

April 28: Let the Trek Preparations Begin

Welcome Trekkers!

[please visit www.parkerstakeyouth.com for more info including the packing list, dance videos, and instructions for uncovering pioneer ancestors]

Trek is going to be such a special experience this year and we are so excited you are planning to attend!

Now is the time to start getting ready!

What to Expect:

Day 1: Travel by bus (organized by age group 😊), visit the Sixth Crossing Visitors Center, meet trek families, and dance (combined with the Cottonwood Heights, Utah stake)

Days 2-3: Trek 28 miles across the same trail that the Willie Handcart and many other pioneers traveled across. Our route will include Rocky Ridge and multiple monuments honoring the pioneer sacrifices made there. We'll also have pioneer activities, games, and of course food!

Day 4: Travel home by bus

We know what you're thinking:

28 miles? NO WAY!!

Is it a lot? Absolutely. But is it an experience worth working for? Definitely.

The pace is about 2 miles per hour, which is manageable if you train and prepare. Two stakes who trekked last year told us that while it was challenging, the experience was fulfilling, fun, and spiritually powerful.

Our family visited the trail and visitors center over spring break (I bet you were all thinking, "I wish I could go to Wyoming for Spring Break 😊").

We testify this is hallowed ground, and walking in the pioneers footsteps left us more committed to following Jesus Christ, even and especially when it requires intense faith and sacrifice.

President Dedrickson promised those who prepare themselves physically, mentally and spiritually will receive:

- 1) an increase of faith
- 2) more spiritual strength to overcome things that are depriving them of freedom and joy, and
- 3) spiritual experiences of greater intensity than they have had previously.

So what do you need to do to prepare?

Physical Preparation

Most of us don't cover 14 miles a day on the regular, so getting out on longer walks and hikes in the shoes you'll be bringing is essential. Gradually increase your abilities rather than overdoing it on your first hike.

Study and seek guidance on how you can more fully live the Word of Wisdom and "walk and not faint" D&C 89:20

Our packing list is published on www.ParkerStakeYouth.com. Begin now to gather and use your shoes and clothing . . . you'll want to make sure they are comfortable and not prone to blisters, chafing or overheating.

Mental Preparation

Most of the pioneer trail is relatively flat compared to Colorado trails you may have hiked which means sometimes it's more of a mental battle than anything. Decide now that you are going to give it your very best and help those around you to do the same.

Learning about the pioneers and their experiences can give you strength to carry on when you don't feel like it. Whether you have relatives that crossed the plains or your ancestors were pioneers in other ways, they made choices and sacrifices that have blessed you. Know their stories!

Spiritual Preparation

In line with our theme Walk With Me, begin now to seek to know and do God's will in your life. Be diligent in nurturing your relationship with Heavenly Father and Jesus Christ through prayer, studying the scriptures and conference talks and attending the temple. Seek Divine guidance on how you can best prepare for the experience.

Unsure if you can do this? We've got you. Our logistics and medical team are making many preparations to provide accommodations and support when needed. We urge you to give it your very best, and know that we are giving our very best to make it a great experience.

We know you can do it!

Alicia & Dustin Schick

Trek Logistics

Bryce & Sally Roberts

Trek Committee Chairs