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## Announcements

### Upcoming Trek Related Activities

Feb. 12<sup>th</sup> - Ma/Pa Training

April 16<sup>th</sup> 3pm - PreTrek Youth Activity @ Etowah

April 22<sup>nd</sup>-23<sup>rd</sup> - Ma/Pa Overnight Practice Pull @ Fort Mountain

## 2022 Youth Theme

### Trust in the Lord

*"Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths." Proverbs 3:5-6*



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## Trek Leader Message

- by Holly Babcock

My husband Jonathan and I were called as Trek Masters pre Covid and initially began planning for this Trek to happen the summer of 2021. We did not have this opportunity as youth but were able to go on the 2017 Trek as a Ma and Pa and LOVED it! I am so excited we are finally able to go. This is going to be such an amazing experience.

There are many things to do to prepare mentally, physically, and emotionally. Learn all you can about trek. Read stories about the pioneers. Work consistently from now until then to be more physically fit. You may have some fears or anxieties about trek. You may wonder if you can do it and how much you can do to help. You may have other questions and things pressing on your heart and mind from your personal life. Put these things to the Lord. Share them with Him. Trust in Him. And let them go. He will provide. I have a testimony of this and stand as a witness of it.

You just come. Do your best to get ready. Set your minds and hearts to give all you can to your Ma and Pa and brothers and sisters. Your family on trek. My children on

trek were so different from one another. Some came eagerly and others not so eagerly but they all gave what they could and together it was enough. We tackled that mountain. We did hard things and we grew and had fun doing it too! That is what family is for and why family is key to our Heavenly Father's plan. It is key to trek as well. Love your family. Pray for them and work for them and with them. I promise you will all learn and grow and Heavenly Father can use this experience to answer your prayers.

Let's do this!!

Ma Babcock

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## Preparedness Goal for January/February

Consider where you are right now physically. More specifically, how far can you walk comfortably. Set a goal to walk a certain number of miles per week. If you need more of a challenge, then load a backpack down with some books or water bottles and carry that while you walk.

Another great way to challenge yourself is to take your walk in a very hilly area so you are having to use different leg muscles to push yourself uphill. Trek is mostly uphill.

Also, please start considering your shoes. That is the first thing on the packing list to tackle. If you need new shoes before trek, look into what kind and style you want. And then wear them on your walks. You **SHOULD NOT** wear new shoes to trek. You need to break them in before you come.

Hiking boots are great but not necessary. Tennis shoes are fine. Choose something with good support and good tread on the bottom to avoid slipping.

