

Martin's Cove Trek

PIONEER CLOTHING

WE WANT YOU TO HAVE AN AUTHENTIC (AS POSSIBLE) TREK EXPERIENCE. AS PART OF THIS, PLEASE DRESS IN PIONEER CLOTHING. WE DON'T WANT YOU TO SPEND EXCESSIVE TIME OR MONEY; THERE ARE SIMPLE WAYS TO GET THE LOOK AND HAVE COMFORTABLE CLOTHING!

Footwear: Starting with a Great Foundation

It is ESSENTIAL that you have great shoes or boots. Hiking boots, trail runners, or walking/running shoes are a good choice. Make sure they are broken in to avoid blisters. It can be helpful to wear two pairs of socks at a time. Ideally, the inner sock is thin and synthetic, while the outer sock is wool or a wool blend. Socks that wick away moisture are the most helpful. Socks that are a wool-synthetic blend can also help reduce the potential for blisters. (Trek Handbook)

Headwear: The Crowning Touch

To help protect from sun and insects, participants are encouraged to wear long sleeves, wide-brimmed hats or bonnets, and sunglasses. This also helps with wind and blowing sand or dirt. It is helpful if the hat has a tie or toggle to keep it on your head in wind.

Weather Report

While you may think that warm June weather would mean short sleeves, the blazing sun, wind, and insects make long sleeves a better choice. If you choose light-colored and light weight fabric, you will be comfortable. You can always roll up the sleeves. Bring a jacket for cool evenings.



Ladies' Wear

Ideally, young women's blouses should be lightweight and long-sleeved, and their skirts should reach the midcalf, with bloomers or shorts underneath to prevent chafing. Leggings underneath the skirt can prevent chafing too. An apron can be helpful, especially one with large pockets.

Gentleman's Attire

Lightweight, long-sleeved shirts and comfortable, loose-fitting pants are recommended for the young men. No jeans, shorts, or sweats.

Outfitting the Day: Procuring Apparel

Clothing should not limit anyone from attending! Here are some suggestions to get outfitted:

Ask around! Many people in your ward have attended Trek and may have clothing available to borrow.

Thrift Stores: Look for men's or women's button down dress shirts in light colors. Long sleeves are best! To make it pioneer-authentic-remove the collar from the stand (the lower part of the collar) and the pocket. (Trek Handbook pgs 30-31.)* Look for hiking-appropriate pants for men and longer fuller skirts for women.

Make your own! Simple patterns for skirts (pgs. 26-27) and aprons (pgs. 28-29) can be found in the Trek Handbook. Look for cotton fabric at Walmart, Hobby Lobby, and Michael's or at a quilt shop.

- Skirt from a twin sheet pattern.
- Skirt without elastic waist pattern.
- Tiered skirt pattern.
- Bonnet pattern
- Men's workshirt pattern

Buy it! There are affordable aprons and bonnets on Amazon. Deseret Book offers a variety of clothing for men and women.

*All underlined words are LINKS!

Need some help? Questions? Call Gina James, 801-673-3327 or Beverly McCarter, 480-292-4097.