

MEMPHIS NORTH STAKE YOUTH TREK

PACKING LIST: YOUNG MEN and MEN **UPDATED 4-30-13**

PACK IN 5-GALLON BUCKET

- * 1 long sleeved cotton shirt (light in color and no t-shirt fabric)
- * 1 Water Bottle
- * 1 pair loose "Docke" style cotton pants (No denim)
- * 1 pair sturdy shoes-well broken-in
- * 2-3 pair hiking socks
- * 2 sets underwear
- * Sweats or heavy PJ's to sleep in at night
- * 1 pair of soft leather gloves, or cheap garden gloves with non-slip grips for handcart pulling.
- * 1 pair of suspenders (optional)
- * Personal toiletries (toothbrush & paste, comb, deodorant, chap-stick, washcloth, small hand towel, wet wipes or towelettes, waterless hand sanitizer, etc.)
- * Sunscreen
- * Insect Repellant
- * Moleskin and Band-aids
- * Handkerchief /Pocket Kleenex (optional)
- * Glasses are recommended instead of contacts since it is very difficult to care for contacts in a wilderness setting.
- * Flashlight
- * Rain Poncho or 2 Heavy Duty plastic bags
- * Jacket/sweatshirt
- * Scriptures
- * Tin plate or pie tin, plastic cup or mug, knife, fork, and spoon in a mesh laundry bag

PACK IN A LARGE GARBAGE BAG

- * Sleeping Bag and thin pad (pad no more than 1" thick, to be rolled)
- * Pillowcase (to make a pillow with your jacket at night)-optional

WEAR ON THURSDAY

- * 1 wide brimmed hat (No baseball or army hats)
- * 1 pair sunglasses
- * 1 long sleeved cotton shirt (light in color and no t-shirt fabric)
- * 1 pair sturdy shoes-well broken-in
- * 1 pair loose "Docke" style cotton pants (no denim)

BRING ON THURSDAY

- * Sack Lunch
- * Other essential personal hygiene items that cannot be packed in advance
- * Prescription Medications
- * Personal Pioneer Story to share with your Trek Family (given to you at fireside)

PLEASE, DO NOT BRING VALUABLES SUCH AS JEWELRY OR WATCHES.

PLEASE LEAVE AT HOME: Make-up, lotion, perfume, etc as they attract bugs and mosquitoes.

DO NOT BRING: Electronics of any kind (cell phones, Game-boys, I-pods, etc.), also no card games or other portable entertainment.

"If it's not on this list... don't bring it!"