

ELEMENTS TO A SUCCESSFUL TREK

When planning and designing a pioneer trek there are a few elements that have proven to be important to having a successful trek. They include the following elements:

1. *Stake and Ward Leadership Guidance*-Stake Presidents and Bishops are responsible for and approve all trek plans. They may delegate specific responsibilities for planning the trek activity to qualified leaders, who work under their direction. All plans should follow Church policies.
2. *Plan with a purpose*-Prayerfully decide what your theme and objectives are for the trek. Design your trek to accomplish those objectives but do not over plan.
3. ***Safety: For Treks on Farmland Reserve, Inc. Properties:-Each group is required to have a minimum of one doctor, registered nurse, or EMT for every hundred participants. The medical staff must 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. They should provide training for the Ma's & Pa's on prevention methods. Design activities with safety in mind.***
4. *Ma's & Pa's*-Have fun-loving and committed Ma's & Pa's. Give them the training they need to help the youth be safe and learn from the experience. Enthusiastic and spiritually prepared Ma's & Pa's can make the experience for the youth.
5. *Make church history come alive*-Have the youth come with a name and story of a pioneer or personal ancestor. The Ma's & Pa's need to be ready to share stories that help the youth learn and appreciate the faith of those that helped establish the restored gospel.
6. *Stake Presidency, Bishops, & Patriarch involvement*-It makes a difference to the youth to see their Stake President or one of the members of the Stake Presidency on the trek and to have the Bishops there so they understand what the youth have experienced. Many groups also invite the Stake Patriarch and find ways to have him involved. Select youth leaders from every ward, so they know what their youth have experienced.
7. *Training Trek*-Training treks help prepare the Trail Boss, Ma's & Pa's, and support staff both physically and spiritually.
8. *Trek Preparation*-Having the youth and their families do activities prior to trek that will prepare them physically and spiritually; for example, going on hikes, doing family history, or focusing some of their Duty to God or Personal Progress Activities on preparing for the trek experience.
9. *Clothing*-It enhances the trek experience for all participants to be dressed in pioneer clothing. This takes them out of the everyday world and levels the playing field. Maintain standards of modesty.
10. *Include everyone*-Where possible make special arrangements to include those with physical disabilities. Their presence can add a tremendous spirit to the experience.
11. *Challenge*-Have a challenging pull. Challenge brings the families together and humbles everyone involved. It helps the youth realize that they can do hard things.
12. *Women's Pull*-To symbolize the time when the Mormon Battalion was called into duty for the government, and the pioneer women had to carry on without them, the women pull the handcarts without help from the men. This pull humbles the young men

and helps the women rely on the Lord.

13. *Music*-Make music an important part of the experience. Hymnals, learning new songs and having people play different instruments during the trek helps add to the spirit.

14. *Solo Time and Letter*-Have a letter from the participant's parents and Stake President written ahead of time, and ready to be given to the youth, that they can read during solo time. Give the youth good instructions on how they can use their solo time, such as writing in journals.

15. *Be Flexible*-The leaders need to be flexible and realize that plans often have to change according to the weather and the group.