

Mount Saratoga Stake Trek 2026 Individual Packing List

Conoce a Jesucristo - Our Ultimate Rescuer

Except for your water bottle, all of your gear for the pioneer trek will be packed in one of three places: 1) in a drawstring backpack, 2) in a 5 gallon bucket, or 3) in a large, heavy-duty garbage bag. The bucket will contain most of your personal items and the garbage bag will contain your coat and sleeping items. Remember to label everything with your first and last name and ward.

1) DO NOT PACK - KEEP WITH YOU AT ALL TIMES

- Water bottle (bring it full of water the first day)

2) ITEMS TO PACK INSIDE YOUR DRAWSTRING BACKPACKS - A drawstring backpack in the color of your company will be provided by the Stake during equipment loading night.

- Lip balm or chapstick with SPF
- Small sunscreen SPF 30 or higher
- Travel-size hand wipes with sanitizing agent or hand sanitizer
- Travel-size tissues
- Work gloves (to prevent blisters while pushing/pulling handcart)
- Sunglasses
- Prescription medication, if needed on the trail - if not, pack them in your bucket
- Journal (provided by the stake)
- Pen or pencil
- Disposable camera (optional)
- Eye drops (optional)

3) ITEMS TO PACK IN A LARGE, HEAVY-DUTY GARBAGE BAG - Fabric ties will be provided for each family to be identified by color and pattern. You will tie these on to your heavy garbage bag, bucket, and fanny pack.

- Warm sleeping bag - temperatures may get <30° at night)
- Old warm blanket (pack inside sleeping bag)
- Inflatable or small pillow (may bring on the bus instead if desired)
- Coat - heavy and wind-resistant
- Warm gloves and winter beanie hat - place these inside the coat pockets
- THIN lightweight pad - pad should be not larger than 6-inches in diameter when rolled up (no air mattress, cot, or thick foam pad)

4) ITEMS TO PACK IN YOUR BUCKET - This will also be your seat.

- Clothing you're not wearing (see clothing requirements)
- Scriptures
- Pocket-sized flashlight and/or headlamp with extra batteries
- One tin pie plate or Frisbee (for holding your paper plates, not for throwing)
- Hand towel or washcloth
- Rain poncho or waterproof jacket with hood (very important) - PACK AT TOP OF BUCKET

Items to put in large ziploc bags inside your bucket

- Small ziploc with baby wipes inside (remember - no showers)
- Toothbrush and toothpaste
- Hairbrush or comb
- Deodorant
- Prescription medication, Epipen, inhaler, etc. (don't bring over-the-counter medicine- medical personnel will provide that)
- Moleskin
- Toenail clippers - or just make sure they're trimmed before coming :)
- Small Insect repellent with 30% DEET
- Anti-chafing stick (**A MUST HAVE!!!**)
- Small container of lotion (optional)
- Contact lens case, solution, and glasses, if needed
- Chemical heat packages (optional, but might be nice for sleeping bag at night)
- YW - supply of feminine hygiene products
- YW - hair elastics to keep hair out of face during wind

Clothing Requirements for Everyone

- Two pairs of sturdy, broken-in tennis shoes (wear one pair, pack the other in a grocery bag for when they get wet) – **Do NOT bring new shoes and NO sandals or flip flops**
- 4 pairs of moisture wicking socks (wool or wool-blend socks designed for hiking)
- 4 pairs of calf or knee-high nylon socks (to wear under the hiking socks to reduce friction that causes blisters)
- 2 more pairs of sturdy socks for days that we aren't trekking (wear one pair the first day)
- Warm pajamas or sweats and t-shirt (for sleeping ONLY)
- Sweatshirt or hoodie
- 3 sets of underclothing (boys- see specifics for the type you should bring)
- Moisture-wicking tight workout shorts to be worn under pants/skirt (to prevent chafing for both YM & YW)
- An empty garbage or grocery bag for wet/dirty clothes

Clothing Requirements for Young Women - Wear one outfit the first day, pack the rest.

- 2 mid-calf length, long sleeve dresses, or skirts and long sleeve blouses - light colors will be cooler (length should be above ankles for easier walking and less of a tripping hazard)
- 1-2 pairs bloomers or calf-length leggings (needed for protection and modesty - see patterns for making bloomers, wear spandex shorts underneath bloomers for chafing purposes)
- 1-2 aprons with pockets—optional, but very useful
- Pioneer bonnet with neck flap to protect from sun OR wide-brimmed straw hat, preferably with a strap due to wind

Clothing Requirements for Young Men - Wear one outfit the first day, pack the rest.

- 2 pairs of canvas or cotton pants - light colors will be cooler
- Belt and/or suspenders
- 2 long-sleeved, collared button up shirts, cotton or cotton-poly blend - light colors (can take the collar off an old regular button up shirt for pioneer style - see pattern online)
- 2-3 tight, dry-wick boxer briefs
- 1 wide brim straw/canvas/western style hat with brim - preferably with a chin strap for wind (no baseball caps or military type hats)
- Vest (optional, but may keep you warmer at night)

DO NOT BRING:

- Electronic devices of any kind (phones, mp3 players, iPod, tablets, earphones, etc.)
- Baseball caps
- Immodest clothing (think see-through when wet)
- Sleeveless, short-sleeved, or bare midriff shirts
- T-shirts with inappropriate words or graphics (t-shirts may be worn to bed only)
- Shorts (besides the ones under the skirt or pants for chafing)
- Jeans
- Sandals or flip flops
- Air mattress, cot, or thick foam pads
- Toys (balls, hacky sacks, cards, etc.)
- Food or drinks - all will be provided
- Hair dryers, curling irons, makeup, curlers, jewelry
- Matches, lighters, fireworks, etc.
- No weapons of any kind (firearms, hatchets, sheath, butterfly knives, pocket knives, etc.)