

FEMALE CLOTHING:

Dressing in pioneer clothing can have a tremendous impact on the spirit of the trek, so we are asking that everyone wear pioneer clothing throughout the entire time of Trek. There will NOT be time to change when we get to Martin's Cove, so you will need to come to the church dressed in your pioneer clothing and wear them on the bus.

It is not necessary to spend a lot of money on your pioneer clothes. They will get grubby, so simple and inexpensive is best. You will get hot, sweaty, and dirty on the trek, so light-colored, breathable, cotton fabrics will work best. Historical exactness is not necessary, but a close approximation is our aim. You can make your clothing or purchase them at second hand stores.

Everything you take on the trek will need to fit inside a 5 gallon bucket and weigh no more than 17 pounds (your buckets will be weighed prior to leaving for Martin's Cove). We want to keep the weight of your handcarts at a minimum – 10 people per handcart (x) 17 pounds each = 170 pounds + 100 pounds of water (10 gallons of water) = 270 pounds per handcart.

Although they are on the list, the use of both aprons and the bloomers are not required, but the use of one of them is highly recommended. They are on the list for modesty purposes. Some skirt material is thin enough that when the girls walk into the sun you can see through the skirt showing the body's silhouette. This problem is completely eliminated if they wear an apron or bloomers. The girls can choose which one they would rather use. Please read the bloomer portion below about other possible benefits of wearing them.

- **2 Skirts (or Dresses)** – they should come to the top of your shoes to prevent tripping on them when walking up hill.
- **2-3 Long-Sleeved Blouses** – NO T-SHIRTS
- **1-2 Aprons** – Aprons with large pockets will be useful
- **1-2 Bloomers** – this is for modesty purposes. You make bloomers by taking light-weight summer pajama bottoms and putting elastic in the bottom of the legs or you can tuck them into your socks. This will also help stop bugs from biting your legs. You can also wear light-weight Capri pants. NO SHORTS. NO LEGGINGS.
- **1-2 Bonnets or Straw hats** - NO BALL CAPS OR OTHER HATS
- **2 Pairs of Tennis Shoes** – 2 pairs are a MUST. If it rains or we have to walk through creeks you will need to be able to change into a dry pair. The shoes must fully enclose your foot. They should be well worn and have good support. NO SANDALS, NO NEW SHOES, NO GOING BAREFOOTED.
- **3-4 Pairs of Socks** – This will be your most important asset on Trek. It is important to change your socks each day to help prevent blisters. Bring 4 pairs will give you a clean pair each day and an extra one in case one gets wet. Some people wear a double pair of socks, with a smooth lightweight pair being closest to the skin.

