

## Women's Equipment List for Trek

(Suggested personal items for Women/Young Women)

- 5 Gallon bucket with lid (decorate if you like and put your name on it)
- pen/pencil
- Journal (to be provided by the Stake)
- Sleeping bag/ sleeping pad
- Light blanket or flat sheet (since it will be hot at night you may prefer to lay on top of sleeping bag and only cover yourself with a sheet or light blanket)
- Mosquito Netting (should be free standing/self supported)
- 1 pair work gloves
- 1 refillable personal water bottle, preferably hard exterior, filled with water

### Clothing:

- Hiking/walking shoes (not new) & Water Shoes/Texas/ or old sneakers that can get wet (NO flip flops)
- Socks several pair (good quality to prevent blisters)
- Poncho or water repellent jacket
- 1 bandanas (Stake will provide)
- 2 pioneer dresses, skirts, at least mid-calf in length, long sleeved dresses OR ALTERNATIVELY 2 pairs of canvas, cotton pants \*No jeans and 2 long-sleeved button-up shirts (cotton or flannel - no logos)
- 1 or 2 bonnets or straw hat
- 1 pair exercise shorts to be worn under dress or skirt & 1 apron
- 2 sets underclothing
- 1 set of pajamas (comfortable t-shirt and shorts/pants) to sleep in
- Hygiene: Tissues, hand towel, soap, toothbrush/paste, deodorant
- First Aid: Moleskin, blister pads, band-aids, sunscreen SPF 30+, prescription medications, lip balm, insect repellent
- NO MAKEUP

### Note:

- All sleeping equipment (sleeping bag, sleeping pad, pillow, flat sheet/light blanket, etc) should fit in a trash bag. Label trash bag clearly with your name.
- All other items (except your personal water bottle) need to fit into your 5 Gallon Bucket (17 lbs maximum). Label bucket clearly with your name on it.

## Men's Equipment List for Trek

(Suggested personal items for Men/ Young Men)

- 5 Gallon bucket with lid (decorate if you like and put your name on it)
- pen/pencil
- Journal(to be provided by the Stake)
- Sleeping bag/ sleeping pad
- Light blanket or flat sheet (since it will be hot at night you may prefer to lay on top of sleeping bag and only cover yourself with a sheet or light blanket)
- Mosquito Netting (should be free standing/self supported)
- 1 pair work gloves
- 1 refillable personal water bottle, preferably hard exterior, filled with water

### Clothing:

- • Hiking/walking shoes (not new) & Water Shoes/Tevas/ or old sneakers that can get wet (NO flip flops)
- Socks several pair (good quality to prevent blisters)
- Poncho or water repellent jacket
- 1 bandana (Stake will provide)
- 1 Wide brimmed Western style hat or straw hat (helps avoid sunburn) \*No baseball caps
- 2 pairs of canvas, cotton pants \*No jeans
- 2 long-sleeved button-up shirts (cotton or flannel - no logos)
- 2 sets of underclothing
- 1 set of pajamas (comfortable t-shirt and shorts/pants) to sleep in
- 1 pair suspenders
- Hygiene: Tissues, hand towel, soap, toothbrush/paste, deodorant
- First Aid: Moleskin, blister pads, band-aids, sunscreen SPF 30+, prescription medications, lip balm, insect repellent

### Note:

- All sleeping equipment (sleeping bag, sleeping pad, pillow, flat sheet/light blanket, etc) should fit in a trash bag. Label trash bag clearly with your name.
- All other items (except your personal water bottle) need to fit into your 5 Gallon Bucket (17 lbs maximum). Label bucket clearly with your name on it.