

Trek Packing List 2023

All belongings must be able to fit in a 5-gallon bucket with a secure lid. Find buckets and Gamma lids (screw on lids) at Home Depot or WinCo. Please label your belongings. A drawstring bag will be provided and passed out at equipment drop off. **Please come dressed Tuesday morning in your Pioneer attire!** Pioneer attire will be worn that first day of Trek, pants and t-shirts will be worn the remainder days. Plan on a set of clothes/shoes getting wet or muddy!

Young Women Pioneer Attire

- wide brimmed hat (no sombrero or baseball hats, chin strap is helpful)
- bandana (used as mouth cover from dust)
- long sleeve blouse (light & cool material)
- pioneer skirt
- apron (optional)
- biker shorts (helps reduce chaffing)
- socks (breathable, comfortable material, not cotton)
- athletic shoes (broken in & comfortable, not brand new!!)

Young Men Pioneer Attire

- wide brimmed hat (no sombrero or baseball hats, chin strap is helpful)
- bandana (used as mouth cover from dust)
- long sleeve button up shirt
- long pants (cotton or linen and loose fitting through crotch and thigh, no denim or jeans)
- socks (breathable, comfortable material, not cotton)
- athletic shoes (broken in & comfortable, not new!!)
- vests and suspenders (optional)

5 Gallon Bucket Items - Everyone

- 3 t-shirts
- 2-3 long pants
- modest sleeping attire
- multiple changes of undergarments
- 3-4 pairs socks
- rain poncho (lightweight, disposable)
- pie tin and utensils
- flashlight and/or headlamp
- personal hygiene items (toothbrush/paste, deodorant, hairbrush/comb, washcloth, feminine hygiene)
- personal medications
- sunscreen
- insect repellent
- small scriptures
- 1 extra black trash bag

Bedroll (packed in large black trash bag or duffel)

- sleeping bag
- inflatable small sleeping pad (no thick pads)
- small or inflatable pillow
- sweatshirt or jacket (mornings are cold)
- extra pair of shoes that can get wet/muddy (tied up in a grocery bag to keep other items clean)

Pack in Trek Drawstring Bag (bring on bus/trail)

- refillable water bottle (bring filled)
- packed lunch for Tuesday (cooler will be available on the handcart)
- work gloves
- chapstick
- Body Glide/Gold Bond
- Trek journal & pen (Trek committee provides)
- sunglasses (optional)
- any items, medications that will be needed on trail (can grab items out of bucket before trekking)

What NOT to Bring

- inappropriate clothing (including graphics)
- swimsuit
- weapons of ANY kind
- electronic devices (only permitted if needed for medical purposes)
- inappropriate materials or behavior that is not consistent with the Strength of Youth standards.
- Trek Leaders will carry cell phones and numbers will be provided to parents in case of emergency.