

Meridian South Stake Trek **Young Womens Packing List**

The handcart companies were under strict guidelines as to what they could and could not bring because a handcart is pulled by the traveler. Pioneers were also focused on leaving out things that are a burden to the spirit and its growth. Please leave the following items at home: any electronics, make- up, curlers, magazines, toys, candy, junk food, etc. The only exceptions to the above list are health-related and should be noted on your personal medical information form for our medical staff. **Cameras** should also be left at home. Every Ma & Pa will be taking pictures of their families, and there will be a team of professional photographers on Trek. There will be lots of pictures you will have access to.

**** If an item is not on the list, please don't bring it. If you bring extra it will be left at the Stake Center. *All items listed are needed so please bring them.* Everything must fit in your bucket except your sleeping bag.****

Clothing (Items include what you are wearing when you leave)

<input type="checkbox"/>	2 skirts and 2 long sleeve blouses or 2 long sleeve dresses (mid calf length)
<input type="checkbox"/>	Bonnet or wide brim hat (no baseball caps)
<input type="checkbox"/>	Apron with pocket (optional)
<input type="checkbox"/>	2 pair spandex or athletic shorts to wear under skirt
<input type="checkbox"/>	Nightgown or sweat pants and shirt
<input type="checkbox"/>	Jacket
<input type="checkbox"/>	Rain poncho
<input type="checkbox"/>	2 pair shoes (old tennis shoes and/or broke in boots)
<input type="checkbox"/>	4 pair socks: mid-calf length
<input type="checkbox"/>	3 pair underwear

Equipment

<input type="checkbox"/>	5 Gallon Bucket with padded lid
<input type="checkbox"/>	Sleeping bag
<input type="checkbox"/>	Band-Aids and moleskin
<input type="checkbox"/>	Sunscreen
<input type="checkbox"/>	Insect repellent
<input type="checkbox"/>	Scriptures, journal, pencil or pen
<input type="checkbox"/>	Prescription glasses (no contact lens)
<input type="checkbox"/>	Small flashlight with good batteries
<input type="checkbox"/>	Water bottle (preferably insulated) with carabiner
<input type="checkbox"/>	Blanket (optional), Harmonica (optional)
<input type="checkbox"/>	Leather or gardening gloves
<input type="checkbox"/>	Small garbage bag for soiled clothes

Personal Hygiene

<input type="checkbox"/>	Hand towel
<input type="checkbox"/>	Comb or brush
<input type="checkbox"/>	Toothbrush and toothpaste
<input type="checkbox"/>	Deodorant
<input type="checkbox"/>	Chapstick
<input type="checkbox"/>	Feminine hygiene supplies
<input type="checkbox"/>	Prescription medication (must be listed on medical form). Over-the-counter items recommended by a doctor need written recommendation with your personal information.

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Clothing

<input type="checkbox"/>	(Items include what you are wearing when you leave)
<input type="checkbox"/>	2 long sleeve cotton shirts
<input type="checkbox"/>	2 pair cotton pants (no jeans/Levi's)
<input type="checkbox"/>	Wide brim hat (no baseball caps)
<input type="checkbox"/>	Suspenders or belt
<input type="checkbox"/>	Pajamas or sweat pants and shirt
<input type="checkbox"/>	Jacket
<input type="checkbox"/>	Rain poncho
<input type="checkbox"/>	2 pair shoes (old tennis shoes and/or broke in boots)
<input type="checkbox"/>	4 pair socks: mid-calf length
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Equipment

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