

Big Cottonwood Pioneer Trek 2023

Packing List

Because of weight and space limitations in the handcarts, and our desire to create a pioneer-like experience, we are each limited in the amount and type of gear we can bring. You will need the following items. Please do not bring anything else.

Place the following in your 6 gallon bucket, minus what you will be wearing for the 1st day:

- 1 pair of broken-in hiking or tennis shoes
- 1 pair water shoes for river crossing (no flip flops)
- 1 rain poncho
- 1 pair work gloves
- 1 motel-size hand soap
- 1 small hand towel/ washcloth
- 1 comb/ brush
- 1 toothbrush and travel size toothpaste
- Deodorant
- Flashlight or headlamp
- Scriptures (older set if possible)
- 1 pen or pencil
- Contacts or glasses as needed (contacts are discouraged due to windy conditions)

Male Clothing

- 2 long sleeved shirts (flannel or cotton/ no t-shirts)
- 1-2 long trousers - wool or cotton (docked or quick dry hiking type; no jeans)
- 1 pioneer/western wide-brimmed straw hat (no ball caps)
- vest/ suspenders (optional)
- 3 pair sturdy socks (polyester, synthetic, no cotton)
- 2 changes of underwear
- 1 warm pair sleep wear/ sweats and sweatshirt
- beanie/ knit hat for sleeping

Female Clothing

- 1-2 pioneer dresses or skirts (mid-calf)
- 1-2 long sleeved blouses
- Bloomers or light cotton pj pants to prevent chafing (knee length or longer. No spandex)
- 1 bonnet (optional)
- 1 wide brimmed straw hat
- 1 apron (optional)

- 3 pair sturdy socks (polyester, synthetic, no cotton)
- 2 changes underclothing
- 1 warm sleep wear/ sweats and sweatshirt
- beanie/ knit hat for sleeping
- Feminine hygiene supplies (as needed)

Spray your clothes with PERMETHRIN Mosquito/ Tick repellent 5 days prior to trek

Permethrin is available in local sporting goods stores, at Walmart and on Amazon.

Place the following items in a heavy duty garbage bag marked with your name:

- 1 warm sleeping bag
- Small pillow
- Ground cloth or pad (1 inch thick or less)
- One old warm coat or jacket

Put the following items in a ziplock bag that you will bring the morning of trek to put in your shoulder bag (shoulder bags will be provided):

- Prescribed medication
- Insect repellent with Deet
- Sunscreen 15+ SPF
- Lip Balm with sunscreen
- 6 band-aids & moleskin
- Hand sanitizer (pocket size)
- Baby wipes (optional)
- Sunglasses (optional)
- A small camera (optional)

Along with your ziploc bag for the morning of trek, bring a sack lunch to eat. We will provide you with a reusable water bottle.

You will be wearing a pioneer outfit when you arrive and packing everything else in your bucket (or garbage bag).

Please, no camouflage, numbers, letters or pictures on clothing.

PLEASE DO NOT BRING:

Soda, electronic items (phones, etc.), pocketknife, or jewelry.