



Alberta Junior Forest Ranger Program
Camp Based: Personal Equipment List
 Recommended gear for leaders and crew members



ITEMS MARKED WITH "☐" ARE ESSENTIAL, "○" ARE OPTIONAL
Maximum Storage Capacity per Member is 100L storage plus Backpack and Sleeping Bag)

No laundry services available during the eight days of training.

FEET	<input type="checkbox"/> Steel Toe CSA Approved 8" Work Boots <input type="checkbox"/> Socks- light wool or cotton blend work socks <input type="checkbox"/> Runners- lightweight, for general use <input type="checkbox"/> Hiking boots (used or broken in) <input checked="" type="radio"/> Rubber boots, sandals/flip flops for showers <input checked="" type="radio"/> Gaiters	PERSONAL	<input type="checkbox"/> Backpack, large ~60L <input type="checkbox"/> Sleeping bag– -5 to -12°C; compact. <input type="checkbox"/> Liner for sleeping bag – easier to wash a liner than to wash sleeping bag. <input type="checkbox"/> Pillow and pillow case <input type="checkbox"/> Sleeping Pad– self inflating or thin foam <input type="checkbox"/> Alarm clock <input type="checkbox"/> Sun block or 30+ sunscreen <input type="checkbox"/> Insect repellent <input type="checkbox"/> Personal toiletries (Biodegradable soaps) <input type="checkbox"/> Towel and washcloth <input type="checkbox"/> Whistle <input type="checkbox"/> Water bottle- 1L <input type="checkbox"/> Small flashlight or headlamp <input type="checkbox"/> Pocket knife (avoid multi-use knives) <input type="checkbox"/> Personal First-Aid kit for blisters, bites, etc <input type="checkbox"/> AnaKit or EpiPen if required by Doctor. <input type="checkbox"/> Personal prescription medication <input type="checkbox"/> Personal identification <input type="checkbox"/> Health care number <input type="checkbox"/> Laundry detergent <input type="checkbox"/> Laundry Coins (\$1, \$2, \$0.25) <input checked="" type="radio"/> Sunglasses - with UV protection <input checked="" type="radio"/> Lip Balm/Sunscreen <input checked="" type="radio"/> Sewing/mending kit <input checked="" type="radio"/> Waterproofing agent for boots <input checked="" type="radio"/> Cup, Bowl, Spoon for out-trips <input checked="" type="radio"/> Nylon stuff-sacks - two or three <input checked="" type="radio"/> Day pack <input checked="" type="radio"/> Sleeping bag liner or bed sheet
LOWER BODY	<input type="checkbox"/> Underwear <input type="checkbox"/> Long underwear– cotton free <input type="checkbox"/> Work pants– old pants, jeans <input type="checkbox"/> Hiking pants– nylon/cotton blend <input type="checkbox"/> Rain pants– lightweight and waterproof <input type="checkbox"/> Bathing suit/shorts <input checked="" type="radio"/> Wind pants - light, uncoated nylon <input checked="" type="radio"/> Belt		
UPPER BODY	<input type="checkbox"/> Underwear top– cotton free <input type="checkbox"/> Thin wool/fleece sweater <input type="checkbox"/> Thick wool sweater or fleece jacket (two) <input type="checkbox"/> Rain jacket WITH hood <input type="checkbox"/> T-shirts <input type="checkbox"/> Long-sleeved shirts <input type="checkbox"/> Nylon windbreaker or windproof anorak		
HEAD NECK HANDS	<input type="checkbox"/> Work gloves- two pairs <input type="checkbox"/> Safety glasses CSA Approved <input type="checkbox"/> Hat <input type="checkbox"/> Wool/fleece mitts or gloves <input type="checkbox"/> Wool/fleece toque <input checked="" type="radio"/> Nylon mitt shells		
OTHER OPTIONS	<input checked="" type="radio"/> Fishing Rod and Tackle (and valid license) <input checked="" type="radio"/> Camera (restrictions are applied) <input checked="" type="radio"/> Journal and pen (strongly recommended) <input checked="" type="radio"/> Compass <input checked="" type="radio"/> Musical Instrument <input checked="" type="radio"/> Books <input checked="" type="radio"/> Binoculars <input checked="" type="radio"/> Cards <input checked="" type="radio"/> Other compact hobbies or games		

Important info:

- Equipment does not need to be new! Goodwill and second-hand stores often have an assortment of very functional wool and work clothing. Parents and grandparents can also be sources of warm wool clothing.
- Personal items should be marked with your name.
- Participants are requested to leave their cellular phones, electronic devices and other valuables at home. The JFR program will not be responsible for any personal property that is lost, stolen or damaged during the program.
- 'Smellies' like lotions, tooth paste, lip balm, laundry detergent, etc. should be stored in a mesh bag or tote as they will be NOT be permitted in the tents for bear safety.
- Rubbermaid style totes have been found to be the best method of transporting/storing personal items. They have proven water and mice resistant, and can serve as shelves/tables in the tent.