

# What do you need to bring?

You will be camping by wards, so coordinate with your ward's youth leaders on who will bring tents for the young men and who will bring tents for the young women.

## **Individual Packing List:**

5-Gallon Bucket with Lid (to be used for packing all personal items, and for sitting on)

Two Changes of Pioneer Clothing

Two Changes of Regular Clothing

Sleepwear

3 Pair of Socks

Toiletries

Sleeping Bag

Pillow

Tent to Camp in With Your Unit (coordinate who brings these with your ward/branch)

Light Jacket

Plastic Rain Poncho

Comfortable Pair of Walking/Hiking Shoes

Flip Flops for Shower and Camp

Towel

Sunscreen

Insect Repellent

Brimmed Hat

Sunglasses

Small Flashlight or Headlamp

Scriptures

Any Medications You Will Need on Trek

## **Stake Will Provide:**

All Food/Water

Eating Utensils

Water Bottle

Bandanna

Trek T-Shirt

Trek Journal

First Aid Supplies

Phones are allowed but should be kept in buckets during Trek, except during certain times when it is announced that phones are approved for use.