



TRAILS PACKING LIST

Trails provides all sleeping materials (sleeping bag, pillow), raincoats, boots/shoes, long underwear, fleece sweaters, quick-dry pants. All other items are available to sign out.

Item	Weekends	Summer (1,2)	Trip (3,4)
Hat *mandatory	1	1	1
T-shirts	2	5	2
Shorts	1	4	1
Long-sleeved shirts	1	2	1
Long Pants (not jeans or cotton)	1	2	1
Warm sweater/ fleece/thermal	1	1	1
Underwear	2	6	6
Long underwear *Trails provides	1	1	1
Socks (2 non-cotton)	2	6	4
Bras	1	3	2
Clean clothes to wear upon return from trip	0	0	1
Swimsuit	0	1	1
Pajamas/sleepwear	1	1	1
Rain Coat & Pants *Trails provides	1	1	1
Towel	0	1	1
Wet Shoe (sturdy hiking shoe)	0	1	1
Dry Shoe/Running Shoe *no open toe	1	1	1
Sandals	1	1	0
Wash Kit (toothbrush/paste, feminine products, brush, shampoo)	1	1	1
Sunscreen	1	1	1
Bug repellent	1	1	1
OPTIONAL ITEMS			
Water bottle, watch, flashlight, sunglasses, book			
*Deodorant must be non-fragrant			

No Cotton: Cotton retains moisture, loses insulating qualities and weighs more when wet. Check the clothing tag to ensure it is made of wool, acrylic, polyester, fleece or polypropylene.

Medication: All prescription medications must be sent in original containers and be labeled with the drug name, dosage and participant's name. All medications will be held and distributed by Trails staff.

Non-negotiable (do not bring):

- Electronic devices (cell phone, tablet, gaming device, hair straightener, etc.)
- Items that cause safety concerns (knife, lighter, illicit substance, etc.)
- Make-up, hair products, cologne/body sprays
- Personal food (snacks, gum, drinks, etc.)
- Personal bedding (blankets, pillows, sheets, sleeping bags, stuffed animals, etc.)

*If brought, these items will be collected and held by staff until the participant is driven back to the city at the end of the session.