Young Women's Packing List for Trek

All items except for your water bottle and bedding (sleeping bag, blanket, pillow) will be packed in your 5 gallon bucket. Roll all the bedding up in the sleeping bag and place it in a trash bag with your name on it. It is recommended that you pack your clothing together by outfit and place them in gallon zip top bags to help ensure they remain clean and dry until you are ready to change into them. Everything you bring should be labeled with your name on it.

Equipment

- 5 Gallon bucket with tight-fitting lid (clearly label with your name and decorate if you like, cushion optional)
- Pen/pencil
- A Journal/song book will be provided by the stake
- Old small scriptures or Book of Mormon
- Sleeping bag
- Light blanket or flat sheet (optional)
- Mosquito Netting (optional)
- 1 pair of sturdy work gloves (leather or canvas for pulling handcart and ropes)
- **1 refillable personal water bottle with carabiner, clip or strap to be able to carry hands free**
- Hygiene: Tissues, small hand towel, toothbrush/paste, deodorant, wet wipes, feminine products
- Eyeglasses (strongly recommended instead of contact lenses), Sunglasses (optional)
- Sunscreen SPF 30+ and Insect repellent
- Small flashlight or headlamp
- Mess kit or pie tin and fork/spoon
- Personal First Aid kit (optional): contents could include moleskin, blister pads, Band-aids, prescription medications, lip balm, anti-chafe stick or powder
- NO ELECTRONICS (Cell phones, smartwatches, earbuds, and gaming devices should be left at home)
- NO Candy, snacks, gum, or outside food. <u>Absolutely NO peanuts or peanut products.</u>

Clothing

- Hiking/walking shoes–2 pairs. **Shoes should not be new and well broken in to prevent blisters** (No open toed shoes)
- 4 pairs of moisture-wicking wool or synthetic athletic socks (plus optional thin nylon liner socks)
- Poncho or water repellent jacket
- 2 pioneer, long sleeved dresses OR 2 skirts and 2 long-sleeved blouses. Dresses and/or skirts should be mid-calf in length
- 1 or 2 bonnets or a straw hat (no baseball style hats)
- 1 or 2 pair exercise shorts or exercise pants to be worn under dress or skirt
- 1 apron (optional but very useful)
- 2 sets underclothing
- 1 set of pajamas to sleep in
- Optional: Shawl or old coat-depending on weather

Young Men's Packing List for Trek

All items except for your water bottle and bedding (sleeping bag, blanket, pillow) will be packed in your 5 gallon bucket. Roll all the bedding up in the sleeping bag and place it in a trash bag with your name on it. It is recommended that you pack your clothing together by outfit and place them in gallon zip top bags to help ensure they remain clean and dry until you are ready to change into them. Everything you bring should be labeled with your name on it.

Equipment

- 5 Gallon bucket with tight-fitting lid (clearly label with your name and decorate if you like, cushion optional)
- Pen/pencil
- A Journal/song book will be provided by the stake
- Old small scriptures or Book of Mormon
- Sleeping bag
- Light blanket or flat sheet (optional)
- Mosquito Netting (optional)
- 1 pair of sturdy work gloves (leather or canvas for pulling handcart and ropes)
- **1 refillable personal water bottle with carabiner, clip or strap to be able to carry hands free**
- Hygiene: Tissues, small hand towel, toothbrush/paste, deodorant, wet wipes
- Eyeglasses (strongly recommended instead of contact lenses), Sunglasses (optional)
- Sunscreen SPF 30+ and Insect repellent
- Small flashlight
- Mess kit or pie tin and fork/spoon
- Personal First Aid kit (optional): contents could include moleskin, blister pads, Band-aids, prescription medications, lip balm, anti-chafe powder
- NO ELECTRONICS (Cell phones, smartwatches, earbuds, and gaming devices should be left at home)
- NO Candy, snacks, gum, or outside food. <u>Absolutely NO peanuts or peanut products.</u>

Clothing

- Hiking/walking shoes–2 pairs. **Shoes should not be new and well broken in to prevent blisters** (No open toed shoes)
- 4 pairs of moisture-wicking wool or synthetic athletic socks (plus optional thin nylon liner socks)
- Poncho or water repellent jacket
- 2 pairs canvas pants (no jeans)
- 2 long sleeve shirts
- Western style hat or straw hat (no baseball style hats)
- Suspenders.
- 2 sets underclothing
- 1 set of pajamas to sleep in
- Optional: 1 old coat-depending on weather

More Information on Clothing from Trek Handbook:

Where possible, leaders and youth are encouraged to wear pioneer-style clothing. Doing so helps participants immerse themselves in the trek experience. It can also foster a sense of unity among the youth and help remove social barriers that may exist.

In obtaining or making pioneer clothing, leaders and youth should not spend excessive time or money. Many items can be found in existing wardrobes or at secondhand stores. For simple clothing patterns, see pages 28–33. Clothing styles and fabrics need to be appropriate for the anticipated climate and weather conditions to help avoid overheating—or to stay warm.

Ideally, young women's blouses should be lightweight and long-sleeved, and their skirts should reach the midcalf, with bloomers, shorts, or exercise pants underneath to prevent chafing. Lightweight, long-sleeved shirts and comfortable, loose-fitting pants are recommended for the young men. Cotton fabrics are generally recommended.

To help reduce the likelihood of blisters, participants are encouraged to wear (1) walking or hiking shoes that are broken in and (2) two pairs of socks at a time. Ideally the inner sock is thin and synthetic, while the outer sock is wool or a wool blend. Socks that wick away moisture are the most helpful. Socks that are a wool-synthetic blend can also help reduce the potential for blisters.

To help protect from sun and insects, participants are encouraged to wear long sleeves, wide-brimmed hats or bonnets, and sunglasses. Clothing should be appropriate for the weather conditions that might occur. Trekkers should bring protective over-clothing if rain or cold weather is likely. If they get wet, they should put on dry clothes as soon as possible.