

THE ROAD

LESS TRAVELED®

Seeds for Change Packing List

You may already own many of the items on this list. Clothing will receive hard use. We strongly recommend you borrow what you do not already have from friends or relatives, or bring old or used gear. Before you purchase any gear, be sure you read the "Guidelines for Gear" on the other side. All of the items listed below should be brought on your program. If you are missing gear, you may not be able to participate on a section of a program. **IMPORTANT NOTE:** No valuable or sentimental jewelry, expensive cameras, etc. should be brought on the expedition. Please do not bring any items that are irreplaceable. **IPods, walkmans, CD players and game devices are not permitted.** These expeditions are designed for participation and personal listening devices take a person out of the group. Label everything.

These clothing lists are annually reviewed and updated with the help of our leaders, who participate on the specific program. Please keep in mind that they are compiled with the idea that specific weather could occur on your trip. It might be sunny and you won't use your rain gear, or it may be warmer than usual, and you might not use your warm layers or long sleeve garments. It is better to be prepared, than to be wishing you had brought something.

LUGGAGE	PERSONAL GEAR
<input type="checkbox"/> large duffel bag or suitcase (approx. 7800 cubic inches or 12"x24"x36")	<input type="checkbox"/> dark lens sunglasses (UV resistant)
<input type="checkbox"/> day pack (i.e. your school book bag)	<input type="checkbox"/> 2 one liter durable water bottles
	<input type="checkbox"/> 1 bandanas or sweat bands
SLEEPING GEAR	<input type="checkbox"/> notebook/journal
<input type="checkbox"/> sleeping bag rated to 40°F	<input type="checkbox"/> extra batteries (for camera, headlamp, etc)
<input type="checkbox"/> sleeping bag compression sack	<input type="checkbox"/> headlamp or flash light
<input type="checkbox"/> clothes to sleep in (t-shirt and shorts)	<input type="checkbox"/> prescription glasses (Required: contacts or glasses – bring an extra pair of glasses and a copy of your eye glass Rx)
<input type="checkbox"/> sleeping pad (i.e. Therm-A-Rest)	
	TOILETRIES
UPPER BODY	<input type="checkbox"/> insect repellent
<input type="checkbox"/> 1 long sleeve work shirt	<input type="checkbox"/> sunscreen (30+ SPF – 2 tubes)
<input type="checkbox"/> 7 short sleeve work shirts and/or tank tops (old clothing you do not care about – They may be ruined)	<input type="checkbox"/> soap (small bar/container)
<input type="checkbox"/> 1 set rain gear <i>with</i> hood (jacket & pants; i.e. Gore-Tex)	<input type="checkbox"/> shampoo (small container)
	<input type="checkbox"/> toothbrush & toothpaste
LOWER BODY	<input type="checkbox"/> deodorant
<input type="checkbox"/> 1 pairs comfortable work pants (jeans, Carharts – they will get hard use)	<input type="checkbox"/> feminine sanitary products
<input type="checkbox"/> 2 pairs shorts (at least 1 "quick dry")	<input type="checkbox"/> laundry bag
<input type="checkbox"/> 8 pairs underwear ("quick dry" style is ideal; sports bras recommended for females during work)	<input type="checkbox"/> alcohol-based hand sanitizer
<input type="checkbox"/> 1 swimsuit	<input type="checkbox"/> lip balm w/ SPF
	<input type="checkbox"/> moisturizing lotion
CASUAL CLOTHING	<input type="checkbox"/> towel and washcloth
<input type="checkbox"/> 2 casual outfits	
	OPTIONAL GEAR
HEAD AND HAND	<input type="checkbox"/> camera and waterproof camera bag
<input type="checkbox"/> sun/rain hat with brim (i.e. baseball hat)	<input type="checkbox"/> sketchbook, novels, other reading material
<input type="checkbox"/> leather palmed work gloves	<input type="checkbox"/> keeper straps for sunglasses
	<input type="checkbox"/> wristwatch (with alarm)
FOOTWEAR	<input type="checkbox"/> 2 CD's for use in van on travel days
<input type="checkbox"/> 1 pair thick soled sneakers for the work site	<input type="checkbox"/> deck of cards
<input type="checkbox"/> 1 pair casual sneakers	<input type="checkbox"/> Flip Flops
<input type="checkbox"/> 7 pairs socks ("quick dry" are ideal)	



Guidelines for Gear

WHERE TO SHOP

There are many places to purchase your gear and clothing for your trip including traditional stores and online shops. It is easy to buy clothing and accessories online, but if you are buying boots we recommend that you go to a store rather than shop online as it is next to impossible to get the exact fit you need without trying on these items. An excellent fit is critical to your comfort.

REI is one of the leading national sellers of quality gear and hiking boots. Visit www.rei.com to view their inventory and find the store nearest you. When going to a store take this equipment list with you and feel free to call us 800-939-9839 if you have any questions while at the store. You can find great deals online at: www.sierratradingpost.com, www.backcountry.com and www.campmor.com. For many items on this list, it is not necessary to shop at these stores; stores like Target and TJ Maxx sell many of these items, such as “quick dry” fabrics, at discounted prices.

Due to the nature of the work and how dirty you will become, buying tank tops and t-shirts in bulk may be the most practical and economical way to shop. Expect your work clothes to be nearly ruined by the end of the week so don't bring anything you wouldn't want to come home without!

PACKING FOR YOUR TRIP

All gear should be packed into the duffel bag or suitcase. Your duffel should be soft and large enough to carry all of the gear listed on the equipment list. Wheels are fine, but not necessary. Pack by category in labeled stuff sacks so you don't have to constantly pack and repack.

Never check items you can't afford to lose. You should use your day pack to carry on important items including identification, medication, passports, cameras, etc. It's also a good idea to carry on toiletries, a fleece, water bottle, and rain jacket, in case delays or cancellations occur. Please review the latest security measures regarding carry-on luggage at www.tsa.gov.

SLEEPING GEAR

Sleeping bag: There are many excellent synthetic filled sleeping bags available that are much less expensive than down-filled bags and maintain insulative properties when wet.

Sleeping bag stuff sack: You will need a stuff sack for travel days. Make sure your stuff sack is the right size for your sleeping bag. We recommend compressible stuff sacks!

RAIN GEAR

Good rain gear is a must - hoods required! There is a vast selection of clothing available designed to shed wind and rain. Whether it is made of coated nylon or a material with a breathable laminate (e.g. Gore-Tex), a good rain jacket is light, comfortable, durable, and keeps the rain out. Plastic is not acceptable rain gear. Make sure you choose a **waterproof** option, not just water repellent.