

# Trek 2026 Packing List

We are so excited to trek with you this summer. As President Dedrickson promised, those who prepare themselves physically, mentally and spiritually will receive 1) an increase of faith, 2) more spiritual strength to overcome things that are depriving them of freedom and joy, and 3) spiritual experiences of greater intensity than they have had previously.

**We urge you to prepare early!** Most common trek complaints such as blisters, sunburn, chafing, and dehydration are preventable with good preparation. Please begin to collect your items well in advance and test them in longer hikes and walks to ensure they will provide adequate protection while trekking.

## Arrive Wearing:

- Wide Brim hat **with adjustable laces** to secure from wind (*No baseball caps or straw hats*)
- Women: Pioneer style dress or skirt & blouse (mid-calf length), optional: apron with pockets
- Men: Pioneer style button up shirt & long hiking pants
- Comfortable closed toe sturdy athletic/hiking shoes (well broken-in before trek)

## Like the pioneers, there is limited space. Please limit your belongings to the following 3 items and LABEL:

### 1. Cinch sack or similar small bag to keep with you on the bus and trail containing:

- Sack lunch for bus ride to WY
- Sturdy water bottle with carabiner
- Notebook and pen to journal
- Pocket-size scriptures

### 2. Sleeping bag rated to 20 degrees or lower in a stuff sack. A compact travel pillow and backpacking-style compact inflatable sleeping pad that fits in your stuff sack or back pack. \*consider packing pjs into stuff sack

### 3. School-sized BACKPACK

- 2-3 pairs hiking pants (synthetic with pockets recommended, no jeans, shorts or leggings)
- 2-3 long sleeve shirts
- Underwear for the duration
- 4-5 pairs hiking socks (wool/synthetic, not cotton or ankle)
- \*Pajama pants, long sleeve t-shirt, and beanie for cold nights (*No shorts*)
- Jacket/sweatshirt/hoodie for cold mornings
- Toothbrush/paste, floss, hair brush/comb, washcloth, thin hand towel, small soap
- Hygiene supplies, deodorant, saline eye drops, anti chafing powder/ointment
- Kitchen garbage bag for dirty/wet clothing
- Small flashlight or headlamp
- Prescription medications

### Items needed for trekking (pack in cinch sack as needed on trekking days)

- 6+packets electrolyte powder
- Sunglasses
- Garden/work gloves
- Rain poncho
- SPF lip balm
- Sunscreen lotion (NOT aerosol)
- Bug spray (NOT aerosol)
- Mole skin/bandaids
- Cooling neck towel
- Old athletic or water shoes for river and mud crossings (no crocs, slides, flip-flops) in plastic grocery bag

Due to ticks in the area, clothing and sleeping bags should be sprayed with bug spray containing **permethrin** insecticide at least **24 hours prior** to packing.

**NO CELL PHONES, JEWELRY, WALLETS, PURSES, EAR BUDS, ELECTRONICS, MATCHES, OR WEAPONS OF ANY KIND**