

Hello Trekkers!

Here are this week's updates:

 **Another Dance!** The first dance was so much fun we are planning a second night of dance instruction and fun! It will be held Friday, July 24 from 7-9 pm. We are going to soak up summer and have it outside in the parking lot.

 **Hydrate Now!** Did you know you can help your body adapt to staying well hydrated by drinking plenty of water now? Making sure your urine is staying pale is a great way to know if you are getting enough water.

 **Spiritual Preparation:** Few things have brought the spirit as quickly and powerfully recently for me as learning and talking about my handcart pioneer ancestors. We urge you to use Family Search, the [Church Historical Database](#), parents and extended family to learn of your ancestors who sacrificed for their faith and families.

Alma taught that God “will fulfil all his promises which he shall make unto [us], for he has fulfilled his promises which he has made unto our fathers” ([Alma 37:17](#)). Seeing God's promises fulfilled in our ancestors lives can bring great strength into our own lives.

☹️ **Final Preparations:** As much as we don't want anyone to miss out, we understand that sometimes plans change. If you are no longer planning to attend trek, please let us know as soon as possible. We will miss you!

🎉 By the same token, if circumstances have changed such that one of your ward youth can (or wants to) now come, we will still accept their registration!

☀️ **Optional Temple Walk:** The temple walk will now be starting from the **Stonegate Building** (15787 Haseley Drive) on Saturday, July 11 at 6:00 am. Parents and leaders are welcome and encouraged to join us and please make sure you have a ride home from the temple!

✍️ **The Nature Conservancy Form:** Great news! While we were bummed to learn that the electronic signatures we collected in registration are no longer accepted, we did receive clarification that you can email your forms to us. Please [print and sign THIS FORM](#) and email to logistics@parkerstakeyouth.com with participant name in the subject. We need these for all adults and youth attending trek.

We are grateful to trek on portions of the original trail that is owned by government, historic and private groups but they ask that we understand and agree to take good care of it.



Keep up the hiking, packing ([print your packing list HERE](#)), and preparing!

We'd Love Your Help! The food committee is preparing more than 4000 meals and snacks. If you can help with advance food preparation or share equipment [please sign up HERE](#).

We are praying for you!

Alicia Schick and the Trek Committee