

FEMALE PACKING LIST

Space and weight for this activity are at a premium. There is limited space in the handcarts. Please pack carefully.

CLOTHING LIST

Two sets (see clothing list below), wear one and pack the other in your bucket. Do not wear expensive clothing. They will get dirty and most likely stained.

WOMEN'S CLOTHING

- 2 long pioneer-type skirts (length should be mid-calf so no tripping or getting wet, no denim)
- 2 shirts – cotton, long sleeve, modest, button-up (NO T-SHIRTS)
- 1–2 pair “bloomers” – length mid-calf (light colors are best – Leggings, PJ bottoms or scrubs work well) and/or bike shorts to prevent chafing while walking
- 1 pioneer/western long brimmed hat or bonnet (we recommend it has a string to go around neck, or it will blow off). No baseball caps, beanies or army hats. Avoid hats that portray any advertisement, company names, or school logos.
- Apron (optional)
- Sturdy walking shoes – should be worn extensively prior to trek to avoid blisters!
- 3 pairs hiking/running socks (non-cotton: wool is great) (sock liner: knee-high nylon)
- 3 changes of underwear (not optional)
- 1 beanie/knit hat for sleeping (optional)
- 1 rain poncho or rain jacket
- We recommend spraying your clothing, shoes, hats, etc... with Permethrin, a tick repellent. This needs to be done several days before Trek.

**Please remember to avoid clothing with expressions, company or school logos.

PLACE THE FOLLOWING ITEMS IN A HEAVY-DUTY GARBAGE BAG **MARKED WITH YOUR NAME:**

- Sleeping bag (must compact to approximate size of a 5-gallon bucket). A compression sack is recommended.
- A compact sleeping pad
- A warm coat (that you don't mind getting dirty)

IN A 5 GALLON BUCKET WITH TIGHT FITTING LID (5 Gallon Buckets with Twist-on Lids are so much easier to open) Put your name and ward on your bucket.

- All extra clothing and an extra pair of shoes
- Several changes of socks.
- Sweatshirt or jacket.
- Sturdy rain poncho.

- Optional: Sandals or flipflops
- Fork and spoon (Plates will be provided.)
- Toothbrush and toothpaste. Disposable brushes work well.
- Small hand towel.
- Comb or Brush (as needed).
- Hand wipes or hand sanitizer.
- Hand Lotion.
- Flashlight or headlamp.
- Deodorant (required... NOT optional).
- Other personal hygiene items (as needed).
- Drying powder (baby powder, Gold Bond, Zeasorb, etc.)
- Body Glide or Petroleum Jelly for chaffing (optional).

IN A BACKPACK (NOT IN BUCKET)

- Sack lunch (This will be your lunch for the first day)
- 12 – 24 oz water container (bottle) to be used throughout Trek. Stake purchase?
With carabiners to hang on cart?
- Book of Mormon
- Sunscreen (high SPF), lip balm with sunscreen (Chapstick, etc.).
- Small container of mosquito repellent, high % DEET.
- Any prescribed medications.
- 1 pair of work gloves for pulling the handcart.
- Sunglasses
- Mini Cooling Wrap: Ex: Froggtoggs (Optional)
- Inexpensive camera (optional). We will have photographers and will make the photos accessible to participants.
- Hand wipes or hand sanitizer.

PROHIBITED ITEMS:

- Food, snacks, gum, etc.
- Electronics including cell phones, music/video players, hand-held games, etc.
- Games including cards, footballs, soccer balls, frisbees, etc.
- Reading materials, other than Scriptures.
- Make-up or beauty supplies.
- Knives and weapons.
- Fireworks.
- Jewelry.

Try to avoid clothing with expressions, company or school logos if possible.