

DRESS 4 SUCCESS

GUIDELINES FOR TREK LEADERS

Clothing

- Light colored clothing in light weight fabrics in skirt and shirts for women, and pants and shirts for men
- Jeans are not a good idea as they are too hot and cause chafing
- Long sleeves and loose clothing to prevent sun bums and mosquito bites
- Scrubs, leggings, or old-fashioned pantaloons under skirts or dresses, for warmth and modesty

Shoes or boots

- Older shoes with good arch support that have been broken in
- Never new shoe, they often cause blisters
- Duct tape applied to your heels before walking can help to prevent blisters
- No flip-flops
- Sports socks

Head gear

- **Bonnet** for women; provides shade for your face
- Wide brimmed hat, such as a western hat for men; provides shade for your face
- All hats need "tornado straps" or chin straps, these straps will keep your hats from blowing to Nebraska

Neck cooler (optional)

- Neck coolers can be made with vermiculite and tube sock or neckerchief. Vermiculite is available at nursery supply stores, Home Depot, Ace Hardware, etc.

Rain gear

- Rain coat with hood or poncho
- Umbrellas are not a good idea as the wind tends to turn them inside out

Coats

- A light wind resistant jacket is needed for cool nights (If you don't like the weather here, wait 5 minutes.)

Possible Bag

Duct tape (Blisters)/Mole skin	First aid kit (small)
Hand sanitizer	Chapstick
Kleenex	Sun screen
Medication	Mosquito & Tick spray with deer
Water	

TWO IMPORTANT ITEMS:

1. LEATHER GLOVES (TO PREVENT BLISTERS WHILE PULLING CART)
2. PERMETHRIN*: SPRAY ON CLOTHES before you come, TO PREVENT TICKS FROM GETTING ON YOUR CLOTHING (Ma/Pa's should have this to share.)

*Permethrin should never be sprayed on the body, only clothing. It can be purchased at Cabela's, Bass Pro Shop, REI, and most any camping store.