

Pioneer Clothing Guidelines

For Youth Trek

The goal of pioneer clothing is to create a safe, and historically appropriate experience while helping youth stay comfortable in heat, sun, and physical activity. Please read carefully and plan ahead.

Pioneer Attire for Women

Each young woman should bring **two complete pioneer outfits**.

A complete outfit may be **either** of the following:

- **Pioneer Dress**
 - Long sleeves
 - Hem should be approximately **6 inches from the ground**
 - **No denim**
- OR**
- **Pioneer Skirt & Top**
 - Long, full skirt
 - Simple skirt pattern: [Skirt Instructions](#)
 - Long-sleeve, button-up shirt
 - **No t-shirts**
- We recommend that dresses and skirts be mid-calf or above the top of your trek shoes so you avoid the risk of tripping while pushing and pulling handcarts.

Required Accessories

- **Bonnet or Hat:**
 - Bonnets are allowed but do retain heat.
 - Western-style or wide-brim floppy hat **with a chin strap** to prevent blowing away
 - **Not allowed:** beanies, baseball caps, or army-style hats
- **Bloomers / Loose Shorts:** *Help prevent chafing, heat rash, and bug bites*
 - 3 pairs of bloomers or lightweight, knee-length loose shorts to be worn under skirts
 - Scrubs work well and help prevent chafing and bug bites
 - **No leggings** (they trap heat)
- **Aprons:**
 - 2 aprons with pockets
 - Simple apron pattern: [Apron Pattern](#)

Please note:

- Traditional skirts and dresses only
- **No split skirts or gaucho pants**

Pioneer Attire for Men

Each young man should bring:

- **Pants:**
 - 2–3 pairs of pioneer-style trousers (Dockers-type)
 - **No denim, camouflage, or athletic/sport pants**
- **Shirts:**
 - 2–3 long-sleeve, button-up cotton shirts
 - [Convert a modern shirt into a pioneer shirt in 15 minutes](#)
 - Optional: collars may be trimmed for a more 1800s look
 - **No t-shirts**
- **Hat:**
 - Western-style or wide-brim floppy hat **with chin strap**
 - **No beanies, baseball caps, or army-style hats**
- **Optional Items:**
 - Vest
 - Suspenders

Obtaining Pioneer Clothing

Helpful resource: *Google search “LDS Pioneer clothes”*

Have fun!! Express your Pioneer clothing within your budget. Reach out to your Youth leaders if you need assistance. Light Colors will be cooler!

You may obtain clothing by:

- **Making your own**
 - Free patterns available on Pinterest
 - Trek Manual patterns (pages 28–33)
 - Fabric stores also carry simple patterns
- **Borrowing**
 - Ask family members, friends, or others who have attended trek
- **Purchasing**
 - Deseret Book
 - Etsy
 - Amazon
 - Other retailers (search *LDS Pioneer Clothing*, such as [WhiteElegance.com](#))
- **Thrift Stores**
 - Look for long, full skirts, loose trousers, and button-up shirts
 - These are often easy to find and affordable
- **Existing Wardrobe**
- **Reach out to members in your Ward for help!**

Shoes - Bring two pairs (in case one gets wet or causes blisters)

Walking in wet shoes will not make it a pleasant experience and will create blisters.

- COMFORT IS KEY!
- Expensive shoes are **not required**
- Choose sturdy, well-broken-in athletic shoes: KEEP THIS PAIR DRY!
 - Cross-trainers, trail runners, or running shoes
 - Good tread is essential
- Hiking shoes are acceptable but not required
 - If you bring them they must be broken in 2 months PRIOR to trek.
- Bring **water shoes or old tennis shoes** for river crossings
- **Not allowed:** flip-flops or open-toe shoes
- Shoes should fit comfortably while wearing **two pairs of socks**
 - Shoes that are too tight or too loose can cause blisters

Socks

- To prevent blisters:
 - Wear a thin **rayon, nylon, or polypropylene sock** next to the skin
 - Wear a **wool sock over it**
 - Socks that wick away moisture are the most helpful. Socks that are a wool-synthetic blend can also help reduce the potential for blisters.
- **Avoid cotton socks**, as they retain moisture and increase friction