



## **Trek Rules**

We want this to be a good experience for everyone, youth and leaders alike, and don't want the unity, spirituality, and fun of Trek to be diminished in any way. Adherence to these rules and regulations is critical so that we all can benefit from this wonderful opportunity, as well as for the comfort and safety of the group and for future access for our stake and other stakes to the Trek site. Please come prepared to be your best selves! Obedience brings blessings!

### **On the Trail**

- Trail Boss and Company Captains will set the pace. The pace should allow all to keep up. Notify your Company Captain if the pace is too fast for any youth.
- Keep carts in the assigned order.
- Youth must stay with their family except during Trek-wide meals and activities.
- All youth must participate in pulling the handcart. Big Brothers/Sisters will organize rotations pushing and pulling.
- Regular breaks will be taken, approximately every 30 minutes, as directed by the Trail Boss and Company Captains. Be sure that all youth take the opportunity to drink water during breaks.
- Any injuries should be reported to the Company Captains.
- Always follow the instructions of the Company Captains, especially in case of emergency conditions.
- Stay on the trails and in approved areas.
- Be mindful of wildlife, and don't disrupt it.
- Leave no trace-and help pick up the traces left by others.
- There will be several road crossings, which will be crossed in companies – do not cross road until signaled by Company Captains.
- Use portable toilets or emergency toilets on the trail. No one should urinate in the woods.

### **Handcarts**

- Treat handcarts with care. Avoid pushing on rear panel or center of top rail.
- Balance the load when packing the cart.
- Do not run with the handcart – they are heavy and can cause serious injury if not controlled properly.
- Never drop the yoke. Always set it gently onto the ground or the yoke support.
- Be careful around the wheels.



## **Campgrounds**

- We will be guests of private landowners who have generously allowed us to stay on their property. Treat the sites with respect as you would if a guest in someone's home.
- Carry in, carry out. Trash that has not been collected by Support Staff needs to go on the handcart at the end of a break or when leaving camp.
- Do not dump wash water on the ground; bring all wash water to the food prep area for disposal.
- Observe quiet time after lights out.
- Keep portable toilets clean by tending to them after every use.
- No one may leave the group or explore away from camp.
- Follow rules for sleeping arrangements
- Night Watch will be assigned to keep watch on rotations during the night.

## **Behavior**

- Do NOT leave the group at any time unless you have permission from a company captain. Youth will then only be allowed to leave with a designated adult (youth leader, parent, or guardian). This is in accordance with the Church Risk Management Regulations.
- Sneaking out of your tent at night without approval of your Ma & Pa and Night Watch is a danger to you and others. Be where you should be when you need to be there, with the people you should be with, and doing the things you should be doing!
- Please keep strictly the standards of the Church. We are hoping for you to have a wonderful, enlightening, and fun experience—not one of regret for having made poor choices.
- Do not tamper with Trek equipment, private property, porta-potties, wildlife, or campfires.
- Absolutely no girls in boy's tents and no boys in girl's tents!



### QUICK REFERENCE GUIDE

Offense	Consequence*
Leaving the group	Go Home
Breaking of commandments (Word of Wisdom, Law of Chastity, etc) or any Civil Law	Go Home
Boys in Girl's Tents and visa versa (at any time of day)	Go Home
Bringing and using of electronics (cell phones, pagers, iPods, game boys)	Confiscated
Night mischief (Outside of your tent unapproved)	Go Home
Other minor offenses (repeated disobedience to the general rules)	Extra chores
Bringing weapons (including knives or pretend weapons)	Confiscated/Go Home

\* We will treat every case on its own merits, but willful disobedience to these rules will earn the full and appropriate consequence.