

2026 Trek Packing Checklist

"Walk With Me" — **Moses 6:34**

JULY 14–18, 2026 · WYOMING MORMON TRAIL SITES

 **The Bucket Rule:** All items (except sleeping gear) must fit inside a **5-gallon bucket with a lid**. You may also bring **one small backpack** for items needed during the day on the trail.

Before You Leave

Paperwork

- ☐ **Medical Release:** Turned in your signed [Medical Release form](#) to your Bishop

Pioneer Clothing

3 complete sets

- ☐ **Men:** 3 pairs of canvas or cotton pants (no Levi's / denim)
- ☐ **Men:** 3 long-sleeve button-down shirts in light colors
- ☐ **Men:** 1 wide-brim western-style hat (no baseball caps)
- ☐ **Women:** 3 mid-calf long-sleeve dresses OR 3 mid-calf skirts and 3 long-sleeve blouses (light colors)
- ☐ **Women:** Spandex shorts to wear under dresses to prevent chafing while trekking
- ☐ **Women:** 1–2 aprons and 1 pioneer bonnet

Footwear & Linens

- ☐ **Shoes:** 1 pair of well-broken-in running or walking shoes (use these for your training)
- ☐ **Socks:** 5 pairs of good, sturdy socks
- ☐ **Knee-high nylons** to wear under socks to help prevent blisters OPTIONAL
- ☐ **Underclothing:** 4 complete sets
- ☐ **Sleepwear:** 1 set of warm, modest pajamas
- ☐ **Work Gloves:** 1 pair of leather or grip-surface gloves for pulling the handcart

Personal Care & Hygiene

- ☐ **Water:** Reusable insulated water bottle (clearly labeled with your name)
- ☐ **Sun / Bug:** Sunblock (SPF 30+), lip balm with SPF, and insect repellent with DEET (30%+)
- ☐ **Sunglasses**
- ☐ **Toiletries:** Toothbrush, toothpaste, floss, deodorant, and a small comb/brush (hair ties if needed)
- ☐ **Hygiene:** Wet wipes and a small hand towel
- ☐ **Hand Sanitizer:** Travel size
- ☐ **Sanitary supplies** for young women
- ☐ **First Aid:** Chafing powder and any personal prescription medications (in original bottles with your name and dose)
- ☐ **Electrolytes:** Packets to add to your water on trekking days OPTIONAL

Sleeping Gear

Separate waterproof bag

- ☐ **Sleeping Bag:** Warm, high-quality bag and an extra blanket
- ☐ **Pad / Pillow:** Small, thin sleeping pad and a pillow
- ☐ **Outerwear:** Jacket, sweatshirt, or light coat (rolled up inside your sleeping bag) — put it all in a garbage bag with your name on it to keep dust and water out

Miscellaneous

- ☐ **Spiritual:** Small Book of Mormon and a pen
- ☐ **Lighting:** Small flashlight with fresh batteries
- ☐ **Bags:** Large Ziploc or plastic grocery bags to separate clean and dirty clothes
- ☐ **Essentials:** Rain poncho and a family bandana (bandana will be provided)
- ☐ **Travel Clothes:** Modest shorts and shirts for the bus rides Tuesday and Saturday (no tank tops or crop tops)

"Behold my Spirit is upon you... walk with me."

Moses 6:34 · Questions? Contact your Trek Coordinators — Heather & David Mineer · trek2026.com