

Personal Equipment List

(Average Temperature for June 2023 at Hardware Ranch – (High = 76+ / Low = 31+)

Trail Pack (This pack will be provided by the Stake to hold your gear)

Every Trekker will need their provided Trail Pack to wear each day to carry the following items on the trail:

- 1. Work Gloves (leather, canvas, or inexpensive garden gloves w/ good grip)
- 2. Sunscreen (45+ SPF recommended, small container)
- 3. Bug Repellent (small container)
- 4. Lip Protectant (chap-stick with SPF)
- 5. Sunglasses (Optional)
- 6. Feminine Hygiene Items
- 7. Picture / Story of Ancestor (Optional)

Bring on the Bus

- 1. Water bottle for refilling along the trail (suggested minimum 16-20 oz. size). Bring it filled with water on the morning of Trek. This bottle is mandatory as this is your source of water throughout Trek. If it has a handle on it, you can hang this in the hardcart or on your trail pack with a carabiner.
- 2. **First Day's Lunch packed in Ziploc Bag** - We have a cooler if it needs to be refrigerated.
- 3. Trail Pack (see above)

Gear Bag

A color-coded nylon bag for your gear will be provided by the Stake and will remain at the Trek camp. These bags will be transported by the Stake to the campsite. We will have one basecamp.

- 1. WARM sleeping bag (20 degree rated or two non-20 degree sleeping bags / liners)
- 2. Pillow
- 3. Thin lightweight sleeping pad for potentially cold nights (thick foam pads will be too large to pack)
- 4. WARM socks to sleep in
- 5. Cold-weather jacket (mandatory)
- 6. Long sleeve t-shirt
- 7. Beanie (mandatory)
- 8. Rain poncho or rain jacket (small, lightweight style). This will be collected by your Ma & Pa before gear drop-off and placed in the family bag on the hardcart.
- 9. Recommended clothing for youth and items found later in the detailed packing list
- 10. Small Camping Chair (must fit inside stake-provided gear bag)
- 11. 1 Set of WARM sleeping clothes
- 12. Clean changes of under clothing

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Gear Bag (continued)

- 13. 2 pairs of moisture wicking socks. One for each day of Trek. Look for quality hiking socks that will wick away moisture. Avoid all cotton socks (they will absorb moisture, remain wet and cause problems).
- 14. 2 pairs of thin-liner socks (optional) are highly recommended to help reduce the friction that can cause blisters. These are to be worn next to your skin beneath your socks. Foot blisters are the #1 problem on Trek.
- 15. Broken-in walking shoes (Closed-toe shoes). If you are buying new shoes for Trek, they should be broken in before Trek. Hiking shoes, hiking boots, or athletic shoes are recommended. Avoid mesh tops that allow sand in, causing friction and blisters.
- 16. Extra pair of comfortable shoes
- 17. Glasses if you need them. Glasses are preferred over contact lens because of dust.
- 18. Personal toiletries (small travel-sized items)
- 19. Toothbrush and small travel size toothpaste
- 20. 1 small package of wet wipes
- 21. Chafing prevention (Anti Monkey Butt, Gold Bond, A&D, Zeasorb, baby powder, etc.)
- 22. Journal
- 23. Pen or pencils
- 24. Paperback Book of Mormon
- 25. Small flashlight or headlamp and extra batteries
- 26. Personal Medications

Rain jacket or poncho will be packed into a separate nylon Family Bag with all other family members rain jackets and ponchos. The Family Bag will be loaded onto your handcart for easy access on the trail.

Everyone will wear pioneer-style clothing for the entire Trek for protection from the elements and to have the spirit of the pioneers. Wear one set of pioneer clothing on the morning of Trek and have an extra set of pioneer clothing packed in your Gear Bag.

Clothing for Young Women / Women

- 1. 2 ankle-length dresses with long sleeves or 2 ankle-length skirts (full enough to comfortably walk).
- 2. If wearing skirts, you will need 2 long sleeved blouses. No logoed clothing, or sheer fabrics are allowed on Trek.
- 3. 2 Pantaloons (leggings, scrubs, or PJ pants are fine) ankle length to be worn under the skirt to help prevent bug bites and minimize dirt.
- 4. 1 sun bonnet or wide brimmed straw hats with tie on chin strap for securing to head
- 5. 1 or 2 aprons with recommended pockets

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Clothing for Young Men / Men

- 1. 2 pair of long loose-fitting cotton pants. No jeans or shorts of any length are allowed on Trek.
- 2. 2 Long sleeved loose fitting button-up shirts. Light colors will be cooler. No logoed clothing are allowed on Trek.
- 3. Suspenders or belt
- 4. 1 wide-brimmed hat with tie on chin strap for securing to head. No baseball caps are allowed.

Do NOT Bring

- Electronic devices of any kind (mobile phones, Smartwatches, iPods, MP3 players, etc.)
- Baseball caps, shorts, or jeans
- Hair dryers, curling irons, or curlers
- Canned or bottled drinks, candy, or sweets (these items will all be provided)
- Footballs, frisbees, etc. (games for downtime will be provided)
- Jewelry (one pair of small stud earrings for women only)
- Lighters, matches, fireworks
- Pocketknives or other knives

Additional Tips

There are a number of inexpensive places or ways to obtain or make clothing or equipment:

-  Borrow clothing or equipment others have used on previous Treks
-  Use the clothing patterns and tips on highlandwesttrek.com
-  Sew your own clothing or make it a Mutual project
-  Buy older clothes at Deseret Industries or Goodwill stores