

WALK WITH ME

2026 Ephraim Utah Stake Youth Conference
July 16-18, 2026 • Parent, Youth & Leader Summary

 Quick Facts	 Packing List Highlights (See attached for more details)
July 16-18	Bedding & pillow, including a sleeping pad or small mattress Cots are not allowed
Leave: July 16 • 8:30 AM (Meet at the stake center)	Camp chair
Return: July 18 • ~4:30 PM	Closed-toe shoes
Bring a sack lunch for Thursday	Layers / rain jacket
Ward transportation provided	Water bottle
	Water shoes
	Sunscreen & bug spray
	Toiletries & medications

Purpose

Build faith in Jesus Christ, strengthen friendships, enjoy wholesome recreation, and create lasting spiritual memories together

Activities beyond Speakers

- Lake activities (canoes, kayaks & pedal boats) — no swimming; life jackets required
- High adventure and low adventure challenge courses
- Tomahawk throw
- High-altitude hike
- Faith Walk: 1.5-mile nighttime spiritual experience

Dress & Safety

- Follow For the Strength of Youth standards
- Closed-toe shoes required for hiking, challenge course, and the faith walk
- Dress in layers for changing mountain weather
- Tribe Leaders supervise youth throughout the conference

We look forward to a weekend of faith, friendship, and fun!

Packing List for Youth

Heber Valley Camp (Modified for our stake)

CLOTHES - PLEASE BE PREPARED FOR INCLEMENT WEATHER

- 1 PAIR OF LONG PANTS
- 2 -3 SHORTS (ONE TO WEAR AT THE LAKE, SWIMMING SUITS ARE NOT ALLOWED)
- 3 SHIRTS - ONE SHORT SLEEVED TO WEAR AT THE LAKE SO THE LIFE JACKETS DON'T PICK UP BODY ODOR
– WEARING LONGER LENGTH SHORTS AND TOPS AT THE CHALLENGE COURSES HELP TO REDUCE PINCHING FROM HARNESES
- 2 SETS OF UNDERWEAR
- 2 PAIRS OF SOCKS
- 1 SWEATSHIRT
- 1 JACKET
- WARM PAJAMAS
- TENNIS SHOES, OR COMFORTABLE CLOSED TOE & CLOSED HEEL SHOES FOR CHALLENGE COURSE & TOMAHAWK TOSS
- HIKING BOOTS OR SHOES WITH TREAD ARE BEST FOR YOUTH THEME WALK & HIKING
- WATER SHOES FOR THE LAKE

GEAR

- LIGHT BACKPACK OR FANNY PACK
- WATER BOTTLE
- SUNSCREEN
- BUG REPELLANT
- SUNGLASSES
- HAT FOR SUN PROTECTION
- RAIN PONCHO
- FLASHLIGHT
- PERSONAL FIRST-AID KIT/MEDICATION
- SLEEPING BAG
- PILLOW
- AIR MATTRESS OR SLEEPING PAD (NO THICKER THAN 10")
- CAMP CHAIR

PERSONAL ITEMS

- TOILETRIES – DEODORANT, TOOTHBRUSH/PASTE, LOTION
- HAIRBRUSH
- WASH CLOTH
- SCRIPTURES
- PEN AND PENCIL
- PERSONAL JOURNAL
- SACK LUNCH FOR THURSDAY

Remember your camp chair, sleeping pad/mattress, and sack lunch