

2026 Arvada Stake Trek Ward and Cart Supply List

PRELIMINARY LIST - SUBJECT TO CHANGE

Cart Level Supplies:

- 2 water jug per cart (20+ quarts) - Gatorade brand is best to prevent leaking
- 1 soft-sided cooler for snacks and lunch
- 2 ratchet straps per cart (minimum of 12' each)
- Additional bungee cords and rope
- 2 bed sheets for making shade
- 2 spray bottles for mist cooling
- 1 tarp to sit on
- Pocket knife or multi-tool (adults only)
- 2 boards 2" x 10" x 5' to have water jugs carried behind cart
- 2 rolls duct tape
- 5-gallon bucket, garbage bags, and TP for emergency potty
- **Small cart first aid kit including:**
 - Biodegradable Hand soap
 - Baby wipes
 - Extra sanitary supplies
 - Extra sunscreen & bug spray
 - Antibiotic ointment (neosporin/bacitracin)
 - Moleskin
 - Leukotape (stake will provide)
 - Scissors
 - Ibuprofen & Tylenol
 - Small flashlight

Optional:

- Lantern(s)
- Small sewing kit (needle, thread, safety pins)

Ward Level Supplies Shared Among Carts:

- 2 mini sledges (for driving tent stakes)
- **Ward first aid kit including:**
 - Cough/cold medicine (e.g. Nyquil capsules)
 - Anti-chafing (Gold Bond / Monkey Butt)
 - Ace wraps
 - Tweezers
 - Duct Tape
 - Thermometer
 - Zyrtec

Ward Cooking Supplies:

(delivered to Alkire Building on Saturday July 18, 9-11 AM)

1 camp chef 2-3 burner stove and full propane tank

2 large coolers (100+ quart)

2 12-inch/14-inch dutch ovens with lids **per cart**

2 large plastic tubs (14-18 gal) to hold dry goods (supplied by the stake)

1 large pot with lid

1 plastic tub (supplied by the stake) to carry the following:

- 2 wooden spoons
- 1 ladle
- 1-2 charcoal chimneys
- 1 measuring cup set
- 2-3 medium mixing bowls
- 1 pair tongs
- 1 whisk
- 2 large serving spoons
- 2 medium size cutting boards
- 2 small paring knives
- 1 large cutting knife
- 2 rubber scrapers
- 1 pair sturdy scissors
- 1 can opener
- Salt and pepper (all other spices will be provided)
- Non-stick cooking spray
- 1 pair long metal tongs (to move charcoal)
- 2 heavy duty large potholders
- Dutch oven liners or parchment paper
- Lid lifter for dutch oven
- Flame resistant gloves

Cleaning Supplies:

- 1-2 scrubby sponges
- 1 scraper (to clean dutch ovens)
- 1 bottle of biodegradable dish detergent (put in ziploc bag)
- 3 plastic dishwashing tubs
- Dish/paper towels for drying and clean up

ALL ITEMS MUST BE BROUGHT TO THE ALKIRE BUILDING ON **JULY 18TH** AND SHOULD BE MARKED WITH NAME AND WARD