

GENERAL INFORMATION

What is Trek?

Trek is an event that gives us the opportunity to not only come together as youth but also allows us to have a little appreciation for the pioneers in our life, whether it be a pioneer in our day or in the days of the actual “pioneers.”

Theme

“Faith in Every Footstep”

What are the dates for the Trek?

June 14-16, 2018 (Trek at the LBJ Grasslands)

June 17, 2018 (Trek Fireside at the Stake Center)

Who is able to attend the Trek?

All youth age 14 to 18 in the Carrollton Stake are invited to join us for this great pioneer trek opportunity! Youth must be age 14 by the end of August (8/31/2018) in order to be eligible to attend Trek.

Where is the location for the Trek?

The Carrollton Stake Pioneer will be held at Lyndon B. Johnson (LBJ) National Grasslands in Decatur, Texas. Click on this link to go to the park’s website -

<http://wherethetrailsare.com/wp-content/uploads/2013/11/LBJ-Grasslands-Map-West.png>

REGISTRATION AND RELEASE FORM

How do I register for the Trek?

Go to the Carrollton Stake Youth website (www.carrolltonstakeyouth.com) Click on “**Trek 2018**”. Click on “**this survey**” and complete in order to register for Trek. Once you have done this, keep an eye out for an email inviting you to join Team Snap. This is how we will communicate details about Trek. You can enter your parents email under your account in TeamSnap, so they are in the loop, too!

Is there other paperwork I need to complete?

Yes. All youth attending the Trek must complete a **Youth Medical Release** form. There is just ONE form for the youth to complete. You can find this form on the Carrollton Stake Youth website in the “**Trek 2018**” section, or in the **Media** section under “**Files**” in TeamSnap. This form must be submitted to your Ward Young Men or Ward Young Women leader by **May 7th**.

Adult attendees must also complete an **Adult Medical Release** form.

What will the weather be like that week?

It's impossible to know what kind of weather we will face. However, the average temperature high for June in Decatur area is the mid-nineties. The average temperature low expected for June in Decatur is the mid-seventies.

GUESTS

Can I invite a friend to join us on the Trek?

Speak with your Bishop. Bishops will make final determination on who can attend.

If I have a non-member friend joining in the Trek, can I request that they be placed in the same family as their member friend?

Where a non-member is involved, yes you can make this request via email to Stake Young Men President, Fabian Granada (granada.fabian@gmail.com), or Stake Young Women President, Holly MacKillop (holly@mackillop.com). We hope to be able to accommodate all of these requests, but we cannot make any guarantees at this point. Please make such requests ASAP.

PREPARATION

What can I do now to prepare for the Trek?

Trek will be demanding physically and will present a great opportunity to grow spiritually. Physical preparations will help you prepare for Trek, while the Spiritual Preparations are just as important to a successful Trek. Remember that your Trek experience will depend on how well YOU prepare! Look for emails/alerts through TeamSnap on what you can do to prepare.

What should I wear for Trek?

Participants wear pioneer clothing. Dressing in pioneer clothing can have a tremendous impact on the spirit of the Trek. Prepare now to attire yourself in proper period clothing during the Trek. The spending of excessive money and time on you pioneer clothing is strongly discouraged. Get with your Youth Leaders for more information on clothing.

PHYSICAL

How much walking will we do?

Please come prepared to walk anywhere from 5 to 10 miles on a given day! It will be important to get in shape before the Trek and to have sturdy tennis shoes or boots. Start **now** to exercise and to break in your shoes. You will be glad you did!

What if I get sick on the trail or just can't walk the distance required?

We will have trained medical personnel (i.e., doctors, nurses) on the trail with us at all times and a Trek doctor will be present onsite at Lyndon B. Johnson (LBJ) National Grasslands at all times.

CLOTHING/EQUIPMENT

What clothing/equipment should I plan on bringing?

Please see pioneer clothing and packing list sections of the website or in Media section of TeamSnap.

What shoes/boots should I plan on bringing?

Please plan on bringing two pairs of shoes. One should be tennis shoes or boots. They should be 1) sturdy, 2) comfortable, and 3) worn-in before you begin the Trek. The second pair can be old shoes (**no sandals or open-toed shoes**). The shoes you bring on Trek will get very dirty, so you may want to leave your favorite spotless white shoes at home!

What kind of rain gear should I plan on bringing?

Bring a sturdy rain poncho that will resist tears. Adequate ponchos can be found at your regular outdoor stores.

Is there someone I can call if I'm having a difficult time tracking down pioneer clothing or want some advice with clothing?

Yes! First contact your Ward Young Men/Young Women leaders about your needs. If you still have some questions after talking to them, each ward has a *Trek Clothing Specialist* assigned to them. The *Trek Clothing Specialist* are:

***Norrie Brassfield (norriebrassfield@gmail.com) - Coppell 1st, 2nd & 3rd**

***Cheryll Mabray (c.mabray@verizon.net) - Carrollton 1st, 2nd & 4th**

***Lori Beard (la.beard@verizon.net) - Lewisville 2nd & Carrollton 4th**

Is it okay to bring an air mattress?

Trekkers should NOT bring an air mattress that requires a pump.

When do I need to have all of my personal equipment together?

You should be packed and ready to go the night before Trek. You will bring your equipment with you the morning of the Trek.

Can I bring my iPod or cell phone?

No. You may not bring cell phones, MP3 players, or gaming devices, etc.

FOOD/SNACKS

Will I need to eat breakfast before I arrive at Trek?

Yes! Please make sure you have a good breakfast at home on June 14th. We will provide some snacks during the day, but you will not be eating a meal at Trek until you have your sack lunch in the afternoon.

Should I plan on bringing additional food or snacks?

You will need to bring a sack lunch with you for Thursday, June 14th. All other meals and snacks will be provided during the Trek.

MEDICATIONS/SPECIAL NEEDS

How will medications be handled on the Trek?

All medication (prescribed or over the counter) needed by your child must be in its original container with the child's name on the container. Place all medication into a large ziplock bag with your child's name clearly written on the bag. Only send what is needed for the three day activity. Medications will be dispensed at the following times. Once daily: at breakfast. Twice daily: at breakfast and dinner. Three times daily: at breakfast, lunch, and dinner. Four times daily: at breakfast, lunch, dinner, and "lights out." At night: at "lights out." If it is necessary to administer a medication at a specific time, please note that fact on the **Youth Medical Release** form. Please list all medications your child will bring on the back of the **Youth Medical Release** form.

Can accommodations be made for youth with special needs?

Yes, please contact Michelle Seale (sealemikki@yahoo.com) or call her at (972)510-4118 to discuss your child's unique requirements and what special needs he or she might have. Please make any such requests by **05/5/18** if at all possible.

OTHER

When do I find out who my ma/pa and Trek family will be?

This information will be shared the morning Trek begins.

Who can I contact if I have additional questions about the Trek?

Your Ward Young Men President or Young Women Presidents will have many answers for you. You can also email Michelle Seale (sealemikki@yahoo.com) or Shannon Johnson (shannon@coopjohn.com). And, of course, visit the Trek website & TeamSnap often for answers, updates, insights, and suggestions.