

## EQUIPMENT LIST FOR MA AND PA

### *PLEASE BRING THE FOLLOWING:*

- One sack lunch for first day (no cans or plastic – drink provided)
- Pillowcase size bag to hold all items
- Personal pioneer story (see website)
- 1 pair of good (worn in) shoes for hiking
- An additional pair of shoes for crossing rivers
- 3 pair of non-cotton “hiking type” socks
- 2 pair additional underwear
- Jacket or sweatshirt for cool evenings
- Toothbrush, toothpaste, deodorant, personal hygiene items
- Sleeping bag or bedroll
- 2 large black garbage bags
- Sunscreen, chapstick, hand sanitizer
- Insect repellent
- Flashlight
- Inexpensive scriptures
- Sunglasses
- Sturdy pie tin for dinner plate
- Spoon, fork, and drinking cup
- 1 pair of leather work gloves (can be cheap ones – protects hands while pulling handcart)
- 1 small hand towel and a comb or brush
- 1/4 bar of biodegradable soap
- 5 bandaids
- Moleskin (for blisters)
- Labeled personal 1 liter water bottle
- Pencil or pen
- SUNSCREEN
- Wool blanket

### *PA/MEN SHOULD BRING:*

- 2 pair of wool or cotton pants.
- 2 long sleeve shirts (flannel or cotton are best – cut off the collar).
- 1 western-style or straw hat (no baseball or army hats allowed).
- 1 pair of suspenders.
- 1 old tie (optional)
- Multi-tool knife

### *MA/WOMEN SHOULD BRING:*

- 2 mid-calf length, long sleeved dresses or 2 skirts and cotton blouses.
- 1 bonnet or straw brim hat.
- Form fitting longer shorts (such as biking shorts) or well-fitting bloomers to wear under skirt (to avoid chafing).
- 1 apron with pockets.
- 1 sleepwear (optional).
- Feminine hygiene supplies.
- Knee high nylon hose (underlayer for sock – help with blisters, etc.)

### *OPTIONAL ITEMS:*

- Camera.
- Harmonica or another small musical instrument.
- Sleepwear (sweats or pjs) if you don't want to sleep in your clothing.
- Inflatable pillow

**Page 2 contains additional items Ma and Pa must bring.**

**ADDITIONAL ITEMS MA AND PA MUST BRING:**

We do not want this assignment to be a financial hardship for the Mas and Pas, so if you do not own any item on the below list, please borrow the item from a member of your ward.

- 2 five-gallon insulated beverage dispensers (water jugs with a spigot).
- 2 ground tarps approximately 15x8 ft. in size (enough for 6 youth to sleep on).
- 2 ropes; 15' or longer.
- 1 warm sleeping bag for Ma; 1 warm sleeping bag for Pa.
- Sleeping pads for Ma & Pa to take the edge off the hard ground.
- 2 regular writing pen and 2 sharpie pens.
- A cell phone to be used by Ma or Pa; and only if needed.
- Biodegradable soap.
- Washing basin, rectangular (approximately 1 gallon size).
- Wash cloths (3-4 disposable), hand towels.
- Serving ladle and/or large spoon.
- Watch.
- Flashlight.
- A small daypack (you can take turns wearing it – keep the flashlight, medical supplies, watch, etc. in this pack. If you don't have a daypack, just use some small bag with handles).
- Basic 1<sup>st</sup> aid supplies (band-aids, an ace elastic bandage, moleskin, a pair of small scissors, hydrogen peroxide or iodine, sterile bandages, a clean pair of old nylons and any other materials you may have on hand.)
- Extra sanitary supplies for the young women in your "family".
- Extra toilet paper.
- Folding camp shovel.
- 3-4 sets of disposable medical-style gloves.
- Dawn Platinum detergent liquid dishwashing soap (4 oz. size) (great de-greaser).
- 1-2 one-gallon jugs of water for washing & rinsing.
- Roll of paper towels.
- Small shaker of salt.
- Baby wipes.
- Spray bottle (for team building/cooling youth off).