

UNA West PERSONAL ITEM CHECK LIST

This checklist has been designed to assist you in planning and packing for your summer experience exploring National Parks and the National Park Service. It is not intended that you take all the items on this list; most are just suggestions for consideration. Only the **bold** items are essential. You will be limited in luggage and space, so select items carefully always considering flexibility, layering, and multiple use.

PERSONAL ITEMS

- Toothbrush / paste
- Comb/brush
- Soap (**unscented**)
- Other toilet articles (**unscented**)
- Washcloth (1-2)
- Towels (2)
- Personal medication**
- Lip balm
- Pocket knife
- Camera
- Flashlight**
- Sunglasses
- Watch
- Sun screen**
- Insect repellent
- Driver's license/id**

CLOTHING

- Long pants (2)
- Shorts (3-4)
- Swim suit (1)
- T shirts (3-4)
- Sweat shirt/Fleece (1)
- Jacket (1)
- Rain gear**
- Socks (3-4)
- Underwear (4-5)
- Sleep wear
- Bandanna
- Hat/cap**
- Camp shoes

CAMPING GEAR

- Sleeping bag**
- Ground pad**
- Day pack
- Water bottle
- Dirty clothes bag
- Light blanket
- Pillow
- Suitcase**
- Ditty bag**
- Duffel bag**

PACKING INSTRUCTIONS: You will be limited to no more than **three (3)** pieces of luggage. Each day you will have access to your **duffel bag** and **ditty bag**. The clothing and equipment in these two pieces of luggage should carry you through 2-3 days of travel. Your **suitcase (soft luggage preferred)** will be used for storage of clothing and extra gear and will be available to you periodically. **SPACE WILL BE LIMITED SO PACK SELECTIVELY AND CONSERVATIVELY.**

DUFFEL BAG (30X12 INS.)

- Sleeping bag**
- Ground pad**
- Day pack
- Water bottle
- Light blanket
- Pillow

DITTY BAG (14X12 INS.)

- Immediate clothing (for two [2] days)
- Personal items
- Towel
- Swim suit
- Camera
- Driver's license/id**
- Medication**
- Flashlight**
- Sun screen**

SUITCASE (soft luggage (24X17 INS.))

- Extra clothing
- Extra gear