

Trek Clothing Guide



Start Here

Don't let pioneer clothing stress you out—it may feel unfamiliar at first, but many youth end up loving it! Dressing like pioneers becomes a fun and immersive part of the experience. We want you to be **comfortable, protected, and ready for a wonderful, spirit-filled trek experience!**

Our goal is to share what experienced trekkers have learned and what the Church recommends, so you feel **prepared, comfortable, and excited** for Trek.




In obtaining or making pioneer clothing, leaders and youth should not spend excessive time or money. Many items can be found in **existing wardrobes, secondhand stores, or borrowed.**

See the **Pioneer Trek Packing List** for guidance on clothing quantities and other required items.

The Basics (Everyone Must Know)

- Choose **lightweight, lightcolored, breathable clothing** (i.e. cotton, linen, polyester)
- Wear clothing that **covers your skin** (sun + dust protection)
- **Sunscreen is essential**
- Expect **heat, dust, and changing temperatures in evenings and mornings**
- These guidelines will actually **help you feel cooler** throughout the day

Required Clothing & Gear

-  FEET=TOP PRIORITY!
 -  SHOES
 - Comfortable shoes for trekking that are already broken in
 - *Trail running shoes are the best!* You may also wear athletic shoes with good traction or well-broken in, light hiking boots or shoes. They don't need to be waterproof—too hot.
 - MOST IMPORTANTLY! **Hike in your shoes with the socks you are going to wear to break the shoes in before Trek.**
 - A second pair of shoes such as water shoes, Crocs or Tevas for water crossings and to wear around camp.
 - If your feet tend to blister, consider bringing [something like this](#) and put it on in the morning each day before starting to walk.
 -  SOCKS
 - Light/thin wool blend hiking socks with thin liner synthetic socks underneath
 - Brands like **Smartwool, Darn Tough**, or similar
 - Cost around \$20 a pair but worth it and will last forever!
 - **Wool actually wicks sweat well in the heat and doesn't smell.**
 - *Get the “crew” length so they are not too short.*
 - *Make sure they fit well and are not too big or small, and these will prevent blisters.*
 - *We recommend wearing thin **lightweight liner socks under your wool sock.** If you just look at liner socks on Amazon or a good sock store any of these should work. These also prevent friction and blisters.*

- ✓ Comfortable underwear
- ✓ Pajamas, light weight
- 💡 See the packing list for more information

Outfit Guidelines

Young Women

- **Wide-brim hat** with chin strap—bonnets are okay but may obstruct vision
- **Lightweight, lightcolored, long sleeved, breathable blouses or tops** (best for sun and dust protection)
- Skirts or dresses (**mid-calf to ankle length**, not too long to avoid tripping)
 - Covering your legs with lightweight fabric helps **reduce dust, dirt, sunburn, insect bites**, and keeps your legs more comfortable throughout the day
- Bloomers or **cut-off lightweight cotton pajama bottoms** underneath to prevent chafing
- Lightweight shorts (like bike shorts or athletic shorts) can also work well
- **Aprons** (pockets are helpful)
- ❌ No long leggings- too hot!

Young Men

- **Wide-brim hat** with chin strap
- **Lightweight, lightcolored, long sleeved button up tops** (loose-fitting, light-colored)
- Lightweight, loose-fitting **pants** (hiking or work-style)
- ❌ **NO JEANS** (too hot and can cause chafing - *you will regret wearing these!*)
- Belt or suspenders

Essential Accessories (Everyone)

- 🧢 Bandana or neck covering (sun and dust protection)
- Thin rain jacket or poncho
- Light weight jacket
- 😎 Sunglasses (sun + dust protection)

Where to Find Clothing

You do not need to spend a lot—check your **existing wardrobes, secondhand stores, or borrow**. Great options can also be found at:

- Deseret Book
- Walmart
- Costco
- Amazon
- Target
- Sierra
- eBay
- TJ Maxx
- Etsy
- Pinterest

Helpful Links (Examples only - you don't have to get these specific items)

- Mens Hat: [Straw hat](#) or [Sun bucket hat](#)
- Womens Hat: [Straw hat](#) or [Sun hat](#)
- Womens Dresses & Skirts: [Lightweight skirt](#), [Cotton skirt](#), [Bohemian skirt](#), [Dress](#), [Jumper](#)
- Womens Shirts: [Oxford](#), [Cotton tunic](#), [Quick dry](#)
- Apron: [Linen apron](#), [half apron](#)
- Mens Pants: [Lightweight men's pants](#), [Mens outdoor pants](#), [Mens Athletic pants](#)
- Mens Shirts: [100% cotton Poplin](#), [Cotton/linen blend](#), [Quick dry](#)
- Liner socks: [Silk liner socks](#), [Liner socks](#)
- Hiking socks: [Womens socks](#), [Mens socks](#)

Make or Sew Your Own

This can be a simple and fun option—and a great group activity. We are happy to help you coordinate a sewing night with sewing sisters from the stake:

- Apron pattern:
https://israelcanyontrek.weebly.com/uploads/1/0/2/4/102442026/simple_pioneer_apron.pdf
- Pioneer skirt with ruffle pattern:
<https://drive.google.com/file/d/0By268j8cpBIQczZUX2EwYllhUIJPblpFaWhJTENhM1INX1Yw/view>

- Pioneer skirt pattern:
<https://drive.google.com/file/d/1vPm0phlkpsfaKPI9O-UVYHBa05hi4eCE/view>
- Bonnet pattern:
<https://drive.google.com/file/d/1tbrZjdfpCVohtCBgXWZJ9tIMWteQjj0/view>
- Pattern for pioneer style collar on Mens shirt (optional):
<https://drive.google.com/file/d/1UeZKB3iePPHfYtNEFRfwPUUZfuJ09Tv5/view>

Final Thoughts

We'll keep sharing simple outfit ideas—like hats, skirts, pants, tops, and aprons—to make planning easier and less overwhelming.

You do not need the “perfect” outfit.

- Borrow what you can
- Thrift what you can
- Keep it simple

If you have questions or aren't sure what to bring, please reach out—we're here to help. We want this to feel **fun, doable, and something you can look forward to!**

Here are some examples from the 2018 trek:







