



# Pioneer Trek Packing List

*(Draft Version — Check back for the FINAL list by July 1)*

Everything you bring including your sleeping bag should fit in **one small duffel bag**—and remember:

- 👉 No personal carrying of bags during the trek, they will be on the handcarts
- 👉 Max weight: 17 lbs per person
- 👉 You'll wear your pioneer clothes on the bus
- 👉 Bring a sack lunch for Monday 🥪

Pack smart, pack light, and pack like a pioneer! 🐎

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✅ [See the \*Trek Clothing Guide\* for more tips on selecting your clothing](#)

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## Men's Clothing

- 2 pairs lightweight, loose-fitting pants (Dockers-style)
  - 3–4 lightweight, light-colored, long-sleeved shirts
  - 1 full-brim hat with chin strap 🧢
  - 1 belt or suspenders
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## Women's Clothing

- 2 lightweight, long dresses or skirts
  - 3–4 pioneer-style lightweight, light-colored, long-sleeved blouses
  - 1 pair bloomers or lightweight shorts to go under skirt (*no long leggings—too hot!*)
  - 1 full-brim hat with chin strap (*bonnets okay, but may block your vision!*)
  - 1 apron with large pockets (*optional, but super handy*)
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## Everyone Needs

- 2 cotton bandanas
  - 3 pairs thin liner socks (*blister prevention heroes*)
  - 3–4 pairs hiking socks (*wool/poly preferred—avoid 100% cotton*)
  - 1 pair cozy evening socks
  - 3 sets underwear
  - 1 set pajamas / sweats / thermals
  - 1 lightweight warm jacket
  - 1 rain jacket or poncho 🌧️
  - 1 pair comfortable walking shoes (*well broken-in!*)
  - 1 pair water/evening shoes (*Crocs, Tevas, etc.—NO flip flops*)
  - 1 pair work gloves 🧤
  - 1 personal water bottle 💧
  - 1 small towel
  - 1 durable plate + metal cup + fork/spoon 🍴
  - 1 sleeping bag
  - 1 pillowcase to stuff clothes in to make a pillow (*leave your fluffy bed pillow at home!*)
  - 1 compact sleeping pad (*no large foam pads, think small inflatable or thin foam pad*)
  - 1 Book of Mormon
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## Suggested Personal Items

*(Pack light—these are optional but very helpful!)*

- Lip balm (SPF 15+) ☀️
- Sunscreen & sunglasses
- Toothbrush & toothpaste
- Brush or comb, hair ties
- Small lotion & deodorant
- Personal medications
- Feminine hygiene products
- Anti-chafing stick (Gold Bond or Body Glide)
- Face/body wipes
- Small hand sanitizer
- 2 pens or pencils 🖋️
- Small biodegradable soap (*like Dr Bronners*)
- Pocket flashlight 🔦
- Moleskin / Athletic tape / Blister care
- Small package of tissues
- Small bottle of hand sanitizer
- Small first aid kit (*first aid kits will also be provided on each handcart*)

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## Leave These at Home

- Electronics (phones, iPods, radios, GPS, etc.- *no service or electricity!*)
- Makeup / jewelry / curling irons
- Pocket knives
- Shampoo
- T-shirts
- Candy 🍬 (You may bring snacks for the bus ride only, other treats will be provided on the trail!)
- Frisbees
- Jeans or long leggings