

Trek Packing List

GIRLS:

- 2 long skirts and 2 long sleeve blouses or 2 dresses
- Bonnet or full brim hat (chin strap is helpful for the wind)
- Apron (with pockets are helpful for carrying lip balm, etc.)
- Shorts, leggings, bloomers or spandex to be worn under skirt (helps reduce chafing)

BOYS:

- 2 pair long pants (cotton; no denim)
- 2 long sleeved button-up shirts
- Full brim hat (chin strap is helpful with the wind)
NO BASEBALL CAPS
- Vest or suspenders (optional)

EVERYONE:

- 5 Gallon Bucket
- 3-4 pair socks (non-cotton; acrylic or polypropylene best)
- Sturdy footwear Shoes should be well broken-in hiking style boots or cross-trainer style sneakers are recommended. Bring shoes for the river (i.e. water shoes, flip flops, extra pair of tennis shoes)
- Underwear
- Pajamas
- Warm jacket or sweatshirt
- Rain gear
- Work gloves (leather)
- Water bottle
- Dishes, non-breakable and not disposable (fork, knife, spoon, cup, plate, & bowl)
- Mesh bag to hold eating utensils for drying after washing (optional)
- Sunglasses
- Sunscreen
- Small flashlight
- Lip balm w/ sunscreen
- Personal hygiene items (i.e. Toothbrush/paste, comb or brush, biodegradable soap, wipes, feminine hygiene, etc.)
- Scriptures
- Washcloth
- Journal and pen
- Sleeping bag
- Small sleeping mat
- Small pillow (optional)
- Camera (optional-disposable is a good choice)
- Hand sanitizer
- Personal medication
- Insect repellent with DEET (30 strong)
- Small personal first aid kit (bandages, moleskin, etc.)
- Prescription medication if needed
- Sack lunch for Monday

EVERYTHING NEEDS TO FIT IN YOUR 5-GALLON BUCKET EXCEPT FOR YOUR SLEEPING BAG/ MAT AND JACKET; 17 pound limit on your bucket. Buckets can be picked up free of charge by asking for frosting buckets at the bakery of your grocery store. Sam's Club usually has several to give away at any given time.

ABSOLUTELY NO CELL PHONES, MP3 PLAYERS, ELECTRONIC GAMES OR OTHER ELECTRONICS OF ANY KIND.

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