

JW 6th & 8th Pioneer Trek

June 17-20, 2015

Trek Clothing List

- ❖ Dressing in pioneer clothing will help make your experience and the spirit at trek AMAZING!
- ❖ When assembling your clothes for the Pioneer Trek, it is not necessary to spend a lot of money. Your clothes will get grubby, so simple and inexpensive is best!
- ❖ You will get hot, sweaty and dirty, so light-colored, breathable, cotton or linen fabrics will work best. Man-made fibers (polyester, rayon and fleece) are not as comfortable to wear and are a fire hazard.
- ❖ summerhilltrek.weebly.com/clothingideas---yw-outfits.html

How & Where to get your Pioneer Clothes:

- ❖ Check DI
 - Some people go on treks and then donate their clothes to DI
- ❖ Borrow clothes from someone who has been on a trek
- ❖ Make your own pioneer clothes
 - Sewing patterns for bonnets, aprons, skirts, and banded collar men's shirts are all over the internet. Links for the above can be found at:
<http://handcart-trek.org/clothing.html>
<http://pioneertrek2014.blogspot.com/p/clothing-help.html>
 - Look for free patterns online by googling "Free Pioneer Patterns"
 - Skirts can be made from curtain window panels or cute bed sheets (think solids or small pattern, nothing too modern—be careful that the fabric is not too thin or transparent, use the curtain casing at the top for a drawstring or elastic band)
 - Sewing your own clothes can help you pass off Personal Progress and Duty to God requirements!
 - **Honor the Spirit of Pioneer Frugality!** Remember, these pioneers did not have the opportunity to run to the fabric store---they used and reused every scrap of fabric they could. Look to the ladies in your family and neighborhood and see what you can get for free! Or, see if you have some cotton tablecloths, cotton sheets or cotton drapes that you could use (Think *Sound of Music!*)
 - Possible sewing day at the church or sewing class activity

Contact Lenses:

The Wyoming plains are dirty and dusty and WINDY! If you wear contacts, you may want to consider bringing glasses along as well or just wearing glasses instead of contacts all together.

Items Not to Wear on Trek:

Jeans, shorts, baseball caps, tank tops, t-shirts, tight/short dresses, and brand new shoes. Stay away from modern clothing and prints or logos. Clothing should not ride low or be immodest! Please adhere to the For the Strength of Youth Standards.

Young Women & Women

- 2 pairs sturdy, broken in, athletic or tennis shoes (NOT NEW!)
 - Be aware that tennis shoes with mesh on top may invite lots of dirt and dust into your shoes.
- 3 pairs nylon or wool socks (NO COTTON!)
 - Some trekkers wear a pair of thin nylon socks/women's stockings/liners and then a pair of wool socks over them which reduces friction and blisters!
- Clean underclothing for each day
- Sturdy rain poncho or water repellent jacket
- 1 bonnet or wide brimmed/straw hat (pioneer style!)
 - Cotton is best for your bonnet. Pioneer women wore them anytime they were out in the sun. Bonnets can be white, solid color, or print. Cotton is best. Pioneer women wore them anytime they were out in the sun. Bonnets can be white, solid color, or with a print, fancy or plain.
- 2 mid-calf length skirts
 - Modern trekkers need a mid-calf length skirt so they don't trip over their skirts while pulling. Skirts can be with or without ruffles, plain or with prints.
 - Light colors are recommended
- 2 long sleeve blouses
 - Cotton button up blouses are ideal. Authentic blouses had sleeves that were full, long, with buttons or bands at the wrist. Bright colors were popular. Light colors are recommended.
- 2 mid-calf length long sleeved pioneer style dresses can be substituted for 2 skirts and shirts
- 1-2 pair bloomers
 - Any cotton pj bottoms or scrubs can be turned into bloomers by putting elastic at the ankle --- can be FUN, modern material, if desired!
 - Bloomers make trekking more modest and they prevent ticks and mosquito bites!
- 1 Apron
 - Young Women will be making this at a YW trek activity
- Warm jacket or coat
 - Nights can be COLD on the Wyoming plains!
- 1 pair warm, modest pajamas (sweat pants, sweat shirt, t-shirt)
- 1 handkerchief—to cool face and neck (optional)
- 1 pair work gloves (protects hands while pulling)

Young Men & Men

- 2 pairs sturdy, broken in, athletic or tennis shoes (NOT NEW!)
 - Be aware that tennis shoes with mesh on top may invite lots of dirt and dust into your shoes.
- 3 pairs nylon or wool socks (NO COTTON!)
 - Some trekkers wear a pair of thin nylon socks or liners and then a pair of wool socks over them which reduces friction and blisters!
- Clean underclothing for each day
- Sturdy rain poncho or water repellent jacket
- 1 wide brimmed western style
 - A wide brimmed hat will protect your neck and face from the sun
 - Straw hats, wide brimmed felt hats, cowboy hats but NO baseball caps!
- 2 pairs long, loose fitting cotton pants---khaki's, Dockers, corduroy (no jeans)
 - Choose styles that are loose fitting through the crotch and thigh area to add comfort in walking
 - Authentic colors included blue, black, gray, browns, especially beige and tan, but these colors are not required
- 2 long sleeved loose fitting button-front shirts
 - Choose something larger than a regular fit with long sleeves
 - Button up church type shirts are great and to be more authentic you could cut the collar off above the band. Plain colors were common but stripes or plaids were also used. Light colors recommended.
- Warm jacket or coat
 - Nights can be COLD on the Wyoming plains!
- 1 Handkerchief (optional)
 - Protects your neck from sunburn and then you can get it wet to cool your neck and face
- 1 pair warm pajamas (sweat pants, t-shirt, sweatshirt)
- 1 pair suspenders, rope or belt (optional)
 - In pioneer times, men's pants were held up by suspenders. Suspenders buttoned on the outside of the waistband and were crossed in the back
- 1 pair work gloves (protects hands while pulling)