

## **NYR Packing List – Pack in an 18 gallon tote**

NO ELECTRONICS OR CELL PHONES (NOT optional)  
5 pairs of shorts  
5 pairs of pants  
10 shirts  
10 pair socks  
10 Underclothes (NOT optional)  
Jacket/sweatshirt or 2  
Poncho/umbrella  
Camp/lawn chair  
Sleeping bag and pillow  
Cot/air mattress (optional)  
Small bag to carry around next few items (optional)  
Bible  
Notebook  
Pen/pencil  
Flashlight  
Towels/washcloths  
Soap/shampoo/conditioner  
Deodorant (NOT optional)  
Razors/shave cream or gel  
Toothbrush/toothpaste/floss  
Contacts/eyeglasses and cleaners/solutions  
Hair ties or accessories/Hat  
Shower shoes (optional)  
Sunscreen  
Chapstick  
Water bottle (NOT optional)  
Tennis shoes/rain boots  
Swimsuit  
Medications of any need  
Books/playing cards/games  
\$ for snacks, meals, souvenirs, etc.  
Positive attitude and go-with-the-flow flexibility  
Extra measure of patience