

HELPER-GUIDE

ZIVILE SPONTANHILFE

PACKING LIST

Personal protective equipment (PPE)

- Headgear** To protect against sunlight or cold. Depending on the activity, a protective helmet may also be useful.
- Hearing protection**
For activities with noise pollution.
- Safety glasses**
To protect your eyes from dust or splinters, for example.
- Weatherproof, long clothing**
To protect against injuries or contamination of the skin.
- Safety vest**
So that you can be seen better.
- Sturdy work gloves (+ spare pair)**
For physical work, it makes sense to especially protect your hands from contamination and injury.
- Sturdy footwear**
Rubber shoes protect well against moisture, hiking boots that also go over the ankles, safety shoes are ideal.
- Special equipment**
Coming with your chainsaw? Remember your cut resistant trousers! Many activities require their own equipment, which you should bring with you.

Change of clothes for different weather conditions

Overnight stay

- Sleeping bag
- Sleeping mat
- Blanket
- Pillow

Technology

- Torch
- Spare batteries
- Power bank
- Charging cable



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Catering

- Food** Packaged and can be stored unrefrigerated
- Drinks**
Min. 2 litres of water per day
- Camping dishes**
- Cutlery**
- Garbage bags**
- Dishwashing liquid**



Hygiene

- Disinfectant**
- Toilet paper**
- Towels**
- Travel detergent**
- Swimwear and flip-flops**
- Medication if needed**
- Moisturizer cream**



Documents

- Identity card**
- Driving licence**
- Health insurance card**
- Vaccination certificate**
- Emergency/allergy pass**
- Proof of skills**

Pack all documents in a waterproof bag and carry them close to your body!



Other

- Pocket knife / Multitool**
- Tape**
- Card game** (for after work)

