

TREK 2018 PACKING LIST

You will bring two pieces of equipment to trek:

YOUR BLACK GARBAGE BAG AND YOUR 5 GALLON PLASTIC BUCKET:

Your garbage bag stays in camp, your bucket goes on your handcart.

Note: please bring used clothing and equipment that you will not care if it gets dirty or damaged

Please label everything in permanent marker!!

YOU PROVIDE A LUNCH FOR MONDAY ON THE TRAIL: CLEARLY LABELED with your name and your ma and pa's names on it in a DISPOSABLE PLASTIC BAG (to protect from moisture). There will be coolers provided.

BLACK INDUSTRIAL TYPE GARBAGE BAG (BAG PROVIDED BY THE STAKE)

You will get this from your ma and pa.

Fill with the following:

SLEEPING GEAR:

- ☐ **SLEEPING BAG** - A very warm sleeping bag (night temperatures will be cold this time of year) Roll it up tightly
- ☐ **1 SLEEPING PAD** - it must fit inside the bag
- ☐ **PILLOW** - May bring small pillow

CLOTHING:

- ☐ **1 LIGHTWEIGHT JACKET OR SWEATSHIRT**, waterproof if possible
- ☐ **1 RAIN PONCHO**
- ☐ **WARM NIGHTWEAR** - top and bottom sweats and or thermals, or flannel work well
- ☐ **2 PAIR OF LONG STURDY SOCKS** - Because damp feet are the main cause of blisters and natural fibers hold moisture, avoid wool and cotton socks. Choose polyester, acrylic, nylon or polypropylene socks which wick moisture away from the foot. Pack an additional pair of these socks in your bucket (bring a total of 4 pairs, see below), two in this bag
- ☐ **2-3 SETS OF UNDERCLOTHING**

MEN - Wear one SET OF CLOTHING AND PACK ONE

- ☐ **TWO PAIRS LONG PANTS** -cotton or canvas baggy pants, Dockers are great. No denim, no Levis & no camouflage. They should be loose fitting to prevent chaffing. Absolutely NO SHORTS!
- ☐ **2 SHIRTS** (light color, long sleeved and button up) no t-shirts!
- ☐ **BELT OR SUSPENDERS (optional)**
- ☐ **1 HAT** - wide brimmed western style hat required (no baseball or army hats allowed)

WOMEN - Wear one SET OF CLOTHING AND PACK ONE

- ☐ **2 LONG (MID-CALF LENGTH) SKIRTS.** (if too long you can trip while trekking)
- ☐ **2 LONG SLEEVED SHIRTS**
- ☐ **1-2 PAIR BLOOMERS** (these should reach over your socks to protect your legs)
- ☐ **1-2 APRONS** - with big pockets if possible – very handy on trek

- ☐ **1 TO 2 BONNETS OR STRAW HAT** – required

FIVE GALLON PLASTIC BUCKET WITH LID

YOU FURNISH BUCKET

(this is your “luggage” and also your chair-, so you may want to pad the lid)

Fill bucket with the following:

- ☐ **1 - 13 gallon plastic bag** (for wet clothing)
- ☐ **1 BANDANA** (provided by stake)
- ☐ **WORK GLOVES** for pulling handcarts -Leather is best, garden or other types are fine
- ☐ **1-2 PAIRS OF STURDY AND WELL BROKEN IN SHOES** to hike in, don't buy new ones – they will give you blisters. Waterproof, if possible or able to get wet (mesh shoes allow sand, which may cause blisters) **Wear one Pair AND PACK ONE**
- ☐ **1 PAIR OF LONG STURDY SOCKS** Because damp feet are the main cause of blisters and natural fibers hold moisture, avoid wool and cotton socks. Choose polyester, acrylic, nylon or polypropylene socks which wick moisture away from the foot. Some suggest knee high nylons to wear under socks (optional). Wear one pair, pack 1 pair in bucket and 2 pair in garbage bag (total of 4)
- ☐ **1 PAIR FLIP FLOPS** (will only be worn in camp if you get blisters and feet need airing)
- ☐ **1 STURDY REFILLABLE WATER BOTTLE**
- ☐ **1 CARABINER-** or something to tie water bottle to handcart
- ☐ **SMALL FIRST AID KIT** with band aids and moleskin
- ☐ **SMALL FLASHLIGHT** and extra batteries
- ☐ **PERSONAL ITEMS**, keep to a minimum. Place items in a labeled zip lock bag or container: toothbrush, toothpaste, Chapstick (with sunscreen), insect repellent (make sure it contains DEET), deodorant, lotion, 1 small hand towel, washcloth, soap, wipes, hand sanitizer, comb or brush, sunscreen (SPF 15+), sanitary items (girls) and chaffing powder (boys)
- ☐ **AN OLD BOOK OF MORMON** in a ziplock bag to keep it clean and dry
- ☐ **PRESCRIBED MEDICATION**, if needed, in a Ziploc labeled bag! Youth will give to medical staff for safe keeping.
- ☐ **EYE GLASSES WITH CASE** or contacts with solutions and case. Glasses are recommended over contacts because of the dust at Mosida. If bringing contacts, bring an extra pair
- ☐ **SUNGLASSES**
- ☐ **Watch** (optional)
- ☐ **SACK LUNCH** for first day

DO NOT BRING

- Valuables such as jewelry
- Knives (including sheathed knives) guns or other weapons, footballs, or card games, etc.
- Electronics or cell phones for youth (Adults limit use to trek-related communications as much as possible)
- Make-up, perfume, scented lotions, hairspray, aftershave and cologne (bugs love it!)