

Deseret Land and Livestock **PIONEER TREK** **TREK LEADER'S HANDBOOK**

P.O. Box 250 Woodruff, UT 84086



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DEAR LEADERS,

We are pleased to accommodate your Pioneer Trek Youth Conference at Deseret Land and Livestock (DLL). This handbook outlines the ranch resources and requirements for use in planning and carrying out a successful trek.

The ranch provides a primitive, secluded, secure site for groups to hold treks while minimizing the impact to natural resources and ranching enterprises. Treks can be scheduled from the first week in June until the third week in August. To make reservations, visit www.handcarttreks.com and select ***Deseret Land & Livestock*** for reservation contact information. This website is also a resource for different sample materials used by previous pioneer trek groups. From the home page select *General Trek Information* to find the available samples. (You can also access this handbook at www.handcarttreks.com, click on the *DL&L Woodruff, UT* button on the left, then click *Information and select Handbook* from the drop down menu.) If you would like to schedule a trek at Deseret Land and Livestock or have any questions, please call (801) 386-2979 or email trekkers11@hotmail.com.

Pioneer Trek Youth Conferences have been held on the ranch since the summer of 1993. The ranch makes available the place with various route and campsite options and the equipment, which includes the handcars, portable toilets on trailers and water tanks on trailers.

Purchased by the Church in 1983, DLL is a working cattle ranch. As part of the Ag Investment portfolio, it is operated as a commercial for-profit ranch. Pioneer Treks have been accommodated at the ranch in such a way as to not interfere or conflict with ranching activities and to have minimal impact on the natural resources. Treks are possible because of your adherence to the trekking policies.

The following are essential directives to remember for pioneer treks:

- Medical Responsibility: We provide facilities only. You are responsible for medical staff, care, and treatment of your participants.**
- No Trace Camping:** The “Pack it in, Pack it out” policy states that all garbage must be removed. Many groups reduce their garbage by using metal service; tin cups and plates.
- Fasting:** We have been instructed that fasting should **not** be incorporated as part of the treks as the activities are physically demanding and the lack of food, under such circumstances, would be unwise.
- The **wearing of white clothing** to represent the deceased, those behind the veil, and other such representations are **not** to be included as part of the treks. Please assure that all who will participate understand this instruction.
- Overall Plan: You are responsible for your leaders’ training as well as activities, programs, food, and transportation necessary for your trek.**
- To minimize impact, please **DO NOT ask for exceptions** to the rules.

RANCH TREKKING POLICIES:

Restrictions:

No horses, mountain bikes, dogs, firearms, ammunition, knives, fireworks, fishing equipment, or ATV's are allowed on ranch property. No digging is allowed.

Participants and Vehicles:

All participants and support staff must remain on designated roads. It is important for the adult staff to drive at safe speeds while on the ranch. The ranch speed limit is **25 MPH** due to blind corners, hills, groups using facilities, and road conditions. Trek routes often start and end at different points. Therefore, it is important to use buses or have participants dropped off and picked up, thereby reducing the number of vehicles on the ranch.

All vehicles that are not acting as traveling support must remain at the trek's beginning location or be driven to the end of the route when instructed. **Groups are allowed to have no more than five (5) traveling support vehicles for groups of two hundred or less. One additional vehicle will be permitted for each additional fifty total people. The five vehicles allowed include one vehicle for medical, one for the toilet trailer, one for the water trailer and two equipment vehicles.** No eighteen wheelers and big rigs are allowed to be used as traveling support. After arrival at designated camp sites, **ALL VEHICLES MUST REMAIN ON SITE**, with the exception of water trucks if water supply is needed.

Groups are not allowed to have visitors arrive during the week except for Stake Presidents and hoedown callers. **All participants must be committed for the entire time of the trek. No mid-trek arrivals or departures.**

Camp Sites:

Base camps are not allowed. All support personnel and equipment must be located at the trekker's campsite. **No other vehicles are permitted onto the rangeland;** they must remain in parking areas designated by the Missionary Couple. All groups must camp in the location assigned by the Missionary Couple and remain there.

Trash:

"No trace" camping and trekking is required. At each campsite, and along the trail, groups should make a final sweep before leaving the area and remove any leftover food, charcoal briquettes, signs, twine, papers, etc. Treks must provide a method for carrying trash along during their trek (no mid-trek trips to the dumpsters). The ranch provides one dumpster for garbage at the Wahsatch Entrance that will hold 25 garbage bags. Compacting garbage will greatly assist in disposal of trash. Any garbage beyond this must be hauled off the ranch with the group. Remember "Pack it in, Pack it out" at the end of the trek.

Camp Fires:

Fires are allowed in certain campsites when conditions are safe, but they must be at least 12 inches off the ground. Groups must provide their own firewood and need to remove excess firewood when they leave. **All fires and charcoal briquettes must be at least 12 inches above the ground in fireproof containers.** Fire restrictions may occur during dry seasons so groups should be prepared to cook with propane/liquid fuels. Groups will be notified of any fire restriction

Security:

Since DLL is a working cattle ranch, it is important to maintain the security of the property and livestock. The entrance gate will be kept locked at all times. Trekkers who need to open fence gates on

their route must make certain that the gates are securely closed after the group has passed through the gates. Emergency entrance/exit needs will be accommodated through the missionaries.

Route Review:

All trek groups are required to send representatives to attend a route review. The Route Review will be scheduled two weeks before the trek. The committee chairman or trail boss should be in attendance, along with no more than a total of three (3) other people.

A complete itinerary of activities must be submitted for approval to the missionary couple at the time of the route review. A church-issued check for participant trek fees is also to be submitted at the time of the route review.

Ma-Pa Trek:

Ma-Pa Treks are not required, but are highly recommended. If your group would like to participate in a Ma-Pa Trek, it must be done at the time of your route review. Ma-Pa Treks might not be held on your actual route. Each group must bring their own water for the Ma-Pa Trek.

DESERET LAND AND LIVESTOCK TREK STAFF:

Pioneer Trek Coordinators:

A Missionary Couple will serve as the Pioneer Trek Coordinators. They will schedule the pioneer treks, establish trek routes, and coordinate trek activities with ranch activities.

Missionary Couple:

A Missionary Couple will be assigned to each group. They will help trek leaders become familiar with routes, assist with ranch provided equipment, answer questions about trekking policies and help coordinate the use of emergency plans in case weather or fire creates the need for evacuation. At the end of the trek, the missionaries will collect the checkout forms and any medical incident forms from the trek leader. This couple will assist with all on-site coordination before and during each trek.

Resources Provided:

Handcarts:

The bed of a handcart is 4 feet wide, 6 feet long and 18 inches deep. Each handcart also has a 20-25 foot rope that is fastened to the front so that all participants can help pull at the same time. The weight of equipment loaded into the individual handcarts should not exceed 400 lbs. Family size is recommended to be no more than 10 youth in addition to the Ma and Pa. The handcarts will be located where the groups start the trek.

Portable Toilets and Water Tank on Trailers:

The portable toilets and water tank trailers will need to be towed by participant-provided vehicles. They require a three-quarter ton 4x4 truck with a 2-5/16 ball hitch set 18 inches off the ground. The dirt roads are slick in wet weather and a set of tire chains is advisable. Drivers should be experienced at driving trailers with heavy loads in all kinds of weather.

Each portable toilet trailer is 24 feet long with 8 toilet units and will accommodate up to 200 people. Each group will have 1 portable toilet for every 25 people. Trekker groups will need to provide the toilet paper, a method for hand washing (hand sanitizer), and garbage sacks.

The water-buffalo tank is 500 gallons and, typically, a group of 250 people will use a tank a day. The water buffalo can be refilled at the Depot. The ranch has a limited supply of water and conservation is an absolute necessity. Fill only large containers from the water buffalo, use only 3 buckets for washing and rinsing dishes, and eliminate water games and hair washing.

An additional fee will be charged to groups who want to have their toilets serviced during the trek and they will need to make a request one month prior to the actual trek to allow for scheduling with the service company. The additional fee will be added to your final bill.

The portable toilet drivers and water tank drivers will pick up trailers near the Wahsatch gate at the beginning of the trek and return them to the same location at the end of the trek. At the end of the trek, toilet drives will remove the plugs, all toilet paper and garbage sacks so the portable toilets are ready to be cleaned and pumped.

COST AND DEPOSIT:

To secure reservations, a \$500 deposit (Stake, Ward and handcart rentals) is required by January 31st of the year in which the trek is taking place. A church-issued check should be made out to Deseret Land and Livestock Pioneer Treks. Mail the check, your unit address and date of your trek to P.O. Box 250, Woodruff, UT, 84086. If the deposit is not received by this date, the reservation may be cancelled. All deposits will be held as a damage and compliance (to ranch rules). A refund will be mailed back to you after the completion of the trek or rental.

In addition to the deposit, there will be a \$15.00 fee for each trek participant and staff. This fee applies to everyone on the trek and helps offset the costs of the handcarts, portable toilets, etc. The fee remains the same whether a trek spans three or four days.

At the beginning of the route review, the trek leaders will provide the missionaries with the number of anticipated participants and a church-issued check will be submitted at that time to pay for the trek fee (# participants x \$15). The missionaries will give the leaders a receipt. Shortly after the completion of the trek and assessment of any damages, the ranch will issue a check for the deposit refund allowing compensation for any over/under payment of participant fees and damages.

TREK GROUPS PROVIDE:

Each group will need to provide the following: their own leadership and training, an itinerary of activities, food, medical personnel, transportation to and from the ranch, separate 4x4 vehicles to move each water trailer and portable toilet trailers, and radio communication (two way radios and cell phones). Be sure to plan sufficient space for carrying garbage.

All food and provisions should be brought to the ranch upon arrival. Trips into nearby towns to obtain provisions during the trek are not allowed. The ranch uses a Garmin GPS.

MEDICAL / EMERGENCIES:

Careful planning and adhering to simple safety principles can prevent most emergencies and problems and mitigate the unexpected. Each group is responsible for the safety of all trek participants. Each group must provide a medical team capable of providing treatment and their own equipment to meet any anticipated medical needs.

Each group develops their own registration and medical forms (see examples provided in this document). Each group should have their own emergency action plan for ailments and injuries such as dehydration, hyperthermia, asthma, blisters, sunburn, cuts, sprains, broken bones, insect bites and stings, snake bites, etc. There should also be a plan to deal with lost participants, range fires, severe storms, and all other life threatening situations. The main focus of these emergency action plans should be centered on prevention, communication, and proper action

Resources should include:

- *Emergency Coordinator* –Each group must appoint a qualified emergency coordinator. This person needs to know emergency access routes to the nearest health care facility and be reasonably prepared for the unexpected.

- *Medical Team*- Each group must have emergency health care professionals with them throughout the trek. Some medical professionals should trek/walk with the group at all times. Each group is required to have a minimum of one doctor, registered nurse, or EMT for every hundred participants. They should wear something that makes them easy to identify; for example, they could wear a red armband or red cross on their hat.

- *Equipment* - The medical team should be prepared with all the necessary emergency medical equipment, medicine, shelter, transportation, release forms, and communication they will need to cover the needs of their group.
- *Vehicles* - The medical team will need to have a vehicle that will be accessible to the group while they are trekking. This vehicle needs to have four-wheel drive and have communication with the leaders walking on the trail. Medical vehicles will remain on established roads near the trek unless someone is injured or sick and cannot be moved otherwise.

Serious Life Threatening Injuries:

If the group's medical team deems that it is necessary to evacuate a trek participant by life flight or by ambulance from the Wahsatch Gate, they should first contact the medical facility and then contact the Missionary Couple.

Lost Participants:

Frequent counts should be taken to keep track of trek participants. If a youth or adult is missing, conduct a sweep of the area. Work with the Missionary Couple and the group leadership to coordinate the search. If the individual is not found and the Priesthood leader feels it is necessary, the ranch employees will help in the search, along with the local emergency services. Missionaries will meet the emergency service providers at the Wahsatch Gate and direct them to the search party.

Range Fire:

If your group is in immediate danger of a range fire, an evacuation plan to a safe zone will be put into action. Your trek leadership will identify wind conditions, roads, terrain and natural fire breaks. They will also work with the missionaries to move the group toward a safe area.

Severe Storms:

Groups should be prepared for all kinds of inclement weather and also be familiar with what to do during lightening storms. If a severe storm occurs during the first day, groups should be prepared to change their itinerary and set up camp where they are or move directly to an all weather road. The missionaries will help leaders determine the proper logistical itinerary changes. Storms may necessitate complete route changes.

Medical Facilities:

The medical team should know the route to the nearest hospitals and phone numbers to Life Flight for their area.

Evanston, WY hospital: (307) 789-3636. This hospital is about 15 minutes away from the Wahsatch gate. To find the hospital, take the first Evanston Exit and turn right. Follow the signs to the hospital about a mile down the road on the right. For minor problems, this is the closest facility. If needed, an ambulance can meet the medical team just off the Wahsatch Exit.

Rich County, UT Dispatch: 435-793-2285

Life Flight at LDS hospital will be aware that groups will be on the ranch this summer. If your medical team feels that a life is in danger and the distance to a hospital is too far, they will need to call **Life Flight- 911 or 800- 321-1911 or (801) 408-1234**. Groups should bring GPS equipment. This will help Life Flight locate your position.

HANDCART SAFETY RULES:

1. Handcarts should not be overloaded. They are designed to hold the gear for only 10 youth, including clothing, sleeping bags, tarps, cooking equipment, and water. The weight of the equipment loaded into the individual handcarts should not exceed 400 pounds.
2. Each handcart has a 20-25 foot rope that should remain attached to the cart during use.
3. No one should ride on the handcart when it is loaded.
4. When stopping the handcart, slowly lower the yoke until it rests on the ground. Do not drop the yoke or it will break.
5. Do not sit or stand on the yoke when it is resting on the ground.
6. Do not run with the handcarts. People can trip and fall under the wheels.
7. Stay away from the wheels. Some clothing, especially dresses can get caught in the wheels. Work gloves are highly recommended for those pulling the handcarts.
8. When stopping on a hill, place a rock behind the wheels so that the handcart does not roll backward.
9. When going down steep hills, attach the rope to the back of the handcart and have everyone help to slow down the cart or turn the handcart around and take it down the hill backwards. Remember to always keep it under control.
10. Do not pull a loaded handcart sideways on a steep incline (where one wheel is consistently lower than the other). If all the weight of the handcart is shifted to one wheel, it will break. **(Note: Damage costs will be assessed for failure to comply with this rule.)**
11. Do not deface any surface of the handcarts (writing, carving, painting, etc). **(Note: Damage costs will be assessed for failure to comply.)**

TREK CHECK OUT LIST (given to the trek leaders at the beginning of the trek)

Group name: _____ **Date:** _____

Participants _____

At the close of your trek, it is the responsibility of your group to ensure that everything on this list is completed. When you have completed the list, sign the bottom and return it to the Missionaries.

Handcarts

- ___ 1. Everything has been removed from the handcart including twine, tape, garbage, food, signs, etc.
- ___ 2. Missionaries have been informed of any damage to the handcarts.
- ___ 3. If the handcart trailer is available, you help load the handcarts.
- ___ 4. Ropes are to be removed from handcarts, knots undone, and placed in cart beds.

Portable Toilet Trailers

- ___ 1. Garbage sacks, toilet paper, signs and all other items attached to the portable toilets have been removed.
- ___ 2. **YOU WILL REMOVE ALL GARBAGE FROM THE TANKS. (Only toilet paper & human waste are permissible in the tanks.)** The portable toilets cannot be pumped with garbage in the tank.
- ___ 3. Trailers are returned to Wahsatch gate area and **the plugs pulled** and made ready for pumping.
- ___ 4. Any damage to the portable toilets (broken doors, seats, etc.) or trailer was reported.

Water Tanks

- ___ 1. The tank(s) were emptied prior to being returned to the Depot.
- ___ 2. Any damage to the tank or the trailer was reported.

Garbage

- ___ 1. All garbage is removed from each campsite and along the trail.
- ___ 2. All extra food is in garbage bags, none was buried.
- ___ 3. All unused firewood has been picked up and removed.
- ___ 4. Trash placed in dumpster at end of trek.

Major Accident (if applicable)

If a participant has been taken off the ranch to receive additional medical care, the Medical Incident Report was completed and returned to the missionaries. The Church General Handbook of Instructions indicates that Bishops and Stake Presidents should be notified of injuries during church activities. Risk Management should also be notified in the event of a death or serious injury. (1-866-LDS-RISK).

Leader's Signature _____

MEDICAL INCIDENT REPORT (to be used for participants taken off the ranch for medical treatment)

Date of Incident: _____ **Time of Incident:** _____ **a.m. p.m.**

Name: _____ **Age:** _____

Address: _____

Phone: _____

Stake Group: _____

Location of incident: _____

Brief description of the facts of the incident:

Injured body part(s): _____ **right/left:** _____

Nature of injury: (cut, break, scrape, etc.)

Witnesses: Individuals contacted (parents, Bishop, Stake President, etc.):

TREATMENT Healthcare provider: _____ **MD DO PA RN EMT**

Address: _____

_____ **Phone:** _____

Treatment given: _____

Medications: _____

Referred to: _____

Condition: _____

Signature of provider: _____ **Time:** _____

SAMPLE REGISTRATION AND MEDICAL FORM

Ward: _____

This form (both sides) must be completed, signed in both places, and returned by April 19, 1998 to ward leaders. Each participant (adult and youth) must complete a form.

Name: _____ Sex: ____ Age: ____ Birth date: _____

Address: _____ Phone: _____

Insurance Company: _____ Policy #: _____

Parent's Name (if minor): _____ Work Phone: _____

Parent's Name (if minor): _____ Work Phone: _____

Please list any other required information that may be needed for insurance purposes if it becomes necessary to secure the medical services of a doctor or hospital. This could include insurance pre-authorization phone number, name and Social Security number of the insured employee, whether it is necessary to contact a primary care physician, etc.

Note: Parents of youth will be contacted, if at all possible, before securing the medical services of a doctor or hospital in the case of an emergency.

Information: _____

Statement of Responsibility

This Pioneer Trek Youth Conference will be held in a wilderness setting. Each participant in this conference must act in accordance with church standards at all times, and aid other members of the conference in behaving in accordance with church standards. There are inherent risks involved in all outdoor activities (including this Stake sponsored Youth Conference) which are beyond the control of the Stake staff and leaders. Proper preparation on your part reduces these risks and is your responsibility. These preparations should include a warm sleeping bag, warm clothing, a poncho or rain coat, sunscreen, insect repellent, and other items listed on the personal equipment list. All participants must act in such a way as to not endanger themselves or others, and should show charitable consideration to all other participants and leaders in the Trek.

Each participant 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 without undue stress.

Each participant must follow applicable "No Trace Camping" protocols to maintain the wilderness nature of the property. Especially, each participant must avoid littering of any kind.

SAMPLE MEDICAL HISTORY

If you currently suffer from, or have experienced any of the following conditions within the past year, please mark the appropriate space below:

- | | |
|---|---|
| <input type="checkbox"/> Asthma (serious cases) | <input type="checkbox"/> Epilepsy |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Fainting spells |
| <input type="checkbox"/> Emotional problems requiring medication | <input type="checkbox"/> Ulcers |
| <input type="checkbox"/> Major bone or joint injuries | <input type="checkbox"/> Rheumatic fever |
| <input type="checkbox"/> Major operation or serious illness <input type="checkbox"/> Diabetes | <input type="checkbox"/> High blood pressure |
| <input type="checkbox"/> Pregnancy <input type="checkbox"/> Hypoglycemia | <input type="checkbox"/> Heart trouble |
| | <input type="checkbox"/> Other medical conditions which might be aggravated by hiking |

Explain: _____

If you marked any of the above items, you must fill out the *Medical Release Form* and have it completed by a medical doctor; **you cannot participate without it**. The *Medical Release Form* is available from your ward YM or YW secretaries.

Allergies, special diets, or medication reactions:

Medications currently being used:

Are immunizations up to date (especially tetanus shot)?

Physical conditions that limit activity:

Have you had more than a minor illness or injury during the year, or a chronic/recurring illness?

If yes, please explain: _____

Family Doctor: _____ Phone: _____

Participant Agreement

I declare that the above statements are complete and correct, and agree to act in accordance with the Statement of Responsibility.

Date: _____ Signature of Parent: _____

Parental Permission

I, the undersigned, am aware that my youth will be participating in the above designated Stake Pioneer Trek Youth Conference. I have read the Statement of Responsibility and have supplied the medical statements above, which are complete and correct. I hereby give my full permission for him/her to participate in this youth conference and authorize the adult leaders supervising this activity to administer emergency treatment for any accident or illness and to act in my stead in approving necessary medical care. In the even any medical attention is needed. I hereby authorize any physicians in charge of my child to administer such medical or surgical treatment or carry out such procedure as may be deemed necessary or advisable in the diagnosis or treatment of my child. This permission includes travel to and from the conference as well as participation at the conference.

Date: _____ Signature of Parent: _____

SAMPLE MEDICAL RELEASE FORM

This form must be completed and signed by a medical doctor for participants who answered "yes" to any of the conditions listed on the Medical History portion of the Registration form. They will not be allowed to participate if this form is not submitted. The examination must be current within six weeks of the participation date.

Participant: _____ Date of Conference: _____

Dear Doctor: The above named person will participate in a Pioneer Youth Conference. Persons suffering from any of the conditions listed below must obtain a physician's clearance before participating in this program. The participants will be in a wilderness setting for _____ days. They will have ample food and water. On the _____ **day** they will hike approximately _____ miles on varying terrain. On subsequent days they will hike approximately _____ miles on varying terrain and engage in other outdoor activities. Please consider the following conditions in your decision (as well as other medical problems which may be aggravated by or interfere with the aforementioned conditions):

- | | |
|--|---|
| -Arthritis | -Epilepsy |
| -Emotional problems requiring medication | -Fainting spells |
| -Major bone or joint injuries | -Ulcers |
| -Major operation or serious illness | -Rheumatic fever |
| -Diabetes | -High blood pressure |
| -Pregnancy | -Heart trouble |
| -Hypoglycemia | -Other medical conditions which might be aggravated by hiking |
| -Asthma | |

Due to the strenuous physical nature of Pioneer Trek Youth Conference, individuals suffering from aggravating medical conditions are not to be allowed to participate in some of the regular _____ **day's** activities. However, these individuals still need your approval to participate in subsequent outdoor activities and hiking where medical facilities are limited. Individuals will be allowed to take medications for chronic conditions if the medication is prescribed or accompanied by a doctor's approval.

General Appraisal:

- () APPROVAL: I find no medical problems which I consider incompatible with this program.
- () LIMITED APPROVAL: This individual may participate subject to the limitations listed below.
- () DISAPPROVAL: This individual has medical problems which, in my opinion, clearly constitute unacceptable hazards to his/her health and safety in this program.

Recommendations and/or restrictions: (if none, specify)

Date: _____ Signature: _____

Doctor's Name (print): _____ Phone: _____

Address: _____

SAMPLE REGISTRATION FORM

This form (*both sides*) must be completed, signed in both places, and returned to ward coordinator by **Date**. Each participant (*adult and youth*) must complete a form. Ward leaders must turn forms in to the Stake by **Date**.

Pioneer Trek Location: _____ Stake: _____ Date: _____

Name: _____ Sex: _____ Age: _____ Birth Date: _____

Address: _____

Insurance Company: _____ Policy #: _____

Parents' Name (if minor): _____

Phone: _____ Work: _____

CONTRACT and RELEASE

1. I understand this Pioneer Trek **200_** will be held in a primitive wilderness setting. I also understand although we will be "roughing it", so to speak, that the Stake will provide food, restroom facilities, and safe drinking water.
2. I am voluntarily a participant in this Trek and I will accept full responsibility for my actions under all conditions. I also agree to aid other members of the group in behaving responsibly.
3. I understand and appreciate that there are inherent risks involved in this Stake-sponsored Trek which are beyond the control of the Stake staff and Ward leaders, and I agree to personally assume such risks. Also, the Stake staff and Ward leaders cannot be held responsible for any injuries or expenses, costs and/or claims in connection with any injuries sustained which were not directly caused by their failure to take due care. I hereby also agree to release _____ Stake and its staff and Ward leaders from any and all claims for liability arising from my participation in the Pioneer Trek **200_**.
4. I agree to abide by LDS standards. This means high standards of behavior, honor and integrity; and abstinence from alcohol, tobacco and harmful drugs are required of me and every participant involved in this Trek.
5. I (*and/or my guardian*) agree to accept full responsibility for any medical/related expense incurred which are not covered by my own insurance policy. Medical and dental benefits from the Church Activity Insurance Program may be available, but they are secondary to other insurance coverage and subject to limitations. Contact your Bishop or Branch President for plan coverage or a benefit claim form in case of an accident.

Health History

If you currently suffer from, or have experienced any of the following conditions within the past year, please mark the appropriate space below:

- | | |
|--|------------------------------------|
| Arthritis | Major bone or joint injury |
| Asthma (serious case) | High blood pressure |
| Epilepsy | Major operation or serious illness |
| Emotional problems – meds | Heart trouble |
| Fainting spells | Diabetes |
| Ulcers medication | Hypoglycemia |
| Rheumatic fever | |
| Other medical conditions which might be aggravated by hiking | |

Explain _____

If you marked any of the above items, you must fill out a Medical Release Form and have it completed by a medical doctor; you cannot participate without it. The Medical Release Form is available from your ward coordinator.

Describe any allergies or medication reactions: _____

Medications currently being used: _____

Have you had more than a minor illness or injury during the past year? Yes No

If yes, please explain: _____

Family Doctor _____ Phone _____

I agree to the above terms and declare the above statements are complete and correct.

(Date) *(Signature of Participant)*

As a parent, I am aware that my child will be participating in Pioneer Trek 200. I have read the Contract and Release and the completed health history, and I am aware of the circumstances my child will undergo, and I hereby give my full permission for him/her to participate. In the event any medical attention is needed, I hereby authorize any leaders to seek medical treatment and medical personnel in charge of my child to administer such medical or surgical treatment or carry out such procedure as may be deemed necessary or advisable in the diagnosis or treatment of my child.

I agree to the Contract and Release terms and declare the above statements complete and correct.

(Date) *(Signature of Participant)*

Parent or guardian must sign here if participant is under 18 years of age) Participants 18 or older must sign here--for themselves

MAPS:

Directions to the Wahsatch Gate

Deseret Land and Livestock Pioneer treks are accessed from the Wahsatch Gate which is locked at all times. This Gate is 11 miles west of Evanston, Wyoming and approximately an hour and fifteen minutes drive from Salt Lake City on I-80. Get off I-80 at Wahsatch Exit 191, make a left turn at the stop sign, go under the freeway and take a right. Go approximately a quarter of a mile, turn left and over the railroad tracks (just past the railroad building and water tank). This is the Wahsatch Gate entrance to the Ranch. **Note: Railroad is very active. Note stop signs. Trains go both ways on 2 tracks.**

Directions to Evanston Hospital

The Evanston Hospital is about 15 minutes away from the Wahsatch Gate. To find the hospital, take Exit 3 which is the first Evanston exit off of I-80 and turn right onto Over Thrust Road. Follow the signs to the hospital about a mile down the road and to the right onto Arrowhead Drive. For minor problems, this is the closest facility. If needed, an ambulance can meet the medical team just off of the Wahsatch Exit.

GENERAL TREK INFORMATION:

The following information can be found on the www.handcarttreks.com website. This general information contains multiple suggestions, sample itinerary agendas, and ideas on planning and organizing a successful trek.

Organization	Purpose & Planning General Organization Elements of Successful Treks Sample Trek Itineraries	General Trek Rules Helpful References Recommended Books List
Building Handcart	Handcart Wheel Information 4x4 plans 4x5 plans	
Clothing & Equipment	Trek Clothing Women's Pioneer Skirt Women's Pioneer Bonnet Pioneer Clothing Website (outside vendor)	Pictures-Women's Clothes Neck Cooler Sample Equipment List
History	Church Pioneer Articles Handcart Articles	Martin Willie Personals Wagon Train
Ma and Pa	Ma & Pa Overview Sample Ma/Pa Handbook	Training Trek Information
Medical	General Medical Information	Sample Registration Form
Activities	Activity Committee Ideas Explanation of Games Sample Trial of Faith	Sample Journal Cover Sample Journal Layout

TREK UNIT INFORMATION

TREK DATE : _____ **Year:** _____
Application Date : _____
Stake/Ward : _____
Contact Person : _____
Position : _____
Phone: _____
Cell : _____
Email : _____

TREK

Arrival Date : _____ Time : _____
Departure Date : _____
Total People : _____ # Ma's & Pa's _____ # Support _____ # Carts _____
Transportation Type : To: Car _____ Bus _____ From : Car _____ Bus _____
Planned Trek Miles: _____ 1st Day _____ 2nd Day _____ 3rd Day _____ 4th Day _____
Will you stay two nights at one campsite (Y/N) : _____
Which day for women's pull? _____

ROUTE REVIEW : _____

(Church-issued check of \$15 per person attending trek is due at time of Route Review)

Route Review Date : _____ Time : _____

(Route Review will be scheduled appx 2 weeks prior to actual trek. Trail boss and not more than three other people need to attend.)

MA/PA TREK if desired: Yes _____ No _____ #Ma's & Pa's _____

(Ma/Pa Treks are optional, but advised. They will be held at the same time as the route review.)

M&P Trek Date : _____

Handcarts Needed : _____ Miles : _____ Total People : _____

INFORMATION

2 5/16 inch ball, hitch, 18 inches above the ground, ¾ ton 4 wheel drive pickup

Please bring itinerary and a church issued check (\$15 per person attending trek – support and youth) when you come for your Ma & Pa trek/Route Review

Website for handbook: www.handcarttreks.com

Seminar session for Treks will take place in Aug

Lead Missionary couple cell number: 801-386-2979

\$500 deposit per unit (Stake or Ward) is required by **January 31st** of the year prior to the scheduled trek date. A church-issued check should be **made out to Deseret Land and Livestock Pioneer Treks and sent to P.O Box 250, Woodruff, UT, 84086.**

Handcart Trek Agreement

Due to the large number of treks and participants, at the ranch, the following rules will be strictly enforced. Your compliance will greatly reduce the environmental impact on the ranch and help insure the continuation of the Trek Program and the number of treks available.

Camp Rules:

- 1. No trace camping in camp or on the trail - no trash, no apple cores, no candy wrappers.
- 2. No open fires. All fire barrels must be at least 12 inches off the ground.
- 3. No shovels, no digging, no transporting rocks into the meadows.

Trek/Ranch Rules:

- 1. The number of vehicles are limited and must stay on the road or as directed by the missionaries.
- 2. Treks must camp in the site designated by the missionaries – and REMAIN THERE.
- 3. The speed limit on the ranch is 25 MPH – at ALL times. Treks coming by car must provide a ‘main gate keeper’ to direct their people and to lock the gate when all have arrived/departed.
- 4. Ranch gates MUST be left exactly as they are found whether open or closed.
- 5. Groups are not allowed to have visitors arrive during the week except Stake Presidents and hoedown callers.
- 6. No extra-curricular exits from the property (for ice/groceries/etc) except for medical emergencies.

Handcart Rules:

- 1. Do not pull handcarts across a side hills.
- 2. Do not run with carts, or stand, ride or sit in/on the carts.
- 3. Do not drop the pull bar – lay it down gently.
- 4. Leave **NO TRACE** on the carts - **no tape, string, carving, writing, graffiti, etc.**
- 5. Cross any ditch, cow trail or depression perpendicular to the ditch.
- 6. All carts must follow the trail boss, do not cut corners or go off trail.

Water Buffalo Rules:

- 1. One forth cup of Clorox per 500 gallon tank MUST be added per full tank. When refilling a portion of the tank use Clorox proportionately.

Porta John Rules:

- 1. Provide garbage bags for each porta john stall.
- 2. All feminine products and garbage must go in garbage bags – not in the porta john tank.
- 3. The group must provide hand sanitizer and hand cleaning supplies; is responsible for keeping the porta johns clean; and is responsible to replenish the toilet paper.

For any additional information or further details, please check the Handbook at www.handcarttreks.com. (Double click on DL&L Woodruff button on the left side of the screen; at the next screen, click the information button at the top; and select Handbook from the drop down menu.) Or, you may call the Missionary Coordinator at 801-386-2979.

Signatures: (Must be signed and returned with your deposit prior to your trek.)

By signing you agree to see that your group maintains these standards at all times during your trek.

Stake President/Bishop:

Trail Boss/Committee Chairperson: