

TREK PACKING LIST

What to Bring:

Young Women / Young Men

Because of the weight and space limitation of the handcart, you may only bring the items listed; there will not be room for more than what is on this list.

- 2 full sets of clothing-pack one and wear the other. See below for clothing details.
- 2 bandanas
- 1 large hand towel (14 inch x 24 inch)
- Emergency rain poncho
- Small flashlight with new batteries
- 1 sturdy pie plate, spoon & fork (Scout mess kit will work as well)
- 1 tin cup (or small hard-plastic cup) with a handle
- 1 wide mouth water bottle or canteen, about 20 oz.
- 1 small hand towel (hygiene purposes)
- Deodorant
- 1 comb or brush
- Toothbrush & toothpaste
- Eyeglasses if needed (Contacts are strongly discouraged due to blowing dirt)
- Small bottle of lotion
- Chapstick with SPF protection of 30+
- Prescription medications, if needed
- Sunglasses (for the sun and the wind)
- Small Book of Mormon (one you would be OK if it got lost) in a Ziplock bag
- Pencil
- Sleeping bag
- Sleeping pad (that does not require an air pump)
- Small pillow

Please do NOT bring the following items:

- Electronic equipment of any kind (i.e., cameras, cell phones, radios, MP3 players, CD players, tablets, etc.), valuables including money, jewelry or watches, food, gum, candy or anything that can be eaten or drunk. Water, insect repellent and sunscreen will be supplied by Ma's & Pa's.

Young Women Clothing

- 2 mid-calf length long-sleeved dress OR 2 mid-calf length skirts
- 2 button-up cotton blouses (long sleeved suggested, no sleeveless or cap sleeves)
- 1 bonnet or straw hat with tie under chin
- 1 or 2 pairs of knee length bloomers (can be made from old pj bottoms or hospital scrubs)
- 1 apron with deep pockets
- 1 old coat or shawl
- 1 nightgown or modest nightwear
- 2 sets of underclothing
- 2 pairs of socks to protect against thorns and chiggers
- 1 pair of sturdy 'broken in' shoes (a 2nd pair is suggested)
- Feminine hygiene supplies

Young Men Clothing

- 1-2 pair of cotton pants (no jeans, sweats or shorts)
- 2 long sleeved cotton button-down shirts, off white or tan suggested
- 1 wide brimmed western style hat with tie under chin (no baseball hats, beanies, bandanas or military hats)
- 1 pair suspenders or belt
- 2 sets of underclothing
- 1 pair of sturdy 'broken in' shoes (a 2nd pair is suggested)
- 1 modest sleepwear
- Natural fiber (cotton, linen, wool) clothing is recommended. Avoid polyester or other synthetic fibers