



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 be signed out.

Item	Weekends Trails Lakeside (All Years)	Summer Trails Lakeside (Years 1 and 2)	Summer Wilderness Trip (Years 3, 4, 5)
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
Swimsuit	0	1	1
Pajamas/sleepwear	1	1	1
Rain Coat & Pants *Trails provides	1	1	1
Towel	0	1	1 *for use on-site
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			
Clean clothes to wear upon return from trip	-	-	1
Bras + sports bras	1	2+2	0+2
*Deodorant must be non-fragrant			
Water bottle, watch, flashlight, sunglasses, book			

Note: Families are strongly encouraged to label clothing and personal belongings that are brought to Trails. If there is an item that is especially valuable or sentimental, consider leaving it at home as things can easily get misplaced with many kids present at once.

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 or over the counter 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



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- 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.