

XA trip packing list: Games and the Human Equation

Overnights: your trip will be sleeping indoors in a church and/or community center!

- 5 T-shirts
- 1 fleece pullover/sweatshirt
- 1-2 pairs of shorts
- 1-2 pairs of jeans/pants
- 5 pairs of underwear
- 5-6 pairs of socks
- Pajamas
- Rain jacket*
- Walking shoes/sneakers
- Sandals
- Toiletries (toothbrush, toothpaste, contact solution, feminine hygiene products, etc.) Keep it small!
- Glasses (if you wear contacts)
- Sunglasses, sunscreen, chapstick (SPF 15 and up)
- Any required medication
- 1 liter-sized water bottle
- Daypack/bookbag for carrying water bottle and a layer of clothing
- Bathing suit
- Towel
- Sleeping bag*
- Sleeping pad*
- Pillow
- Bowl, mug, spoon and fork
- Please bring one of your favorite games to play with the group!

Optional Items:

- Camera
- Small musical instrument
- Lightweight brimmed hat
- Playing cards

*We have a limited number of these to rent. Please tell your student leaders if you need to borrow any of these items and did not originally mark this on your online registration form.