



PACKING CHECKLIST

PNTA PERFORMANCE CREW MEMBER

IMPORTANT NOTES

- Some items are provided for by the PNTA (*), and/or are available upon request (**).
- Re: Quantity ranges: Low numbers for short workweeks (40-hour); high numbers for long workweeks (80-hour).
- The PNTA is not responsible for lost, stolen, or damaged personal items. Leave valuables at home.
- Re: Pack Weight: Bring the necessities, but pack as lightly as possible! You are responsible for carrying all of your own personal gear to camp, including a gallon of water and your lunch and snacks. Try to not carry more than 30% of your body weight.

PERSONAL GEAR		CLOTHING	
<input type="checkbox"/>	Water Bottles/ Canteens, >1 gallon total capacity	<input type="checkbox"/>	Work/ Hike Boots (leather, ankle-high)
<input type="checkbox"/>	Backpacking Backpack**	<input type="checkbox"/>	Camp Shoes or Sandals
<input type="checkbox"/>	Tent	<input type="checkbox"/>	(3-5+) Pairs of Thick Socks
<input type="checkbox"/>	Vapor Barrier (Plastic or tarp** for underneath tent.)	<input type="checkbox"/>	(5-10) Pairs of Underwear
<input type="checkbox"/>	Tarp** (Coverage over tent; a rainfly may not cut it.)	<input type="checkbox"/>	Sports Bra(s)
<input type="checkbox"/>	Parachord or Baling Twine** (For tent tarp, etc.)	<input type="checkbox"/>	Sleepwear
<input type="checkbox"/>	Sleeping Pad**		• Socks (designated, clean)
<input type="checkbox"/>	Sleeping Bag**		• Long Underwear (top & bottom)
<input type="checkbox"/>	Sleeping Bag Liner (E.g., a twin sheet.)	<input type="checkbox"/>	(1) Sturdy Work Pants or Overalls
<input type="checkbox"/>	Camp Pillow or Pillow Case	<input type="checkbox"/>	(1) Hike/ Camp Pants
<input type="checkbox"/>	Headlamp w/ Spare Batteries	<input type="checkbox"/>	(2-4+) Sets of Work Shirts (Under + Over)
<input type="checkbox"/>	Alarm Clock (E.g., watch, travel clock, iPhone)		• Under Shirts, e.g., T-shirts or Tank Tops
<input type="checkbox"/>	Daypack (E.g., a school pack, for food/ water on the trail)		• Longsleeve Overshirts (recommend button-up)
<input type="checkbox"/>	Toilet Paper* (personal stash— store in sealed bag!)	<input type="checkbox"/>	(1) Hike/ Camp Shirt
<input type="checkbox"/>	Sunscreen & Lip Balm w/ SPF	<input type="checkbox"/>	(1) Camp Sweater or Jacket (recommend high collar)
<input type="checkbox"/>	Insect Repellant	<input type="checkbox"/>	(1) Beanie/ Wool Hat
<input type="checkbox"/>	Mosquito Head Net	<input type="checkbox"/>	Rain Gear (lightweight but sturdy)
<input type="checkbox"/>	Menstrual Supplies (+ multiple Ziploc bags, if disposables)		• Rain Coat or Poncho;
<input type="checkbox"/>	Hairbrush or Comb		• Rain Pants
<input type="checkbox"/>	Dental Care		
	• Toothbrush & Toothpaste		
	• Floss & Mouthwash		
	• Night Guard (if applicable)		
<input type="checkbox"/>	Wash Cloth	<input type="checkbox"/>	PERSONAL PROTECTIVE EQUIPMENT
<input type="checkbox"/>	Bath Towel	<input type="checkbox"/>	Hard Hat*
<input type="checkbox"/>	Soap* (biodegradable, travel size)	<input type="checkbox"/>	Safety Glasses*
<input type="checkbox"/>	Shampoo/ Conditioner (biodegradable, travel size)	<input type="checkbox"/>	Work Gloves*
<input type="checkbox"/>	Baby Wipes*	<input type="checkbox"/>	Hearing Protection* (if applicable)
<input type="checkbox"/>	(2-3+) Bandanas/ Handkerchiefs	<input type="checkbox"/>	First-Aid Kit (personal kit—supervisor carries group kit)
<input type="checkbox"/>	Prescriptions (E.g., medication(s), EpiPen, eye-glasses, etc.)		
<input type="checkbox"/>	Assorted Plastic Bags, for:		OPTIONAL & MISCELLANEOUS
	• Dirty Laundry	<input type="checkbox"/>	Moleskin
	• Trash Receptacle— in tent (sealable)	<input type="checkbox"/>	Pocket Knife
	• Trash Receptacle— on trail (sealable)	<input type="checkbox"/>	Pen/ Pencil, Notebook
		<input type="checkbox"/>	Camera
		<input type="checkbox"/>	Entertainment (e.g., book, music)
		<input type="checkbox"/>	Small (4-8 floz) Bottle w/ Squirt Cap— “pocket bidet”