

Trek Clothing/Equipment List

No one is expected to purchase any of these items. Please try to borrow from family and/or ward members. If you are still unable to locate items, please contact a leader.

Dressing like a pioneer is optional, but there is still a dress code that must be followed.

- Pants – long pants only. Lightweight, light color, and loose is best. (Exception - girls wearing a pioneer skirt may wear capri length pants underneath)
- Shirts – must have at least t-shirt length sleeves and no offensive graphics. Lightweight, light color, with long sleeves is best. (Think of shirts you see farmers wearing on hot days)
- Shoes – closed-toed and not new. A pair of broken in, sturdy athletic shoes is best. Hiking boots tend to be heavy and inflexible. We want to prevent blisters.

Come to the church wearing approved clothing for day one of trek. Your other clothing goes in your bucket and is included in the list below.

Bring a sleeping bag, plastic for a ground cover (no camping pads), and an old coat in a heavy-duty garbage bag.

MUST BRING:

5 gallon bucket and lid (everything on this list must fit inside)

- ☐ 1 pair long pants (or pioneer skirt for girls)
- ☐ 2 shirts
- ☐ 2 pair sturdy socks (we recommend wool blend with thin sock liners like nylons. 100% cotton is a bad choice)
- ☐ 2 sets of under clothing
- ☐ 1 pair modest pajamas
- ☐ Shade Hat
- ☐ Rain Poncho
- ☐ 1 mess kit/metal pie plate with utensils
- ☐ Tin cup (plastic is okay, tin is recommended)
- ☐ Water bottle
- ☐ 1 small hand towel and wash cloth
- ☐ Soap
- ☐ Comb or brush
- ☐ Deodorant
- ☐ Tooth brush & baking soda or small tooth paste
- ☐ Chap stick/lip balm with SPF
- ☐ Feminine hygiene items, if needed
- ☐ Insect repellant
- ☐ Sunscreen
- ☐ Moleskin
- ☐ 5 Band-Aids in baggie
- ☐ Book of Mormon
- ☐ Trek Journal and pen
- ☐ Work gloves

Optional:

- ☐ Camera (not on phone or music player)
- ☐ Extra bandana (one will be provided)
- ☐ Sunglasses
- ☐ Flashlight
- ☐ Pocket knife

Do not bring anything that is not on this list without permission from a trek leader. Do not bring any food/snacks. We will be providing plenty of meals and snacks.

NO ELECTRONIC DEVICES OF ANY KIND WILL BE PERMITTED!