

PIONEER TREK PACKING LIST

(Updated as of 5/14/2026)

JUNE 10TH

Bring to the stake center

- Duffel bag or a large garbage bag to contain:
 - Sleeping bag
 - Sleeping pad
 - Pillow
- Bucket (Each participant will receive a 6-gallon bucket with a lid to pack belongings in. It will also be used as a chair.)

Bucket (for all clothing and personal items)

- Clothing
 - Set of pioneer clothing (second set, you will wear your first day)
 - Undergarments (2 pair)
 - Socks (2 pair)
 - Pajamas or sweats (to sleep in; we will stay in our pioneer clothing in camp)
 - Warm jacket
 - Rain gear (poncho, raincoat)
- Toiletries
 - Deodorant
 - Toothbrush & toothpaste
 - Hair comb/brush
 - Feminine supplies
- Headlamp or flashlight
- Work gloves
- Optional items
 - Beanie (to keep warm at night)
 - Mirror
 - Sweatshirt
- Personal First Aid needs
 - Medications
 - Sunscreen
 - Insect repellent (see below)
 - Bandages
 - Hand sanitizer and/or wipes
 - Chafing supplies (see below)

JUNE 11TH

Bring with you Thursday morning

- Personal Protection Scripture reference
- Water bottle (32 oz or less)
- Eyewear (contacts, glasses, sunglasses)
- A sack lunch (will be stored in cooler)

Wear Pioneer Clothing when you arrive

- [Pioneer clothing \(see website for examples\)](#)
 - Large, brimmed hat **with chin strap**
 - Shoes for hiking (broken in)
 - Collared, buttoned long sleeve shirt

Women

- Skirt or dress
- Leggings or shorts (worn under skirt)
- Apron

Men

- Pants, plain colored (no jeans)
- Vest
- Suspenders

Prohibited Items

- Phones
- Electronics
- Camera (Disposable cameras are ok. We will have dedicated photographers taking lots of pics)
- Fireworks
- Weapons
- Everything you know you should not bring



PACKING TIPS

Personal Protection Scripture: We invite each trek participant to come with a personal protection scripture from the Book of Mormon that gives you strength and hope during challenging circumstances. You can memorize the reference or write it down on a piece of paper and put somewhere specific like your toiletry bag, clean socks or shirt pocket. We will take time to share these references in our families on trek.

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 affixed it.

Sun: Protect yourself from the sun. In addition to sunscreen, long sleeves and brimmed hats with a chin strap will help. Chin straps are highly recommended with the Wyoming winds. There will be very little to no shade on this trek. We will have plenty of electrolyte drink packets for everyone. Each handcart will have 10-gallons of water.

Bugs: Bug spray on skin with 20-30% deet should protect against mosquitoes and ticks. For additional protection, we recommend pretreating your clothing and gear with a repellent containing PERMETHRIN at least 6 to 24 hours to dry before wearing. It lasts up to 6 weeks or 6 washings. Permethrin sprays can be found at [Walmart](#), [Amazon](#) and REI. We also recommend full length legging girls for added protection under skirts.

Chafing: Chafing can quickly disrupt your entire trek. When you feel irritation address it immediately. Chafing can occur on trek to anyone and for a variety of reasons, even if 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 needed.
- Petroleum jelly (Vaseline) and athletic tapes can help when applied where friction is a problem
- Having 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.

Note: The medical team will have extensive medical kits and supplies in the handcart train in addition to the medical support vehicle. Mas and Pa's and our medical team will have small supply of some items with them, including:

- Tylenol/Advil
- First Aid Kits
- Moleskin