



# TREK Packing List

Eastmark Stake Trek 2025

May 28-31, 2025

**\*\*Bring a SACK LUNCH to be eaten the first day on the trail\*\***

## **Large Plastic Bags**

The following items should be double bagged in 2 heavy duty plastic bags. Write your name in large print on tape attached to each bag. Label each item as well.

- Warm Sleeping Bag (It gets in the 30's at night)
- Warm coat, rolled in with sleeping bag

## **5 Gallon Bucket with Lid**

Write your name in permanent marker on both the bucket and lid. This bucket will travel with you on your handcart. All of the following items must be inside the bucket, with the exception of the clothes you are wearing:

- 2 full sets of clothing – pack one and wear another. See next page for specifics
- Rain Poncho
- Hat /Bonnet (covers the ears and a string under the chin)
- 1 metal pie plate & metal fork, spoon and knife
- 1 small hand towel
- Deodorant
- 1 comb or brush
- Toothbrush & toothpaste
- Eyeglasses if needed
- Lotion
- Baby Wipes
- Insect repellent with DEET
- Small Book of Mormon (paperback) in a Ziploc bag
- 2 Extra garbage sacks for bedding

*In a SMALL satchel/haversack/daypack/possibilities bag, to be carried with you on the bus and while walking:*

- Sack lunch for first day
- 1 reusable water bottle, with carabineer attached (not “Stanley” type)
- OR**
- Tin cup with carabineer clip
- Chap stick with sunscreen
- Prescription medications, if needed
- Sunscreen SPF 30 or greater
- Sunglasses (for the sun and the wind)
- Tissues
- Work gloves

**Please do not bring anything that is not on this list, i.e.: cell phone, camera, electronic devices, jewelry, etc.**

## Young Women Clothing

- 2 mid-calf length long-sleeved dress  
OR
- 2 mid-calf length skirts and 2 long sleeve blouses
- 1 bonnet or straw hat
- 1 or 2 pairs of below the knee length “bloomers” to prevent chafing and protect legs (can be leggings, PJ pants, hospital scrubs, etc.)
- 1 apron with deep pockets (optional)
- 1 pair of sweats, t-shirt, and sweatshirt for sleeping
- 4 pair hiking socks. Merino wool or synthetic is suggested. Make sure they fit snugly.
- 4 pair liner socks, such as nylons or trouser socks
- 3 sets of underclothing
- 1 or 2 pairs of sturdy ‘broken in’ shoes
- Feminine hygiene supplies

## Young Men Clothing

- 2 pair of cotton pants (no jeans)
- 2 long-sleeved cotton button-down shirts, white not suggested
- 1 wide-brimmed western style hat (no baseball hats)
- 1 pair suspenders or belt (Optional)
- 4 pair hiking socks. Merino wool or synthetic is suggested. Make sure they fit snugly.
- 4 pair liner socks, such as nylons or trouser socks
- 3 sets of underclothing
- 1 or 2 pairs of sturdy ‘broken in’ shoes
- 1 pair of sweats, t-shirt, and sweatshirt for sleeping

Natural fiber (cotton, linen, wool) clothing is recommended. Avoid polyester or other synthetic fibers, except for liner socks.

Check the Trek Website for patterns and ideas to obtain or make your Trek clothing