

2025 Trek Packing List

5 Gallon Bucket Packing List

All clothing & items listed in green box need to fit in the 5-gallon bucket with the exception of bedding.

Bedding needs to be in waterproof bag (such as a garbage bag) in case of inclement weather.

Clothing Items

- 1 Pair of broken-in walking shoes or hiking boots (no cowboy boots or climbing shoes with rigid soles)
- 1 Extra pair of shoes (in case a pair gets wet)
- 2 Pair wool socks
- 2 Pair thin nylon, rayon, or polypropylene socks or liners to prevent blisters
- 1 Extra long-sleeved shirt (no t-shirts)
- 1 Rain poncho (pack on top for easy access)
- 1 Lightweight jacket or sweatshirt (no logos)
- 2 Sets of underwear
- 1 Pair work gloves (leather or canvas)

Other Items

- 1 Sleeping bag or warm sleeping blanket
- 1 5-gallon bucket
- 1 Sturdy metal pie tin (not foil)
- 1 Spoon & fork
- 1 Canteen / small water Bottle
- 1 Hand towel
- 1 Garbage Bag/Ziplock Bags
- 1 Flashlight

Personal Hygiene Products (Ex. Lip balm, Insect Repellent, Sunscreen, Deodorant, Hairbrush, Toothbrush & toothpaste, Prescription medications, Feminine products, Hair ties, etc)

****Along the trail there will be no access to private spaces for changing clothes except in case of emergencies. Participants will have access to porta potties.****

Young Women

- 1 Long-sleeved solid color blouse
Or
- 1 Long-sleeved/ankle length Dress
- 1 Ankle-length (lightweight cotton) skirt
- 1 Pair bloomers (lightweight capris, long shorts, or hospital pants) under the skirt
- 1 Apron
- 1 Bonnet/Straw Hat

Young Men

- 1 Long-sleeved cotton button-down shirt (not flannel)
- 1 Pair cotton pants, Dockers style, khaki, black or blue
- 1 Straw brim hat (no baseball hats)
- 1 Vest (optional)
- 1 Pair suspenders (optional)
- No military clothing or denim

Small Bag/Backpack for ride home

1 Change of Clothes (Trek Shirt will be provided to wear at End of Trek Celebration)

Shower Essentials: Towel, washcloth, soap, shampoo, flip flops, brush, makeup, etc

Note: Please do not use heavy cologne or perfume. Some of the bus passengers may have allergies. Thank you!

Do Not Bring

NO PHONES!!!
(exceptions will be made for medical needs & need to be coordinated with Stake Leaders)

No Games, Playing cards, Food, Candy, Drinks, Makeup, Books, Cameras, Scriptures

Trek leaders are not responsible for lost or damaged items