

PERSONAL EQUIPMENT LIST

EVERYONE:

Everyone should bring the following packed in a heavy-duty garbage bag:

- Sleeping bag (as warm as possible because Wyoming nights can get very cold)
- Blanket (optional, depending on your sleeping bag quality and preference)
- Coat or very warm jacket
- Pillow
- Small flashlight or headlamp

Everyone should bring a 5-gallon bucket with a lid (which can be used as a seat in camp) - You should wear 1 set of clothing (included in the totals below) and pack everything else in your bucket.

- Rain poncho (pack very last, on top)
- Plastic ground cover (large enough to serve as ground cover and rain protection 8 x 8)
- Old pair of tennis shoes - pack in the bucket (extra pair in case other shoes get wet)
- 1 pair of broken-in hiking shoes, running or tennis shoes - wear these
- 4 pairs of sturdy or athletic socks
- 4 pairs of thin inner socks (to be worn under the heavier socks to help prevent blisters)
- 4 sets of underclothing
- Bandanna
- 1 metal pie plate, 1 tin cup (with a carabineer to attach to a belt loop or apron), 1 large spoon, 1 fork
- Reusable water bottle
- Hand towel, comb, brush
- Toothbrush, toothpaste
- Scriptures (an old copy of triple combination)
- Prescription medications.
- Chapstick w/SPF, insect repellent, sunscreen- w/high SPF

YOUNG MEN BRING:

- 4 pairs of cotton or canvas pants (no jeans and loose fitting to prevent chaffing)
- 4 long-sleeved button-up shirts (cotton is best)
- 1 wide-brimmed western-style hat (no baseball or army hats allowed)
- 1 pair of sweats for sleepwear only
- 1 pair suspender (optional)

YOUNG WOMEN BRING:

- 4 mid-calf length, long-sleeved dresses, or skirts
- 4 long-sleeved blouses
- 1 or 2 bonnets or a wide-brimmed hat with chin straps
- 1 or 2 aprons
- 1 pair of sweats for sleepwear only

- Feminine hygiene supplies
- 1 pair of bloomers or compression shorts (optional) to prevent chafing

OPTIONAL ITEMS:

- Pocketknife
- Consider bringing glasses instead of contacts. It's difficult to care for contacts on Trek.
- Work gloves
- Sunglasses

WHAT NOT TO BRING:

- All electronics, including cell phones
- Valuables or jewelry
- Snacks or other food items (there will be plenty of snacks and food provided)