

ASHEVILLE STAKE TREK

Disciple of Christ



JULY 25-27, 2024

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Asheville Stake Trek 2024

General Information

What is Trek?

"From 1856 to 1860, about 3,000 Latter-day Saints pulled handcarts across the American plains to gather in the Salt Lake Valley. These pioneers trekked more than a thousand miles through heat and cold; through mud, sand, and sometimes snow; and through rivers and over mountains. They faced trials that required great faith and perseverance. To help youth learn from the experiences of the handcart pioneers, stakes and wards may choose to plan handcart trek reenactments for youth conferences."

(From *Handcart Trek Reenactments: Guidelines for Leaders*, The Church of Jesus Christ of Latter-day Saints, 2017, page 1.)

What is the purpose of Trek?

The youth of the Asheville stake come from diverse cultural backgrounds and unique heritages. Regardless of our ancestry, as members of The Church of Jesus Christ of Latter-day Saints, we can all learn from the experiences of early Church pioneers. As we, on a much smaller, safer scale, reenact their trek across the plains into the Salt Lake Valley, we can connect with the pioneer heritage we all claim.

Asheville Stake leaders hope that through our handcart trek reenactment, we can encourage our youth to:

- strengthen faith in Jesus Christ
- strengthen testimonies
- learn to more fully rely on the Lord
- connect with personal and/or collective Church heritage
- step away from the distractions of daily life
- develop unity and strengthen relationships throughout the stake
- develop confidence

What is the theme of Trek?

The Asheville Stake Trek theme is the same as the worldwide Church youth theme for 2024: "I am a disciple of Christ" (3 Nephi 5:13).

When is Trek? Where will it be held?

Asheville Stake Trek will be held July 25-27, 2024 off the Blue Ridge Parkway near Soco Gap in the Qualla Boundary.

Who is in charge of Trek?

The Asheville Stake Trek Director is John Garner. He is working closely with the Stake Presidency, the Stake YW President (Kim Garner), and the Stake YM President (Rob Van Brederode) to plan and carry out a Trek experience our youth will love.

How can we register for Trek?

1. Open the photo application on your phone.
2. Focus the viewfinder on the QR code below. It will take you directly to the Asheville Stake Trek Registration Form. Complete it online, including your signature.
3. Complete and turn in the official Church medical release form attached to this packet. Complete one form per participant—ask for extras if you have more than one child who will be attending.

IF THESE FORMS ARE NOT COMPLETED, YOUR CHILD WILL NOT BE ALLOWED TO PARTICIPATE.



Asheville Stake Trek 2024 Preparation

1. Prepare your gear and equipment.

- **Pioneer Attire:** Individual participants will need to prepare for Trek by **acquiring and/or making pioneer era attire**. Resources for making clothing will be provided on the Asheville Stake Trek Website. Each participant will need two to three sets of pioneer attire.

For young women:

2-3 skirts
2-3 long-sleeved shirts
1 apron
1 bonnet

For young men

2-3 pairs long pants (no jeans)
2-3 long-sleeved shirts
1 pioneer-style hat (straw hat or any wide-brimmed hat in the style of the 1850s)

- **Undergarments:** Young women will need to pack **underclothing to wear under their skirts**. These should be long enough to prevent chafing while they walk and should be more than just regular underwear—**biker shorts or basketball shorts** will work but **no short shorts** that fail to protect the inner thigh from the friction of walking in a hot, humid, and possibly rainy environment.
- **Sturdy Shoes and Socks:** Each participant should have **two pairs** of sturdy shoes, appropriate for hiking. Both pairs of shoes should have **enclosed toes** and **substantial treads** and should **support the feet and ankles**. Participants should also wear socks with their shoes and should pack at least **four pairs** so they can change them frequently if necessary. Socks should wick moisture away from the feet, as a good wool or wool-blend sock will do.
- **Other Gear Needs:** A more detailed packing list will be provided closer to Trek, but here is a sample of some of the items you may want to plan to acquire. This is NOT an official Asheville Stake Trek packing list, just a sample.

Heavy duty water bottle Hand towel or wash cloth Personal toiletry items: Comb or brush, toothbrush and toothpaste, deodorant Personal prescription medications Glasses—even if you wear contact lenses Feminine hygiene products Sunscreen Insect repellent Rain poncho	Bandana Small flashlight or headlamp with extra batteries Small first aid kit, including blister care Hair ties Small set of scriptures Optional: Ear plugs Sunglasses Harmonica or other small musical instrument Hand sanitizer or small package of wet wipes
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- **What NOT to bring:** No exceptions.

NO cellular phones

NO electronic devices—iPads, tablets, handheld game consoles, laptops, etc.
 NO fireworks, matches, or lighters
 NO hatchets, knives, or blades of any kind
 NO firearms or other weapons
 NO inappropriate materials
 NO footballs, Frisbees, or other sports equipment
 NO snacks, treats, candy, or other outside food

- **Gear Space Allowance:** Because space on the handcarts will be limited, each participant must pack all their belongings into one five-gallon bucket. You'll have to be careful about how you pack it and what you choose to include

2. Prepare your spirit.

Participants who are spiritually prepared for Trek will be more likely to have a positive experience. We will stay in touch with monthly and weekly invitations for participants to spiritually prepare for Trek by **engaging in activities that enhance personal reflection** and help participants **deepen their understanding of the pioneer experience**. We invite you to prepare in the following ways:

- Practice **daily** scripture study and prayer.
- Seek out pioneer history and share what you learn with family, your seminary class, or your church group.
- Consider *why* the pioneers trekked across the plains. What made them commit to uproot their lives and gather in a new place?
- Journal about your preparations for Trek and reflect on the perseverance and faith of the original pioneer trekkers.

3. Prepare your mind.

Participants who are emotionally and mentally prepared for Trek will be ready for the challenges they face along the trail. We will stay in touch with monthly and weekly invitations for participants to mentally and emotionally prepare for Trek by **practicing having a positive outlook** and **identifying emotions as you feel them**, following the principles outlined in the *Emotional Resilience* module of the *Self-Reliance* LDS courses. We invite you to prepare in the following ways:

- Purposefully unplug from technology for ten minutes **each day**.
- Choose a phrase you can repeat to yourself when the going gets tough. Choose something like "I can do hard things!" or "With God nothing is impossible" and put it somewhere you will see it every day.
- Be intentional about the way you deal with stress. Journal about your challenges and positive outcomes in dealing with them.
- Spend time intentionally reflecting about how you can approach stressful situations differently.

4. Prepare your body.

Participants who are physically prepared for Trek will be ready for the physical challenge of pushing and pulling a handcart through rough terrain. We will stay in touch with monthly and weekly invitations for participants to physically prepare for Trek by **developing a regular routine of intentional exercise** and **vary it to gradually increase the difficulty to condition your heart and your body** for the challenges you will face on Trek. We invite you to prepare in the following ways:

- Stretch **daily** before bed and review weekly exercise plan.
- Walk 3 times **weekly**, at least 1-2 miles each time. As your cardiovascular endurance increases, it will increase your time and distance. Over the next several months, work towards walking 3-5 miles at one time, at least once during the week.
- By May, have comfortable hiking boots or rugged athletic shoes, and begin wearing them on your walk every week. This way they will be properly worn in by July. Note your increase in stamina, distance and time...and pat yourself on the back.

Training Your Body for Trek



Physical preparation is an important part of preparing for Pioneer Trek. While some youth may already be involved in sports and working out daily, Trek preparation will require a large amount of endurance from your muscles.

Not only will you be walking/hiking long distances, which will require leg stamina, but you will take turns pushing/pulling your handcart, which will require upper body strength.

It is recommended that each ward/branch plan some of your YM/YW activities to help prepare for Trek, such as a Saturday hike, playing ultimate frisbee, or any other activity to get youth moving.

In general, it is recommended to **walk 3-4 times per week**, with at least one walk/hike focused on longer periods of time up hill. A good alternative to hiking outside would be to utilize a Stair Climber machine at the gym or an inclined treadmill. An example training plan has been provided on the next page.

- When walking on level ground during the week, strive for a brisk 15-minute per mile pace.
- Walk and hike in the shoes you will wear for Trek (running or hiking shoes are recommended).
- Pick hikes that are at least 50% uphill.
- Include upper-body workouts in your daily routine such as push-ups.
- Don't forget that rest is super important!

“Each participant (both leaders and youth) should condition themselves physically for this experience. Specifically, each participant should be able to complete a minimum requirement of walking/running four (4) miles on level ground in 60 minutes or less with no undo stress.”

(From *Handcart Trek Reenactments: Guidelines for Leaders*, The Church of Jesus Christ of Latter-day Saints, 2017, page 6)

Prepare your body for Trek!													
	Distance	<input checked="" type="checkbox"/>	February	Distance	<input checked="" type="checkbox"/>	March	Distance	<input checked="" type="checkbox"/>	April	Distance	<input checked="" type="checkbox"/>	Distance	<input checked="" type="checkbox"/>
January												June	Distance
													July
													Distance
													<input checked="" type="checkbox"/>
8	Walk 15 mins		1	Rest		1	Walk 30 mins		1	Walk 40 mins		1	Walk 60 mins
9	Rest		2	Walk 25 mins		2	Hike 3 mi		2	Rest		2	Rest
10	Walk 15 mins		3	Hike 1.5 mi		3	Sunday (Rest)		3	Walk 40 mins		3	Walk 60 mins
11	Rest		4	Sunday (Rest)		4	Walk 30 mins		4	Rest		4	Rest
12	Walk 15 mins		5	Walk 30 mins		5	Rest		5	Walk 40 mins		5	Hike 3.5 mi
13	Hike 0.5 mi		6	Rest		6	Walk 30 mins		6	Hike 4 mi		6	Hike 11 mi
14	Sunday (Rest)		7	Walk 30 mins		7	Rest		7	Sunday (Rest)		7	Sunday (Rest)
15	Walk 20 mins		8	Rest		8	Walk 30 mins		8	Walk 40 mins		8	Walk 60 mins
16	Rest		9	Walk 30 mins		9	Hike 3 mi		9	Rest		9	Rest
17	Walk 20 mins		10	Hike 1.75 mi		10	Sunday (Rest)		10	Walk 40 mins		10	Walk 60 mins
18	Rest		11	Sunday (Rest)		11	Walk 30 mins		11	Rest		11	Rest
19	Walk 20 mins		12	Walk 30 mins		12	Rest		12	Walk 40 mins		12	Walk 50 mins
20	Hike 0.75 mi		13	Rest		13	Walk 30 mins		13	Hike 4 mi		13	Rest
21	Sunday (Rest)		14	Walk 30 mins		14	Rest		14	Sunday (Rest)		14	Hike 12 mi
22	Walk 20 mins		15	Rest		15	Walk 30 mins		15	Walk 40 mins		15	Sunday (Rest)
23	Rest		16	Walk 30 mins		16	Hike 3 mi		16	Rest		16	Rest
24	Walk 20 mins		17	Hike 2 mi		17	Sunday (Rest)		17	Walk 40 mins		17	Walk 60 mins
25	Rest		18	Sunday (Rest)		18	Walk 40 mins		18	Rest		18	Rest
26	Walk 20 mins		19	Walk 30 mins		19	Rest		19	Walk 40 mins		19	Walk 60 mins
27	Hike 1 mi		20	Rest		20	Walk 40 mins		20	Hike 4.5 mi		20	Hike 4 mi
28	Sunday (Rest)		21	Walk 30 mins		21	Rest		21	Sunday (Rest)		21	Sunday (Rest)
29	Walk 25 mins		22	Rest		22	Walk 40 mins		22	Walk 40 mins		22	Walk 30 mins
30	Rest		23	Walk 30 mins		23	Hike 3.5 mi		23	Rest		23	Rest
31	Walk 25 mins		24	Hike 2.5 mi		24	Sunday (Rest)		24	Walk 40 mins		24	Walk 60 mins
			25	Sunday (Rest)		25	Walk 40 mins		25	Rest		25	TREK DAY 1
			26	Walk 30 mins		26	Rest		26	Walk 40 mins		26	Walk 60 mins
			27	Rest		27	Walk 40 mins		27	Hike 5 mi		27	TREK DAY 2
			28	Walk 30 mins		28	Rest		28	Sunday (Rest)		28	Rest
			29	Rest		29	Walk 40 mins		29	Walk 40 mins		29	Hike 3 mi
						30	Hike 4 mi		30	Rest		30	Hike 10 mi
						31	Sunday (Rest)		31	Hike 1 mi		31	Sunday (Rest)