

Trek Packing List

Bucket List

- Plastic refillable water bottle and carabiner to hang from the handcart
- 1 pair of water shoes (or something you don't mind getting wet & muddy, but NO flip flops). There are many river crossings along the trails.
- 1 plastic bag to keep wet shoes in
- 1 rain poncho or rain coat
- 1 pair work gloves for pulling the handcarts and a game of tug-of-war
- 1 small hand soap
- 1 small hand towel/wash cloth
- 1 comb/brush
- Deodorant
- Toothpaste/toothbrush
- Flashlight or headlamp
- Book of Mormon
- 1 pen or pencil
- Contacts or glasses as needed (Glasses preferred)
- Sunglasses (optional)
- Plastic camping plate, fork, knife and cup for each meal. We will not be using paper products for meals.

Backpack List:

- Sack lunch for the bus ride up
- Prescribed medication
- Insect repellent with deet
- Sunscreen 15+ SPF

- Lip balm
- Band Aids & Moleskin (for blisters)
- Hand sanitizer (pocket size)
- Baby wipes (optional)
- Small disposable camera (optional)
- Feminine hygiene supplies (as needed)

Plastic Bag or Duffle Bag List:

- A sleeping bag
- A small pillow
- A compact Sleeping pad
- A warm coat, light jacket or sweater (that you don't mind getting dirty)
- Clothing
- Comfortable clothes for the bus ride home (you do not need to wear pioneer clothes going home)

Clothing List (goes in garbage/duffel bag):

Female Clothing:

- 1-2 pioneer skirts (mid-calf)
- 1-2 long sleeved blouses. Breathable.
- Dresses can be worn in place of skirt and blouse
- Bloomers, leggings, bike shorts or light cotton pj pants for layering, warmth, and to prevent chafing.
- Hat/Bonnets: wide brimmed hat or optional pioneer bonnet for sun protection.
- 1 apron (optional) useful for carrying small items and keeping dust off clothes
- 3 sturdy walking/hiking socks
- Shoes: Comfort is most important! All trekkers should bring well broken-in shoes. Sturdy running or walking shoes are recommended. Do not wear hiking

boots unless you have taken at least 2 months to break them in.

- Water Shoes: All trekkers will be crossing multiple small streams and rivers. Wet, soggy shoes will cause blisters. Please bring one pair of shoes to wear for water crossings.
- 3 changes underwear
- 1 pair warm sleepwear
- Beanie/knit hat for sleeping

Male Clothing:

- 2 long sleeved shirts (flannel or cotton/ no t-shirts)
- 1-2 long trousers (wool or cotton or quick drying)
- 1 pioneer/western wide-brimmed hat (no ball caps)
- 3 sturdy walking/athletic/hiking socks
- Shoes: Comfort is most important! All trekkers should bring well broken-in shoes.
- Water Shoes: All trekkers will be crossing multiple small streams and rivers. Wet, soggy shoes will cause blisters. Please bring one pair of shoes to wear for water crossings.
- 3 changes of underwear
- 1 pair warm sleepwear (sweats/sweatshirt)
- Bike shorts or boxer shorts to prevent chafing while walking
- Beanie/knit hat for sleeping
- Hats: Men's everyday hats ranged from cowboy hats, straw hats, wide brimmed low felt hats, or round crowned hat. Don't wear a baseball hat. A hat is strongly encouraged to avoid sunburn
- Vests (optional): If desired, thrift stores are a great option to find a vest. Vests can also be sewn.

- Suspenders (optional): if desired, suspenders can be worn to complete the look and keep those oversized pants up.

PLEASE REMEMBER TO PUT YOUR NAME ON PERSONAL ITEMS!