your other layers	To keep you even warmer on cold evenings, mornings and rainy days	

Lower Body				
Number	Item	Description	Why do I need this?	✓
1 pair	Rain pants	Waterproof (not water resistant) and durable	Did we mention that getting wet means getting cold and getting cold is dangerous when you live outdoors? You'll wear these on rainy work days, so make sure they're durable.	
1 to 2 pair	Shorts	Shorts	For swimming or recreation days	
1	Swim suit bottom	Shorts or other non-revealing bathing suit bottom; no bikinis or "Speedo"-type bottoms	If you're using shorts as a swim suit bottom, you can skip this one	
Enough for a week	Underwear	Cotton or synthetic are fine; you'll usually have a chance to wash them each week	We're guessing you don't need an explanation on this one	

1 pair	Long underwear bottoms	Mid to heavy weight; wool or synthetic material	One more item to keep you warm! To wear as your first layer on chilly evenings, mornings and rainy days, or as pajamas on cold nights.	
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Lower Body continued

<i>Number</i>	<i>Item</i>	<i>Description</i>	<i>Why do I need this?</i>	✓
2 to 3 pair	Work pants	Durable pants like Dickies, Carharts, Arborwear or comfortably fitting jeans. Avoid lightweight hiking pants that will rip easily.	You will wear these all day everyday while you are working. Their job is to protect your legs from the environment when you're interacting with dirt, rocks and heavy tools all day long.	

Packs

<i>Number</i>	<i>Item</i>	<i>Description</i>	<i>Why do I need this?</i>	✓
1	Large backpack or duffel bag	<u>Backpacks:</u> External or Internal frame. External frames should have an "H" shape frame. Backpacks should have a 3000 to 5000 cubic inch or 65 to 75 liter capacity. Your pack also needs to have a padded waist belt and padded shoulder straps. <u>Duffel Bags:</u> For crews that are not backpacking; large enough to carry all of your clothes and gear.	To carry your sleeping bag, sleeping pad, clothes, and group food and gear when travelling between camp sites.	
1	Small backpack	Small backpack; school backpacks work fine	To carry everything that you need for the full workday when you're away from camp: water, food, rain jacket and rain pants, extra socks...	

Hygiene

<i>Number</i>	<i>Item</i>	<i>Description</i>	<i>Why do I need this?</i>	✓
1 set	Biodegradable soap and shampoo	Small travel-size is best	You may have the opportunity to shower during your crew, but many crews bathe outdoors near their camp site. Biodegradable soap and shampoo have less of an impact on the environment.	
1 set	Toothpaste and toothbrush	Small travel-size is best for toothpaste	Clean teeth and fresh breath are important when you're living and sleeping in close quarters with your crew mates	
1	Brush or comb	Small is good	Well...	
Enough for the length of your crew	Feminine hygiene products	Bring whatever you normally use; it's best to pack it in a resealable plastic bag to keep things dry	Visit the Crew Experience page on www.thesca.org for more information about taking care of feminine hygiene during your crew	

1	Lip balm	Your choice	Sun, wind and cold can chap lips quickly and lead to uncomfortable split lips	
Enough for the length of your crew	Sunscreen	SPF 30 or higher	You'll be outside everyday for your whole crew!	

Miscellaneous required items				
<i>Number</i>	<i>Item</i>	<i>Description</i>	<i>Why do I need this?</i>	✓
2 sets	Medications	Two sets of any medications that you listed on your SCA medical form, including inhalers and Epi-pens	It's not easy to replace lost or ruined medications during a crew; having two sets is really important	
N/A	Crew leader phone numbers	Put these numbers in your phone or notebook before you travel	You'll need these to contact your leaders if you get delayed on your trip to your crew	
N/A	SCA Emergency Number - 1-800-YO-SOGGY 1-800-967-6449	Put this number in your phone or notebook before you travel	This number will reach SCA staff 24 hours a day, 365 days a year. Use it if you are in an emergency situation.	

Optional Gear for SCA Crews				
Optional Items				
<i>Number</i>	<i>Item</i>	<i>Description</i>	<i>Why would I want this?</i>	✓
1 pair	Sandals	Open shoes, like sandals or "Crocs"	To give your feet a chance to dry out when you are in camp and not in the "kitchen" area. They can't be worn in the camp kitchen, so you will still need the required pair of fully enclosed camp shoes.	
1	Sheet or lightweight sleeping bag liner	Something lightweight that you can sleep in if there are very hot nights	If you are serving in a hotter climate, you might want a lightweight option for super hot nights	
1	Small, lightweight camp pillow	Small travel or camp pillow	Can be a lot more comfortable than sleeping on a lumpy stuff sack	
1	Journal or book	Small and lightweight; packing it in a Ziploc with a pen or pencil will keep things dry and together	For reflecting on your experience, writing down awesome recipes, drawing, reading...	
1	Towel	Small and lightweight is best	For swimming, drying hands, etc.	
Small package	Wet wipes	A small pack is plenty	Can be helpful for bathroom hygiene on longer trips without running water. Will need to be packed out of the backcountry with other trash.	

4 to 5	Resealable plastic bags	Small and large plastic bags that can be zipped shut	Useful for packing out wet wipes or feminine hygiene products. For more privacy, wrap them in duct tape before the trip. Also handy for storing items like books or journals that you want to keep dry.	
N/A	Nylon stuff sacks	Small nylon bags	Can be handy for organizing your gear in your tent or backpack	

Optional Items continued				
<i>Number</i>	<i>Item</i>	<i>Description</i>	<i>Why would I want this?</i>	✓
1 to 3	Small bags	Nylon, resealable plastic, etc.	To store your personal items that your crew leader will hold for you during the crew (cell phone, iPods, etc.); to store your plane tickets, passport and other important items	
1	Sewing kit	Needle and thread	Crew Leaders will also have a sewing kit in the first aid kit, but this can be handy if you need to make small repairs to ripped clothing	
1	Camera	Small reusable or disposable camera	Your crew leaders will collect your phone when you arrive, so you won't be able to use it to take photos	
1	Camp chair	Small, lightweight fabric chairs that provide a backrest and thin cushion when you sit on the ground	These can be comfortable in camp when you can't find the perfect log, rock or picnic table bench to sit on	
1	Shaving razor	Non-electric razor	If it is important to you to shave during your crew	
1	Watch	Something inexpensive that can get wet and dirty	You won't have your cell phone to keep track of the time	
1 set	Extra batteries for your camera	The size needed for your camera	It's no fun to have a camera with dead batteries	
N/A	Small games, deck of cards	Games should be small and easily packable; no electronics	You'll have time in the evenings to relax with your crew mates and leaders	
\$50-\$100	Money	Credit cards are safer for travel, but cash is fine as well	In case you run into delays while travelling, or want to purchase something on days your crew is in town	
1 set	Clean clothes for your trip home	To wear for your travel home	You might be proud of how you smell after weeks in the woods, but other travelers may not be so excited about it!	

<i>Prohibited Items</i>	<i>Explanation</i>
Alcohol	SCA prohibits alcohol use during SCA programming. Since crew members are officially under SCA's supervision as soon as they arrive for their crew, alcohol use is prohibited during the entire crew.
Tobacco	SCA prohibits all tobacco use during SCA programming. Since crew members are officially under SCA's supervision as soon as they arrive for their crew, tobacco use is prohibited during the entire crew.
Non-Prescription Drugs	SCA is a drug free workplace. The only drugs permitted on crews are medications that you listed on the medical form you submitted to SCA.
Firearms	Crew members are prohibited from using or touching firearms and ammunition.
Explosives	SCA members and staff are prohibited from tending, assisting, or participating in any explosive or blasting activities.