

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 trip, time of year, and weather.

CLOTHING

- Jacket/Raincoat
- 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

- Toiletry Bag
- Brush and/or comb
- Toothbrush
- Toothpaste
- 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).

OTHER/AS NEEDED

- Dentures
- Hearing Aids
- Extra Batteries
- Glasses
- Communication Device
- Tablet & Charger
- Positioning Aids/Braces
- Transfer Belt
- Wipes
- Beach Towel
- Incontinence Product
- Other
- Suitcase (1)
- Carry-On Bag (1)
- Camera
- Flashlight
- Walker
- Wheelchair
- Umbrella
- Laundry bag for dirty clothes

If an individual needs incontinence products during their trip, (ex: wet wipes, toilet equipment, sanitary napkins) please send enough for the duration of their trip. 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.
- Must have long pants/jeans and closed-toed shoes for horseback riding trips
- Cruise Trips- Pack one nice outfit (ex: 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 or assisting with their own luggage.

Questions? Contact us Monday - Friday 8:30 am - 4:30 pm at 952.852.0101 or email registration@truefriends.org