



TREK 2026 · PACKING LIST

# Walk With Me

LAYTON UTAH NORTH STAKE

**Put your name on everything** with a permanent black marker. Because of weight and space limits on the handcart, you're restricted to the items below. Your **5-gallon bucket** holds your gear during the day and doubles as your seat — a screw-top lid works best. Your **sleeping bag, pad, and pillow** go in a separate large garbage sack (marked with your name) and are transported to camp by your support team — *not* in your handcart.

## Carry & Containers

- One 5-gallon bucket with snug-fitting lid (screw-tops work best). Doubles as a seat.
- 1 day pack or backpack — for the bus and the Martin's Cove trek (lunch, water, essentials).

## Pioneer / Western Clothing

- Pioneer or western clothing — **arrive wearing it**; bring at least one extra set.
- No jeans** — lightweight hiking pants or long skirts recommended (jeans stay wet for hours after river crossing).
- 1 warm jacket or sweatshirt.
- 1 rain poncho, rain gear, or two 30-gal heavy-duty plastic bags.
- Pajamas.
- 2 – 3 sets of underclothing.
- 1 or 2 bandanas.
- 1 or 2 neck coolers (bring in a large Ziploc to soak overnight).

## Footwear

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- 1 pair of athletic or hiking shoes — sturdy and **broken in**.
- 1 pair of water shoes for river crossings.
- Plastic sack to store wet shoes.
- 3 – 4 smartwool or polyester outer socks (more if rain is expected).
- 3 – 4 thin nylon liner socks (optional) to prevent blisters.
- 1 pair of soft leather or garden gloves with non-slip grips.

## Personal Care

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- Comb or brush.
- Toothbrush and travel-size toothpaste.
- Deodorant.
- 1 small bottle of baby powder (helps prevent chafing).
- Feminine hygiene products, as needed.
- 1 washcloth and small hand towel.
- 1 travel-size package of wet towelettes / baby wipes.
- 1 small bottle of hand sanitizer.
- 1 small flashlight, with extra batteries.

## Sun, Bugs & First Aid

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- Sunscreen (SPF 30+).
- Chapstick (SPF 15+).
- Insect repellent with high DEET + head mosquito net.
- Sunglasses. Contact wearers: side shields + extra pair of contacts.
- Small first-aid kit (band-aids and moleskin).
- Any prescription medications**, clearly labeled. Give to medical staff.

## Scriptures & Journal

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- Small Book of Mormon in a plastic zip bag.
- Journal & pen will be provided** — no need to bring your own.

## Food & Water — Day 1

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- Sack lunch for the first day.
- Refillable water bottle (with a ring for hanging if possible).

## Sleeping Gear (Goes Separately)

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- 1 warm sleeping bag.
- 1 sleeping pad (optional).
- 1 pillow.
- Pack all three in a **large garbage sack** with your name on it.

"Walk with Me."

Walk With Me · Trek 2026 · Layton Utah North Stake

Questions? Contact Stake Young Men's President Mitch Laubaugh (801) 414-7776 or Stake Young Women's President Susan Poulsen (801) 725-3637.