

PREPARATION GUIDEPOSTS TO EMBARK ON TREK

“They’re really just guidelines anyway...”

*See trek website “Ward Activity Ideas”

More tutorials, patterns, stories are on our Pinterest: “Merrill Johnson”

MARCH/APRIL

- Kick-Off Fireside 7 pm March 29 with parents
- Wards give Ma & Pa list, Trek Roster & contracts to Stake, keep a copy
- Watch “Ephraim’s Rescue”, “Legacy”, “Trail of Faith” ex for a movie night
- Talk with family members. Do you have ancestors with pioneer or exodus experiences? Check your line for pioneer links Lds.org/pioneers
- Use Family search and find someone to take to the temple. Pay it Back.
- Choose your Trek shoes, start breaking them in.
- Trek clothing: find material & supplies. Sewing activity for bonnet, skirt, & bloomers (YW) or wide-brimmed hat, shirt and pants (YM).
- Look for 5 gallon buckets, gamma lids, tarps on sale or in bulk pricing
- Satchels are optional, find something to carry your personal items & water when away from the cart.

APRIL/MAY

- Pioneer Activity 7 pm April 29
- Ma & Pa training
- Choose your pioneer/ ancestor. Learn about them and why their story is significant to you.
- Wards keep list of names and who everyone is walking for & honoring.
- Type a summary of their story to share with family. Pay it Forward.
- Temple trip with a family name.
- Gather all ward gear and equipment
- Gather all individual gear. Test it.
- Decorate buckets, make cushions
- Walk, run, or bike for 4 miles 3 days a week, wearing your trek shoes, on uneven ground with elevation changes. Cross-country it.
- Laurels construct dolls
- Check out handcart stories on the internet, they are fascinating

MAY/JUNE

- High School graduation May 29
- Ma’s & Pa’s combined
- Trek Family meetings, gather all Ma & Pa gear, bandanas or bands
- Gather Pony Express letters
- Go through your packing lists, Label & tag all equipment items.
- Walk, run, or bike 5 miles at least, 3 days each week. Mountain trails are ideal.
- Start Hydrating with extra water
- Remember “arm days” with pushups or weights.
- 6 pm Saturday June 27 Load buckets and gear in stake trailers
- 6 am Monday June 29 be ready to trek! Buses leave 6:30. Bring a hearty lunch and snacks.
- Return about 6 pm July 1 with a huge smile, great memories, and hopefully changed for the better