

Trek Packing List

The following list contains everything you will need to have a successful Trek experience. Because of weight and space limitations, you will be allowed three packing items only – a sling bag (which will serve as Day 1 day pack), a camping bag, and a bucket for personal items. Details are provided below.

Please DO NOT bring anything else. Please put your name on all items.

WEAR ON DAY 1 – YOUNG MEN:

- ☐ Athletic or hiking shoes that are sturdy and well broken in (not sandals)
 - ☐ Wide-brimmed hat
 - ☐ Long-sleeved shirt
 - ☐ Long Docker-style pants
 - ☐ Suspenders or belt, optional but helpful
 - ☐ Socks, good quality
 - ☐ Underwear
- (a bandana will be provided)

WEAR ON DAY 1 – YOUNG WOMEN:

- ☐ Athletic or hiking shoes that are sturdy and well broken in (not sandals)
 - ☐ Wide-brimmed hat
 - ☐ A lightweight long-sleeved dress or long skirt (mid-calf or longer) with long-sleeved blouse
 - ☐ Apron with large pocket/s, optional but useful
 - ☐ Leggings, pajama pants, bloomers to prevent chafing and dirty legs (or biking shorts)
 - ☐ Socks, good quality
 - ☐ Underwear (consider sports bra for comfort)
- (a bandana will be provided)

SLING BAG/DAY PACK FOR DAY 1:

- ☐ Lunch from home**
- ☐ Refillable water bottle - filled with water or sports drink
- ☐ Carabiner that fits around water bottle loop (optional)
- ☐ Leather gloves or garden gloves with nonslip grips for pulling handcart
- ☐ Sunglasses
- ☐ Chapstick with sunscreen
- ☐ Feminine hygiene
- ☐ 5 bandaids
- ☐ Pioneer Story (pioneers come in all time periods and walks of life, this does not need to be an early Saint, but someone who has impacted you)
- ☐ Cooling towel (optional)

CAMPING BAG:

2 heavy duty garbage bags – put one inside the other for strength – label with your name on a piece of duck tape (family color/# will be added at gear dropoff)
Roll up the following and tie together, then place inside garbage bags:

- ☐ Warm sleeping bag
- ☐ Inflatable sleeping pad (no foam pads or egg crate pads please)

- ☐ Pillow
- ☐ Sweatshirt or light jacket for evenings
- ☐ Individual Tarp – for under sleeping bag/pad (~6'x8')
- ☐ Extra pair of shoes, optional (put in grocery sack, inside camping bag)

BUCKET:

- ☐ 5-gallon bucket with Gamma lid for personal gear, label with name (family color/# will be added at gear dropoff); this is also your camp chair, padded top optional
- ☐ 1 rain poncho
- ☐ 1 spare change of pioneer clothing
- ☐ 2-3 pair of socks
- ☐ 1-2 sets of underclothing
- ☐ Pajama pants and top

Hygiene/Medical Supplies: (Ziploc bag recommended – will go in bucket)

- ☐ Comb/brush
- ☐ Hair elastics, if needed
- ☐ Toothbrush with travel-size toothpaste
- ☐ Deodorant (in separate Ziploc in case it melts)
- ☐ 1 travel-size package of wet wipes
- ☐ 1 small bottle of hand sanitizer
- ☐ 1 washcloth and small hand towel
- ☐ Feminine hygiene
- ☐ Anti-chaffing powder or cream (Gold Bond, Desitin, Body Glide, etc)
- ☐ Prescription medications, labeled
- ☐ Over-the-counter medications that you may need
- ☐ Antibiotic ointment (similar to Neosporin)
- ☐ Band-aids/moleskin
- ☐ Sunscreen (SPF 30 or higher, sweatproof)
- ☐ Insect/tick repellent with DEET

Miscellaneous: (will go in bucket)

- ☐ Small flashlight or headlamp with batteries
- ☐ Small Book of Mormon (in Ziploc)
- ☐ Pen or pencil
- ☐ Digital camera, optional

DO NOT BRING:

- ✗ No phones for youth
- ✗ Valuables such as jewelry
- ✗ Make-up, perfume/cologne, scented lotions, etc. (bugs love it!)
- ✗ Playing cards, other games, knives, etc.