

## 2024 Brighton Stake Trek PERSONAL EQUIPMENT LIST

### EVERYONE SHOULD BRING:

- 1 WARM SLEEPING BAG (Nights can drop below 30 degrees)
- 1 WARM BLANKET  
(Place above items in a heavy-duty plastic garbage bag labeled with your name)
- SACK LUNCH to eat before we start trekking (packaging needs to be disposable). DO NOT PACK - keep this with you for the car ride and plan to eat day 1 of Trek.
- TREK BUCKET: 5 or 6-gallon bucket with handle and lid that removes easily. Bucket will hold ALL extra clothing and personal items. It will also be used as a seat during the trek. Lid can be padded for comfort. Bucket should be labeled with your name.
- SMALL CINCH SACK - This will be used to take along as we trek - things that you will need during the day - chapstick, sunscreen, extra socks. Rest of gear will be left at campsite (in buckets) while we trek.
- 32 oz WATER BOTTLE W/LID - This will be used for the entirety of Trek - water and Gatorade will be provided. Needs to come full the first morning of Trek

### The following items, when not being worn, must all fit into the Trek Bucket:

- 2 extra heavy-duty plastic garbage bags
- 1 pair of heavy work gloves (protects hands from blisters when pushing handcart)
- 1 rain poncho
- 1 long-sleeve sweatshirt (for layering when cool)
- 2 pair sturdy (NON-MESH) athletic or running shoes, Well broken-in and comfortable. NO NEW SHOES! Hiking boots not recommended.
- 4 - 5 pair socks, acrylic or polypropylene are better than cotton, plus additional thin pair of socks, such as Nylon knee-highs, to be worn next to skin to help prevent blisters.
- Underclothing for 3 days
- Sleepwear (t-shirt or sweatshirt, sleep pants, beanie hat, and socks) - Nights could be cooler
- 2 bandannas (necessary)
- Toothbrush, small toothpaste, small soap, washcloth, hand towel, comb or brush, small hand sanitizer
- No makeup!
- Chapstick, sunscreen
- To prevent chafing: Baby powder/Body Glide/Vaseline or biker shorts or nylons to be worn under pants or skirts.
- Bug and tick spray (high percentage DEET products to spray on skin.
- Eyeglasses (recommended instead of contact because of the dust).
- Water shoes.

- Prescription Medications
- Old set of Scriptures/Scripture pencils
- Small pocket-size flashlight with new batteries

### Optional:

- Harmonica
- Camera
- Sunglasses

### MEN SHOULD BRING - daily clothing:

- 2 pair of long Docker-style pants or other sturdy pants. NO LEVIS OR SHORT! NO HOLES!
- 2 to 3 long-sleeved, loose-fitting button-up or pioneer-style shirts
- 1 pair suspenders
- 1 western-style, wide-brimmed hat.  
NO BASEBALL CAPS!

### WOMEN SHOULD BRING - daily clothing

- 2 mid-calf length, long-sleeved dresses, or skirts and 2 blouses.
- 1 sun bonnet or wide-brimmed straw hat
- 1 or 2 pairs pantaloons, knee or mid-calf length (can be made from old pajama bottoms or hospital scrubs)
- 1 apron.
- Feminine hygiene supplies

Do not bring clothing or other items you would not want damaged!

DO NOT BRING POCKET KNIVES, WEAPONS OF ANY SORT, PLAYING CARDS, WATCHES, JEWELRY, GAME SYSTEMS, CELL PHONES, OR ANY OTHER ELECTRONICS.