

MALE 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.

YOU WILL NEED:

- **2-3 Long-Sleeved Shirts** - Loose fitting for easy movement. NO T-SHIRTS
- **2 Pairs of Cotton Pants** – NO JEANS! Khaki, blue, gray, brown are common pioneer colors. Cotton, Corduroy, Twill, and Canvas pants that are loose fitting are good choices.
- **1 Belt or Suspenders**
- **1 Straw or Wide Brimmed Hat** - NO BASEBALL CAP OR OTHER CAPS
- **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.

