

Dear parents,

We are so excited to share this trek experience with your youth! There are a few things you need to know.

Following this 'one pager' is a more detailed list of packing materials etc. where we attempt to answer potential questions with more description.

Shoes: please make sure your child has broken in light, hiking shoes, or tennis shoes. They need to be broken in before trek so blisters do not become a problem

Packing lists/clothing lists: please review these with your child to make sure he/she has everything that is needed. If you have any questions, please contact your ward leaders or Ma's and Pa's.

Thank you for encouraging your child to participate with us on our Stake Pioneer track. This will be an experience that will be remembered forever.

– Stake Trek Leadership

Do not bring: cell phones, iPods, cameras, radios, MP three's or any other electronic or battery operated entertainment items. No knives with blades longer than 3 inches. No playing cards or fireworks. No hair dryers curling irons make up or jewelry parentheses (bugs are attracted to make up).

Sleepwear is important! It is necessary to get out of wet, sweaty clothes to let them dry out. Keep in mind it could rain. You will be crossing the river and will sweat pulling handcarts. Also, you will be in camp and going to and from the bathroom while some clothes may be drying. Keep it modest.

Packing Lists

Bring your bucket packed with the following items on Thursday, June 6. The bucket will travel in the luggage area of your bus. The bucket will travel with you at all times on handcarts etc. Total weight of all items in your bucket should not exceed 17 pounds (Excluding the weight of the bucket). It is a good idea to label items with your name and ward. It may be helpful to put some items in Ziploc bags for protection.

Bucket list

- Provide your own 5 gallon bucket with lid and labeled with your name.
- Sunscreen,
- Insect repellent
- Chapstick with SPF
- Personal items (Small travel size) Toothbrush, toothpaste, small soap, hand towel, deodorant, comb, or hairbrush, lotion, feminine, hygiene, products, Tylenol, or other necessary medication.
- Hiking socks, Marino wool material suggested
- Secondary pair of shoes (Specifically for crossing river), no flip-flops
- Sweatshirt
- Leather work gloves
- Rain gear- poncho or garbage bags
- LED small flashlight

Camp gear packing list

All your camp gear needs to be packed together in one garbage bag. You can also place any bulky clothing (such as a sweatshirt) in the garbage bag. **No large foam pads or cots.** The stake will provide you with the garbage bag and colored duct tape to write your name on at the gear drop off at the stake center on Tuesday, June 4 between 5 and 8 PM.

- Warm sleeping bag with possible sleeping bag liner
- One pillow (Small travel pillow is recommended)
- One warm coat, sweatshirt or jacket
- Pioneer Clothes

Items needed to bring on Trek

Packing List

****This is a preliminary list and may be subject to change.**

It is recommended that you **WRITE YOUR NAME** on all of your personal belongings with a permanent marker. Sleeping bag, sleeping pad and pillow will be in a garbage bag and marked with your name during equipment dropoff.

Bring with you on the bus day one:

- Trail of Faith Achievement Sheet marked with squares completed ✓
- Wear your day one pioneer clothing
- We will make a Sack lunch for the first day – take with you for travel
- Refillable water bottle full (preferably with an ability to clip onto a carabiner)
- Optional **Day/Fanny Pack with items described below

What you need for Trek:

When you arrive on day one you will be wearing one set of pioneer clothing, shoes, socks, hat, etc... the following list is the complete list, including those items worn on day one.

5 Gallon Bucket with Lid (items that should specifically be in your bucket or your optional daypack/fanny pack):

- Work gloves – 1 pair, warm soft, leather or cheap work gloves with non-slip grips for handcart pulling.
- Rain Gear- Lightweight Rain Poncho or garbage bag- VERY IMPORTANT
- Socks – 3 pairs (recommended to be merino wool)
- Small flashlight – with new batteries
- 1 western style hat with strings to keep it from blowing away. A wide brim floppy hat would also be acceptable. *Please no army hats or baseball caps.*
- Sunglasses

- Large Ziploc bags or plastic grocery bags – to store clean or dirty clothes
- Reusable sturdy water bottle/hydration pack Small day pack (ie fanny pack) for items needed while trekking
- Small Book of Mormon not super nice leather ones
- 5 gallon bucket with lid. Making padded seats is optional. Ask your ward youth committee about an activity focused on padding seats.
- Shoes –(1 pair trail runner or cross training & 1 could be water shoes, no flip flops or open toed shoes)-Water shoes with ziploc bag to keep separate from other things inside bucket
- Small comb or brush
- Toothbrush, paste & floss
- Deodorant
- Small hand towel
- Hand Sanitizer
- Chafing Powder such as Gold Bond (if you think you will need it...can be a life saver)
- Tissues or wet wipes
- Sunblock SPF above 30
- Feminine hygiene 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 or Picaridin

Camp Gear (items that will be included in the garbage sack):

- Jacket – lightweight but warm or a sweatshirt. (This can be rolled into a sleeping bag to save space)
- Sleeping bag – **warm**, 20 degree rated or non-20 degree rated with fleece liner. Place in waterproof bag or garbage bag. Bag will be provided will be Labeled with your name on a piece of duct tape upon equipment drop off.
- Small pillow – in the same bag
- Sleeping pad – small pad that can fit in the garbage bag with sleeping bag and pillow. Large foam pads will not fit.
- Warm Pajamas – 1 set, modest, to sleep in (it will get cold at night)
- Underclothing – 2 sets... Sports Bra for day 2 for YW

- Winter hat – for possible cold evenings and nights (depending on weather forecast)
- Pioneer clothing –2 complete sets (wear one on day one). Jeans are not recommended. Details in FAQ's below..
- Modern Day clothing- one set to be used the final day only. This would be modest hiking or athletic attire as we will still be trekking with handcarts the final day. No shorts.

Do NOT bring

Electronic entertainment devices of any kind (mobile phones, iPods, MP3 players, etc.) -cell phones don't work in Blacksmith Fork Canyon

Baseball caps, shorts, or jeans

Makeup, Jewlery, Hair dryers, curling irons, or curlers

Canned or bottled drinks, candy, or sweets (these items will all be provided)

Footballs, frisbees, etc. (games for downtime will be provided)

Lighters, matches, fireworks (prohibited)

F.A.Q's

1- What should I pack inside my 5 gallon bucket?

****Everything needs to fit inside your 5 gallon bucket except for small items in daypack, jacket, sleeping bag, pillow, and sleeping pad.** Your jacket,(other warm clothes items) sleeping bag and sleeping pad need to be put in a large garbage sack that will be provided through your ward **we will provide colored duct tape to place on your bag upon equipment dropoff to write your name**. This will be loaded in the transport trailer a day or two before we leave for TREK. Your 5 gallon bucket and small day pack will be brought with you the morning of departure and buckets will be put under the bus. *Anything brought on the bus will need to be carried in the handcarts on day one of travel.*

2- What could I pack in my small daypack/fanny pack? * optional*** these could alternatively be in your bucket**

- Work gloves
- Tissues or wet wipes
- Sunglasses
- Chapstick
- Rain poncho or gear
- Water Bottle
- Journal and pen
- Insect repellent travel size
- Sunblock SPF 30 or above travel size

3- What should I Bring with me to the church on Thursday morning?

- Trail of Faith Achievement Sheet marked with completed squares
- Small backpack/day pack (optional)
- your 5 gallon bucket with all items packed
- Water bottle filled with water

4- Are there more details about the *Pioneer Attire* for Women?

1-2 complete pioneer outfits, light colors are best.

An outfit would either be:

A complete pioneer dress about 6 inches from the ground in length. No denim.

OR

A long pioneer skirt about 6 inches from the ground with a modest long sleeve top. (no t-shirts)

Western style hat or wide brimmed floppy hat with chin strap to keep it from blowing away. Bonnets are ok but not recommended because they trap the heat.

2 pairs of bloomers or lightweight knee length shorts to be worn under pioneer skirts. Scrubs work well (helps avoid chafing and bug bites). **Do NOT bring leggings to wear under a dress as it will keep the heat in unless the days will be cool during our Trek (check the weather report). The Trek missionaries stress this over and over in training. Countless girls make this mistake, and suffer heat exhaustion when it is hot, don't be one of them.**

1-2 aprons with pockets.

5- Are there more details about *Pioneer Attire* for Men?

2 pairs of pioneer style pants – Dockers type, light colors are best. No denim, camouflage, or sports type pants. Also, **no shorts of any kind.**

2 shirts – long sleeve button up cotton shirts, light colors are best, no t-shirts

1 western style hat with strings to keep it from blowing away. A wide brim floppy hat would also be acceptable. Please **no beanies, or baseball caps.**

Vest – optional

Suspenders – optional

6- Do I need to purchase Pioneer Clothing?

We want to avoid unnecessary expense, so we encourage making the dresses or skirts yourself if possible. It can be a great learning experience for your youth to take part in this and learn a valuable skill. Another option is to ask family members and friends who have gone on trek if they have clothes you can borrow. Finally, the D.I often has clothing that can be adapted for trek. Ask your ward leaders or Ma's and Pa's from your ward if you need help.

7- Are there Patterns and Sewing helps you can direct us to?

There are many free patterns on Pinterest. You can also purchase patterns at the fabric store. You can also find out if someone already has one you could borrow. You can visit the [How to Dress Like a Pioneer](#) blog for free patterns and ideas.

Skirts:

Skirts are the most practical because tops can be changed to keep clean. Any fabric will do but a lightweight cotton blend calico or solid is probably preferable. Light colors are best. The dresses or skirts need to be about 6 inches from the ground to avoid tripping and tearing but long enough to be authentic. You can access a free pattern for pioneer skirt [here](#).

Aprons:

Aprons with pockets are a great way to have your lip balm and other essentials near by.

Bonnets and Bloomers:

For girls, a bonnet or wide brimmed hat is required. The Trek missionaries recommend wide brimmed hats because they reduce sun exposure on the forehead and neck of girls much better than a typical bonnet. Their experience has shown that girls just don't wear bonnets and in many cases they end up just wearing it around their neck and not on their head. If you want to be more traditional then a bonnet will be just fine also, it's really up to each individual

Girls bloomers are also essential. They help protect from bugs and bites on your legs. Use a very lightweight fabric and keep the elastic loose enough to be comfortable around the knees. You can use a drawstring instead of elastic for the waste if you want. Be creative and have fun putting your pioneer outfits together. Please stay with the traditional skirt/dress styles. No split skirts or gaucho pants.

8- What additional details can you provide regarding needed shoes?

It is not necessary to buy expensive shoes for trek. Just be sure to have sturdy athletic shoes. They can be cross-trainers, trail runners or running shoes(mesh top shoes can let sand in and may need to be avoided). You need good tread on the bottom of your shoes. You can wear hiking shoes but it is not necessary. *Shoes should be well broken in before trek to prevent blisters.* Water shoes or old tennis shoes are ideal for river crossing. **No flip flops or open toe shoes.** The shoe size should be comfortably snug while wearing 2 pairs of socks. Too tight or too loose can cause blisters.

Socks:

An excellent way to prevent blisters is to use a rayon or polypropylene sock (or nylon) next to the skin and a merino wool sock on the outside. This has shown to reduce friction between your shoes and feet.

Cotton socks should be avoided.

9- What about that all important 5 gallon bucket?

We've found that buckets that allow for screwing the lid on and off similar to those used in many food storage solutions work best.

Buckets- Provide your own

Home Depot orange- \$4.04 ea Lids \$2.28 (in 10 packs) (\$6.32)

Lowes blue- \$4.98 ea Lids \$ 2.78 (\$7.76)

Lowes white w/blue logo \$4.78 Lid \$2.78 (\$7.56)

Industrial Container & Supply \$6.35 Lid \$2.65 (\$9.00)

Anyone with connections to buy wholesale?

A great mutual activity would be to pad the lids to have a place to sit while taking breaks. This can make the buckets also serve as comfortable seats. There are online tutorials that can be helpful.

10- What will the bathroom situation be?

Port-a-potties will be placed and available along the trail at break times throughout the day, as well as at night. There will be an adequate number of facilities at base camp and throughout the trek. No showers are available.

11- How much will the Trek cost?

The Stake is contributing 100% of the cost for the actual Trek (food, Trek site, etc.). Each Trekker will need to provide their own clothing & other necessities to take on the Trek.

12- What can I expect a day of Trek to be like?

Youth will be organized into trek families of around 8-10 "brothers and sisters" with a married couple serving as their Ma and Pa. Ma's and Pa's were carefully selected by the Bishops of each ward and will lead your Trek "family." Each family will have their own handcart to pull together. Although we will be arranged in families, we will be trekking together and all members of the stake will be in close proximity to each other throughout the event. Trekking will be interspersed with breaks and activities that will help us feel connected to our pioneer heritage, to Heavenly Father and to each other. In the evenings there will be presentations, firesides, music, games and dancing, family bonding time and discussions, as well as eating together.

*Family Dynamics: Remember all families do not need to be the same.

Each family will have its own personality and will develop at its own pace. Take opportunities throughout the Trek experience to understand the thoughts, feelings, and personalities of each individual member of your Trek family. Make efforts to get to know them better. Take opportunities to share your feelings and personalities with them individually and collectively.