
Youth Trek Packing List

The following items should be contained within one 20L bucket with lid (provided by Stake prior to Trek). This will hold your gear and will also be your seat throughout the day.

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| <input type="checkbox"/> 1 Rain poncho | <input type="checkbox"/> 1 metal plate and spoon and fork |
| <input type="checkbox"/> 2 pairs of athletic-type (sneakers) or hiking shoes that are sturdy and well broken in (not new) | <input type="checkbox"/> 1 tin cup |
| <input type="checkbox"/> 3-4 pairs of socks (more if rainy weather is expected). Consider wearing two layers of socks – cotton on outside and thin nylon socks under cotton socks to prevent blisters. | <input type="checkbox"/> Refillable water bottle (loop for attaching is ideal) |
| <input type="checkbox"/> Pyjamas (sweatpants and t-shirt or sweater). Will only be worn for sleeping. | <input type="checkbox"/> Small Book of Mormon or old set of scriptures (consider putting in zip-lock bag) |
| <input type="checkbox"/> 2-3 sets of underwear | <input type="checkbox"/> Small torch |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Band-Aids, blister protection, feminine hygiene products, medication |
| <input type="checkbox"/> Toothbrush with travel-size toothpaste | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Comb or Brush | <input type="checkbox"/> 1 small bottle of hand sanitizer |
| <input type="checkbox"/> 1 travel size pack of wet towelettes | <input type="checkbox"/> Sunglasses (optional) |
| <input type="checkbox"/> 1 small hand towel | <input type="checkbox"/> Personal journal and pen/pencil |
| | <input type="checkbox"/> 2 heavy duty garbage bags |
| | <input type="checkbox"/> Insect repellent |
| | <input type="checkbox"/> Chafing cream |

The following items should be packed inside a large garbage bag (provided by stake). Mark the bag with your name so you can find it easily. These bags may be transported to each campsite by the support team, not carried in your handcart. Please minimise the size of contents to assist with transportation.

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| <input type="checkbox"/> 1 warm sleeping bag | <input type="checkbox"/> 1 jacket or sweater for at camp |
| <input type="checkbox"/> 1 sleeping pad | <input type="checkbox"/> 1 pillow |

DO NOT BRING

Bags will be checked prior to leaving – this is to assist the youth to feel the Spirit along the Trek and get closer to their Heavenly Father. It will be a more positive experience if these items are not brought along in the first instance.

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| <ul style="list-style-type: none">✗ Valuables such as jewellery✗ Make-up, perfume, hairspray, etc.✗ Electronics or cell phones for youth (Adult use limited to trek related communications) | <ul style="list-style-type: none">✗ Extra food (plenty of food will be provided)✗ Absolutely NO NUTS or NUT PRODUCTS allowed (a participant has an anaphylactic allergy) |
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CLOTHING GUIDELINES

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| <ul style="list-style-type: none">• Pioneer clothing is required for all participants. Pioneer dress helps to create a unique environment that allows participants to focus on the meaning of trek, rather than on how they look. It removes all external barriers created by regular daily dress and creates an environment where trekkers can develop and grow together from the same common base.• Sunglasses for eye protection are allowed.• Young men should not roll up their pant legs and young women should not tuck up their skirts. The clothing protects them from insect bites and scratches from the bush. | <ul style="list-style-type: none">• Pioneer clothing should be left on until bedtime.• Spending excess money and time on obtaining pioneer clothing is strongly discouraged. Most, if not all clothing items can be taken from existing wardrobes, local thrift stores or from family members or friends.• There is a chance that it could rain on Trek. Trek will not be cancelled due to a forecast of some rain so some preparation for rain (e.g. rain poncho and spare socks and shoes is recommended).• Shoes MUST be well worn in prior to Trek. |
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YOUNG WOMEN PIONEER CLOTHING

Refer to [Stake Trek Website](#) for more details and examples of pioneer clothing. Instructions for sewing items are also linked on the website. Wards are encouraged to assist with sewing and collection of clothing where possible.

ITEM	DESCRIPTION	NUMBER
Skirts/Dresses	¾ or mid-calf length	2
Blouses	Long-sleeves, light colours	2
Bonnet or straw hat	Pioneer style with broad brim, with a tie, no baseball style or bucket hats.	1
Bloomers / underclothing	Bloomers should be ankle length with elastic around ankle, preferably made from cotton. Modern underclothing should be not visible if worn – also consider heat of wearing additional layers.	1 or 2
Aprons	Deep Pockets for carrying small items	1 or 2
Feminine Hygiene Products	As preferred – waste disposal will be available in toilets at each rest stop.	Enough for entire trek.
Light jacket	Easily packable, waterproof if possible	1
Socks	Cotton outer socks; nylon inner socks recommended. Consider longer socks to keep out dirt and protect from insects and bushes.	3 pairs
Shoes	Sturdy and well broken in. Do not want youth wearing flip-flops around the campsite.	1 or 2

YOUNG MEN PIONEER CLOTHING

Refer to [Stake Trek Website](#) for more details and examples of pioneer clothing. Instructions for sewing items are also linked on the website.

ITEM	DESCRIPTION	NUMBER
Pants	Cotton or Canvas – no camouflage or track pants.	2
Shirts	Long sleeved. Lighter colours preferred. With or without collar. No t-shirts, no brand logos.	2
Hat	Wide brimmed hat – e.g. straw. No baseball caps, beanies or bucket hats.	1
Light jacket	Easily packable, waterproof if possible	1
Socks	Cotton outer socks; nylon inner socks recommended. Consider longer socks to keep out dirt and protect from insects and bushes.	3 pairs
Shoes	Sturdy and well broken in. Do not want youth wearing flip-flops around the campsite.	1 or 2
Suspenders	Clip on or button	optional

Please refer to the Stake trek website <https://trek2024.org> for additional help on clothing including examples of what was worn by youth on the last trek. There is also a significant amount of information available on the internet from Church and other Pioneer Trek groups from around the world. For additional queries please contact a member of the Stake YM/YW presidency or Clinton Snow – details in LDS directory.



Example of non-clothing items.