

Dear Parents, Young Women Leaders, and Young Men Leaders,

I have been called as the Clothing Coordinator for the Chandler South Stake Handcart Trek. I want to be of service to you and the youth as we prepare for this trek experience. I would like to offer the following assistance to help to make this an enjoyable experience for our youth:

- I can come to one of your Sunday or Tuesday/Wednesday meetings to show examples of what is appropriate to wear.
- I can come to one of your YW/YM weekly activity nights to help sew bonnets/skirts/aprons.
- I can share patterns for items with you and your wards and help coordinate people in your ward to help with sewing.
- If needed, we will schedule a Stake sewing day, likely on a Saturday in January or February, to help you with your clothing.

The following information comes from the **Handcart Trek Guidelines Handbook**.

Where possible, leaders and youth are encouraged to wear pioneer-style clothing. Doing so helps participants immerse themselves in the trek experience. It can also foster a sense of unity among the youth and help remove social barriers that may exist.

In obtaining or making pioneer clothing, leaders and youth should not spend excessive time or money. Many items can be found in existing wardrobes or at secondhand stores.

Ideally, young women's blouses should be lightweight and long-sleeved, and their skirts should reach the midcalf, with bloomers or shorts underneath to prevent chafing. Lightweight, long-sleeved shirts and comfortable, loose-fitting pants are recommended for the young men. Cotton fabrics are generally recommended.

To help reduce the likelihood of blisters, participants are encouraged to wear (1) walking or hiking shoes that are broken in and (2) two pairs of socks at a time. Ideally the inner sock is thin and synthetic, while the outer sock is wool or a wool blend. Socks that wick away moisture are the most helpful. Socks that are a wool-synthetic blend can also help reduce the potential for blisters.

To help protect from sun and insects, participants are encouraged to wear long sleeves, wide-brimmed hats or bonnets, and sunglasses. Clothing should be appropriate for the weather conditions that might occur. Trekkers should bring protective over-clothing if rain or cold weather is likely. If they get wet, they should put on dry clothes as soon as possible.

Simple patterns can be found online, or ask around as many families have done this once or twice and can be of assistance. Here are some examples:



A pioneer shirt from a
White dress shirt



Two-Seam Gathered Skirt



Simple Apron with
Ribbon Ties

This information should get us all started. Remember, please do not spend excessive time or money. Check with ward members that have gone on trek previously to see if they have clothing you may use. Many items can also be found at secondhand stores like Deseret Industries. Do you have an old sheet or pillowcase or two? They make great skirts and aprons.

See below for clothing list. Please note this is not a complete packing list, only the clothing portion.

Please let me help. Here is my contact information:

Jody Corbett (Paseo Crossings Ward)
602-418-2548 (Cell - can text or call)
jodyjmc@gmail.com

TREK CLOTHING

Men should bring:

- 2 pairs of non-denim work pants (i.e. dickies or dockers)
- 2 long-sleeved LOOSE shirts
- Western-style hat (no baseball or army hats allowed)
- 1 pair of suspenders
- 1 warm PJs
- Hiking boots or sturdy athletic shoes
- 1 old tie (optional)

Women should bring:

- 2 mid-calf length, long-sleeved dresses (or blouses/skirts)
- 1 or 2 bonnets (or Western-style hat)
- 1 pair of knee length bloomers, (can be made out of old pajama bottom pants with lace sewn on)
- 1 apron
- 1 warm PJs
- Hiking boots or sturdy athletic shoes



