

Trek is just around the corner! We hope your preparations are going well. Now is your chance to check in and make sure you've got things on track:

✓ **Learn about your ancestors.** We can't emphasize this enough! In his talk [Sealing and Healing](#), Elder Renlund taught how learning about their ancestor healed the strained relationship of Orson and Parley Pratt, and highlights many, many other promised blessings of family history and temple work.

We invite you to consider this talk as well as [this week's Come Follow Me section on miracles](#) as you search out your ancestors and prepare spiritually for trek.

Ask your parents and grandparents to point you to stories and ancestors that you should know about!

✓ **Optional Temple Walk THIS SATURDAY July 11.** Meet at the Stonegate Building at 6:00 am and make sure you have plenty of water, sunscreen and a ride home from the temple!

✓ Time to **treat your pants and sleeping gear with permethrin** containing bug spray (this needs to be done more than 24 hrs in advance). This area can have ticks and this is one of the best ways to keep them away! If you should have a tick find you, don't worry! Our medical team knows exactly what to do, you just need to keep an eye out and make sure you haven't had one try to make a home with you!

✓ **Mark your calendar:**

Trek Dance: Fri, July 24, 7-9 pm at the stake center, outside!

Gear Drop Tues, July 28 5:30 - 7:30 at the stake center.

Trek Departure: Wed, July 29 at 6:00 am. If all goes as planned we will return by 5 pm on Sat, Aug 1.

✓ Double check your packing list

✓ See if you can [help with food prep](#)

✓ Youth AND adults attending trek - make sure you've turned in your [Nature Conservancy Form](#). These can be emailed directly to Kim Catron at kim.catron@gmail.com

✓ Let us know if your plans have changed and you are no longer able to attend. Or if you know someone who would still like to attend, we would love to have them!

We are praying for you!



Alicia Schick and the Parker Stake Trek Committee

www.parkerstakeyouth.com