

# 2023 Trek PERSONAL EQUIPMENT LIST

**ALL individuals attending Trek should bring the following:**

**\* Label all belongings in BOLD PRINT (duct tape + sharpie)**

## Daypack:

- 1 small day-pack, no larger than a school back-pack (scriptures, sunscreen, bug spray, water bottle, personal items, etc...)
- toothbrush, toothpaste, deodorant, chapstick, small insect repellent, and sunscreen
- A small, personal first aid kit: 5 band-aids, prescribed medications or medical needs, pain medication such as ibuprofen, moleskin / blister patches, aloe vera (if you get too much sun), etc.
- 1 small Book of Mormon (pocket size)
- 1 water bottle (i.e.; hydro flask or nalgene style) for you to refill throughout the day on the trail
- water shoes for crossing river day (these will go in your DAY PACK the first day, not your duffel bag)
- 1 pair work gloves (leather or heavy duty synthetic, or combo)
- 1 pair glove liners (optional)
- 1 carabiner, (an oval metal ring with spring-loaded gate), get the cheap kind, not the ones used for rock climbing
- 1 small container of sanitized hand wipes
- 1 small spray bottle (for cooling off)
- wet wipes (to cleanse body without showering)
- Sunglasses
- 1 wide brimmed hat - this is very important for sun protection
- gold bond powder - for moisture absorption
- feminine products as needed

## Optional Items:

- Camera (no phones)
- Pocket knife
- Harmonica or very small musical instrument

## YOUNG MEN should bring:

- 2 pairs of pants (no denim, shorts or camos)
- 2 long sleeved pioneer style shirts
- 1 wide-brimmed pioneer style or western hat
- 1 pair of suspenders, and a vest (as desired for pioneer look)

## YOUNG WOMEN should bring:

- 2 pioneer dresses, or skirts with blouses
- 1 wide brimmed hat
- 1-2 pairs of long pantaloons (BEST for heat/dirt) or spansk style undershorts, athletic shorts, or leggings (to be worn with skirt)
- 1 or 2 aprons with pockets
- feminine products as needed

## DUFFEL BAG:

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- 1 LARGE duffel for ALL gear (sleeping bag, pad, pillow, personal items)
- ALL items must be contained into ONE bundle - either in duffel or bungee strapped bag
- 1 warm sleeping bag (very cold at night) - must fit in duffel bag
- 1 personal size sleeping pad - must fit in duffel bag
- 1 pillow - must fit in duffel bag
- 1 hand towel, 1 comb or brush
- 1 washcloth
- 1 mess kit = plate or pie tin (no glass), 1 spoon, 1 fork, 1 knife, or a spork (place these items in a large mesh bag)
- 1 mug
- 1 warm coat, it will get cold at night, especially if we encounter bad weather
- 1 rain poncho
- 2 pair comfortable, sturdy trail shoes, or athletic shoes, well broken in
- 2-4 pairs of socks, wool blends and synthetic materials are highly recommended, avoid 100% cotton
- 2-3 sets of underwear
- 1 set of warm sleeping clothes: Long-John's, sweat pants and shirt, or flannel PJ's
- 1 fleece or knit cap for sleeping (optional)
- 1 small flashlight or headlamp
- 1 lightweight folding camp chair - **must be strapped onto duffel bag with bungee**

## Items NOT Permitted:

- |               |                            |
|---------------|----------------------------|
| Electronics   | Curling irons              |
| Mobile phones | Girl friends / Boy friends |
| Speakers      | Bad attitudes              |
| Earphones     |                            |

## Other Information

Please DO NOT bring anything that is not on this list.

Arrive dressed in your pioneer clothing, wear one set of the clothes describe above; pack the other.