

## North Salt Lake Stake Pioneer Trek 2018

*The Trek Continues ...*

### Individual Equipment List    **(Updated July 2018)**

Shortly before Trek, each participant will be provided with a 5-gallon bucket with a unique colored top, which will match the color of the person's bandana and company. This will help us quickly pack and unpack. It is therefore important that people not swap bandanas or bucket tops. In addition, each participant will be provided a clear garbage bag in which to place their sleeping bag.

- **Please label your bucket and garbage bag with your name and color (the color of the bucket lid).**

We do not want you to incur unnecessary costs. For your pioneer clothing, please utilize existing clothing or second-hand stores such as Deseret Industries. Please see pictures of examples under the 'Clothing' tab on the website.

Because of the weight and space limitations of our handcarts and our attempt to create an authentic pioneer experience, you are limited in what you can bring. Please do not bring items not on this list.

**On Monday, July 23<sup>rd</sup> bring your bucket and clear garbage bag packed with your sleeping bag to the stake center parking lot between 5:00 – 7:00 pm.**

**You need to arrive the following morning (July 24<sup>th</sup>) at the stake center by 5:30am. Please be dressed in pioneer clothing when you arrive. Eat a good, full breakfast and bring a sack lunch.**

### ITEMS TO PACK IN YOUR 5-GALLON BUCKET

- Mess kit and mesh bag (mesh bag helps in air drying)
- Rain poncho—it is recommended that the poncho have snaps down the sides
- Pair of old walking shoes
- One pair of shoes for trekking (trail hiking shoes or running shoes are recommended unless you have ankle issues. Whatever is worn should be broken in completely prior to trek)
- Sturdy work gloves to prevent blisters
- Five pairs of good hiking socks – NOT cotton. **Good socks are vital!** Socks that have merino wool/nylon/spandex/polypropylene/acrylic help minimize blisters and are well worth the extra money to not suffer blisters. Example brands are *Wigwam, Smartwool & Darn Tough*
- Three extra changes of underclothing—underclothing fabrics such as spandex/smartwool/polyester/silk can greatly reduce chaffing
- Two heavy duty garbage bags for dirty or wet clothing
- Two gallon sized zip lock bags (to keep personal items dry)
- Lip balm (SPF 15 or greater), sunscreen (SPF 30 or greater), insect repellent with high DEET concentration (at least 40%) – i.e. REI Jungle Juice or Repel 100
- Five band-aids and prescribed medicines (optional: Tylenol and/or Ibuprofen)
- Hairbrush or comb
- Hand soap
- Hand sanitizer (small size)
- Deodorant
- Toothbrush and small tube of toothpaste
- Small hand towel or washcloth
- Sunglasses – glasses or contacts (although dry, wind conditions may make contacts difficult) if needed
- Pen
- Small flashlight or headlamp
- Water flavor packets—(optional) to help increase water consumption (Propel, Crystal Light, Gatorade)

### **ITEMS TO PACK IN YOUR CLEAR GARBAGE BAG**

- Warm sleeping bag in stuff sack
  - Put sleeping bag inside the sturdy CLEAR plastic garbage bag and LABEL with your name as well as the color of your 5-gallon bucket lid (this helps us know what company you are in)
- Light weight blanket – Pack in garbage bag with sleeping bag
- Optional: Light weight sleeping pad and pillow (must fit in garbage bag with sleeping bag and blanket)
- Warm jacket (if jacket won't fit in bucket, put it in the garbage bag with your sleeping bag)

### **WOMEN SHOULD BRING:** (Come dressed in one of the pairs of your pioneer clothing)

- 2 mid-calf length long sleeved dresses (or skirt or jumper with long sleeved blouses)  
Nylon and spandex fabric skirts/dresses will breathe and move much better than cotton/canvas fabrics. Shirts with a polyester blend or nylon are great for sun protection, hiking and quick drying.
- Wide-brimmed or straw hat (make sure they tie under chin to stay on during frequent strong winds) **It is recommended that a wide-brimmed/straw hat be worn instead of a bonnet** (bonnets tend to trap in heat, and straw hats allow for better ventilation and more sun protection)
- One pair of knee length bloomers (these can be made out of old pajama bottoms or scrubs) or loose, long (knee length) shorts. Fabrics such as spandex/smartwool/polyester/silk can greatly reduce chaffing. It would be useful to find a pair with pockets, or you could sew one on.
- One apron (useful to have a pocket – can sew one on)
- Sleepwear – sweats/t-shirt or pajamas (cold at nights)
- Feminine hygiene supplies

### **MEN SHOULD BRING:** (Come dressed in one of the pairs of your pioneer clothing)

- Two pairs pants (No jeans).  
Cotton and canvas fabric pants are acceptable. Please note these fabrics will take longer to dry, do not breathe and a keep sweat right against the body. Nylon and spandex fabric pants will breathe and move much better.
- Two long sleeved shirts (No tee-shirts)  
Shirts with a polyester blend or nylon are great for sun protection, hiking and quick drying.
- One western style wide brimmed hat (No baseball or army style hats)
- Vest and suspenders – optional
- Sleepwear – sweats/t-shirt or pajamas (cold nights)

### **PLEASE DO NOT BRING:**

- Candy or snacks (the stake will provide plenty of candy throughout the trek)
- Electronic items including phones (These items may get wet or lost and will distract from your experience.)

### **STAKE WILL PROVIDE:**

- 5-gallon bucket and colored top
- Clear garbage bag
- Scriptures/journal/songbook
- Snacks
- Water bottle
- Colored bandana
- Tents for each family

- 2 plastic tarps approx. 9' x 12' per family
- 100' of 7/16" or 1/2" nylon rope per family

**Adult Family Trek Leader Equipment List (LABEL ALL EQUIPMENT)**

- Small backpack
- Consecrated oil
- 2 to 3 Sharpie markers
- Pocket knife
- Lantern
- Matches
- Small hammer
- Extra quart sized Ziploc bags