

# PIONEER TREK INDIVIDUAL EQUIPMENT LIST

(Updated 1/30/2026)

**All of your gear for the pioneer trek will be packed in one of two containers; 1. In a 5-gallon bucket and 2. In a large, heavy-duty garbage sack (Stake will provide both). The bucket will contain your personal items and the garbage sack will contain your sleeping items. Remember to label everything with your first and last name.**

## **What to Pack in Your Garbage Bag** (bag provided by the stake):

- Sleeping bag - cold weather bag (temperatures may get < 40F at night)
- Old warm blanket (inside sleeping bag)
- Warm coat or jacket (It can get very cold, day or night)
- Small camp pillow (optional)
- Tarp – 6' x 8' (to sleep on) (or can use rain poncho)

## **What to Pack in Your Bucket** (bucket provided by the stake):

- Rain poncho or rain jacket
- Tin plate (pie pan works great)
- Fork, spoon, knife (metal, no plastic)
- Water bottle
- Small Cup with handle (for water, hot chocolate, etc.)
- Hand towel or wash cloth
- Comb or brush
- Deodorant
- Lip protection – SPF 15+
- Sunscreen – SPF 30+
- Tooth brush and tooth paste (place in zip lock bag)
- Insect Repellent (small, place in a zip lock bag)
- Sweatshirt or hoodie
- Bandana (provided by the stake)
- 2 Pair of comfortable trail shoes or lightweight boots to walk in (wear one pair, pack the other)
- 4 Pair of sturdy socks (wear one pair, pack the other two)
- 3 Sets of underclothing (wear one pair, pack the other two)
- Sleepwear (sweats, etc. - but may only be worn at bedtime)
- Small headlamp or flashlight and extra batteries
- Old small set of scriptures
- If you wear contacts/glasses, wear your glasses. There may be a lot of dust.
- Required Medications (Medical personnel need to know what you have. Don't bring Tylenol, Motrin, etc. Medical personnel will have those medications available)

## **Young Women Should Bring:**

- 2 Mid-calf, long-sleeve dresses, or skirts and blouses (wear one, pack one)
- Wide brim straw hat
- Apron (with pockets - you will need them)
- 2 Pair of bloomers (can be old PJ bottoms - Needed for modesty and leg protection)
- Feminine hygiene supplies
- Hair elastics or fasteners (keeps your hair out of your face during windy conditions, which is most of the time)

## **Young Men Should Bring:**

- 2 Pair pants (no denim jeans, no camo pants, no shorts. (wear one, pack one)
- 2 Long sleeve, collared, button shirts (no t-shirts. wear one, pack one)
- Wide brim straw/canvas/western style hat (no baseball-type hats, no military-type hats)
- Suspenders (optional, but very functional)
- Vest (optional, may help you keep warm in colder conditions)

## **Optional Items:**

- Folding pocket knife (3 1/2 inches or less)
- Harmonica, or other small instruments
- Disposable camera
- Lotion
- Hand sanitizer or small package of hand wipes
- Personal journal + pen or pencil
- Leather work gloves
- Sunglasses (simple and inexpensive)
- Small First Aid Kit
- Pocket heat packs (optional - may use them in your sleeping bag at night)

## **Do NOT to Bring:**

- Immodest clothing (see-thru when wet or dry)
- Shorts, midriiffs or sleeveless or short-sleeve tops
- T-shirts (as outerwear)
- Fireworks, matches, lighters

- ⓧ Cell phones
- ⓧ Personal electronic devices (iPods, tablets, electronic games, radios, phones etc.)
- ⓧ Hatchets, sheath or butterfly knives (pocketknives are ok)
- ⓧ Firearms or weapons
- ⓧ Inappropriate materials or behavior that is not consistent with For the Strength of Youth standard