

# 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)