

Trek Clothing Guidelines

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 second hand stores. Clothing styles and fabrics need to be appropriate for the anticipated climate and weather conditions to help avoid overheating. Ideally, young women's blouses should be lightweight, long sleeve, and their skirts should reach the midcalf, with bloomers or shorts underneath to prevent chafing. For young men, lightweight, long sleeve, shirts and comfortable, loose-fitting pants are recommended. Cotton fabrics are generally ideal.

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 is likely.

