

GENERAL RULES FOR PIONEER TREK

On the Trail

1. Stay behind the priesthood leader/Trail Boss who is setting the pace.
2. Everyone has a hand on the handcart helping the family with the handcart.
3. The pace is slow so that everyone can keep up.
4. Every 20-25 minutes groups should stop for a short water break, allowing time for everyone to drink.
5. Leaders should have emergency action plans and these plans should be reviewed with everyone before starting the trek, for conditions like lightning or injury on the trail.
6. Occasionally a halt may be called for a presentation in your family or company.
7. Stay on the trails or in approved areas.
8. Leaders and youth should be environmentally aware and astute. Be mindful of historic preservation and sensitive to the historical landscape.
9. Watch for animals and wildlife along the trail or in the campgrounds and don't bother them.
10. Leave no trace, and help pick up the traces left by others. It helps to have a small garbage bag on the handcart.
11. No bicycles, horses, dogs or pets, firearms, ammunition, fireworks, ATVs, boom boxes, tape players, or CD/MP3 players on trek.
12. 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.
13. 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 will understand this instruction.

Handcarts Safety Rules

1. Treat handcarts with care; pull or push them by hand. Do not pull handcarts behind vehicles.
2. Try to balance your load.
3. Do not run with the handcart--trekkers can easily trip and get run over by the wheels.
4. When stopping the handcart, slowly lower the yoke until it rests on the ground. Never drop the yoke, always set it onto the ground gently.
5. Do not sit or stand on the yoke when it is resting on the ground.
6. Stay away from the wheels. Some clothing, especially dresses, can get caught in the wheels.
7. Handcarts should not be overloaded. They are designed to hold the gear for only 10 people, including clothing, sleeping bags, tarps, cooking equipment, and water. The total weight should not be over 400 pounds.
8. No one should ride on the cart when it is fully loaded.
9. Turn handcarts backwards when going down steep slopes to prevent someone from being run over.

10. When stopping on a hill, place a rock or some other object behind the wheels so that the handcart does not roll backwards.
11. You will be expected to help pay for damaged handcarts if you neglect to follow the rules, or use the handcarts carelessly.

Campgrounds

1. Find out and follow the campground rules.
2. Camp in your assigned area.
3. Always keep your campsite clean and orderly, don't let the wind blow papers or plastics away.
4. If there are not established quiet time hours, determine what is appropriate for your group. Remember to be considerate of your neighbors.
5. Please close any gates you need to open to stay on the trail; do not climb on the fences; leave all gates as you find them.
6. Know and follow the fire regulations in your area.
7. Follow the local rules concerning vehicles use. Try to limit the number of vehicles in the youth camp.
8. Please keep all restroom facilities clean; do not throw in debris as it will clog the cleaning hose of the vacuum truck.
9. When leaving an area make sure to do a garbage sweep and take all garbage with you. "No Trace Camping" is required. "Pack it in, Pack it out" policy is expected.