

# Equipment Checklist - Trek 2023

This list is to help you gather the gear to be a successful pioneer. You will be limited in the amount of gear you can bring. You will need all of the items listed here.

Please do not bring anything else.



To Bring:

- Sack lunch to for the bus ride to Trek
- Shoulder Bag
- Trek Bucket
- Sleeping bag
- Old blanket
- Heavy coat
- Pair of sturdy work gloves
- Rain poncho
- 2 Pair of shoes.
  - 1 Pair that can get wet
  - 1 Pair light hiking boots or sturdy pair of running shoes
- 5 Pairs of socks
- Warm sleepwear
- 4 Sets of underwear
- Plastic dinner plate
- Flashlight
- Small hand towel
- Wash cloth
- 1 Comb or brush
- Deodorant
- Toothbrush and toothpaste
- Band-aids
- Scriptures placed in a ziploc bag
- 2 Pens
- 2 Heavy-duty garbage bags
- Chapstick
- Sunscreen
- Insect repellent
- Small bottle of hand sanitizer
- Sandwich bag of handiwipes
- Pillowcase

Young Men should bring:

- 2 Pairs of light colored long pants (no denim, camouflage, or sport warm-ups)
- 2 Long sleeved button down shirts, cotton.

- 1 Western style hat with strings (no baseball or army hats)
- 1 Pair of suspenders (optional)

Young Women should bring:

- 2 Mid-calf length skirts or dresses
- 2 Button down shirts (if bringing skirts)
- 1 Bonnet with ties or a wide brimmed hat
- 1 Pair of mid-calf bloomers
- 1 Mid-calf length apron (optional)
- Feminine hygiene supplies

Do not bring:

- Valuables (jewelry, watches, clothes that can't sustain heavy wear)
- Electronic Devices
- Money
- Face cards
- Make-up

What goes in my bucket?

Everything on this list except -

- Clothes you will wear on the trip there
- Sack lunch
- Pillowcase/coat (put your coat in your pillowcase)
- Sleeping Bag
- Blanket (roll inside your sleeping bag)