

Fort Worth Texas North Stake

2023 Trek Packing List

It is recommended that you WRITE YOUR NAME on all of your belongings with a permanent marker.

What to Pack:

- Pioneer clothing – 2 or 3 complete sets. Jeans are not recommended.
- Shoes – this should be a good pair of hiking shoes or sneakers (no flip flops, sandals, etc.)
- Jacket – lightweight but warm or a sweatshirt. (This can be rolled into a sleeping bag to save space)
- Sleeping bag – warm, good quality. Place in a waterproof bag or garbage bag. Label bag with your name on a piece of duct tape.
- Small pillow
- Sleeping pad (optional) – small pad that can fit in garbage bag with sleeping bag and pillow
- Work gloves – 1 pair (can be a soft leather or cheap work gloves with non-slip grips for handcart pulling)
- Warm Pajamas – 1 set, modest, to sleep in (it may get cold at night)
- Rain Poncho – VERY IMPORTANT
- Bandana – 1 or 2
- Socks – 4 pairs (2-3 should be wool, liner socks are optional)
- Underclothing – 4 sets
- Small flashlight – with new batteries
- Winter hat – for cold evenings and nights
- Sunglasses
- Large Ziploc bags or plastic grocery bags – to store clean or dirty clothes
- Reusable sturdy water bottle/canteen (no disposable bottles) - VERY IMPORTANT
- Mess kit with plate, bowl, silverware (no disposable items)
- Small Book of Mormon
- 5 gallon bucket with lid. Making a padded seat is optional.

Personal Items:

- Small comb or brush
- Toothbrush, paste & floss
- Deodorant
- Small hand towel & washcloth
- Hand Sanitizer
- Chafing Powder/stick (if you think you will need it)
- Tissues or wet wipes (for hygiene)
- Sunblock SPF above 30
- Sanitary supplies for young women
- Medicine as needed (Prescription meds must be turned into the stake medical team the morning of departure.)
- Insect repellent with DEET 30 strong or higher
- Lip balm/Chapstick with SPF

Small/personal first aid kit: (optional)

- 6 Band-Aids
- tweezers
- sterile gauze pads, 2×2
- adhesive tape
- 1 moleskin, 3×6 inch
- 1 small tube antibiotic ointment or Neosporin ointment packs
- 1 travel size bottle of hand sanitizing gel

What Not to Pack:

Personal music players, game systems of any kind, other electronic devices (cell phones), lotions, aftershave, hairspray, gel, makeup or perfumes (they attract bugs that bite).

****Everything needs to fit inside your 5 gallon bucket except for jacket, sleeping bag, pillow, sleeping pad, and water bottle/canteen.**