TRAIL CREW PACKING CHECKLIST
PERSONAL GEAR

NOTE
- Some items are provided by the PNTA (*), and/or may be available to borrow (**).
- Quantity Ranges: Low-end for short (40-hr) workweeks; high-end for long (80-hr) workweeks.
- The PNTA is not responsible for lost, stolen or damaged personal items. Please leave your valuables at home.
- Pack Weight: Bring all of the necessities, but pack as light as possible. You are responsible for carrying all of your own personal gear to camp, including a gallon of water and your lunch and snacks. Try to not carry more than 30% of your body weight.

PERSONAL GEAR		CLOTHING	
☐	Water Bottles/ Hydration Packs **>1 gallon total capacity**	☐	**Work/ Hike Boots** (ankle-high, recommend waterproof)
☐	Backpacking Backpack**	☐	Camp Shoes or Sandals
☐	Tent	☐	(3-5) Socks (recommend thick socks, wool)
☐	Vapor Barrier (Plastic or tarp** for underneath tent.)	☐	(5-10) Underwear
☐	Tarp** (Over tent, bc. a rainfly may not suffice in severe weather.)	☐	Sports Bra(s)
☐	Paracord or Baling Twine** (For tent tarp, etc.)	☐	Sleepwear
☐	Sleeping Pad**		• Socks (designated, clean/dry)
☐	Sleeping Bag**		• Long Underwear (top & bottom)
☐	Sleeping Bag Liner (e.g., twin sheet)	☐	**Full-length Work Pants** or Overalls
☐	Backpacking Pillow or Pillow Case	☐	Backpacking/ Camp Pants (designated, clean/dry)
☐	Headlamp w/ Spare Batteries	☐	(3-5) Sets of Work Shirts (under + over layers)
☐	Alarm Clock (e.g., watch, travel clock, smart phone)		• Under Shirts (e.g., t-shirts, tank tops)
☐	Daypack (e.g., a school backpack)		• **Long-sleeved Work Shirts** (recommend button-up)
☐	Toilet Paper* (personal stash— store in a sealed bag!)	☐	Backpacking/ Camp Shirt (designated, clean/dry)
☐	Sunscreen, Lip Balm w/ SPF	☐	Camp Sweater or Jacket (recommend high collar)
☐	Insect Repellant	☐	Beanie/ Wool Hat
☐	Mosquito Head Net	☐	Rain Gear (lightweight but sturdy)
☐	Menstrual Supplies (+ multiple sealed bags, if disposables)		• Raincoat or Poncho
☐	Hairbrush or Comb		• Rain Pants
☐	Dental Care		
	• Toothbrush, Toothpaste		
	• Floss, Mouthwash	PERSONAL PROTECTIVE EQUIPMENT	
	• Night Guard (if applicable)	☐	Hard Hat*
☐	Wash Cloth	☐	Safety Glasses*
☐	Bath Towel	☐	Work Gloves*
☐	Soap* (biodegradable, travel size)	☐	Hearing Protection* (if applicable)
☐	Shampoo, Conditioner (biodegradable, travel size)	☐	First-Aid Kit (personal kit— Crew Leader carries group kit)
☐	Baby Wipes*		
☐	(2-3) Bandanas/ Handkerchiefs	MISCELLANEOUS & OPTIONAL	
☐	Prescriptions (e.g., medications, EpiPen, eye-glasses, etc.)	☐	Moleskin/ Blister Pads
☐	Assorted bags to compartmentalize:	☐	Pocket Knife
	• Dirty Laundry	☐	Pen/ Pencil, Notebook
	• Trash Receptacle— in tent (sealable)	☐	Camera
	• Trash Receptacle— on trail (sealable)	☐	Entertainment (e.g., book, music)
		☐	Small Squirt Bottle—"pocket bidet" (4-8 fl oz)
		☐	Carabiner(s) (e.g., to attach PPE gear to daypack)
		☐	Ball Cap/ Sun Visor (worn during breaks)
		☐	Trekking Pole(s)/ Walking Stick