

Trek 2026 Ma/Pa Family Packing List

Please bring these items for use with your family during the trek

- Two 5-gallon water jugs
- 2 portable lanterns (battery operated)
- Hammer (for tent stakes)
- Duct tape
- Spray bottles for keeping kids cool
- Rope
- Bungee cords
- First aid kit (antiseptic wipes, moleskin, bandages, antibiotic ointment, tweezers, scissors)
- Baby powder/anti-chafing aid
- Sunscreen (not aerosol)
- Roll of toilet paper, hand wipes, and a few garbage bags for emergencies (no wipes/flushables allowed in the porta potties)
- Feminine products
- Tarp to sit on for lunch, privacy for ad hoc nature calls along the trail, and other shelter needs
- Large cooler for lunches