

## Sunset Ridge Stake Trek 2022 - Equipment List

Participant Packing List	
<i>Required</i>	<i>Notes</i>
1. Sleeping bag	Preferably warm and comfortable.
2. Sleeping pad	Pad will add comfort and warmth by getting youth off the ground.
3. Pioneer clothing <i>*The stake previously provided guidance on where to purchase/how to find patterns to make pioneer-style clothing. See a stake leader if this information is still needed.</i>	<b>Men &amp; Young Men:</b> 2 pair linen or cotton pants, 2 long-sleeved button up cotton shirts, 1 wide-brimmed hat, 1 pair of suspenders (optional), 2 pairs of comfortable broken-in walking/hiking shoes, 4 pairs of breathable comfortable socks, 3-4 undergarments. <b>Women &amp; Young Women:</b> 1 or 2 pioneer-style dresses or 1 or 2 mid-calf length skirts with long-sleeved plain colored button up shirts, 2 pairs of pantaloons/bloomers (can be capris, cut-off PJ bottoms, sweats, leggings), 1 apron, 1 bonnet, 2 pairs of comfortable broken-in walking/hiking shoes, 4 pairs of breathable comfortable socks, 3-4 undergarments.
4. Warm clothing to wear in the rain or at night	Sweatshirt or jacket.
5. 5-gallon bucket (with lid) for storing clothing and other equipment	This bucket will be your luggage and your stool, and will prevent your belongings from getting wet in inclement weather.
6. Scriptures	An absolute necessity.
7. Journal	Bring pen or pencil too.
8. Personal hygiene items	Soap, washcloth, towel, toothpaste, toothbrush, comb, brush, deodorant.
9. Sunscreen & insect repellent	
10. Water bottle/canteen	Recommended 32-64 oz. fluid capacity.
11. Rain protection (poncho or light jacket)	
12. Flashlight	Check batteries in advance.
<i>Optional</i>	
i. Ground tarp	
ii. Personal first aid kit	
iii. Small day pack to carry scriptures/journal	
iv. Medication	If required.
<b>Please do NOT pack:</b> baseball caps, tank tops, t-shirts, tight/short dresses, brand new shoes, cell phones, other electronics.	

Family Packing List	
<b>Equipment to be supplied by Ma &amp; Pa or youth in family. Leverage supplies from ward members too, as needed.</b> <i>(Ma &amp; Pa should check with assigned Group Leader/Trail Boss from Stake YM/YW Presidency to see if large tents may accommodate YM or YW from 2 adjacent trek families, respectively.)</i>	
A. Tents	1 for young women, 1 for young men, 1 for Ma & Pa. Remember to bring extra stakes to anchor tents against the wind.
B. Tarp	To cover handcart and keep possessions dry in case of rain.
C. Rope or Twine	For securing items on handcarts. (Bungee cords and tie-downs not allowed--it's cheating!)
D. Two 5-gallon insulated drink dispensers	To be secured in handcart to ensure family is properly hydrated throughout Trek. 1 will be filled with water; 1 with electrolyte drink.