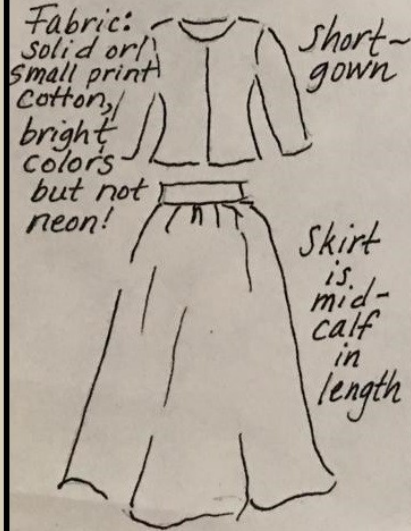


### A Sensible Solution To The Dress Dilemma



Fabric: Solid or small print Cotton, bright colors but not neon!

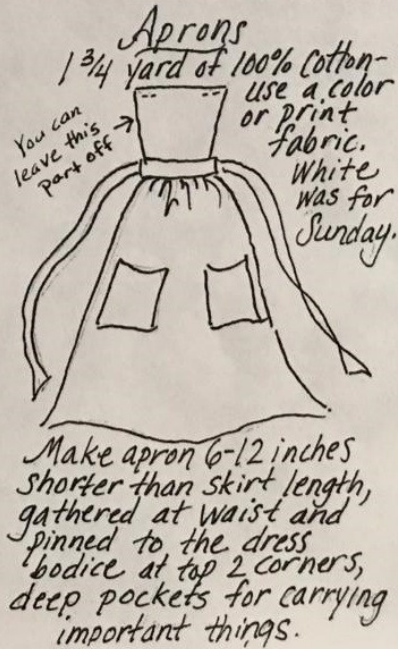
short-gown

Skirt is mid-calf in length

### A Clever Conversion from thrift store shirt to Pioneer Shortgown.



1. Cut off collar and neckband.
2. Cut off cuffs to make sleeves.
3. Cut off rounded shirttail to make it straight.
4. Carefully remove pocket.
5. Hem raw edges.



Make apron 6-12 inches shorter than skirt length, gathered at waist and pinned to the dress bodice at top 2 corners, deep pockets for carrying important things.

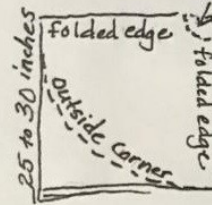


Antelope Stake Trek  
July 29-31, 2021

Young Women  
Clothing  
Recommendions

\*please see packing list for everything you should bring

### A Warm Wrap for chilly evenings

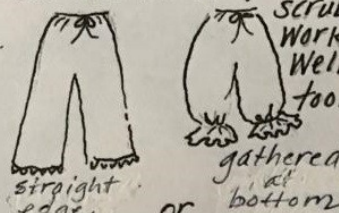


Fold a 60 inch square of wool into fourths, cut a neck opening.

Round off the outside corner, cut one of the folded edges.

Shoes and Socks  
~ should not be "period" style. Comfort is most important. A worn pair of tennis shoes is best. Do not wear new hiking boots unless you have taken at least 2 months to break them in. Pack clean socks for each day; nylon against the skin to protect against blistering. Avoid socks with a lot of cotton, they are a recipe for disaster when hiking. Wool or nylon made for hiking are best. Bring 2 pair of shoes.

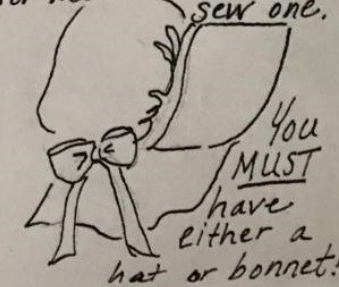
Pantaloon  
~ can be made from a simple pattern for drawstring or elastic waist pajama pants. Pantaloons were white, their length was usually between knee and mid-calf and will help maintain modesty in trekking situations. Hospital scrubs work well too.



### A Straw Hat for a source of shade



or a Bonnet  
-see information packet for website on how to sew one.



You MUST have either a hat or bonnet!