

PIONEER TREK INDIVIDUAL EQUIPMENT LIST

FOR EVERYONE:

- 5 gallon with a lid (screw on lid suggested) with EVERYTHING except the sack lunch, sleeping bag and foam pad must be packed in bucket. PUT YOUR NAME ON YOUR BUCKET
- Sack lunch for 1st day
- Warm sleeping bag
- Small foam/camping pad(optional) **no air mattress**
- Rain poncho
- Leather Gloves (to prevent blisters while pulling handcart)
- Light wind resistant jacket/sweatshirt (we'll look at the forecast as it gets closer and bring a coat if things look cold)
- 1 or 2 pair of comfortable shoes/ hiking boots. Sturdy running or tennis shoes are recommended (**Avoid NEW shoes**)
- 4-5 pairs of socks (although not required, good hiking socks are the best investment for comfortable feet.)
- 1 small hand towel and comb or brush.
- Toothbrush and small toothpaste
- Lip balm, deodorant, sunscreen and mosquito repellent
- Small first aid kit and prescribed medications only
- Flashlight
- Sunglasses(optional but recommended)
- Water shoes (optional)
- Good water bottle (to refill as we trek)
- Tent -Adults, Couples, and those with young families- bring a tent for yourselves/family **YOUTH DO NOT NEED TO BRING A TENT**

MEN:

- 2 pairs cotton/poly blend pants(no blue jeans)
- 2 long sleeved pioneer type button up shirts(older white/cream dress shirts will work)
- 1 wide brimmed western style hat and chin strap for wind(no baseball caps, beanies, etc.)
- 1 set modest sleepwear
- Underwear

WOMEN:

- 2 mid calf length skirts or pioneer type dresses
- 2 pioneer type blouses
- 1 pioneer bonnet
- 1 pair of knee length bloomers, leggings or shorts to be worn under skirt.
- 1 apron
- 1 nightgown or modest sleepwear
- Underwear
- Feminine hygiene supplies

DO NOT BRING:

- Cell phones/Cameras
- Electronic equipment of any kind
- Food(except for sack lunch on first day)
- No Contact lenses-wear glasses instead of contacts. The wind and weather can be so difficult at Martins Cove that wearing glasses is the only way to stay safe. Care is easier also.