

Martin's Cove Experience – Suggested Packing List:

A printable list is available for download below.

It is recommended that you WRITE YOUR NAME on all your belongings with a permanent marker.

Everyone Should Bring the Following:

- Sleeping bag – warm, good quality. Place in waterproof bag or garbage bag.
- Small pillow (your bucket lid can have a pad that you could use as a pillow at night)
- Sleeping pad – small pad that can fit in garbage bag with sleeping bag and pillow
- Coat - nights can get cold. (This can be rolled into a sleeping bag to save space)
- 2nd pair of shoes – put in with your sleeping bag and coat

All of the above should be placed in one or two heavy duty garbage bags. Label the bag with your name and ward name on a piece of duct tape. This will be delivered to the stake center on Saturday June 22ⁿ.

- A white 5-gallon bucket with twist on lid and seat cushion (such as a barstool seat cover) labeled w/name & ward using duct tape. The buckets should not be colored or have a company logo. You can find these at Lowes or Home Depot.

The following gear, other than the clothes and shoes you will be wearing, will need to fit into your 5-gallon plastic bucket. You will bring this bucket Monday morning, June 24th.

- Pioneer clothing (*explained in detail below*) – 1 or 2 extra sets other than what you are wearing. No jeans or denim. Wear 1 set of pioneer clothing when we meet at the Stake Center on June 24th. There will not be a chance to change when we get to our destination.
- Western style hat or wide brimmed floppy hat with chin strap to keep it from blowing away.
- A bandana will be provided.
- Shoes (wear one and place extra pair with sleeping bag) - Well-worn gym, cross-training, trail-running, or hiking shoes will work great. Wear something that fits you well and that you have walked in before. New or unused shoes can cause painful blisters. Be sure the shoes will fit with the socks you are bringing. Make sure you trim your toenails before the MCE. Long toenails will dig into your other toes and can cause sores or blisters.
- Water shoes in plastic bag (1 pair) to be added to day pack – These are to cross the river. Do not wear flip-flops as they can become stuck or lost in the mud.
- Socks (4-5 pair) - We recommend wool or wool blend socks. An excellent way to prevent blisters is to use a rayon, nylon or polypropylene liner sock next to the skin and a wool blend sock on the outside. This has shown to reduce blisters. *Cotton socks should be avoided.* You may want to bring a pair of socks just to wear while sleeping.
- Underclothing (4 sets)
- Winter hat or beanie with no logos – for cold evenings and nights
- Sweatshirt (no logos) and pants to sleep in or wear at night. (Could be packed with sleeping bag)
- Sweatpants (no logos) to sleep in. (Could be packed with sleeping bag)

Personal Items to placed in 5 gallon bucket:

- **Medication** – Each youth is responsible to bring and take any necessary medication
- Toothbrush and paste
- Deodorant
- Soap and small hand towel
- Small comb or brush
- Moleskin and/or bandaids
- Sanitary supplies for young women
- Large Ziploc bags or plastic grocery bags – to store clean or dirty clothes

Personal Items to carry in small day pack: The day pack should include anything you might need while hiking. You will bring this with you with your 5-gallon bucket Monday morning June 24th.

- Sturdy Water bottle
- Tissues or wet wipes
- Sunglasses (optional)
- Chapstick with SPF
- Hand sanitizer
- Rain poncho or lightweight rain gear is very important.
- Work gloves (1 pair) - For handcart pulling.
- Sunblock SPF 30 or above
- Insect repellent with DEET 30 strong or higher – mosquitos can be bad
- Mosquito head net is highly recommended
- Water shoes in ziplock bag for river crossings
- Copy of the Book of Mormon and marking pen or pencil in Ziplock bag
- Journal and pen provided by the stake

What Not to Pack: Bags and personal items will be checked thoroughly

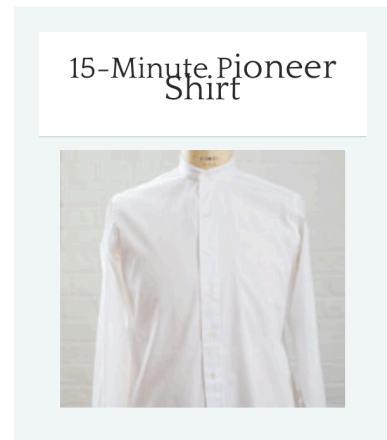
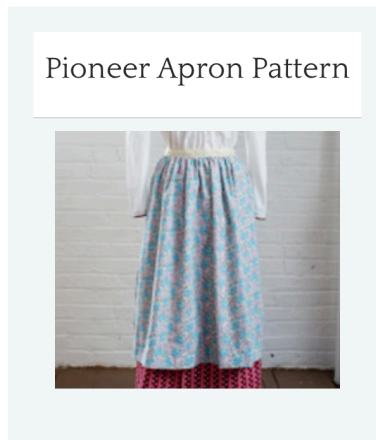
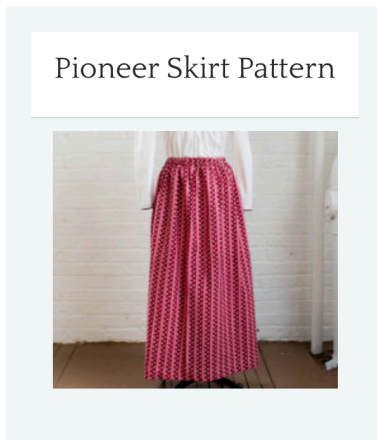
- Cell phones.
- Other electronic Devices: Personal music and players, game systems of any kind, other electronic devices.
- Watches.
- Clothing or hats with logos or other printing.
- Levis
- Sports equipment such as footballs, frisbees, soccer balls, toys, etc.
- Candy, snacks, or other secret treats.
- Books or magazines, other than your scriptures.
- Flashlights or headlights
- The following should be left home because they attract mosquitos which will bite: lotions, aftershave, hairspray, gel, makeup and perfumes.

Pioneer Clothing Philosophy:

We dress in pioneer style clothing because doing so has a remarkable impact on the spirit of the experience and it sets an outward tone of commemoration when participants try to look the part. It also helps to even the fashion playing field. Pioneer style clothing is practical, inexpensive, and protects from wind, sunburn and mosquito bites.

Obtaining Your Pioneer Clothing:

We want to avoid unnecessary expense. Ask family members and friends who have gone on a 'trek' type experience before if they have clothes you can borrow. Be sure to check out Deseret Industries for used clothing as well as Facebook Marketplace. The following are guides for making your own.



Pioneer Attire for Women:

1-2 complete pioneer outfits, light colors are best.

An outfit would either be a complete pioneer dress mid-calf length to prevent tripping. No denim. Or a pioneer skirt mid-calf length with a modest long sleeve top. (no t-shirts)

Skirts are the most practical because tops can be changed to keep clean. Any fabric will do but a lightweight cotton blend calico or solid is probably preferable. Light colors are best. The dresses or skirts need to be about 6 inches from the ground to avoid tripping and tearing but long enough to be authentic. Please stay with traditional skirt/dress styles. No split skirts or gaucho pants.

Dresses and skirts can also be sewn. There are many free patterns online. It can be a great learning experience for your youth to take part in this and learn a valuable skill or make it a fun activity night.

2-3 pairs of bloomers or lightweight knee length shorts to be worn under pioneer skirts are essential. Scrubs work well (helps avoid chafing and bug bites). *Do NOT bring leggings to wear under a dress as it will keep the heat in. The Wyoming Trek missionaries stressed this over and over in leader training. Countless girls make this mistake and suffer heat exhaustion.*

1-2 aprons with pockets. Aprons with pockets are a great way to have your lip balm and other essentials nearby.

Western style hat or wide brimmed floppy hat with chin strap to keep it from blowing away. Bonnets are not recommended because they trap the heat. The Wyoming Trek missionaries recommend wide brimmed hats because they reduce sun exposure on the forehead and neck of girls much better than a typical bonnet. Their experience has shown that girls just don't wear bonnets and in many cases they end up just wearing it around their neck and not on their head.

Pioneer Attire for Men:

2-3 pairs of pioneer style pants – Dockers type, light colors are best. No denim, camouflage, or sports type pants

2-3 shirts – long sleeve button up cotton shirts, light colors are best, no t-shirts. The link above shows how to create a pioneer shirt out of a regular white dress shirt.

1 western style hat with strings to keep it from blowing away. A wide brim floppy hat would also be acceptable. No beanies, army hats or baseball caps. No logos or lettering.

Optional – Vest, Suspenders.