Prep for Trek Program
(This is on the website under the link Prep for Trek)
As you complete each challenge have it initialed by your parent or leader and you will earn “tokens” to “spend” on trek!

January:

_____ Access the Trek Website
_____ Memorize the Hymn High On A Mountain Top (pg 5)
_____ Attend the temple to perform Baptisms or Confirmations
_____ If you need a temple recommend, visit with your Priesthood leaders and begin a “trek” to the temple
_____ Attend the Trek Kick off Fireside!
_____ Walk, run, bike, or hike a mile!
_____ Read “My Hair was frozen to the tent” on the trek website

February:

_____ Choose a member of the Willie/Martin handcart Company, or the Hunt or Hodgett Wagon company to walk for on trek. Learn his/her story and share it with your quorum/class/family
_____ Start collecting trek clothing
_____ Track your steps- get more physically active
_____ Memorize Hymn 270- I’ll go where you want me to go
_____ Read “To the Rescue: We Can Do It” on the trek website
Find a family name to take to the temple and do it

March:

- Learn what happened to the pioneers at each point along the trail (link on the website under: prep for trek, march)
- Learn Hymn 259-Hope of Israel Rise in Might
- Make or get your bonnet or hat
- Complete your registration forms and get them turned in before April 1st (5 bonus tokens if on time)

April:

- Watch Ephraim’s Rescue and/or 17 Miracles
- Pray daily this month
- Teach FHE about a handcart pioneer
- Complete a DTG section
- Complete Personal Progress goal Individual Worth #6
- Sew an item for trek
- Make or get your skirts/slacks
- Go on a hike (minimum 2 miles)

May:

- Read scriptures every day this month
- Take 5 family names to the temple
- Write 5 journal entries
- Do 5 secret acts of service
- Read three Pioneer Stories from the trek website
- Finish gathering all the clothing items you need
- Watch the bucket packing video on the website
- Drink 8 glasses of water every day
- Go for a walk/run 3 times a week all month (it would be a good idea to do this in the shoes you plan to wear on trek)
June:
______ Go to the temple and pray to be blessed with experiences on trek that will strengthen your testimony.
______ Write down 3 Christlike attributes you want to emulate during trek (for example: kindness, cheerfulness etc.)
______ Make sure you have everything on the packing list
______ Pray to be able to strengthen your trek family
______ Keep drinking 8 glasses of water everyday
______ Keep walking or running 3 times a week.
______ Read 3 Pioneer stories from the trek website

Anytime before Trek:
______ Give the 5 min devotional in opening exercises @ mutual
______ Earn the Genealogy merit badge
______ Earn the Family Life merit badge
______ Complete a 10 hr YW Project
______ Unplug from electronics for 5 hrs (Sunday/Sleep not included)
______ Sit down w/ grandparent/elderly and talk about their heritage (6 Bonus Tokens if you record it)

So what are these tokens?
These INCREDIBLY valuable tokens are the official currency of the Trek. The more tokens you earn, the more privileges and opportunities you will receive on the Trek! For example, maybe you would like to buy a clean bandana the night of the dance so the girls you square dance with don’t pass out! Maybe an ice cold drink would tickle your fancy or a pair of dry socks. The Grandview Trading Post takes tokens! :) Bring this paper with you to the final gear check and receive your trek tokens!