

Hello Trekkers!

It's hard to believe, but six weeks from today we will have spent our first night in Wyoming and tackled our first day on the trail!

Behind the scenes trek preparations are buzzing and we hope you've begun your personal preparations. We've heard great things about ward hikes and other preparations!

Expect to hear from us weekly from here on as we communicate important updates related to trek.

Here are this week's updates:



Although initially we were told electronic signatures were sufficient we just learned that we are required to have paper signed copies of [THIS FORM](#) We are fortunate to be able to trek on this special land that is owned and preserved by multiple organizations, and it's important for us to understand and follow expectations for it's use.

Please download, sign and give to a Ma & Pa or trek leader in your ward on or before July 19.



Packing Lists: NOW is the time to make sure you have everything ready to go. Won't it feel great to not be frantically finding things the day before we leave? We've added additional information and made a few minor updates to the [packing list HERE](#).

You no longer need to worry about a bucket, just a sturdy (and not too nice or new) backpack to carry your clothing and compact sleeping mats & pillows.

Costco has a great wide-brimmed women's hat with laces on sale for \$10 in the warehouse right now, or available online through this Monday, June 22.

Ma's and Pa's, [check out your updated packing list here](#) (adding scissors, hand sanitizer and some packing clarifications)

As a clarification, we'll arrive at the stake center on Wednesday, July 29 in our pioneer attire which will be perfect for our pioneer dance with the Cottonwood Heights Stake that evening. Women may choose to hike in trekking pants on Thursday and Friday if that is more comfortable than skirts or dresses.

 **Honor a Pioneer:** One thing that can make trek a life-changing experience versus just a long walk is learning about pioneers and your ancestors that sacrificed for their faith and families. We encourage you to use the church historical database ([link and instructions here](#)) to search for and find stories of handcart and other pioneers, or individuals who may not have crossed the plains but blazed a trail in other ways. We invite you to choose one ancestor to think of and walk in honor of.

Physical Prep: continue getting out on longer walks and hikes in the shoes you'll be bringing.

 **Temple Walk** - there will be an unofficial walk on July 11 for anyone who would like to join Mike and Stacey Giles walking from the stake center to the temple (which is a similar distance to our trekking days).

You'll need to make sure you have a ride home from the temple, and parents, Mike and Stacey are not equipped to supervise large numbers of youth so parents and other ward leaders are very welcome and encouraged to attend.

We are cheering for you and praying for you and excited for this unforgettable experience!



Parker Stake Trek Committee

Dustin and Alicia Schick (logistics)

Bryce and Sally Roberts (trek committee chairs)

Mike and Stacy Giles (program)

Lance and Wendy Locey (food)