

Trek 2026 - Spiritual and Physical Preparation

Setting goals through the process given in The Children and Youth Program will increase the joy and experience at Trek



5 Tickets
Learn youth song
"Walk with Me"

5 Tickets
Memorize
Isaiah 12:2-3

5 Tickets
Complete a
hard hike



5 Tickets
Set a personal
goal for what
you want your
trek experience
to be

25 Tickets
**Research a
pioneer
name to walk
for and bring
their story.
(Does not
have to be a
family name)**

10 Tickets
Rededicate
yourself to 30
days of
scripture
study



10 Tickets
Walk 3 miles
each day for
30 days
before Trek

**5 Tickets per
goal completed**
Set and complete
your own goal in
the areas of
Spiritual,
Intellectual, Social,
& Physical

5 Tickets
Hike
above
8,000
feet



**5 Tickets
per visit**
Go to the
temple



Trading Post!! By completing these items, you'll earn currency to buy items up at camp! You'll also have opportunities at camp!