



## Packing List

**Important Note:** The following requirements are not meant to place an undue financial burden on families. Please use old clothes, thrift stores, borrow from friends, etc. If there are concerns about how to procure certain items, please consult with your ward leaders, or contact the Trek Committee for ideas/help..

### Clothing Requirements – *Everyone* (Anything not worn on day 1, put into bucket):

- Sturdy, durable hiking/walking shoes. Sturdy running or tennis shoes that lace up tight will also work. They should be thoroughly broken in and comfortable before the Trek. DO NOT use brand new shoes. No sandals, flip flops, slip-ons, etc.
- 4-5 Pairs of sturdy socks. Preferably moisture-wicking synthetic or wool hiking socks. Cotton socks are discouraged.
- 2 Pairs nylon stockings (knee high or no-show; doesn't matter) to wear under hiking socks. These reduce friction and prevent blisters (Optional but recommended)
- 4 Sets of underclothing (full coverage underwear to prevent chafing)
- Warm pajamas or sweats and beanie cap (for sleeping only – not to be worn on trail or in camp)
- Moisture-wicking tight workout shorts to be worn under pants/skirt (Optional but highly recommended to prevent chafing)
- 1 Pair work gloves (to prevent blisters while pushing/pulling handcart)

### Clothing Requirements – *Men* (wear one, pack the rest):

- 2 Pair wool, canvas, or cotton pants – light colors will be cooler - **NO JEANS OR SHORTS**
- 1 Pair belt or suspenders
- 2 Long sleeve button shirts, cotton or cotton-poly blend w/ collar (light colored). Can take the collar off an old dress shirt to make a "pioneer" shirt. **NO t-shirts, logos/graphics**
- For a simple pattern to hand-make pioneer-style men's shirts, click [HERE](#) (or go to <http://tinyurl.com/8m8vzum5> )
- 1 Western style hat w/ brim

### Clothing Requirements – *Women* (wear one, pack the rest):

- 2 Mid-calf length dresses or skirts with long sleeve (or 3/4 sleeve) blouses – light colors will be cooler (skirt must be above the ankles for walking)
- For a simple pattern to hand-make skirts and aprons (Optional), click [HERE](#) (or go to <http://tinyurl.com/294m4bwb> )
- 1-2 Pairs of yoga capris or knee-length yoga shorts (Optional: can make bloomers out of old PJ pants or scrubs with elastic on the legs)
- 1 Apron w/ pockets (Optional, but very useful)
- 1 Pioneer bonnet w/neck flap to protect from the sun or a brimmed hat

- Supply of feminine hygiene items

**Items to bring on your person or in small fanny pack:**

- Good quality water bottle (filled) with a way to carry it (carabiner, strap, pouch, etc.; will be used on the trail – must be sturdy and last the entire trek)
- Lip balm or chapstick
- Travel sunscreen
- Travel tissues/wipes
- Sunglasses (Optional)
- Disposable camera (Optional–Trek staff will take hundreds of pictures and share them)
- Any prescription medication needed on the trail (this will be turned in to Ma's & Pa's for distribution)

**Items to bring inside a labeled plastic garbage bag:**

- 1 Warm sleeping bag
- 1 Small pillow
- 1 coat or jacket if you think you'll get cold at night

**Items to bring inside a labeled 5-gallon bucket with lid (everything must fit):**

- Any clothing not worn on day 1 (see "Clothing Requirements" above)
- 1 rain poncho
- 1 Small hand towel and a comb or brush
- 1 Toothbrush & travel toothpaste
- 1 Travel size bar of soap (in a Ziploc bag)
- 1 Travel size deodorant
- 5 Band-Aids and any prescription medications (all other necessary medicine will be provided by medical staff)
- Pen/pencil; journal
- An old set of scriptures
- 2 Heavy duty garbage bags

**THOU SHALT NOT BRING:** Anything not on the list, but especially. . .

- Electronic devices of any kind
- Baseball caps, shorts, jeans
- Immodest clothing of any kind (including see-thru)
- Toys or games (footballs, frisbees, cards, etc.)
- Canned or bottled drinks, candy, snacks (food and snacks will be provided)
- Money or wallet
- Matches, lighters, fireworks, etc.
- Knives/hatchets or weapons of any kind