

## **MEMPHIS NORTH STAKE YOUTH TREK**

### **PACKING LIST: YOUNG WOMEN and WOMEN** **UPDATED 4-30-13**

#### **PACK IN 5-GALLON BUCKET**

- \* 1 mid-calf length, long-sleeved dress or 1 mid-calf skirt and 1 long sleeve blouse
- \* 1 Water Bottle
- \* 1 bonnet
- \* 1 pair bloomers (should hit below the knee)
- \* 1 pair sturdy shoes-well broken-in
- \* 2-3 pair hiking socks
- \* 2 sets underwear
- \* Sweats or PJ's to sleep in at night
- \* 1 pair of soft leather gloves, or cheap garden gloves with non-slip grips for handcart pulling.
- \* Personal toiletries (toothbrush & paste, comb, deodorant, chap-stick, washcloth, small hand towel, wet wipes or towelettes, waterless hand sanitizer, etc.)
- \* Feminine hygiene supplies
- \* 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
- \* Journal & pen
- \* 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 mid-calf length, long sleeved dress or 1 mid-calf skirt and 1 long sleeve blouse ,
- \* 1 pair sunglasses
- \* 1 bonnet
- \* 1 pair sturdy shoes-well broken-in
- \* 1 apron
- \* 1 pair bloomers (should hit below the knee)

#### **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 (assigned to you ahead of time)

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!"***