# PIONEER TREK PACKING LIST

It is important to pack *lightly*. The only thing there is room for in the handcart is your plastic bucket and your sleeping bag.

## EVERYONE BRINGS...

- 5 gallon plastic bucket with a cover for your gear (this doubles as a chair)
- 1 sleeping bag
- 1 rain poncho or rain jacket (waterproof, not water resistant)
- 2 pair of shoes for hiking, one pair to be worn on the trail and the other dry and clean for camp (Hiking shoes work best for the trail; tennis shoes will also work)
- 1 pair of water shoes. There are rivers that need to be crossed. These will need to be able to secure on your feet and stay while walking over rocks with moving water.
- 4 pairs of sturdy socks.
- One pair not to be worn on the trail (light wool is the best even in summer) (Optional: 4 pairs of inner socks: this helps reduce blisters)
- 3 sets of underclothing
- 1 metal pie plate, Metal utensils, 1 tin cup,
- 32 oz water bottle (come to trek with it filled with water)
- Old set of scriptures (a set of scriptures that may get soiled)
- Prescription medications
- (Personal hygiene kit) 1 small hand towel, soap, a comb or brush, 1 toothbrush and tooth paste, travel-sized shampoo, deodorant, 5 Band-Aids
- 1 flashlight (one set of extra batteries)
- Sunscreen
- Insect Repellent

## YOUNG MEN

- 2 pairs of canvas or cotton pants (not Levis or jeans)
- 2 long sleeved shirts,
- 1 wide brimmed western style hat or straw hat (no baseball hats)
- 1 pair suspenders
- 1 set of pj's (or sweat pants and shirt to sleep in)
- 3 sets of underwear

**EVERYTHING NEEDS TO FIT IN YOUR 5-GALLON BUCKET EXCEPT FOR YOUR SLEEPING BAG/ MAT. 17 pound limit on your bucket. Buckets can be picked up free of charge by asking for frosting buckets at the bakery of your grocery store. Sam's Club usually has several to give away at any given time. ABSOLUTELY NO CELL PHONES, MP3 PLAYERS, ELECTRONIC GAMES OR OTHER ELECTRONICS OF ANY KIND.\*\* It is recommended that you WRITE YOUR NAME on all of your belongings with a permanent marker \*\***