

BECOME

Trek 2023 CHANDLER SOUTH STAKE YOUTH 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, you will be limited in the amount of gear you can bring. You will need the items listed here, but ***please do not bring anything else. We cannot take it with us.***

EVERYONE SHOULD BRING:

- 1 Bucket (5 Gal ONLY) 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 mountains at night)
- 1 coat (warm for night time activities) This will double as your pillow.
- 1 rain poncho
- Enough plastic to serve as a ground cloth and shelter from rain
- 1 pair of shoes to hike in (not new, or can be another pair of tennis shoes) **NO NEW SHOES**
- 3 pairs of sturdy socks
- 2 sets of underclothing
- A few pairs of nylon knee-hi socks. These are great for PREVENTING blisters.
- 1 pie plate and 1 large spoon/spork
- 1 tin cup with handle (no glass)
- 1 small hand towel and a comb or brush
- 1 toothbrush and toothpaste
- 5-10 bandaids, blister bandaids or moleskin and prescribed medication only
- An old set of scriptures
- 2 heavy-duty plastic garbage bags
- pen or pencil
- Journal
- Deodorant
- Sunscreen
- Chapstick
- Sunglasses
- Work Gloves (put your name on them)

OPTIONAL ITEMS:

- 1 old suitcoat (men) or shawl (women) for Sunday wear
- Camera (no phones)
- A pocket or sheath knife (we may carve stuff, so you'll need this if you want to do that)
- Insect repellent

YOUNG MEN SHOULD BRING:

- 2 pairs of non-denim work pants (think Dickies pants or looser canvas type - no blue jeans allowed or jean overalls)
- 2 loose and breathable long-sleeved shirts
- 1 western-style hat (no baseball or army hats allowed)
- 1 pair of suspenders
- Modest sleepwear of some kind
- 1 old tie (optional) for Sunday

YOUNG WOMEN SHOULD BRING:

- 2 mid-calf length, long sleeved dresses (or 2 blouses and 2 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, hospital scrubs or old sweats cut off)
- 1 or 2 aprons (best with pockets)
- Modest sleepwear of some kind
- Feminine hygiene supplies

*Please arrive dressed in pioneer clothing. You will be wearing one set of clothing when you arrive, and the other set you will use for Sunday. Buy as much of your clothing as possible at second-hand stores such as Deseret Industries, Goodwill, Savers, etc., or try to borrow clothing items from others you know (relatives, other ward members, etc.) who have already participated in a Trek. Don't wear good clothing that you wouldn't want to subject to heavy use. Amazon usually carries suspenders.

DO **NOT** BRING:

- Ipods, MP3 players, 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

Remember, the Pioneers did not have any of the above. Please be obedient!! Thank you!!