

## **CLOTHING & PACKING CHECKLIST**

*Important Note: These lists are not meant to place a financial burden on families. Please use old clothes, thrift stores, borrow from friends, etc. If there are concerns about how to procure certain items, please consult with your ward leaders or feel free to contact the Trek Committee.*

### **Clothing Requirements – Everyone (Anything not worn on day 1, put into bucket):**

- Sturdy, durable hiking/walking shoes. Sturdy running or tennis shoes that lace up tight will also work. They should be thoroughly broken in and comfortable before the Trek. DO NOT use brand new shoes. No sandals, flip flops, slip-ons, etc.
- 4-5 pairs of sturdy socks. Preferably moisture-wicking synthetic or wool hiking socks. Cotton socks are discouraged.
- 2 Pairs nylon stockings (either knee high or no-show) to wear under hiking socks. These reduce friction and prevent blisters (Optional but recommended)
- 4 sets of underclothing (full coverage underwear to prevent chafing)
- Warm pajamas or sweats and beanie cap (for sleeping only – not to be worn on trail or in camp)
- 1 old coat or jacket (goes in plastic garbage bag w/sleeping bag)
- Moisture-wicking tight workout shorts to be worn under pants/skirt (Optional but highly recommended to prevent chafing)
- 1 pair work gloves (to prevent blisters while pushing/pulling handcart)

### **Clothing Requirements – Men (wear one, pack the rest):**

- 2 pair wool, canvas, or cotton pants – light colors will be cooler
- NO SHORTS **\*Pack 1 pair of long Pants or Jeans in Bucket**
- 1 pair belt or suspenders
- 2 long sleeve button shirts, cotton or cotton-poly blend w/ collar (light colored)
- Can take the collar off an old dress shirt to make a “pioneer” shirt
- NO t-shirts, logos/graphics
- 1 western style hat w/ brim

### **Clothing Requirements – Women (wear one, pack the rest):**

- 2 mid-calf length dresses or skirts with long sleeve (or 3/4 sleeve) blouses – light colors will be cooler.
- Skirt must be above the ankles for walking
- 1-2 pairs of yoga capris or knee-length yoga shorts (Optional: can make bloomers out of old PJ pants or scrubs with elastic on the legs; yoga pants are more protective)
- 1 apron
- 1 pioneer bonnet w/ neck flap to protect from the sun or a brimmed hat
- Supply of feminine hygiene items