Having appropriate clothing and equipment for your specific TREK trip is essential for your safety and your comfort. Below is a list of equipment you will need to participate in Service TREK. Since Service TREK will be camping this year, our lists reflect being outdoors most of the time either working or at camp.

Please note: 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. This ensures both your safety, as well as the safety and enjoyment of others in your trip.

CLOTHING

A suggestion for most of the clothing listed here is that it is not made from cotton. While cotton is affordable and comfortable, when it rains, cotton absorbs a lot of water (making it very heavy), it doesn’t dry quickly (keeping you wet and cold longer) and the fibers compress (reducing its ability to keep you warm). Wool and many synthetic fibers don’t absorb a lot of water, dry quickly and maintain their ‘loft’ when they get wet. Hence, the specificity here for cotton, vs. non-cotton. Be sure to keep in mind that it can get really chilly at night, and warm layers are important. And remember, these items are suggested but of course feel free to bring whatever you feel most comfortable in.

- 1 15-liter stuff sack to contain clothes (and become your pillow!)
- Small camping pillow
- 1 Set of Non-cotton long underwear tops / bottoms – Synthetic or wool (no cotton) – think Under Armor or similar.
- 2 Quick dry t-shirts (No cotton)
- 1 Cotton t-shirt (optional) – some find comforting to change into a cotton t-shirt once in camp if the weather is nice
- 2 pairs of Quick dry/athletic shorts (No cotton) – these should be comfortable and not restrictive to hike in all day long.
- 1 pair hiking pants/long pants (optional) – also great option for hiking and evening around camp and does well as bug protection
- 1 windbreaker jacket (optional) - There could be some cooler days or evenings.
- 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 for certain waterproof…though some fancier jackets are both breathable and waterproof.
- 1 pair waterproof rain pants
- 2-3 pairs wool / synthetic fiber socks – (no cotton)
1 Fleece/or lightweight synthetic down jacket – if a light down jacket, consider synthetic down because we live in a wet part of the world and once goose down gets wet it doesn’t keep you warm.

2 - 4 pairs underwear - However many you need for a week’s worth of living outdoors – we’re not here to judge!

1 Light warm hat - wool or synthetic fiber

PERSONAL ITEMS -

1x Pair Light Hikers or Sneakers - no sandals, sport sandals, or Crocs.
1 Pair camp shoes/closed toe sandals – chucks, crocks, sneakers...etc.

Sun Hat or Bandanna
Sunblock
1 pair sunglasses and protective case
Toiletries - Toothbrush/paste, hairbrush (if you have hair to brush), lip balm, sunscreen, extra contacts (if you wear them), contact solution, glasses if you wear contacts throughout the day and any medications you may need, menstrual products, Band-Aids, etc.

OTHER EQUIPMENT -

1 Large Duffel Bag 65-80 liters.
1 Day Backpack 25-30 liters – To bring your things when we leave camp for the day.
1 Sleeping bag (30-20-degree rating) - No cotton, and should be synthetic down.
1 Sleeping pad
2 One-Liter plastic or metal water bottles – Must be durable and reusable. Nalgene makes a very good reusable water bottle. A reused 32oz Gatorade bottle is more affordable and will last just about the length of your TREK trip.

Plastic or metal eating/dining set - bowl, spoon/fork, and mug. Plastic Tupperware and disposable cutlery works just fine!

Thermos or mug
1 Pocket Knife/Leatherman multi tool
1 Headlamp with extra batteries.

Optional Items

Camera
Personal Journal and Pen
☐ Musical instrument that easily travel (no full-size guitars)
☐ Favorite Poem or Prose for around the campfire
☐ Nighttime reading Book