3 John 1:4 - I have no greater joy than to hear that my children walk in truth.

Preparation for Trek

Your personal Trek experience will be heavily influenced by how well you are prepared. Trek will be a physical and spiritual challenge. The more prepared you are, the greater your experience will be.

Spiritual Preparation

Our theme is “I Will Walk the Covenant Path” – Our Covenant Path is a Journey throughout our lives. It begins with Baptism then continues as we progress with additional covenants that we will make with our Heavenly Father.

Each of our journeys will vary based on our needs, skills and desires. We must challenge ourselves to follow the Covenant Path to find the joy and happiness our Heavenly Father wants us to experience. 3 John 1:4 “I have no greater joy than to hear that my children walk in truth.”

“Keep on the covenant path” was President Russell M. Nelson’s message to every member of the Church during his first address as President of The Church of Jesus Christ of Latter-day Saints. It was also one of his messages to the youth.

“Now, to each member of the Church I say, keep on the covenant path. Your commitment to follow the Savior by making covenants with Him and then keeping those covenants will open the door to every spiritual blessing and privilege available to men, women, and children everywhere.”

Please read the following articles prior to Trek:

https://www.lds.org/youth/article/your-covenant-path?lang=eng
Family History – Many of us have ancestors who endured the trek from Nauvoo, IL to the Great Salt Lake in 1840. Knowing our heritage will help us gain a better appreciate for our ancestors and their sacrifices, suffering and perseverance.

Several Family History classes will be provided to learn how to research our genealogy. This is a wonderful experience that will help us prepare for trek and learn a valuable skill that will benefit us and our ancestors. Please be sure to attend one or more of the classes provided.

Each attendee will make a unique leather wrist band that we will wear on the trek with the name of an ancestor or pioneer that we have learned about through Family History classes or general Pioneer research.

Physical Preparation
Evaluate your physical preparedness. Make plans to improve your health and fitness before Trek. Plan may include diet changes, physical preparation such as hikes, walks or participation in sporting activities that will physically challenge you.

Trek will be over 3 days. Day one will be a 7-mile trek with mild terrain. Days two & three will be closer to 4 miles but will included a more difficult terrain with greater inclines and more challenging conditions.

Pre-Trek Hikes. We have short hikes planned with physical fitness specialists that will coach us on how to prepare for the trek. They will train us on hydration, footwear, socks and other helpful tips. Make sure you attend.

If you have any questions, please contact:

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