

Lenexa Stake Youth Conference

2023 Trek

YM TREK EQUIPMENT LIST

- 2 pair sturdy pants (recommend no Jeans or shorts)
- 2 light colored long or short sleeve shirts with collar
- 1 full brim hat to keep sun off (no baseball caps)
- 1 pair of Nylon socks (these prevent blisters if worn against the skin under another pair of socks)
- 3 pairs of sturdy socks (wool or cotton are best)
- 3 pairs of underwear (sport compression shorts strongly suggested to help against chafing)
- 1 set modest sleepwear (pj's or sweats)
- 1 light weight jacket or sweatshirt
- 1 lightweight rain poncho
- 1 swimsuit (optional)
- 1 pair broken-in athletic, running or tennis shoes with laces
- 1 pair water shoes (for water crossing-such as old tennis shoes) (very important!!) (tie on outside of bucket)
- 1 pair of leather work gloves
- 1 small towel/soap/small packet of wet wipes
- 1 flashlight with new batteries
- 1 re-useable water bottle (you will carry this)**

- Lip balm with SPF 30
- Sunscreen SPF of at least 30
- Tic Repellent and insect repellent (preferably with DEET)
- Toothbrush/tooth paste
- Brush/comb
- Lotion (small container)
- Gold bond or Baby powder to protect against chafing
- Vaseline (small container)
- Sunglasses
- 2 plastic garbage bags (for wet or dirty clothes)
- Scriptures (place in ziploc bag for protection)
- Band aids and moleskin for blisters
- Deodorant
- 1 cross body bag or pull string back pack to keep personal items in while walking (optional)

Wear regular clothes Thursday morning (refer to separate guidance for Thursday dress). All of the above items not worn Thursday morning need to be packed into a regular sized 5-gallon bucket with a lid, labeled with your name and decorated to your unique personality (place Thursday biblical clothing at top of bucket for easy access).

Also bring Thursday morning:

- Sleeping bag (and optional small pillow) packed separately in a plastic bag
- Lunch for Thursday (we will have coolers to carry lunches)
- 1 Pioneer Story of an ancestor or other favorite person committed to memory or written out and ready to share with your family group during Trek

DO NOT BRING: cell phones, cameras, music players, other electronics, cologne/perfume (attracts bugs), snacks (we will have plenty of food)

Recommended Prior to Trek – Treat all outerwear with Permethrin. Follow all safety guidance provided with the product.

IMPORTANT-LABEL ALL YOUR ITEMS!!!!

Lenexa Stake Youth Conference 2023 Trek **YW TREK EQUIPMENT LIST**

- 1 pair sturdy pants (recommend no Jeans or shorts)
- 1 mid-calf skirt or dress
- 1 pair knee or calf length shorts (can use exercise clothes or compression shorts)
- 2 light colored long or short sleeve shirts with collar
- 1 bonnet or full brim hat (no baseball caps)
- 1 apron
- 1 pair of Nylon socks (these prevent blisters if worn against the skin under another pair of socks)
- 3 pairs of sturdy socks (wool or cotton are best)
- 3 pairs of underwear (sport compression shorts strongly suggested to help against chafing)
- 1 set modest Sleepwear (pj's or sweats)
- 1 light weight jacket or sweatshirt
- 1 lightweight rain poncho
- 1 swimsuit (optional)
- 1 pair broken-in athletic, running or tennis shoes with laces
- 1 pair water shoes (for water crossing-such as old tennis shoes) (very important!!) (tie on outside of bucket)
- 1 pair of leather work gloves
- 1 small towel/soap/small packet of wet wipes
- 1 flashlight with new batteries
- 1 re-useable water bottle (you will carry this)**

- Lip balm with SPF 30
- Sunscreen SPF of at least 30
- Tic Repellent and insect repellent (preferably with DEET)
- Toothbrush/tooth paste
- Brush/comb; items to hold hair back/up
- Lotion (small container)
- Gold bond or Baby powder to protect against chafing
- Vaseline (small container)
- Sunglasses
- 2 plastic garbage bags (for wet or dirty clothes)
- Scriptures (place in Ziploc bag for protection)
- Band aids and moleskin for blisters
- Deodorant/Personal hygiene items
- 1 cross body bag or pull string back pack to carry various above items (if desired)

Wear regular clothes Thursday morning (refer to separate guidance for Thursday dress). All of the above items not worn Thursday morning need to be packed into a regular sized 5-gallon bucket with a lid, labeled with your name and decorated to your unique personality (place Thursday biblical clothing at top of bucket for easy access).

Also bring Thursday morning:

- Sleeping bag (and optional small pillow) packed separately in a plastic bag
- Lunch for Thursday (we will have coolers to carry lunches)
- 1 Pioneer Story of an ancestor or other favorite person committed to memory or written out and ready to share with your family group during Trek

DO NOT BRING: cell phones, cameras, music players, other electronics, cologne/perfume (attracts bugs), snacks (we will have plenty of food)

Recommended Prior to Trek – Treat all outerwear with Permethrin. Follow all safety guidance provided with the product.

IMPORTANT-LABEL ALL YOUR ITEMS!!!!

Lenexa Stake Youth Conference

2023 Trek

TREK FAMILY EQUIPMENT LIST (TO BE PROVIDED BY MA AND PA COUPLES)

- 1 tent for you to sleep in - labeled with your family number
- 1 tarp to go under the tent (if desired)
- 1 tarp (9 x 12) to cover items on the handcart in case of rain
- 4 rope / bungee cords to secure tarp and items on handcart (buckets, equipment, etc.)
- 2 rope for laundry clothes line
- 2 5-gallon thermos / containers for use on the handcart
- 2 rolls of toilet paper in Ziploc bag
- 8 large Ziploc bags (in the handcart for wet things)
- 1 permanent marker
- 1 roll of duct tape
- 1 roll of paper towels
- 1 lantern (battery operated)
- 2 blankets (to sit on in camp and while trekking)
- 1 umbrella
- 1 hammer
- 6 full size black garbage bags (to be in handcart)
- 1 vial of consecrated oil
- 1st aid kit to be provided by Stake leaders (to be in handcart)
- Personal items (see YM and YW Trek Equipment List)

IMPORTANT - LABEL ALL YOUR ITEMS!!!!!!