

PARENT CHECK LIST
2023 YOUTH CONFERENCE PIONEER TREK

1. Visit the Trek website: <http://www.santabarbaratrek.com> . You will find answers to many of your questions there.
2. PLEASE make sure your youth has appropriate footwear.
3. Make sure your youth exercises (this can be a fun family activity)
 - Exercise AT LEAST 30 minutes 3 times per week.
 - Walk, run, bike or swim, but we emphasize walking.
 - Walk different routes to vary the terrain where you walk.
 - Walk at different times of the day to get used to different temperatures.
 - Practice drinking lots of water when you exercise — hydrate!
 - Get Trek shoes and "break them in". Walk in the shoes that will be worn on the trek MANY times.
 - Walk in your Trek clothing 1 time so you'll know what to fix if something doesn't feel right.
4. Download the music, play it occasionally in the car and sing it for FHE. See the website under MUSIC.
5. Learn about a pioneer together. Perhaps that is a pioneer who crossed the plains, or a grandfather who joined the Church while fighting in Vietnam. It could be you who joined during high school. Everyone has a pioneer in the gospel. Ensure that your son/daughter has prepared the written summary of this pioneer to bring with them to the Trek.
6. For FHE, read together articles you will find on the website under "How to Prepare."
7. Go thrift store shopping, dig through the costume closet, or sew/make a pioneer costume with your youth. There are many patterns on the website.
8. Print the registration form, fill it out and give it to your ward YM or YW President by May 7th.
9. Review the Standards of Dress and Conduct with your youth.
10. Review the packing list and make sure your youth has everything he/she needs.

Thank you for helping to make this a successful experience for all of our youth!