

PIONEER TREK INDIVIDUAL EQUIPMENT LIST

*FIRST OUTFIT WILL BE WORN ON ARRIVAL, EVERYONE ELSE MUST FIT INTO BUCKET EXCEPT SLEEPING BAG

1 5 gallon bucket with lid for your gear
(line it with a plastic garbage bag and come with all of your gear inside)
1 warm sleeping bag, put inside plastic bag
1 old coat (heavy and warm), with a warm cap
1 rain poncho
1 pair of gloves
1 pair of shoes to hike in (don't buy new ones -- they will give you blisters. Sturdy running or tennis shoes will work fine if you don't have hiking boots)
4 pair of sturdy socks
4 pair inner socks (nylons, to prevent blisters)
4 sets of underclothing
*If shirts are white wear an under shirt
1 pajama
1 metal pie plate, 1 large spoon
1 tin cup
1 small carabiner
1 small hand towel and a comb or brush
1 toothbrush
5 bandaids and prescribed medications only
an old set of scriptures
2 heavy duty garbage bags
Chapstick, insect repellent, and sunscreen
Pen or pencil

MEN SHOULD BRING

3 pairs of canvas, or cotton pants (not levis)
3 long-sleeved shirts
1 wide-brimmed western style hat (no baseball or army hats allowed)
1 pair suspenders

WOMEN SHOULD BRING

3 mid-calf length, long-sleeved dresses "or" 2 skirts with 3 long sleeve shirts (3 total outfits)
2 bonnets
3 pair bloomers or dark solid colored ankle length leggings (can be made out of old pajama bottoms or hospital pants) (patterns are available upon request)
2 or 3 aprons
Feminine hygiene supplies

OPTIONAL ITEMS

Personal journal
A pocket or sheath knife
Harmonica or other small musical instrument (this does not include iPods or electronics)
NO PHONES