

INTRODUCTION TO YOUTH TREK: 101

A PARENT'S QUICK GUIDE



JULY 15 - 18 2019 - BING CANYON

“FOLLOW ME TO ZION”

WHAT IS TREK?

Trek is an exciting four-day hands-on youth conference experience for young men and young women of our stake. A pioneer trek is designed to help us gain understanding and appreciation for our pioneer forefathers and an opportunity to draw closer to our Heavenly Father and His Son, Jesus Christ. You will be placed in a family with a “Ma and Pa” to help you learn and grow from the memorable experiences that you will have together. As a family, you will pull a handcart through challenging terrain, just as the pioneers did.

FAQS

- **Where can I get updated information about trek?** youth.kentstake.org
- **Where do I register for trek?** youth.kentstake.org (registration will begin April 1st)
- **How many miles will we be hiking each day?** From 4-8 miles/day for a total of 18 miles in 3 days.
- **Will we have enough to eat?** You will not go hungry. We will have plenty of food for you to eat. Please let us know if you have dietary restrictions when you register.
- **When will I find out who my family is, and who my Ma and Pa are?** July 15th, the morning we leave for trek.
- **What do we bring our personal items in?** We suggest a five-gallon bucket with a lid. The bucket serves as a sturdy, sealed container, which can also be used as a stool for sitting on along the trail.



Go to youth.kentstake.org for more information and updates.

PREPARATION



Physical

Youth should prepare themselves physically so they can gain the most spiritually from the Trek experience. With a lot of walking on Trek they will encounter physical challenges, which will require physical stamina. Such necessitates physical preparation through obeying the Word of Wisdom, eating wholesome foods and regular exercise. It is important for them to start now.

Mental

A great blessing of Trek is the opportunity to learn of a great pioneer heritage. Please help your youth come to Trek with some knowledge and appreciation of the Pioneer's faith, courage, obedience, and sacrifice.

Spiritual

Trek also requires spiritual preparation. When you are prepared spiritually, the Holy Ghost will teach and confirm gospel principles, and your faith and testimony can increase. You will have opportunities to feel the Spirit.