

MALE 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.
- 2 pair of pioneer pants, cotton, light colors are best. No camouflage, or sports type pants.
- 2 shirts—long sleeve, button up, flannel or cotton shirts (light colors are best). No T-shirts.
- 1 pioneer/western long brimmed hat (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.
- Vest (optional)
- Suspenders (optional)
- Sturdy walking shoes (should be worn extensively prior to try 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. (Stake provides plates)
- Toothbrush and toothpaste. Disposable brushes work well.
- Small hand towel.
- Comb or Brush (as needed).
- 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 is your lunch for the first day)
- 12 – 24 oz water container (bottle) to be used throughout Trek.
- 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: Frogg Toggs (Optional).
- Inexpensive camera (optional). We will have photographers on the trek.
- Hand sanitizer or hand wipes.

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.