

## True Friends Travel Packing List



Please label ALL clothing and personal items. We strive to keep track of all items but care of the participant is our first priority. Please do not send valuable or new items. Contact us immediately if you are missing an item. We will make every effort to find it. Below is a general list of items to pack, please adjust to the specific of the trip, time of year, and weather.

CLOTHING	# Sent	# Returned
Jacket/Raincoat (1)		
Shoes (walking shoes recommended)		
Undergarments		
Pants (3)		
Shorts (6)		
Shirts/Tops (6)		
Sweater/Sweatshirt (1)		
Socks (6)		
Pajamas (2)		
Swimwear (1)		
Other		
Recommended numbers are based on 6-day stay. Please adjust accordingly for longer or shorter stays		

TOILETRIES	# Sent	# Returned
Toiletry Bag		
Brush and/or comb		
Toothpaste		
Toothbrush		
Mouthwash		
Deodorant		
Shampoo		
Soap		
Sunscreen (SPF 15+)		
Washcloth		
Towel		
Razor		
Other -		
We recommend bringing travel size toiletries. All toiletries should be packed in a plastic bag and placed in your checked-bag. No liquids, gels, or lotions in the carry-on bag (if a flight trip).		

MISC. ITEMS	# Sent	# Returned
Dentures		
Hearing Aid		
Extra Batteries		
Glasses		
Communication Device		
Tablet & Charger		
Positioning Aids/Braces		
Transfer Belt		
Wipes		
Beach towel		
Incontinence Product		
Other -		
If an individual needs incontinence products during their trip, (e.g. wet wipes, toilet equipment, sanitary napkins) please send enough for the duration of their trip.		

OTHER ITEMS	# Sent	# Returned
Suitcase (1)		
Carry-On (1)		
Camera		
Flashlight		
Walker		
Wheelchair		
Walker		
Umbrella		
Laundry bag for dirty clothes		
Other -		
If a wheelchair is dismantled for transportation, please mark all pieces including seat cushions and foot pedals		

### Other Travel Tips

- Don't wear or bring new shoes while traveling - new shoes that are not broken in sometimes result in blisters and sores.
- Horseback Riding Trips - Must have long pants/jeans and closed toe shoes.
- Cruise Trips - Pack one nice outfit (i.e. dress, khakis, dress pants, button down shirt, jacket, sweater)
- Luggage - Limit your luggage to one suitcase or bag. Pack items in a suitcase that the traveler can carry or roll themselves. All travelers are responsible for carrying of assisting with their own luggage.

**Questions? Contact us Monday - Friday, 8:30 a.m. - 4:30 p.m. at 952.8520101 or email [registration@truefriends.org](mailto:registration@truefriends.org).**