

Compact Trek Packing Checklist – Riverton Utah Stake (June 24th – June 27th, 2026)

Bucket Items

- ☐ **5-gallon bucket w/ lid (labeled)** – Main storage container
- ☐ **Sealable water bottle or tumbler with handle on the top in order to hook it onto the handcart. Nalgene bottle is an example (LABELED)**
- ☐ **Tin Cup (labeled)** – Used in the morning for Hot Chocolate or at night for Ramen noodles
- ☐ **Reusable metal plate/pie tin/frisbee** – Used for meals with foil wrap (NOT DISPOSABLE)
- ☐ **Fork + spoon** – Reusable utensils
- ☐ **Broken-in walking shoes** – 1 pair broken-in walking shoes (Closed-toe shoes). If you are buying new shoes for Trek, they should be broken in before Trek. (running shoes, trail running shoes, or athletic shoes are recommended) Do not bring open mesh shoes that allow sand in, causing friction and blisters.
- ☐ **1 pair (Optional)** - comfortable pair of shoes to wear around the camp.
- ☐ **3 pairs liner socks (optional)** – Reduces friction/blisters. Look for quality hiking socks that will wick away moisture. Foot blisters are the #1 problem on Trek.
- ☐ **3 pairs moisture-wicking socks** – Avoid all cotton socks (they will absorb moisture, remain wet and cause problems).
- ☐ **3 Underwear** – Clean changes
- ☐ **1 Pajamas/long johns** – Cold nights
- ☐ **Small Book of Mormon in Ziploc** – Protect from dust/weather
- ☐ **Pen/pencil** – Writing/journaling
- ☐ **Leather bracelet** – Made at Trek activity
- ☐ **Travel size Sunscreen SPF 45+** – Sun protection
- ☐ **Travel size Bug spray** – Travel-size preferred
- ☐ **Travel size Personal toiletries (deodorant, 1 small package of wet wipes, toothbrush & toothpaste, chap-stick with SPF)**
- ☐ **Chafing prevention** (Anti Monkey Butt, Glide, Gold Bond, A&D, Zeasorb, baby powder, etc.)
- ☐ **Medications** – Personal prescriptions
- ☐ **Sunglasses (optional)** – Sun protection
- ☐ **Ancestor story/picture (optional)** – pioneer story
- ☐ **Glasses** – Preferred over contacts
- ☐ **Flashlight/headlamp** – Bring extra batteries

Sleeping Gear

- ☐ **Warm sleeping bag** – 20° rated preferred (INSIDE A HEAVY DUTY BLACK PLASTIC GARBAGE BAG - LABELED)
- ☐ **Winter coat** – Mandatory
- ☐ **Lightweight sleeping pad** – Small thin lightweight sleeping pad for potentially cold nights (thick foam pads will be too large to pack)
- ☐ **Rain poncho/rain jacket** – Lightweight This will be collected by your Ma & Pa before gear drop-off and placed in the family bag on the handcart.

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.

Women

- ☐ **2 long-sleeved dresses/skirt sets** – Mid-calf preferred
- ☐ **Wide-brim hat** – NO bonnets
- ☐ **Bloomers/leggings** – Ankle-length
- ☐ **Apron (optional)** – Pioneer accessory
- ☐ **Knee-high nylons** – Reduce blisters
- ☐ **Feminine hygiene supplies** – Bring enough for Trek

Men

- ☐ **2 wool/canvas/khaki pants** – NO jeans
- ☐ **2 button-up long sleeve shirts** – Loose/light colored
- ☐ **Belt or suspenders** – Required
- ☐ **Wide-brim hat w/ chin strap** – NO baseball caps

DO NOT BRING

- ☐ **Electronics** – No phones/smartwatches
- ☐ **Jeans/shorts/baseball caps** – Not allowed
- ☐ **Hair styling tools** – No dryers/curlers
- ☐ **Candy/sweets** – Food provided
- ☐ **Jewelry** – Only small stud earrings
- ☐ **Knives/weapons** – Not permitted
- ☐ **Fireworks/lighters/matches** – Safety restriction

Most Important Comfort Items

- ☐ Broken-in shoes
- ☐ Good socks
- ☐ Chafing prevention
- ☐ Warm sleeping bag
- ☐ Rain gear
- ☐ Sunscreen + lip balm
- ☐ Headlamp
- ☐ Wet wipes