

# **PERSONAL EQUIPMENT LIST**

## **GRESHAM STAKE PIONEER TREK 2020**

### **WHAT TO PACK IN YOUR 5 GALLON BUCKET:**

- **DISPOSABLE RAIN PONCHO**
- **4 MIL 6X8 PLASTIC TARP/GROUND COVER**
- **PERSONAL WATER BOTTLE**
- **SMALL HAND TOWEL OR WASHCLOTH**
- **PACKET OF BABY WIPES (NO SHOWERS ON TREK)**
- **TOOTHBRUSH AND TRAVEL SIZE TOOTHPASTE**
- **SUNSCREEN , CHAPSTICK AND INSECT REPELLENT**
- **5-10 BANDAIDS**
- **MOLESKIN FOR BLISTERS**
- **DEODORANT (YOUR FAMILY HOPES YOU BRING IT!)**
- **HAIR BRUSH OR COMB**
- **MESS KIT, INCLUDING PLATE/BOWL, CUP & UTENSILS**
- **3 PAIRS OF STURDY SOCKS**
- **2 PAIR OF SHOES TO WALK/HIKE . WEAR 1 PACK 1**
- **3 SETS OF UNDERWEAR**
- **WORK GLOVES**
- **SMALL FLASHLIGHT OR HEADLAMP**
- **PAPER BOOK OF MORMON**
- **PEN OR PENCIL AND PAPER JOURNAL**
- **REQUIRED MEDICATIONS IN ZIPLOCK BAG**