

Additional Information About Gear

Bloomers	mid-calf length, can be made from old sheets, old pj bottoms, scrubs, etc., light colors are best, NO bike shorts
Blouses	long-sleeved, buttoned, light colors are best
Bonnets	light colors are best, must have ties
Book of Mormon	or complete set of scriptures
Bucket	5-gallon with lid that fits, keeps clothes dry, seat at campfire
Camera	must be a camera-only device, cell phones will not be allowed while at Martin's Cove, disposable cameras are reasonably priced and will work fine; there will be a designated photographer on the trek taking pictures
Chap Stick	SPF 15+
Dresses	mid-calf length, long-sleeved, pioneer-looking
Electronics	can be used on the bus only, will be collected before arrival at Martin's Cove and given back in Rawlins for return trip, bring at your own risk, the bus company, the trek leaders, the stake and the Church are not responsible for any personal items, including loss, theft, or damage
First Aid Kit	Suggested Items: sunscreen, sunburn aloe gel, band-aids, alcohol wipes, mole skin, small box of Bounce sheets, all in a waterproof container
Gloves	or cheap garden gloves with nonslip grips for pulling the handcart
Hats	Western-style straw hat with brim, must have strings, NO baseball hats, NO beanies, NO army hats
Insect Repellant	recommended to be 40% DEET
Jacket or Coat	a sweatshirt/hoodie is NOT warm enough
Lanterns	must be battery operated, we won't have fuel
Medications	list of medications must be submitted to doctor prior to the Trek
Mole Skin	to put over blisters
Pajamas	modest, warm
Pants	light colors, Docker style, NO Levis, NO denim, NO shorts NO camouflage pants, NO sports warm-up style pants
Pen or Pencil	in a plastic bag for protection
Pillow	make be carried on the bus OR packed in your bedding bag
Possible Bag	carried with you while trekking with personal items
Rain Poncho	MUST have
Sack lunch & Snacks	to eat on the bus on the first day
Shirts	long-sleeved, buttoned, light colors are best, collars can be removed, NO tee shirts
Shoes	broken-in, 1 pair that can get wet, hiking boots or athletic shoes
Skirts	mid-calf length, pioneer-looking
Soap	in a plastic bag
Sock Liners	tight, thin socks that are worn with socks to eliminate or reduce blisters on the feet
Socks	hiking socks are available at sporting goods stores
Spray Bottle	to spray mist of water to help cool down
Sunscreen	SPF 15+
Swimsuit	modest, swimming in Rawlins on way home, in plastic bag
Towel	for after swimming in Rawlins, in plastic bag with swimsuit
Travel Clothes	clean clothes for the trip home, in a plastic bag
Water bottles	for drinking water while on the bus, then to be used while trekking, can be reusable or disposable but must be re-filled and re-used during the trek