

## FEMALE PACKING LIST

Space and weight for this activity are at a premium. There is limited space in the handcarts. Please pack carefully.

### CLOTHING LIST

Two sets (see clothing list below), wear one and pack the other in your bucket. Do not wear expensive clothing. They will get dirty and most likely stained.

### WOMEN'S CLOTHING

- 2 long pioneer-type skirts (length should be mid-calf so no tripping or getting wet)
- 2 shirts – cotton, long sleeve, modest, button-up (**no t-shirts**)
- 2 pairs spandex shorts, exercise leggings or shorts. It is recommended to wear longer spandex shorts or exercise leggings under skirts or dresses to avoid chaffing and insect bites. Bloomers were worn in the pioneer days and can also be worn.
- 1 pioneer/western long brimmed hat (we recommend it has a string to go around neck, or it will blow off). No baseball caps, beanies or army hats. Avoid hats that portray any advertisement, company names, or school logos. Or bonnet.
- Apron (optional)
- Sturdy walking shoes – should be worn extensively prior to trek to avoid blisters!
- 4 pair hiking/running socks (non-cotton) (sock liner)
- 3 changes of underwear (not optional)
- 1 beanie/knit hat for sleeping (optional)
- 1 rain poncho or rain jacket
- We recommend spraying your clothing, shoes, hats, etc... with **Permethrin**, a tick repellent. This needs to be done several days before Trek.

**\*\*Please remember to avoid clothing with expressions, company or school logos.**

**PLACE THE FOLLOWING ITEMS IN A HEAVY-DUTY GARBAGE BAG MARKED WITH YOUR NAME:**

- Sleeping bag (must compact to approximate size of a 5-gallon bucket). A compression sack is recommended.
- A compact sleeping pad
- A warm coat (that you don't mind getting dirty)

**IN A 5 GALLON BUCKET WITH TIGHT FITTING LID** (*5 Gallon Buckets with Twist-on Lids are so much easier to open*) *Put your name and ward on your bucket. Whatever items you cannot fit in your bucket—put it in the garbage bag with your sleeping bag.*

- All extra clothing and an extra pair of shoes
- Several changes of socks.
- Sweatshirt or jacket.
- Sturdy rain poncho.
- Optional: Sandals or flipflops.
- Flashlight
- Pie plate.
- Toothbrush and toothpaste. Disposable brushes work well.
- Small hand towel.
- Comb or Brush (as needed).
- Hand wipes or hand sanitizer.
- Hand Lotion.
- Deodorant (required... NOT optional).
- Other personal hygiene items (as needed).
- Drying powder (baby powder, Gold Bond, Zeasorb, etc.)
- Body Glide or Petroleum Jelly for chaffing (optional).

**IN A BACKPACK (NOT IN BUCKET)**

- 12 – 24 oz water container (bottle) to be used throughout Trek.
- Book of Mormon
- Sunscreen (high SPF), lip balm with sunscreen (Chapstick, etc.).

- Small container of mosquito repellent, high % DEET.
- Any prescribed medications.
- 1 pair of work gloves for pulling the handcart.
- Sunglasses
- Mini Cooling Wrap: Ex: Frogg toggs (Optional)
- Inexpensive camera (optional). We will have photographers and will make the photos accessible to participants.
- Hand wipes or hand sanitizer.

**PROHIBITED ITEMS:**

- Electronics including cell phones, music/video players, hand-held games, etc.
- Games including cards, footballs, soccer balls, frisbees, etc.
- Reading materials, other than Scriptures.
- Make-up or beauty supplies.
- Knives and weapons.
- Fireworks.
- Jewelry.

*Try to avoid clothing with expressions, company or school logos if possible.*