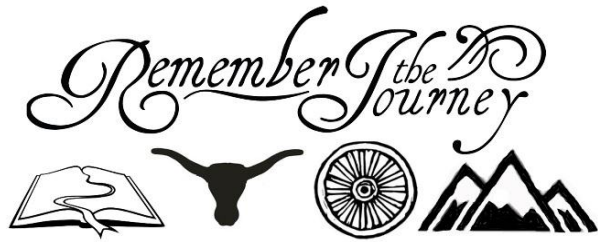


Cambridge Stake Trek 2015



Packing List - General

- sleeping bag
- pillow
- personal hygiene items
 - toothbrush/toothpaste
 - brush, comb hair elastics
 - deodorant
 - lip balm
- sunscreen
- bug spray (and more bug spray)
- necessary personal prescription medication
- flashlight/headlamp
- pajamas
- sturdy walking shoes (not new)
- 2-3 pair of socks
- under clothing
- towel and washcloth
- copy of the Book of Mormon
- completed Trek Ancestor sheet
- item to honor your ancestor
- pencil or pen
- rain poncho
- jacket or sweat shirt (check the forecasted weather)
- camera (no phones) - optional
- fishing pole - optional (does not need to fit in bucket)

Women only

- pioneer skirt or dress
- pioneer apron
- 2 long sleeved pioneer blouses
- Pantaloons or equivalent underclothing
- Bonnet or wide brimmed hat
- Modest one-piece swim suit - optional

Men only

- 1-2 pairs of trousers with suspenders
- 2 long sleeved pioneer shirts
- wide brimmed hat
- swim suit - optional
- Priests only - bring any extra pair of shoes

What not to bring...

- electronics (ipods, games, etc.)
- cell phones
- weapons
- sandals
- a bad attitude

Bring your gear on the first day in a plastic garbage bag. We will not be tracking personal items like luggage or backpacks when we are on the trail.

Place the pillow and sleeping bag together in a labeled garbage bag. Everything else should fit in your bucket with the lid on. Label your bucket to make it easily recognizable! Label everything!