

# Packing and Gear List

This list is provided to help you gather the gear you will need to be a successful pioneer. Because of the weight and space limitations of our handcart design and our attempt to create an authentic pioneer experience, you will be limited in the amount of gear you can bring. You will need the items listed here, but please DO NOT bring anything else. We cannot take it with us.

## GENERAL ITEMS

- 1 5-gallon bucket with a watertight lid. These will be used to carry all your personal belongings as well as a seat to sit on.
- 1 warm sleeping bag (it can get cold at night)
- 1 rain poncho and/or sheet of plastic for rain wear and as a ground cloth
- 1 pair of tennis shoes (an old pair)
- 1 pair of shoes to hike in (If you buy new shoes/boots for this, make sure they are broken in)
- 4 pairs of sturdy socks (1 or 2 should be wool, or other good hiking socks)
- Water Bottle
- 1 towel, hand towel, or wash cloth
- 4 sets of underclothing
- Toothbrush and toothpaste
- Deodorant and other personal care items
- Comb or brush
- Coat/Jacket as it gets cold in the evening
- Needle, thread, and safety pins
- Band- Aids
- Prescription medications (ALL prescriptions must be reviewed by the on-site nurse)

- Scriptures (preferably old and stored in a zip-lock bag to protect from moisture)
- 2 heavy duty, large plastic garbage bags
- Chapstick
- 1 old blanket
- 1 pair of work gloves
- Insect repellent and sunscreen

## YOUNG MEN SHOULD BRING

- 2 pairs of light weight pants (no jeans)
- 2 long sleeved shirts (no collars)
- 1 sweatshirt or fleece jacket
- 1 brim hat (no baseball or army hats allowed)
- 1 pair of suspenders (optional)
- 1 PJ bottom and t-shirt for sleeping

## YOUNG WOMEN SHOULD BRING

- 2 mid-calf, long sleeved dresses OR 2 skirts and 2 long sleeved blouses
- 1 or 2 bonnets or wide brim hats
- 1 slip, petticoat, or knee-length bloomers (can be made out of old pajama bottoms or hospital pants) **or leggings**
- 1 fleece jacket

1 pair warm pajamas

Feminine hygiene supplies

**LOST PROPERTY**

The stake accepts no responsibility for personal items that are lost or stolen during the Trek

**DO NOT BRING**

**Cell Phone**, Candy or any other food items, radios, pillows, sleeping pads, electronic items, cell phones, shampoo, (biodegradable soap will be provided), any type of jewelry, **or anything that does not appear in the above equipment list.**