

PERSONAL PACKING LIST

EVERYTHING you bring to Trek needs to fit in a 5 gallon bucket and rolled in your sleeping bag that is placed in a large black garbage bag. Label **EVERYTHING** with your name.



WHAT GOES IN THE BLACK GARBAGE BAG?

- **Sleeping Bag or Sleeping Pad with blanket**
- **Warm Coat and/or Sweater**

Your coat should be rolled in your sleeping bag or sleeping pad, placed in the black garbage bag and closed shut. Place a large piece of your family colored duct tape on the bag for easy sorting. **NOTHING ELSE SHOULD GO IN THIS BAG OTHER THAN YOUR COAT AND BEDDING.** Remember to not tear the bag when you get to Martin's Cove. You will use this same bag on the trip home.

- **TAKE A PILLOW WITH YOU ON THE BUS**

WHAT GOES IN THE 5 GALLON BUCKET?

Remember, everything you take on the trek will need to fit inside a 5 gallon bucket and weigh no more than 17 pounds and your buckets will be weighed before you board the bus. This excludes the items that you will put in your black garbage bag.

YOU WILL USE YOU 5 GALLON BUCKET AS A STOOL TO SIT ON, SO YOU WILL WANT TO CUSHION THE TOP. NO CAMP CHAIRS, FOLDING STOOLS, OR LAWN CHAIRS



PLEASE DO NOT BRING ANY ITEM THAT IS NOT ON THIS LIST

- Pioneer clothing – all items listed on clothing list
- 3-4 Underclothing
- Sweats and shirt for sleeping PJ's
- Water shoes to cross the Sweetwater
- Rain Poncho
- Leather work gloves for handcart pulling
- Personal scriptures – old copy put in zip top bag for protection
- Medication – as needed
- Sunglasses, chap stick, tissues
- Small flashlight with extra batteries
- Toiletries: tooth brush, tooth paste, comb, wet wipes, etc.
- Insect repellent – 40% Deet (optional – pretreat your clothing with Permethrin before you pack for Trek – do not bring to Trek. Follow Permethrin instructions.)
- Sunscreen – small bottle
- Feminine hygiene supplies
- Extra garbage bags- for wet items of clothing or shoes
- Glasses if you wear them – NO CONTACT LENSES
- Disposable Camera
- Camel Back - optional
- ****Water Bottles will be provided by the stake with materials to construct water bottle carriers (to be made on the bus)**

- NO CELL PHONES or ELECTRONIC DEVICES
- NO BACKPACKS
- NO FOOTBALLS, FRISBEES, CARDS OR OTHER GAMES