



# NOTRE DAME PREP SERVICE

Tucson - Packing List

## Mandatory Items:

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- 1 daypack or small backpack to carry personal items during service and to use during the hike
- 32oz reusable water bottle, such as a Nalgene
- Hiking boots/tennis shoes (no open toed shoes)
- Sunblock
- Hat or visor
- Hand sanitizer or small pack of disinfectant wipes
- Electrolytes (1-2 servings per day)
- Sunglasses
- Appropriate clothing for 2 days of indoor/outdoor service and 1 day of hiking
- Travel toiletries
- Light snacks or any special food needed
- Please wear NDP apparel on Day 1 for group photos

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**We look forward to traveling with you!**

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