

PERSONAL EQUIPMENT LIST

Quincy Stake Trek June 28 - July 1, 2023

“I can do all things through Christ which strengtheneth me.”

Please coordinate with your ward/branch to carpool to the drop-off location. Please be dressed in pioneer clothing with your bucket of items and sleeping gear. When gathering clothing, ask around to others who have gone on trek in the past, or visit second hand stores. Each person will need a 5-gallon bucket and lid to keep their personal items in. All items should be placed inside of the bucket or worn. (The sleeping bag does not need to fit in the bucket.) **Bring only what is on the list!** Handcarts have limited space. Other items brought will NOT be allowed on trek. All food is provided.

- 1 5-gallon bucket with lid
- 1 Sleeping bag in a heavy plastic bag
- 1 Jacket
- 1 Rain poncho
- Flashlight (optional)
- 1 Pair of good shoes for hiking. (**DO NOT TAKE NEW SHOES.** Make sure they are broken in or you will get blisters. Borrowing someone else's shoes is like new shoes – not broken in for your feet.) Sturdy running shoes or tennis shoes will work great.
- 3 Pair of sturdy socks (wool or dri-fit socks are great to keep moisture from skin)
- 3 Pair of inner socks (inner socks help with blisters)
- 3 Pair of underwear
- 1 Comb or Brush
- 1 Toothbrush and Toothpaste (travel size is best)
- Deodorant (no spray deodorant)
- 1 Heavy duty garbage bag
- Chapstick w/sunscreen
- Insect repellent and sunscreen (small if possible)

- Prescribed medications
- Water bottle or camelbak
- Baby powder or deodorant to protect against chafing or anti-chafing cream/stick
- Pajamas

Women's Items

- 2 mid-calf length, long sleeved (3/4 sleeve ok) dresses or jumpers, **OR** skirts with long sleeved button down shirts (no t-shirts)
- 1 wide brimmed straw hat or bonnet (bonnets can be hot)
- 1 or 2 pair of bloomers- light cotton material will be cooler (spandex doesn't breathe well)
- 1 apron, preferably with pockets
- feminine hygiene supplies

Men's Items

- 2 pair pants (not denim)
- 2 long sleeved, button down shirts (no t-shirts)
- 1 wide brimmed western style or straw hat
- Optional: Suspenders