

## Trek 2022

### Clothing list MALE

We are asking the trekkers to wear natural fiber clothing for a couple different reasons.

One - safety. Synthetic fiber like polyester, nylon, viscous nylon, or pretty much anything other than cotton, wool, silk, or linen will melt when they are exposed to a flame.

Two – Comfort. Synthetic fibers do not breathe or absorb moisture. Breathable fabrics will keep you more comfortable in cold or hot weather. Natural fibers will absorb moisture and help keep you cool in the heat of the day.

SHOES – Sturdy shoes or boots (not cowboy boots) that are broke-in, not brand new. Water shoes are optional.

SOCKS – \*Three to four pairs of light weight wool or specialty hiking sox, no cotton sox as they cause blisters when damp. A pair of heavy wool sox exclusively to wear to bed are recommended to keep feet warm at night.

TROUSERS- heavy duty, not jeans and no polyester or other synthetic fibers. Cotton Dockers work well. \*One pair

SHIRT -made of woven, natural fiber fabric -long sleeved. \*One

HAT – Everyone should have a wide brim straw or fabric hat. No baseball caps. Some sort of tie on your hat is desirable to keep your hat on your head in the wind.

PAJAMAS – For a better chance of a good, warm night's sleep, do not sleep in your day clothes. Bring some sort of sleepwear, pajamas, sweat suit, PJ pants & a sweatshirt, etc.

JACKET or COAT- Not too light weight as it is good to be warm. Hoodies are not heavy enough. A waterproof coat with a hood is best.

A BANDANA is recommended for everyone to carry with them as it has many uses.

Watch for sewing classes in the coming months through your ward. Sister Jeani Johnson from the Paradise 4<sup>th</sup> ward is the clothing specialist for this trek, any questions should be directed to her at 764-1448 or [jeaniaj@gmail.com](mailto:jeaniaj@gmail.com).

## Trek 2022

### Clothing list FEMALE

We are asking the trekkers to wear natural fiber clothing for a couple different reasons.

One - safety. Synthetic fiber like polyester, nylon, viscous nylon, or pretty much anything other than cotton, wool, silk, or linen will melt when they are exposed to a flame.

Two – Comfort. Synthetic fibers do not breathe or absorb moisture. Breathable fabrics will keep you more comfortable in cold or hot weather. Natural fibers will absorb moisture and help keep you cool in the heat of the day.

SHOES – Sturdy shoes or boots (not cowboy boots) that are broke-in, not brand new. Water shoes are optional.

SOCKS – \*Three to four pairs of light weight wool or specialty hiking sox, no cotton sox as they cause blisters when damp. A pair of heavy wool sox exclusively to wear to bed are recommended to keep feet warm at night.

SKIRT AND BLOUSE OR DRESS –Either option needs to have long sleeves and close at the throat. Skirts should be no longer than to the ankle bone. Elastic waist skirts are discouraged. Patterns & classes will be available.

UNDERPINNINGS – Cotton muslin Drawers are to be worn over your regular underwear for comfort and modesty purposes. No yoga pants, shorts, jeans, biker shorts, or leggings as they are all made of synthetic fibers which will not breath and/or bind-up under your skirt. A PETTICOAT is recommended but not required. Patterns will be available.

HAT – Everyone should have a wide brim straw or fabric hat. No baseball caps. Some sort of tie is desirable to keep your hat on your head in the wind. Bonnet patterns and instructions will be available.

PAJAMAS – For a better chance of a good, warm night's sleep, do not sleep in your day clothes. Bring some sort of sleepwear. A heavy night gown, pajamas, sweat suit, PJ pants & a sweatshirt, etc.

JACKET or COAT- Not too light weight as it is good to be warm. Hoodies are not heavy enough. A waterproof coat with a hood is best.

A BANDANA is recommended for everyone to carry with them as it has many uses.

APRON – is optional. If you would like to make an apron, patterns and instructions will be available upon request.

Watch for sewing classes in the coming months through your ward. Sister Jeani Johnson from the Paradise 4<sup>th</sup> ward is the clothing specialist for this trek, any questions should be directed to her at 764-1448 or [jeaniaj@gmail.com](mailto:jeaniaj@gmail.com).