

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.

On Wednesday, July 29th, arrive wearing:

- ☐ Wide Brim hat **with adjustable laces** to secure from wind (*No baseball caps or straw hats*)
- ☐ Women: Pioneer style **long sleeve** dress (or mid calf length skirt and long sleeve blouse) with leggings underneath to protect from wind, chafing and insects. Apron with pockets (optional).
- ☐ Men: Pioneer style button up **long sleeve** 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 in the handcart containing:

- ☐ Sack lunch for bus ride to WY
- ☐ Notebook and pen to journal
- ☐ Sturdy water bottle with carabiner
- ☐ 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 sleeping bag stuff sack

3. School-sized BACKPACK

- ☐ 2-3 pairs of long hiking pants -no jeans, shorts or leggings. (Girls: 2-3 dress/skirt/hiking pants)
- ☐ 2-3 long sleeve shirts
- ☐ Underwear for the duration
- ☐ 4-5 pairs long hiking socks to protect legs (wool/synthetic, not cotton or ankle)
- ☐ Pajama pants (no shorts), long sleeve t-shirt, beanie for cold nights and earplugs (optional)
- ☐ 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)

- ☐ Sunglasses
- ☐ Garden/leather work gloves
- ☐ Rain poncho
- ☐ SPF lip balm
- ☐ Sunscreen lotion (NOT aerosol)
- ☐ Bug spray (NOT aerosol)
- ☐ Mole skin/bandaids
- ☐ Cooling neck towel
- ☐ Water shoes in plastic grocery bag (or additional pair of old athletic shoes) for river and mud crossings (no crocs, slides, flip-flops)
- ☐ Optional: 6+ packets electrolyte powder such as Liquid I.V. (NOT sugary or energy drinks)

****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