

# 2022 COVID-19 Prepared Packing List

In addition to following the COVID-19 Health Agreement before your expedition, please come prepared to help mitigate the potential for transmission while on expedition. Please update GCY with any changes to your medical information, bring the following items along with you, and be ready to be an active participant in the collective health of your expedition!

## How to Pack

Please keep your COVID-19 preparedness supplies in your **day-pack**. Follow [CDC recommendations](#) for clean and dirty face covering storage, and washing cloth/reusable masks throughout your expedition.

## GCY Will Provide...

Additional COVID-19 mitigation supplies, including sanitization and testing materials. Please reach out to us with any questions regarding on-expedition mitigation efforts at [expeditions@gcyouth.org](mailto:expeditions@gcyouth.org), or visit our [FAQs on our website](#).

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### **Negative COVID-19 test or completed vaccination card**

- Please email your records to [expeditions@gcyouth.org](mailto:expeditions@gcyouth.org) before arriving for your expedition. Bring a copy as back-up.

### **Well-Fitting Masks:** cloth and/or disposable that fit your face well. Please follow [CDC guidelines](#) regarding fit and [other recommendations](#).

- For shorter expeditions (1-4 day), please bring enough masks to have a clean option each day.
- For longer expeditions (5+days), time will be available to wash cloth/reusable masks. We recommend bringing enough masks to have a clean option each day for the first half of your trip.

Expedition Length	Masks
1 Day	2
2-4 Days	4
5+ Days	6



- Ziplock bags:** bring 2. Keep your clean masks in one. Use the other to store dirty/wet masks before proper disposal or washing.
- Biodegradable/Castile soap (travel size)** (For Multi-Day Expeditions Only): for washing cloth masks.