

Hyrum State 2022 TREK Packing List

Each Trek Participant needs:

All medical release forms signed

Sleeping bag (if you bring a pillow, roll it in your sleeping bag or tent bag, no loose pillows)

Tent bag (duffle bag, suitcase, flour sack, whatever)

- Extra set of proper trek clothing
- 4 pair of extra socks (at least one good hiking pair for day two)
- Personal hygiene items (toothbrush/paste, soap, washcloth, towel, comb, deodorant, medications, et.)
- Hoodie or jacket
- Scriptures/Journal
- PJs/sleepwear
- Flashlight
- Teddy Bear

Day Bag (school type bag with shoulder straps)

- 1 pair extra socks
- Water shoes (especially day 1)
- Water bottle (at least 16 oz.)
- Sunscreen
- Bug spray
- Mole skin/band aids/required medications
- Poncho/large trash bag
- Sunglasses (if desired)
- Feminine Hygiene items (females)

Arrive Wearing

- Well broken-in athletic shoes or hiking boots w/socks (must have closed toes, no cowboy boots)
- Wide brimmed hat or bonnet (no baseball caps)
- Long sleeved/button-up shirt or blouse(cotton, light color is best)
- Day bag

Young Women

- Long skirt but not to the ground (cotton is best)
- Shorts/bloomers (not yoga pants, they need to breath)

Young Men

- Pants (Dockers, work pants, camo pants. Cotton is best. No levis, jeans, or shorts)
- Belt or suspenders

Thou Shalt Not:

1. Bring extra food or drinks.
2. Bring any electronic devices beyond the family camera.
3. Show up grumpy.
4. Gather firewood beyond what is provided.
5. Bring camp chairs or stools unless Ma or Pa have a medical need.
6. Forget stuff.
7. Forget to mark stuff.

Hyrum Stake 2022 TREK Equipment List

Per Family

For handcart

- 50 ft. of rope
- 2- 5 gallon water coolers (brought full on Day 1)
- 1 Knife/Leatherman like tool
- 8x10 tarp
- Simple first aid kit (band aids, mole skin, Tylenol)
- Camera

For Camp

- Tents for Girls, Boys, Parents
- 1 Shovel
- 1 Ax
- 1 pair work gloves
- Matches or lighter
- 2- Five gallon buckets

Per Individual

Sleeping Bag (if you bring a pillow, roll it in your sleeping bag or tent bag, no loose pillows)

Tent Bag (duffle bag, suitcase, flour sack, whatever)

- Extra set of proper trek clothing
- 4 pair of extra socks
- Personal hygiene items (toothbrush/paste, soap, washcloth, towel, comb, deodorant, medications, etc.)
- Hoodie or jacket
- Scriptures/Journal
- PJs/sleepwear
- Flashlight
- Teddy bear

Day Bag (school type bag with shoulder straps)

- 1 pair extra socks
- Water shoes (especially day 1)
- Water bottle (at least 16 oz.)
- Sunscreen
- Bug spray
- Mole skin/band aids/required medications
- Poncho/large trash bag