

THE TREK | Packing List

We are so excited that you are joining us for The Trek. The average temperature during this time of year at Refugio is in the high 50s-60s, please plan accordingly while packing. Thoroughly review this packing list so you don't leave anything behind:

Requirements: The following are **MANDATORY** for this trip

- 1 Duffle Bag - All items besides sleeping bag & pillow must fit in bag
- Sleeping Bag and Pillow
- Camping Chair (you want this to be high off the ground in case there is mud)
- Reusable Water Bottle
- Reusable Mug (if you want any hot chocolate or coffee)
- Quarters for Showers (quarter per minute)
- Rain Jacket, poncho or umbrella (there is always rain in the forecast)
- Packed Lunch for Friday (think school lunch)
- Headlamp or small flashlight
- Prescription Medicine & Supplements – this must be in the prescription bottle & handed in at check-in. **This includes Advil, sleep-aids and vitamins.**
- Be Mindful of What You Wear: Guys and Girls, please make sure your shorts are about finger-tip length (think around a 4" inseam), you are not showing midriff, only pack a mindful swimsuit, (girls: a one-piece is usually the easiest) and your tank top straps are 2 fingers in width.

Tips & Tricks: Keep these tips and tricks in mind when packing

- Ziploc Bags - for wet or dirty clothes
- Stuff Sacks - to condense items
- Travel size Toiletries
- Label all items and bags with your First and Last name
- Don't pack anything you are not willing to lose, get stolen or leave behind

What Not to Pack: Make sure you do not bring any of the following items

- Cell Phones or any electronic devices (cell phones, video games, etc.)
- Drugs or Alcohol
- Tobacco, Vapes or smoking devices
- Anything that breaks Dress Code

There is a NO electronics policy for all of our Youth Group trips, the one exception is a camera that is not connected to a phone.

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What to Pack: Go through the list and check off each item as you pack it.

- T-Shirts (pack 1-2/day)
- Pants (1/day-weather dependent)
- Shorts (1/day-weather/dress code dependent)
- Underwear (1-2/day)
- Clothes for Sleeping (think mindful)
- Sweater/Jacket (average temperature is in the 50's at night)
- Beanie
- Towel (for the ocean and showering)
- Shower shoes
- Swimsuit (*Girls – be mindful)
- Wetsuit (if you choose to get in the water you'll want one)
- Toiletries (toothbrush, toothpaste, deodorant, soap, shampoo, etc.)
- 5 Pens
- 2 Highlighters
- Water Bottle
- Closed-toe Shoes
- *Sandals
- *Surfboard
- *Medications
- *Glasses/Contacts with extra prescription
- *Hat
- *Cheap Waterproof Wrist Watch
- *Sunglasses
- *Playing Cards or other travel games
- *Camera – THIS CANNOT BE A PHONE.

*Optional Items

Grace is NOT responsible for any lost or stolen cameras.

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