



# Service TREK

## PACKING + EQUIPMENT LIST – Updated 5/8/25

Having appropriate clothing and equipment for your specific TREK trip is essential for your safety and comfort. Below is a list of equipment you will need to participate in Service TREK. Service TREK participants will be sleeping in summer camp style lodging; our list reflects working outdoors on service projects and returning to camp in the evenings.

When you arrive for your TREK experience, TREK leaders will check-in with you to ensure you have all the necessary items from this list prior to departure.

**A note on packing light:** Though you will be sleeping in cabins, we have minimal space in the vans for gear and equipment. The less you have to keep track of, the easier your life will be for the week. **Please label all items with your full name.**

### CLOTHING

Ideally, the clothing you pack will **not** be made from cotton. Wool and many synthetic fibers don't absorb a lot of water, dry quickly, and maintain their 'loft' when they get wet.

Keep in mind that it can get chilly in Vermont at night, so warm layers are important.

- ☐ **Underwear, as many pairs as you need for the trip**
- ☐ **Socks, wool/synthetic fiber, as many pairs as you need for the trip**
- ☐ **Warm pajamas**
- ☐ **2-4 quick dry t-shirts (no cotton)**
- ☐ **2-4 cotton t-shirts**
- ☐ **2-4 pairs of quick dry/athletic bottoms (no cotton)** – these should be comfortable to work in all day long
- ☐ **1 pair hiking pants/long pants (optional)** – a great option for bug protection around camp as well as for folks working on trails or in fields
- ☐ **1 sweatshirt**

- ☐ **1 waterproof rain jacket** – The best test for waterproofing is to hold the material up to your mouth and try to suck air through it. If you can't get any air through, it's waterproof (though some fancier jackets are both breathable and waterproof)
- ☐ **1 pair waterproof rain pants**
- ☐ **Fleece or lightweight synthetic down jacket** – If a light down jacket, consider synthetic down because once goose down gets wet it doesn't keep you warm
- ☐ **1 warm hat** – wool or synthetic fiber
- ☐ **1-2 bathing suits**
- ☐ **Water shoes** – we require that folks wear shoes when swimming. Any water sandal or shoe that has a back strap or goes around your heel will do the trick
- ☐ **1 pair close-toed camp shoes/closed toe sandals** – Chucks, sneakers, etc., if you want to change your shoes at the end of the day
- ☐ **For Better Burlington and Building Change:**
  - ☐ **1 pair light hikers or sneakers** – No sandals or open-toed shoes
- ☐ **For Trail Restoration and Farm & Food:**
  - ☐ **1 pair hiking boots (well broken in)** – Boots should: be above the ankle for support; Goretex or other waterproofing; be sure to wear your boots over the summer if you're getting them new this year.
  - ☐ **1 set of non-cotton long underwear (top and bottom)** – think Under Armor or similar. This will keep you warm if it rains while you are out on the trails or at a farm

## PERSONAL ITEMS

- ☐ **Sun hat**
- ☐ **Sunscreen**
- ☐ **Insect repellent**
- ☐ **1 pair sunglasses and protective case**
- ☐ **1 bath towel**
- ☐ **1 camp towel (for swimming)**
- ☐ **Personal medication(s)**

- ☐ **Toiletries - Toothbrush/paste, deodorant, hairbrush, hair elastics, lip balm, shampoo/soap, contacts and contact solution, menstrual products**
- ☐ **Bag to carry toiletries to the bathroom**

## OTHER EQUIPMENT

- ☐ **1 large duffel bag** – no hard sided suitcases or suitcases with wheels
- ☐ **1 day backpack (20-30 liters)**
- ☐ **1 pillow with case**
- ☐ **1 sleeping bag (20-30 degree rating)**
- ☐ **2 One-Liter plastic or metal water bottles**
- ☐ **1 headlamp with extra batteries**

## OPTIONAL ITEMS

- ☐ **Camera**
- ☐ **Personal journal and pen**
- ☐ **Musical instrument that easily travel (no full-size guitars)**
- ☐ **Book to read at night**

## LEAVE THE FOLLOWING ITEMS AT HOME

- ☐ **Firearms, knives, or weapons of any kind** – including pocket knives and Leatherman tools
- ☐ **Matches, candles, incense**
- ☐ **Portable electronics** – including tablets, e-readers, speakers, headphones, drones, etc.
- ☐ **Cell phones** - Because TREK is designed to foster relationships with your peers, cell phones are not permitted on trips. Leaders will have access to appropriate communication technology if necessary.
- ☐ **No substances including but not limited to nicotine, alcohol, etc.**