

**Trek Policies**  
**Deseret Land and Livestock**  
**801-386-2979**  
**e-mail: dllhandcarttreks@gmail.com**

**Directions to DLL Handcart Treks Exit 191 Wahsatch Exit on I-80. DO NOT GO TO WOODRUFF UTAH, that is the Ranch entrance, NOT THE TREKKING ENTRANCE. We are about ten miles southwest of Evanston Wyoming. Exit the freeway, turn to the frontage road that parallels the freeway, go past a old water tower and shed, the next left turn goes over the railroad tracks. Stop before crossing the Tracks! There are lots of trains that pass by there. Our gate is right after the tracks. It is less than 4/10 of a mile from the freeway exit to our gate.**

Please share these rules with your trek committee so everyone is aware of DL & L procedures.

Please pay special attention to underlined and bold type.

- **Communicate** with committees so everyone is aware of DL& L procedures. **Remember RETURN AND REPORT**
- **Trek Leaders** need to trek with their group and be aware of what is going on with the trek. Let someone else do support.
- All trek groups are **required to send representatives to attend a route review**. Scheduled in May or early June. The trail boss and no more than 4 other people should attend. You should bring a vehicle that will accommodate the missionary couple and the four people from your group
- **Lead vehicle please Call from Coalville or Park City** to let us know you are on your way. (About 30-45 minutes out).
- At time of **route review** let the missionaries know the number of people in your trek group and whether they are coming by bus or car and the number of each.
- Please, **NO horses, mountain bikes, dogs, firearms, ammunition, knives, sheath knives, round nosed shovels fireworks, fishing equipment or ATV's are allowed on ranch property. No digging allowed.**
- All participants must **be committed for the entire time of the trek** there are no mid-week arrivals or departures except Stake Presidents/Special Speakers and hoedown callers. **Groups are not allowed to have visitors** arrive during the week. **No exits from the property** for ice, groceries, gas etc.
- Recommend **8-10 youth with a Ma and Pa** for each handcart
- **No meager meals** i.e. broth or ¼ pound of flour. What do you want the youth to remember? Being hungry and miserable or the spiritual experience of trek.
- **Leaders should bring radios** for communication. Cell phones may not work at all locations. Youth are not to bring cell phones, i-pods or other electronics.
- **Trek leader** needs to walk with the kids.
- Support vehicles and handcarts **MUST yield** to all other traffic.
- **Leave all animals alone.**
- **Be Flexible.** Routes may be changed due to weather conditions, cattle or wildlife.

- **Treks must camp at the site** designated by the missionaries- and **remain there**.
- **Bring warm coats**, sleeping bags with an extra blanket. It does get cold here at night. Tents or tarps, a flashlight, rain gear, warm coats, a change of clothes and an extra pair of shoes in your buckets. Also bring hat, sunscreen and lip gloss. It gets hot during the day and the sun is strong here at 7000 feet.
- Trek group is to **stay together on trail**.
- Every 30 minutes stop for a water break.
- **Hydration:** Each person should bring a **water bottle**. No tin cups. Water bottles allow trekkers to drink while trekking. Each person should drink about **32 oz each hour**.
- **Kneeling prayer:** can be very spiritual. Especially before starting trek, before and after the woman's pull and at the end of trek before heading home.

#### **Songs on the trail:**

- Use **music as much as possible**. It really invites the Spirit.
- Singing and music help the work get done a lot faster and is more fun.
- Encourage families to sing and participate in songs whenever the occasion arises.

#### **Babies on trek: (optional)**

- Have a baby for each family.
- Have youth leaders tell story of your new arrival, [use an actual babies that were born or traveled in the handcart companies.]
- Baby must be carried at all times, they cannot ride in the handcart.
- Treat this little one as if they were actual babies.
- At night baby will need to sleep with the family member. Never leave the baby alone.

#### **Support:**

- Speed limit on the ranch is **25 MPH** - at all times.
- All vehicles that are not acting as traveling support must remain at the trek's beginning point.
- **Support vehicles should stay close together** while traveling from one location to another.
- All support vehicles must **remain in camp once they get there**; with the exception of the water buffalo when water is needed.
- Each tow vehicle needs a **2 5/16" ball hitch**. Hitches need to be about **18"-20" from the ground**. We strongly recommend 3/4 ton 4X4 to pull the water buffalo and the port-a-johns. Put vehicles in 4-wheel drive and leave it there while on the ranch.
- Support trailers should not be longer than **25 feet**.
- No **semi's, dual wheel vehicles or triple axles** on support route.
- Up to **6 support vehicles** are allowed for the first 200 people, 1 vehicle for each 50 thereafter..
- Vehicles must **stay on roads** or as directed by the missionaries

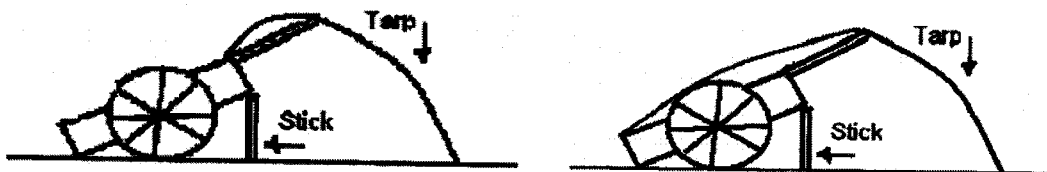
#### **Water Buffalo s:**

- **DO NOT unhook water buffalo** from your truck on the route. It is prone to tip backwards.
- **T-Chlor** will be provided to put in water buffalo. **Add the specified** bottle for your size of water buffalo as directed by your missionary.

- **Additional water** and T-Chlor may be obtained at the Trek Center.
- **Bring 4 buckets** to put under water spigots on the water buffalo to catch water. This keeps the area from getting muddy. Use this water to wash faces, feet, or soak neck coolers etc.
- Water buffalo goes to each potty stop. Make sure you **consider the water needs for those in camp** for cooking, etc.
- We have a 200 gallon tank that can be strapped in the back of a pick-up truck. These are reserved on a first come basis.
- **Water is for cooking and drinking and washing dishes.** Bring basins to wash dishes in. Not personal hygiene. **No hair washing.** We need to conserve water.
- **Return Water Buffalo** empty to the trek center. The valves should be closed after the buffalo is emptied.
- **At end of trek empty water buffalo and drop off where you fill up.**

### Handcarts

- All carts must follow missionary and trail boss. Do Not cut corners or go off trail.
- **Do not run** with carts, or stand, ride, sit or lean on handcarts. Youth may ride on handcart when medically necessary.
- **Do not drop the pull bar, it might break.** Lay it down gently.
- Leave **NO TRACE**, on handcarts; no tape, string, carving, writing etc.
- We recommend each handcart have at least a **12'X30' tarp** to put in handcart. Put buckets in handcart, fold tarp back over the buckets. When you stop for a break, pull the tarp up over the handle of the handcart, to form shade for the kids. Make sure water jugs are easily accessible.
- How to put tarp in and make shade.



- Each handcart should have **2 five gallon jugs** one for water and/or Gatorade.
- Pack handcarts centering the weight over the axles.
- Have a **Trash bag** on each cart for all trash.
- Have a **first aid kit** in each handcart
- Each family should have **consecrated oil** with them.
- We have **handicap handcarts** available for wheelchair bound youth. You will need to supply the wheel chair and tie-downs.

### Port-a-johns

- Port-a-john trucks **may not unhook**.
- **Consider what you are going to do for port-a-johns for camp staff ...** i.e. use potties from boats or RV's. We have four 2-seat port-a-johns trailers that rent for \$100 each.
- **Assign your families to clean the port-a-johns** night and morning. They stay a lot cleaner when the youth help maintain them.

- **Bring a box of Disposable Gloves** for port-a-john drivers.
- **Plug port-a-johns and insure that the doors are all fastened** before each move, unplug before each use.
- **Spray port-a-johns with a mixture** of 1 part Simple Green and 10 parts water and ¼ cup clorox. Spray inside port-a-johns: walls, ceiling, floor, etc each time you unplug. Stir anytime waste get above the blue water. This will keep odor down.
- **Air Freshener:** The best thing we have found is dryer sheet. Tape one or two inside each port-a-john each day, or use paperclips and attach to the screens. **See Pleasant Potties for more ideas.**
- **Bring a stir stick:** Stirring really helps with the odor. *48" Dowel w/ string on end*
- **Bring plenty of TP.** (suggest about 1-2 rolls per person)
- Bring an empty **laundry detergent bottle for washing hands.** Tie a bar of soap in a nylon sock to handle. Place on a small table near the potties. Put another bucket on the ground to catch the water so no mud puddles form. Or **bring bucket with spigot or hole and golf tee,**
- Bring **plastic bags** (Wal-Mart, etc) to put in trashcans in each port-a-john for trash.
- **All feminine products and garbage** must go in garbage bags-not in port-a-johns. Nothing in port-a-johns except that which passes through the body and toilet paper. Anything else **will have to be removed by you.** Bring a **grabber** to fish items out of the Port-a-johns
- **Bring large garbage bags to tie onto** the rail of each port-a-john trailer.
- **Park Port-a-johns** where missionaries direct you to park the port-a-johns. Pull all steps and ramps down. If you have questions ask missionaries.
- **Cowgirl Stops/Cowboy stops** Each handcart should have a tarp, neat sheet, or sheet for Ma's and Pa's to hold up for potty breaks. You might consider a bucket with a toilet seat attached for the girls to use.
- **Ziploc bag and TP for Cowgirl Stops/Cowboy stops.** Must put used TP back in Ziploc bag and throw in trash bag
- At the end of the trek, please **remove all the plugs** and place them nasty side up inside on the ground under the trailers. **Remove all toilet paper and trash.**
- **Check for trash inside tank.**

#### Medical:

- Each group should have at least **one medical person for each 50 to 100** people in your trek [one per 100 minimum, one per 50 recommended.]
- **Know how to get to hospital.** See incident report page for map.
- Medical personal need **radios** to stay in contact with trek leaders.
- Make sure you have a **medical form from each person**, so medical personal are aware of allergies, medication etc.
- Some of the **medical team should walk** with the trekkers. Have one **medical person drive the medical vehicle** so they can treat and care for trekkers who need to be taken to camp.
- **Hydration:** Each person should bring a water bottle. Not tin cups. Water bottles allow trekkers to drink while trekking. Each person should drink about **32 oz each hour.**
- **Train Ma's and Pa's to treat blisters** and how to recognize dehydration, sunstroke, and heat stoke.
- **Duct Tape:** Use duct tape to tape hot spots and to hold mole skin on. "DUCK" tape brand does not hold when it gets wet. Check your duct tape to be sure it will stick when wet.

- **Band aids:** fabric band aids stick better between toes and on feet where it will get moist.

### **Camp:**

- **No base camps.** Each night you will camp at a different campsite.
- **Camp where you are assigned** to camp! And once in camp stay in camp! No driving around on the ranch or hiking in the hills.
- **Consider tin plates or Frisbee s for plates.** Line plates with foil. Wad foil up in a tiny ball when finished with dinner. It will cut down on your trash and there is minimal washing of dishes.
- Bring a **flat nosed shovel** to move cow patties out of campground. No round nosed shovels. No digging.
- **No transporting of rocks** into the meadows.
- All cooking must be at least **12 inches off the ground.** This includes propane, Dutch ovens and charcoal No fires allowed on the ground including propane heaters.
- **Fires are allowed in campsites when conditions are safe** but must be at least 12 inches off the ground. We have some stands and fire barrels available for use. First come, first serve. Bring enough wood for your fires. You must remove all extra fire wood.
- **Bring metal trashcan to put ashes in.** You must take the ashes home with you. **Do Not put ashes in the dumpsters.** DO NOT bury ashes, this is a no trace camping area.
- We have dumpsters for your use. Please conserve space. Consider crushing boxes and taking them home to recycle boxes. Cut both ends out of cans and crush flat....Space is limited.
- **No trace camping,** in camp or on the trails. No banana or orange peels, apple cores, or candy wrappers, etc in camp or on the trail. Perform a walk through sweep of camp before leaving to ensure all trash is picked up.
- You will need your own **sound system** for firesides.
- Let missionaries know if you want them to call **hoedown, do a mail delivery, tell stories** i.e. **Ephraim Hanks.**
- Let missionaries know at your route review of **any special needs** you have and how missionaries might assist you.

### **End of Trek:**

- At end of trek, if you wish you **can order lunch** from Evanston. Subway and Pizza Hut and Dominoes will deliver it to the gate, or you can send someone out to pick up lunch.

A **NEW Trek Handbook** (2015) can be located on the LDS Church Web site.

**<https://www.lds.org/youth/activities/stake-and-multistake-activities/camps-and-youth-conferences/treks?lang=eng>**