

# TREK Teen Adventure Program

## Necessities

- ❖ Comfortable **Backpack**
- ❖ **Reusable Water Bottle**
- ❖ Comfortable **Hiking/Athletic Shoes**
- ❖ **Rain Jacket**
- ❖ **Socks** (at least one pair per day)
- ❖ Other **Clothing** for the week
- ❖ At least one pair of **Pants**
- ❖ **Toiletries** (Deodorant, Shower Things, Toothbrush & Toothpaste, Brush/Comb)
- ❖ **Sleeping Bag**
- ❖ **Pillow**
- ❖ **Bible**
- ❖ **Journal**
- ❖ **Writing Utensils**
- ❖ **Flashlight**
- ❖ All Regular **Medications**
- ❖ **Swimsuit**
- ❖ **Towel**
- ❖ **Bugspray**



## Things you Might Want

- ❖ **Camera** (Phones aren't allowed)
- ❖ **Sunscreen**
- ❖ **Watch**
- ❖ **Hat**
- ❖ **Sunglasses**
- ❖ **Sandals/Flip Flops**

