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
- Good book
- Camera
- Journal
- 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)