



Packing List

Packing List Tips

- DO NOT BUY NEW SHOES unless you have properly broken them in by wearing them at least a week before departure. Sore feet and blisters can make a person very unhappy on an adventure.
- Everything you bring you are expected to transport on the trip to and from vans and tents. Pack the essentials. Less is more.
- Electronics won't be necessary. Trip leaders will have cellphones on them at all times. For pictures, bring disposable cameras. True Friends staff will be taking picture on the trip that you will be given.

Gear List

- ___ Sleeping bag
- ___ Water bottle
- ___ Flashlight/Headlight

Clothing

Have breathable/quick drying clothing will make for a more comfortable and enjoyable experience.

- ___ Rain Suit (Both pants and jacket, used for rain and windbreak on cool days)
- ___ Light weight and breathable shirt (2 long, 2 short)
- ___ 1-2 Pairs of shorts
- ___ One pair long pants
- ___ 8-10 of underwear
- ___ Three pairs of tall hiking socks (Wool socks are recommended)
- ___ One pair of hiking boots/shoes
- ___ One pair of sandals with heel straps (Teva, Chacos, ect. Please no flip-flops)
- ___ One Fleece or sweatshirt
- ___ One hat (For the sun)
- ___ Swimming suit
- ___ Small towel
- ___ Sunglasses
- ___ One pillow case (when all your clothes are packed into, it make a great pillow)

Personals

- ___ Toothbrush
- ___ Toothpaste
- ___ Deodorant
- ___ Bug spray
- ___ Sunscreen
- ___ Lip Balm

- ___ Body soap, shampoo

Optional Gear

- ___ Deck of cards
- ___ Camera
- ___ Camping pillow
- ___ Fishing Gear (remember everything you bring, you will need to carry.)
- ___ Dry bag (Large durable bag to keep clothes dry. Ex. Zip-lock or pack liner from REI)
- ___ Good book
- ___ Journal