

## TREK 2018 PERSONAL EQUIPMENT CHECKLIST

Each participant is responsible to get ready the following items with help from their families, trek families and wards as needed.

### EVERYONE SHOULD BRING:

\_\_\_ 1 Five-gallon bucket with lid for your gear. Cushions provided by Ma & Pa will also serve as your pillow for sleeping. This will also serve as your chair.

\_\_\_ 3 1-gallon Ziploc bags for your daily change of clothes, use also to hold your dirty clothes (pack underclothes & socks in a Ziploc bag so you can grab one bag out of your bucket each day).

\_\_\_ 1 warm sleeping bag, tightly rolled & tied with rope or put in compression sack.

\_\_\_ (optional) 1 sleeping pad that compacts really tightly and/or will fit in or attach to compression sack or sleeping bag. Can use an inexpensive pool mattress.

\_\_\_ 1 rain poncho, "just in case" or large garbage bag that can be used as poncho.

\_\_\_ 1 light weight jacket that packs tightly.

\_\_\_ Wear 1 pair of good boots/shoes that have been broken in well.

\_\_\_ 1 extra pair of shoes to wear when we cross the river. This can be water shoes or an old pair of shoes. We will change shoes just before we cross the river. Then change back into good shoes to continue on.

\_\_\_ Plastic bag to put wet shoes in.

\_\_\_ Socks for each day. Suggestion- bring well fitted socks that are comfortable. Look at sporting goods store for hiking socks. When buying socks, take your trek shoes with you and make sure that they will fit. Use the shoes and socks together many times before trek. Break them in together.

\_\_\_ 3 sets of underclothes

\_\_\_ 1 pair leather gloves

\_\_\_ 1 comb or brush\*

\_\_\_ Toothbrush & toothpaste (travel size)\*

\_\_\_ Deodorant (travel size)\*

\_\_\_ 1 lip balm/chap stick-keep in your pocket on trek. Will help prevent sunburned lips.

\_\_\_ 1 package of baby wipes or Olay wipes--used to clean hands, feet, face & body daily. \*

\_\_\_ 1 bottle of Purell (travel size) to sanitize hands\*

\_\_\_ 1 pocket pack of Kleenex\*

\_\_\_ Sunscreen (travel size) can carry in possible bag to reapply throughout the day.

\_\_\_ Mosquito repellent (small or travel size)\*

\_\_\_ 1 thick tin pie plate like Marie Calendars (not thin foil). This will be your daily meals plate.

\_\_\_ 1 tin cup (can get at Walmart in sporting good aisle or sporting goods store)

\_\_\_ 1 metal spoon & fork (not your mother's good stuff-buy cheap utensil at dollar store or discount store). All eating wear, plates, cups & utensils will be kept in a bag in our family cart, so have your name on them.

\_\_\_ Bandana (1 will be provided by Ma & Pa or you may be asked to bring one of your own).

\_\_\_ Small Book of Mormon-paperback works fine. (in a Ziploc bag)

\_\_\_ Water bottle and a carrying bag. These can be made or you can find them at Walmart or at a sporting goods store. You can choose to buy a clip to hook your water bottle/water bottle bag to your pants or apron to help hold in place & not flop around. For apron, sew in a belt loop or button hole on waist band for clip.

\_\_\_ Optional: 1 stick of Blister Block found where the first aid/band aids are. Rub this on your feet each day. It acts to help reduce friction and prevent blisters from forming. SUPER helpful! \*

\_\_\_ Optional: 1 stick of After Bite or Benadryl Itch Relief stick for bug bites-can carry in pocket.

\_\_\_ Optional: Sunglasses

\_\_\_ Optional: Beef jerky-if you like

\_\_\_ Optional: Hydration packets to add to water-such as Crystal Light on-the-go or Gatorade, etc.

\_\_\_ Optional: Flashlight

Journals will be provided

\*Put toiletries in a Ziploc bag to make it easier to locate items.

PLEASE DO NOT BRING: music, curling irons, make-up, books, jewelry, handheld electronic device, cell phones, or anything else that might be a distraction. Enjoy "letting go" of those things for a few days.