

PIONEER TREK PACKING LIST

(Updated as of 01/24/2022)

JUNE 12TH

Bring to the stake center (secured together in a large garbage or duffel bag)

- ◆ Sleeping bag
- ◆ Sleeping pad
- ◆ Pillow
- ◆ Camp chair

JUNE 13TH

What to be wearing when you arrive

- Large, brimmed hat or bonnet
- Shoes for hiking (broken in to prevent blisters)
- Set of pioneer clothing (see below)
- Backpack

- Bring
 - Water bottle
 - Eyewear (as needed: contacts, glasses, sunglasses)
 - A sack lunch

Backpack (to keep with you on the bus and on the trail)

- In a Ziplock bag
 - Scriptures
 - Trek journal
 - Pencil
- Rain gear (poncho, raincoat)
- Personal First Aid needs
 - Medications
 - Sunscreen
 - Insect repellent
 - Bandages
 - Hand sanitizer and/or wipes
 - Chafing supplies (see below)

- Work gloves (to protect hands while pulling the handcart)
- Water shoes
- Clothing
 - Pajamas or sweats (to sleep in; we will stay in our pioneer clothes in camp)
 - Jacket or hoodie (when it cools off at night)
 - Socks (3 pair)
 - Undergarments for each day
 - Set of pioneer clothing (second set, you will wear your first set)
- Toiletries
 - Deodorant
 - Toothbrush & toothpaste
 - Hair comb/brush
 - Feminine supplies
- Headlamp or flashlight
- Optional
 - Beanie (to keep warm at night)
 - Mirror
 - Pocketknife
 - Extra socks

Pioneer clothing (see website)

- Collared buttoned shirt
- Pants, plain colored (no jeans)
- Vest
- Suspenders
- Mid-calf skirts or dresses, collared blouse
- Knee length bloomers
- Apron

Prohibited Items

- Electronics (We will have photographers, so even cameras are not needed, disposable film cameras are acceptable)
- Fireworks
- Weapons
- Everything you know you should not bring



Packing Tips

Labeling: It is impossible to over label your gear. Gear will be misplaced by you or moved by others. Consider putting your full name and ward on everything.

Hint: Find a distinctive ribbon or tape that can be easily spotted and affix it.

Chafing: Chafing can quickly disrupt your entire trek. When you feel an irritation address it immediately. Chafing can occur on trek to anyone and for a variety of reasons, even it has never been an issue before. Clothing contributes to chafing, and your body is most likely not accustomed to hiking in pioneer dress. Keeping skin dry helps prevent chafing.

- Powders help keep skin dry (J&J baby powder or gold bond body powder has travel sizes available in grocery stores).
- Petroleum jelly (Vaseline), anti-chafing gels, and tapes can help when chafing is caused by friction. These work best where an elastic band rub against the skin.

Blisters and Footwear: Blisters can make hiking painful. Avoid blisters by having your appropriate footwear (both shoes and socks) broken in. Blisters are caused by warmth, moisture, and friction. Pay attention to how your feet feel and if you notice “hot spots” (a place where your foot aches) stop and address it.

- Moleskin or Band-Aids in minor cases can add extra cushioning where need.
- Petroleum jelly (Vaseline) and athletic tapes can help when applied where friction is a problem
- Having a clean, dry socks every day helps with the moisture. Putting powder in your shoes at night will help dry them out for the next day. Waterproof shoes help keep moisture out; however, they also don't breathe as well, keeping moisture in. Having a second pair of shoes for around camp will help give your feet a break.

Sun: Protect yourself from the sun. In addition to sunscreen, long sleeves and brimmed hats will help. There are sections of the hike that are exposed (no shade).

Bugs: There is a stream that runs through the campsite, and water usually means bugs. We do not know what the bug situation will be like but come prepared. Treating your clothing and gear with a repellent containing PERMETHRIN is also a good option for keeping the bugs away.

Ma's and Pa's and our medical team will have small supply of some items with them, including:

- Tylenol/Advil
- Bandages
- Moleskin
- Hand-soap

Ma & Pa packing list:

- Gear
 - Two or more tents
 - Two 5-gallon water jugs
 - Cooler
 - 2 Tarps (12'x12', to cover gear in handcart, one to sit on if ground is wet)
 - Rope (to tie tarp/gear in handcart, and as needed in camp)
- Medical Supplies to keep on hand:
 - Chaffing supplies: Moleskin
 - Sunscreen
 - Insect repellent
 - Bandages
- MORE TO COME

