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Get information for **Teen Treks 5 Day Parents** right on your phone—not on handouts.

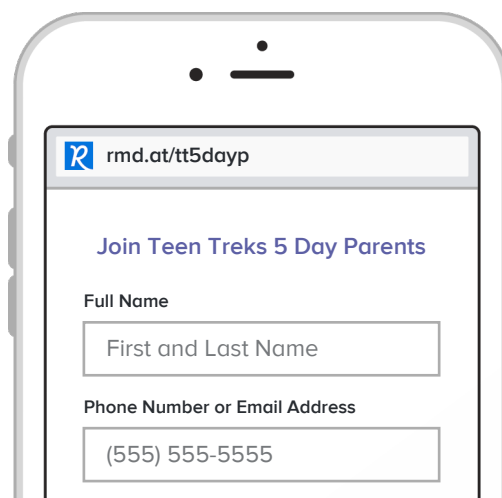
Pick a way to receive messages for **Teen Treks 5 Day Parents**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/tt5dayp

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message [@tt5dayp](https://www.remind.com/help/faq/81010) to the number **81010**.

If you're having trouble with **81010**, try texting [@tt5dayp](https://www.remind.com/help/faq/81010) to **(240) 297-4477**.

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Don't have a mobile phone? Go to rmd.at/tt5dayp on a desktop computer to sign up for email notifications.