

2022 TREK PACKING LIST

All of your gear for Trek will be packed in one of **two containers**: In your **5-gallon bucket**, and a **large, heavy-duty garbage sack**. The bucket will contain your personal items and the garbage sack will contain your sleeping items.

Please remember to **PACK A SACK LUNCH** for the bus ride.

Don't forget to label these items with your first and last name and the name of your ward!

What to Pack in Your Garbage Bag:

- ☐ Cold weather sleeping bag (40° and below)
- ☐ Old warm blanket (pack inside your sleeping bag)
- ☐ Warm coat or jacket
- ☐ Small camp pillow (optional)

What to Pack in Your Bucket:

- ☐ Tin plate or metal pie pan
- ☐ Metal fork, spoon, & knife
- ☐ Small cup with handle & carabiner (Important! This is your source of water).
- ☐ Hand towel or wash cloth
- ☐ Comb or brush
- ☐ Deodorant
- ☐ Lip protection – SPF 15+ or higher
- ☐ Leather work gloves
- ☐ Toothbrush and toothpaste (pack in ziplock bag)
- ☐ Insect repellent (pack in ziplock bag)
- ☐ Sweatshirt or hoodie
- ☐ Comfortable trail shoes or lightweight boots
- ☐ 3 pair of sturdy socks
- ☐ 3 sets of underclothing
- ☐ Sleepwear (sweats, etc. – these may only be worn at bedtime)
- ☐ Small headlamp or flashlight and extra batteries
- ☐ Old small set of scriptures
- ☐ Pen
- ☐ If you wear contacts/glasses, wear your glasses
- ☐ Required medications
- ☐ Sunscreen (Important! High altitude sunburns are no joke).

Young Women Should Bring:

- ☐ 2-3 mid-calf, long-sleeve dresses, or skirts and blouses
- ☐ Bonnet or wide brim straw hat
- ☐ Apron (with pockets)
- ☐ 2-3 pair of bloomers/leggings
- ☐ Feminine hygiene supplies
- ☐ Hair elastics

Young Men Should Bring:

- ☐ 2-3 pair pants (no denim jeans, camo, or shorts)
- ☐ 2-3 long sleeve, button-up shirts (no t-shirts)
- ☐ Wide brim straw/canvas/western style hat
- ☐ Suspenders (optional, but very functional)
- ☐ Vest (optional, may help you keep warm)

Optional Items:

- ☐ Folding pocket knife
- ☐ Lotion
- ☐ Hand sanitizer or small package of hand wipes
- ☐ Sunglasses
- ☐ Rain poncho or rain jacket

Do NOT Bring:

- ✗ Immodest clothing (see-thru when wet or dry)
- ✗ Shorts, midriffs or sleeveless or short-sleeve tops
- ✗ T-shirts (as outerwear)
- ✗ Baseball caps
- ✗ Fireworks, matches, lighters
- ✗ Cell phones
- ✗ Personal electronic devices
- ✗ Hatchets or butterfly knives (pocketknives are ok)
- ✗ Firearms or weapons
- ✗ Inappropriate materials or behavior that is not consistent with For the Strength of Youth standards