

Trek 2022 Packing List

***Bedding (Sleeping bag/blanket/pillow/pad) should be rolled tightly and be in 1 lrg garbage bag with name printed in marker**

Take bedding to designated church building on Wednesday July 13th at 7pm

- Sleeping bag
- (no cots)
- Blanket
- Pillow
- Mattress (Foam (egg carton)/or thin blow up kind is best, as it can be easily rolled up and transported with not a lot of room)
- 5 Gallon Bucket w/lid (Lid lifter if needed) Label your bucket with name (or decorate it!) :)
- Pioneer Name (Story)

What to wear:

Pioneer Clothes

- **Boys:**
khaki pants/trousers
Long sleeve button up shirt (2 optional)
Hat
- **Girls:**
Skirt
Leggings/shorts (For under your skirt)
Long sleeve button up shirt (2 optional)
Bonnet/wide brim hat
- Boys/Girls 2 pairs of **well worn** shoes (no boots)

What goes inside 5 Gallon Bucket:

- 4-5 pairs of socks (wool or moisture wicking are best)
- Under garments for each day
- Personal hygiene items (Comb/brush, toothbrush, deodorant, etc.)
- Feminine Hygiene supplies
- Sun Screen
- Hand Sanitizer
- Personal Journal/notebook
- Sunglasses (optional)
- Bug Spray
- Snacks (Optional)
- Medications (If you are taking any)
- Jacket (For evenings)

- Small first aid kit (Optional)
 - Mole skin
 - Band aids
 - Aloe Vera
- Snacks (Optional)
- Refillable water bottle or Camel back
- Pair of modest Pajamas
- Work gloves (pulling handcart)
- Extra socks (3-4 pairs)
- Good comfortable worn in walking shoes (Closed toed) No boots
- Extra pair of shoes (water shoes, or closed toed)
- Extra under garments (1 per day)
- Hand towel/wash cloth
- Hand soap
- Hand sanitizer
- Bug Spray
- Wash Cloth/small towel
- Sun screen
- Personal medications
- Person care items (Comb, brush, Deodorant, toothbrush, toothpaste ect)
- Glasses recommended (not contacts), if you have them (dirt/dust)
- Snacks (optional)
- Chapstick
- Rain poncho
- Drawstring bag (to put water bottle in)
- Work Gloves
- 2 lrg Plastic Bags
- Book of Mormon
- Camera (not cell phone) - optional
- Flashlight/Head lamp
- Anti friction cream

****Remember everything you bring (except sleeping bag, blanket, pillow etc. HAS to fit in your 5 gallon bucket****

DO NOT BRING:

- Electronics (Cell phones, Curling irons, speakers, ect.)
(There will be adults there with phones for emergencies)
- Immodest clothing (Shorts/mid drifts/sleeveless tops)
- Hatchets/knives/Weapons of any kind
- No Valuables
- Inappropriate materials or behavior that is not consistent with For the Strength of Youth standards.