

Women's Equipment List for Trek

(Suggested personal items for Women/Young Women)

- 5 Gallon bucket with lid
- Personal water bottle
- pen/pencil
- Journal (to be provided by the Stake)
- Sleeping bag/ sleeping pad
- 1 pair work gloves
- 1 refillable water bottle, preferably hard exterior, filled with water
- 1 case of 16 oz plastic water bottles, minimum 24 bottles per case

Clothing:

- Hiking/walking shoes (not new)
- Socks several pair (good quality to prevent blisters)
- Poncho or water repellent jacket, 2 bandanas (Stake will provide)
- 2 pioneer dresses, skirts, or jumpers, at least mid-calf in length, long-sleeved dresses or jumpers with long sleeved shirts
- 1 or 2 bonnets or straw hat
- 1 pair bloomers or pantaloons to be worn under dress or skirt (can be made out of old pajama bottoms) & 1 apron
- 2 sets underclothing
- Mosquito Netting

Hygiene & First Aid:

- Tissues, hand towel, soap, toothpaste, feminine hygiene supplies, deodorant
- **NO MAKEUP**
- Moleskin, blister pads, band-aids, sunscreen SPF 30+, prescription medications, lip balm, insect repellent
- **Note: Other than sleeping equipment and water, all items need to fit into your 5 Gallon Bucket (17 lbs.). No electronic equipment. Only those items found on this list will be permitted on Trek.**

Men's Equipment List for Trek

(Suggested personal items for Men/Young Men)

- 5 Gallon bucket with lid
- Personal water bottle
- pen/pencil
- Journal(to be provided by the Stake)
- Sleeping bag/ sleeping pad
- 1 pair work gloves
- 1 refillable water bottle, preferably hard exterior, filled with water
- 1 case of 16 oz plastic water bottles, minimum 24 bottles per case

Clothing:

- Hiking/walking shoes (not new)
- Socks several pair (good quality to prevent blisters)
- Poncho or water repellent jacket & 2 bandanas (Stake will provide)
- 1 Wide brimmed Western style hat or straw hat (helps avoid sunburn) *No baseball caps
- 2 pairs of canvas, cotton or wool pants *No jeans
- 2 long-sleeved button-up shirts (cotton or flannel - no logos)
- 2 sets of underclothing
- 1 pair suspenders
- Mosquito Netting

Hygiene & First Aid:

- Tissues, hand towel, soap, toothbrush/paste, deodorant
- Moleskin, blister pads, band-aids, sunscreen SPF 30+, prescription medications, lip balm, insect repellent
- **Note: Other than sleeping equipment and water, all items need to fit into your 5 Gallon Bucket (17 lbs.). No electronic equipment. Only those items found on this list will be permitted on Trek.**