

Ma & Pa Equipment List

Try to borrow as much of this equipment as possible to keep the expense down. Check for items at DI or thrift stores. Label everything. **Yellow is provided by stake.**

Check the first column as you collect each item. Double check as it is packed.

Gather smaller items in a tote or container with a lid that will stack easily with buckets.

Kitchen Supplies

- | | |
|---|---|
| __ __ 2 5 gal water cooler or 1 10 gal | __ __ 1 cup or ladle serving |
| __ __ (2) 12" to 16" Dutch oven – seasoned | __ __ 1 pancake turner |
| __ __ 10-14 Qt. Enamel or metal Pot | __ __ 1 plastic tipped tongs - kitchen only |
| __ __ 1 Lg. Mixing Bowl | __ __ 1 metal tongs - dutch oven coals |
| __ __ 1 Medium bowl or extra pie tin (for holding cut veggies) | __ __ 1 large Whisk |
| __ __ 2 Lg. Serving Spoons | __ __ 1 sharp knife |
| __ __ 1, 1/3, 1/2, 1/4 Cup Measure set | __ __ 1 potato peeler |
| __ __ 1 tsp Measure (1 Tbl = 3 tsp) | __ __ 1 DO lid lifter or pliers |
| __ __ 1 small container to make flour paste | __ __ 1 bucket |
| __ __ 1 Qt. container w/lid | __ __ 1 shovel |
| __ __ 1 cup salt and small pepper | __ __ 1 plastic tote, milk crate or duffel bag to hold cooking supplies |
| __ __ 3-4 rags/small towels for dishwashing, scour pad or scraper | __ __ 2 forks (for shredding chicken) |
| __ __ 2-4 Lg. trash bags | __ __ Salt & Pepper, any additional spices you want to add |
| __ __ 1 Box Matches and /or Flint & Steel | __ __ Food service gloves (optional) |
| __ __ 1 Pair leather or heavy canvas gloves | __ __ Meat Thermometer (Optional) |
| __ __ 1 cup or ladle for water only | |

Note: Proper care of the dutch oven is important. It must be seasoned & stored carefully. Although a dutch oven is very heavy, it can be broken if dropped or hit. Store the dutch oven in a burlap or protective cover. Never use cold water on a hot dutch oven because it will break or warp. Never scrub a dutch oven with soap & water without afterwards applying oil or it will rust. Never put a dutch oven on a burning flame – only on hot coals.

Medical Supplies

Keep first aid supplies simple and accessible – small backpack/fanny pack.

- | | |
|--|--|
| <input type="checkbox"/> <input type="checkbox"/> pop-up towelettes | <input type="checkbox"/> <input type="checkbox"/> extra fem hygiene |
| <input type="checkbox"/> <input type="checkbox"/> insect repellent | <input type="checkbox"/> <input type="checkbox"/> grocery sack for disposal |
| <input type="checkbox"/> <input type="checkbox"/> chapstick | <input type="checkbox"/> <input type="checkbox"/> Tylenol |
| <input type="checkbox"/> <input type="checkbox"/> knee high nylons or moleskin | <input type="checkbox"/> <input type="checkbox"/> eye drops (like Visine) |
| <input type="checkbox"/> <input type="checkbox"/> Band-Aids | <input type="checkbox"/> <input type="checkbox"/> Neosporin |
| <input type="checkbox"/> <input type="checkbox"/> tweezers | <input type="checkbox"/> <input type="checkbox"/> Hydrogen peroxide/wipes |
| <input type="checkbox"/> <input type="checkbox"/> Ace elastic wrap | <input type="checkbox"/> <input type="checkbox"/> sterile bandages |
| <input type="checkbox"/> <input type="checkbox"/> small pair scissors | <input type="checkbox"/> <input type="checkbox"/> 2 flashlights for ma and pa only |
| <input type="checkbox"/> <input type="checkbox"/> 1-2 boxes of ten single serve Gatorade packets | <input type="checkbox"/> <input type="checkbox"/> Benadryl |

Family Supplies

- | | |
|---|---|
| <input type="checkbox"/> <input type="checkbox"/> notebook with handouts/songs | <input type="checkbox"/> <input type="checkbox"/> hatchet (optional) |
| <input type="checkbox"/> <input type="checkbox"/> trek schedule | <input type="checkbox"/> <input type="checkbox"/> large trash bags (to keep sleeping bags and/or clothes dry if raining) for each child |
| <input type="checkbox"/> <input type="checkbox"/> church magazine or old set of scriptures | <input type="checkbox"/> <input type="checkbox"/> Charcoal Chimney (optional) |
| <input type="checkbox"/> <input type="checkbox"/> pencil/pen extras | <input type="checkbox"/> <input type="checkbox"/> Analog watch (optional) |
| <input type="checkbox"/> <input type="checkbox"/> camera (not phone) | <input checked="" type="checkbox"/> <input type="checkbox"/> 100 ft mule tape for pulling cart set up |
| <input type="checkbox"/> <input type="checkbox"/> pocket knife or sheath knife | <input checked="" type="checkbox"/> <input type="checkbox"/> Large tarp for sleeping under, rope to set it up |
| <input type="checkbox"/> <input type="checkbox"/> 2 light/med. duty tarps (approx. 10x12) | <input checked="" type="checkbox"/> <input type="checkbox"/> Pull Bars for Cart |
| <input type="checkbox"/> <input type="checkbox"/> toilet paper | <input checked="" type="checkbox"/> <input type="checkbox"/> Tent Stakes, 4 |
| <input type="checkbox"/> <input type="checkbox"/> medium trash bags, Ziplocs, masking/med. Tape & felt marker (for shakedown) | <input checked="" type="checkbox"/> <input type="checkbox"/> Family Flag and 2 stakes for flag |
| <input type="checkbox"/> <input type="checkbox"/> Duct tape | <input checked="" type="checkbox"/> <input type="checkbox"/> Charcoal and fire starters |
| <input type="checkbox"/> <input type="checkbox"/> 4 to 8 stakes (see note below ***) | <input checked="" type="checkbox"/> <input type="checkbox"/> Parchment liners for bread |
| <input type="checkbox"/> <input type="checkbox"/> 100 ft of good strong rope | <input checked="" type="checkbox"/> <input type="checkbox"/> Dish soap |
| <input type="checkbox"/> <input type="checkbox"/> hammer for stakes *** | <input checked="" type="checkbox"/> <input type="checkbox"/> Disposable Feminine Products Bags |

**We have several “special needs” youth that will need food, help, etc. along the trail. The Ma’s & Pa’s assigned over these kids will be given specific instructions on what “extras” to bring, and when, where, or how to use them. All “extras” required, should be administered discreetly on the trail and in camp unbeknownst to the other trekkers.

*** Stake is providing 4 metal tent stakes. If you plan on building the tent with the cart standing on end you will need 4 to 6 metal stakes approx. 18 inches long. You will also need a small sledge hammer for driving these stakes. If you plan on the shorter tent with the cart on its wheels then 8 wooden or smaller metal stakes are sufficient. A smaller hammer or the back of the hatchet will suffice to drive these stakes.

Pioneer Trek Personal Equipment List

This list is provided to help you gather the gear you will need to be a successful pioneer. Because of the weight and space limitations of our handcart design and our attempt to create an authentic pioneer experience, the amount of gear you will bring is limited. You will need the items listed here, but please don't bring anything else. We cannot take it with us.

EVERYONE SHOULD BRING:

Check 2nd check

- _____ 1 large 5 gal. bucket for your gear and to use as a chair during trek (you can add a padded top)
- _____ 1 warm sleeping bag (it gets cold in the high desert at night).
- _____ 1 coat (heavy and warm)
- _____ 1 rain poncho
- _____ Enough plastic to serve as a ground cloth and shelter from rain (this could be a small tarp)
- _____ 1 pair of shoes to hike in (don't buy new ones. They need to be broken in before Trek.)
- _____ A few pairs of nylon knee-hi socks. These are great for PREVENTING blisters.
- _____ 3 pairs of sturdy socks.
- _____ 2 sets of underclothing
- _____ 1 pie plate and 1 large spoon
- _____ 1 tin cup with handle, no glass
- _____ 1 small hand-towel and a comb or brush
- _____ 1 toothbrush and paste
- _____ Band-Aids, blister bandaids and/or moleskin, and prescribed medication only.
- _____ an old set of scriptures (paperback blue B of M) and a church magazine
- _____ 2 heavy-duty plastic garbage bags.
- _____ toiletries
- _____ pen or pencil
- _____ Journal
- _____ Deodorant
- _____ Sunscreen
- _____ Chapstick

_____ _____ Work gloves (with your name on them)

_____ _____ Sunglasses (optional)

Note: check the first column as you collect each item. Double check the second column as it is placed in a large flour sack or duffel bag.

MEN SHOULD BRING

_____ _____ 2 pairs of non-denim work pants. No jeans allowed or work overalls. *

_____ _____ 2 long sleeved shirts (flannel are best, but any will do)*

_____ _____ western-style hat (no baseball or army hats allowed)

_____ _____ Modest sleepwear of some kind

_____ _____ 1 pair of suspenders

_____ _____ 1 old tie (optional)

WOMEN SHOULD BRING

_____ _____ 2 mid-calf length, long sleeved dresses, or two blouses and two skirts.

_____ _____ 1 or 2 bonnets or 1 bonnet and a western style hat.

_____ _____ 1 pair of knee length bloomers (can be made out of old pajama bottoms or hospital
Pants).

_____ _____ 1 or 2 aprons, best with pockets

_____ _____ modest sleepwear of some kind

_____ _____ feminine hygiene supplies

OPTIONAL ITEMS

_____ _____ 1 old suit coat (men) or shawl (women) for Sunday wear.

_____ _____ camera, no phones

_____ _____ a pocket or sheath knife

_____ _____ insect repellent and sunscreen

_____ _____ a harmonica or other small musical instrument

DO **NOT** BRING:

- Ipods, smart watches, electronic games, cell phones, jewelry, no electronic equipment
- Candy, soda, or other food items (including gum)
- Make-up, curling irons, cosmetics, etc.
- Fireworks or matches
- Pillows. . .unless medically necessary