

# PIONEER TREK INDIVIDUAL EQUIPMENT LIST

(Updated 4/2017)

All of your gear for the pioneer trek will be packed in one of two places: in your 5 gallon bucket or in a large, heavy-duty garbage colored bag. The bucket will contain your personal items and the garbage bag will contain your sleeping items. Remember to label everything with your first and last name and ward.

## What to Pack in Your Garbage Bag (bag provided by the stake):

- Sleeping bag - cold weather bag (temperatures may get < 30 at night)
- Old warm blanket (inside sleeping bag)
- Coat - heavy and warm (It can get very cold, day or night)
- Inflatable or small pillow
- Sleep wear (warm and modest-roll inside your sleeping bag or put inside your pillow case)

## What to Pack in Your Bucket (bucket provided by the stake):

- Rain poncho (pack on top of everything in your bucket for easy access)
- Water bottle-A MUST! (The stake will provide one for you, but bring an extra)
- Hand towel or wash cloth
- Comb or brush
- Deodorant (optional but we hope you bring it ☺)
- Lip protection – SPF 30+
- Sunscreen – SPF 30+
- Tooth brush and tooth paste (place in zip lock bag)
- Insect Repellent (small, place in a zip lock bag)
- Sweatshirt or hoodie
- Sunglasses (Simple and Inexpensive, shouldn't draw attention)
- 2 Pair of shoes to walk/hike in (wear one pair, pack the other)
- 3 Pair of sturdy wool socks (Wear one pair, pack the other two)
- 3 Sets of underclothing (Wear one pair, pack the other two)
- Pair of leather work gloves (Used to protect your hands while pulling the handcart.)
- Small flashlight or headlamp and extra batteries
- Old small set of scriptures (You can put them in a zip lock bag for protection)
- Pen or pencil
- Chemical heat packages (Optional - May use them in your sleeping bag at night)
- If you wear contacts/glasses, wear your glasses. There may be a lot of dust.
- **Required Medications** (Medical personnel need to know what you have. Especially bring allergy medication. You may want to start on it a few days prior to leaving to circumvent any dust or pollens on the trail. Don't bring Tylenol, Motrin, etc. Medical personnel will have those medications available)
- Tube of Desitin ointment and 6 knee high nylons. (to be put on your feet several times a day to avoid blisters. Worn under your wool socks.) It really works!

- Moleskin

## Young Men Should Also Bring:

- 2 Pair **cotton** pants (**No denim jeans**-causes chaffing, no camo pants, no shorts. Wear one, pack one)
- 2 Long sleeve, collared, button shirts (No t-shirts. Wear one, pack one)
- Wide brim straw/canvas/western style hat (No baseball type hats, no military type hats)
- Suspenders (Optional, but very functional)
- Vest (Optional, may help you keep warm in colder conditions)

## Young Women Should Also Bring:

- 2 Mid-calf, long-sleeve dresses, or skirts and blouses (Wear one, pack one)
- Bonnet or wide brim straw hat
- Apron (With pockets - you will need them)
- 2 Pair of breathable leggings (Can be old PJ bottoms - needed for modesty and leg protection and you can pull your wool socks over them for tick protection)
- Feminine hygiene supplies (bring ziplock bags to put in after use as they cannot go in the port-a-pottie tanks)
- Hair elastics or fasteners (Keeps your hair out of your face during windy conditions, which is most of the time)

## Optional Items:

- Harmonica, or other small instruments
- Spray bottle to stay cool (no squirt guns)
- Lotion
- Hand sanitizer or small package of hand wipes
- Personal journal
- Favorite Church Magazine
- Small First Aid Kit

## What NOT to Bring:

- No immodest clothing (see-thru when wet or dry)
- No shorts, midriiffs or sleeveless or short-sleeve tops No T-shirts (As outerwear)
- No fireworks, matches, lighters
- No screen or electronic devices (including ipods, phones, games, radios, tablets ect)!
- No hatchets, sheath or butterfly knives (pocketknives are ok)
- No fire arms or weapons
- No inappropriate materials or behavior that is not consistent with For the Strength of Youth standards