

Personal Equipment List

Because of weight and space limitations, everything you bring must fit in the bedroll sack or the five gallon bucket with lid. No loose items. Come dressed in your pioneer attire and bring a sack lunch for day one.

EVERYONE SHOULD BRING 2-3 PAIR OF ACRYLIC SOCKS TO HELP AVOID FOOT PROBLEMS!!!

Everyone Should Bring a Bedroll Containing:

(In large garbage sack or waterproof bag)

- Sleeping Bag
- Inflatable or back pack style Sleeping Pad
- Inflatable or Small Pillow (Optional)
- Blanket (Optional)

Everyone Should Bring a 5 Gallon Bucket With Lid (will be used as a seat in camp) Containing:

- Small Back Pack , sports bag, or fanny pack to carry snack,field guide and small personal items while trekking
- Water Bottle or canteen with strap (*to be carried with you during Trek*)
- Rain Poncho
- Plate (*preferably metal, no paper*)
- Bowl (*preferably metal, no paper*)
- Cup (*preferably metal, With Handle, no paper*)
- Knife, Fork, Spoon (*metal, no plastic*)
- Small Flashlight (*8 inch or smaller*)
- Comb or Brush
- Toothbrush
- Toothpaste (baking soda for an authentic experience)
- Deodorant
- Old Small Set of Scriptures
- The story of an ancestor or pioneer to share with your trek family - *important!***
- Hand Wash Cloth
- Insect Repellent (needs to work for ticks)
- Sunscreen - SPF 30+
- Chapstick - SPF 30+
- Leather Gloves (*work gloves to protect your hands*)
- Any needed medications (Will be kept by Ma & Pa)
- Light weight jacket
- 1 pair of good walking shoes or hiking boots, well broken in for walking up to six miles per day (no cowboy boots or climbing boots with rigid soles).
- 1 extra pair of reasonably sturdy shoes in case the primary pair gets wet.
- Modest sleeping attire
- 3 pair **Acrylic** socks (calf high) wear one pair pack 2
- Optional; 3 pair inner socks liners to prevent blisters (nylon, rayon, polypropylene) wear one
- 2 sets of underclothing
- 2 garbage sacks
- Pen or pencil for journal entries

Cosmetics

We strongly encourage a 'no makeup' policy for our young women. We do, however recognize there may be some who are uncomfortable with no makeup at all. The following guidelines will be used as our standard:

- A light application of foundation will be permitted... blush or other 'extras' are strongly discouraged.
 - A light application of mascara will also be permitted.
 - Chap Stick for you lips is recommended (SPF 30+)
- No extra time will be allowed for the application of makeup.
- Ma's and Pa's have full authority to ask the YW not to use makeup if issues arise.

Young Women Should Bring:

- 2 mid-calf length (or longer) sleeved, dresses or skirts / jumpers with 2 sleeved shirts. (wear one and pack one) No cap sleeves.
- 1 or 2 Bonnets
- 1-2 pair bloomers or pantaloons or leggings: worn under dress or skirt for modesty and protection (may be made out of old pajama bottoms or light weight capri's) Should be long enough to protect ankles.
- 1 Apron: we recommend with pockets for carrying snacks, etc.
- Neck Cooler
- Feminine Products as needed

Young Men:

- 2 pairs of denim or cotton pants (cotton is cooler) wear one, pack one
- 2 Long sleeved button front cotton shirt: wear one and pack one
- 1 wide brim western hat (no baseball, sambreros or army hats, allowed)
- Neck Cooler
- Vest, Belt or Suspenders optional

Optional Items:

- Pocket knife (must fold in sheath 3 1/2 inches or less)
- Harmonica, or other small instruments
- Spray bottle to stay cool (no squirt guns)
- Lotion
- Hand sanitizer
- Favorite Church Magazine
- Sunglasses (Simple and Inexpensive, shouldn't draw attention)
- Small First Aid Kit
- Small Mess bag for mess kit

What NOT to Bring

- No food or candy
- No immodest clothing (see-thru when wet or dry)
- No swimming suits
- No shorts, midriiffs or sleeveless tops
- No T-shirts (As outerwear)
- No wrist watches or jewelry
- No fireworks, matches, lighters
- **No cellular phones (Stake Leaders will have phones for emergencies)**
- **No electronic devices (no iPods, Game Boys, radios, phones etc.)**
- No hatchets, sheath or butterfly knives (pocket knives are ok)
- No fire arms or weapons
- No face cards or gambling materials
- No inappropriate materials or behavior that is not consistent with the Strength of Youth standards
- No thick foam pads that take up too much room

Please be advised that any of these items will be confiscated if present during the trek. **(Cell phone numbers of Stake Leaders will be provided for emergencies)**