

Supply List for Trek 2011

• **Substantial lunch for Wednesday**

- Pair of sturdy, well broken in Hiking Boots with ankle support
- Large water bottle with a hook or shoulder strap or a quality hydration pack

• **Medium size duffle bag** (no backpacks or hard luggage please)

In the bag should be...

- Warm lightweight sleeping bag and a fleece blanket/throw
- Small sleeping pad rolled tight
- 8 X 10 tarp
- Lightweight warm coat or sweatshirt no printing or logos
- Pillow – no bigger than 12" X 12"
- 2 heavy duty large lawn and leaf type plastic garbage bags
- **5 gallon bucket with a tight fitting lid** - in the bucket should be...
 - Mess kit or sturdy pie plate and tin cup, metal knife, fork & spoon
 - Pocket knife 3" or less – no fixed blades
 - 1 Change of clothes (see clothing list)
 - 3 sets of underclothing
 - 4 pair of sturdy socks, (no ankle socks) mid calf preferred
80% or more Acrylic is a must
 - Rain Poncho (Compact)
 - Pair of work gloves
 - Prescribed Medications in original bottle
(Check them in with the Medical Team)
 - Hand towel & soap in a Ziploc bag
 - Wash cloth in a Zip-loc bag
 - Old Triple Combination in a Ziploc bag
 - Soft Side Container of Wet Wipes
 - Ziploc bag with the following in it:
 - Unscented deodorant, Small toothbrush and toothpaste,
 - Sunscreen, Anti Bacterial Hand sanitizer, Mosquito Repellant,
 - 5 Band Aids, 4 Moleskin for blisters, Chap Stick with Sunscreen,
 - Small shampoo enough for 1 hair wash, Brush or comb, Toilet paper
- **Boys** – Wear one set of clothing when you arrive the other in your bucket
- 2 pair sturdy pioneer type pants (twill, canvas, cotton "Dockers")
No jeans please
- 2 long sleeve pioneer style shirts
(Lightweight, light colored cotton button up shirts is good)
- Belt or suspenders
- Cowboy, straw, or pioneer hat (no baseball or army caps),

- Bandana to cover your nose and mouth if it gets dusty
- **Girls** – Wear one set of clothing when you arrive the other in your bucket
- 2 mid-calf/above ankle-length skirts and long sleeve, light weight, light colored blouses – or-
- 2 mid-calf or above ankle-length pioneer style dresses
- An apron with pockets
- Bonnet with brim, straw or pioneer hat
- Bandana to cover your nose and mouth if it gets dusty
- 2 pair of bloomers, or lightweight pajama pants to be worn under skirts
- Feminine hygiene supplies in a Ziploc bag

Optional Items If They Fit In Your Bag or Bucket

- A harmonica or other small musical instrument
- A disposable camera, labeled with your name in a Ziploc bag
- Glasses should be worn instead of contacts. It is very difficult to care for contacts in a wilderness setting.
- Inexpensive mosquito netting/ head gear
- Modest lightweight sleepwear – pants and plain T-shirt stuffed in Sleeping bag
- Fleece poncho used instead of blanket and coat

Do Not Bring

Junk food, candy, drinks, flashlights, cards, games, tight fitting clothes, hair dryers, curling irons, electronics, Cell phones, I pods, Game boys, CD Player, Digital Camera or anything else that is not in the spirit of a pioneer experience.

- Please leave your valuable jewelry at home.
- Do not wear cologne, perfume, or scented lotions (they attract bugs)

Label everything with your name

Buy as much of your clothing as possible at second-hand stores.
YW could sew their outfits for a Value Project

When you arrive for the Trek you will have 4 things.

- Medium Size Duffle Bag - packed with your name on it
- 5 Gallon Bucket packed - with your name on it
- Water Bottle with a shoulder strap or hook or quality Hydration Pack - with your name on it
- Substantial lunch for Wednesday

You will need to be dressed in one of your sets of Pioneer Clothing