



TREK CHECKLIST

Visit all the displays!

HANDCART DISPLAY

Items that get packed in the hand cart
How to pack the hand cart

EVENTS & ACTIVITIES DISPLAY

Family Pioneer Story from home
Small set of scriptures

CLOTHING & PERSONAL GEAR DISPLAY

Clothing List (clothing, shoes, socks, bonnets, neck coolers & skirts)
Clothing Resource List (getting outfitted for Trek – used, buy, borrow)
Equipment List (including 5 gallon bucket w/lid for personal gear)

FOOD DISPLAY

Food concerns answered (food allergies, etc.)
What kind of food will youth have (they will be well fed!)

MEDICAL DISPLAY

Meet the Medical Staff
Medical Questions Answered

VIDEO & QUESTIONS

Video from last TREK
Q&A with the Maucotel's

IMPORTANT DATES

June 17 Final Dance Practice, 7pm, KSC
July 11 Personal Gear Check, 1pm, KSC
July 12 Send-off Fireside, 7pm, KSC
July 15-18 TREK, Bing Canyon
July 19 Fireside testimony meeting, 7pm, KSC

SPIRITUAL PREPARATION

Personal kneeling prayer morning and night
Study the Book of Mormon 10 min every day
Attend your church meetings every week
Using Family Search, find ancestor names, do temple work

PHYSICAL PREPARATION

Obey the Word of Wisdom
Eat a balanced diet of wholesome foods
Be physically fit
Exercise regularly to walk up to 7 miles on a single hike

OTHER PREPARATION

Find a pioneer story in your family
Learn a pioneer hymn
Get a hat or bonnet
Get a pair of comfortable shoes
Gather or make pioneer clothing
Get a 5 gallon bucket w/lid & handle for personal gear

TREK RESOURCES & DOCUMENTS

www.kentstakeyouthtrek.org Questions:
kentstaketrek@gmail.com