

YM Camp Preparations

(2 Months until Camp)



We want the YM better prepared this year for Stake Camp. With that in mind we have included some information and suggestions for the young men, their families, and their Wards.



Last year

We had a few boys who struggled with the elevation and the 7 mile hike. We also had a few problems with equipment, more specifically shoes. We are recommending that the boys take some ownership on their conditioning for camp this year and prepare beforehand.



Hiking



We encourage Ward YM Leaders and even Families to plan some hikes for the YM to help them prepare for camp this year. Hiking in the foothills or even on the backside of the Sandia's would be good. But any additional exercise or walking (i.e. walks around your neighborhood) will help with the YM's conditioning. Especially during the 2-3 weeks leading up to camp.



Preparedness - Good equipment can make or break a camping experience. It is most important for the YM to have good sturdy shoes or boots to use during camp and especially for the 7 mile hike. New footwear can be a problem for a hike. Here are couple of URLs with information about different types of shoes/boots that can be used for hiking and if they need breaking in, as well as how to prepare them for hiking. There are plenty more online.

<https://www.rei.com/learn/expert-advice/breaking-in-hiking-boots.html>

<https://www.backpacker.com/skills/how-to-break-in-your-new-hiking-boots/>



You should receive YM Camp sign-up email soon. Please get signed up as soon as possible.

The sign-up deadline will likely be around May 15.