

Kaysville Stake Trek Youth Packing List 2026

YOUNG MEN

- 2–3 long pants (canvas, denim, or pioneer-style trousers; no shorts)
- 2–3 long-sleeved or short-sleeved shirts (neutral/pioneer colors ideal)
- 1 suspenders (optional but helpful)
- 1 wide-brim hat/cowboy for sun protection
- 1 light jacket or hoodie
- 1 Neckerchief
- Sturdy hiking shoes (broken in; no sandals)
- Extra socks (4 pairs minimum)
- Underwear

YOUNG WOMEN

- 2 long skirts (mid-calf or longer; sturdy fabric recommended)
- 2 pioneer-style blouses or modest tops
- 1 aprons (optional but very useful)
- 1 sunhat or bonnet
- 1 light jacket or hoodie
- 1 Neckerchief
- Sturdy hiking shoes (broken in; no sandals)
- Extra socks (4 pairs minimum)
- Underwear (including sports bras for comfort)

FOR HEAT & WEATHER

- Lightweight rain poncho
- Bandana (very useful for sun, dust, sweat)
- Sunglasses (optional)

NIGHT TIME ITEMS

- Pajamas or clean clothes for sleeping
- Warm layers (sweatshirt, thermal top, or fleece)
- Extra pair of shoes (optional but helpful)
- Flashlight or headlamp (with extra batteries)

HYGIENE

- Toothbrush & toothpaste
- Deodorant
- Biodegradable/unscented wipes
- Feminine hygiene products
- Hand sanitizer
- Hairbrush or comb
- Chapstick
- Sunscreen
- Bug spray

SLEEP

- Sleeping bag (warm; nighttime can be cold)
- Sleeping pad or foam mat
- Small pillow (optional)

DAILY USE

- Lightweight daypack or small backpack
- Refillable water bottle (1–2 liters)
- Personal scriptures
- Small notebook or journal
- Pen/pencil