

# Trek Safety and Operation Guidelines

Please review the following to help us keep safe on the trail and in camp regarding equipment, supplies, food and animals

## Handcarts

- No running with handcarts, not rickshaws, avoid bouncing/dropping/sitting on shafts
- Push/Pull, “Shoulder to Wheel”, 4+ in front/4+ in back, use the Pull Rope for:
  - Steep Uphill: rope out in front with majority on the rope
  - Steep Downhill: rope in back as a brake with majority on the rope,
    - No one in the ‘well’ or square (red arrow) of the pull bar and shafts on a steep downhill, chock wheels with rock or stick on steep slope when stopped



- On the trail stops:
  - Bar to Wheel = bring the pull bar of your cart to the wheels of cart in front of you
  - Hub to Hub = bring your cart next to the right or left side of cart in front of you.
  - Look behind you and move out of the way, to avoid a hit by the pull bar in back or gut
- Water: strap your barrel to just the metal support plate, not the cart, for ease of removing for refills (note: 5 gal igloos/coolers/straps not provided)
- Cart tops: with draw strings in front and back, tie a simple slip knot (yellow circle) between the rails, not a spiders web (red slash) for ease of the many times it will come on and off on trail and in camp.

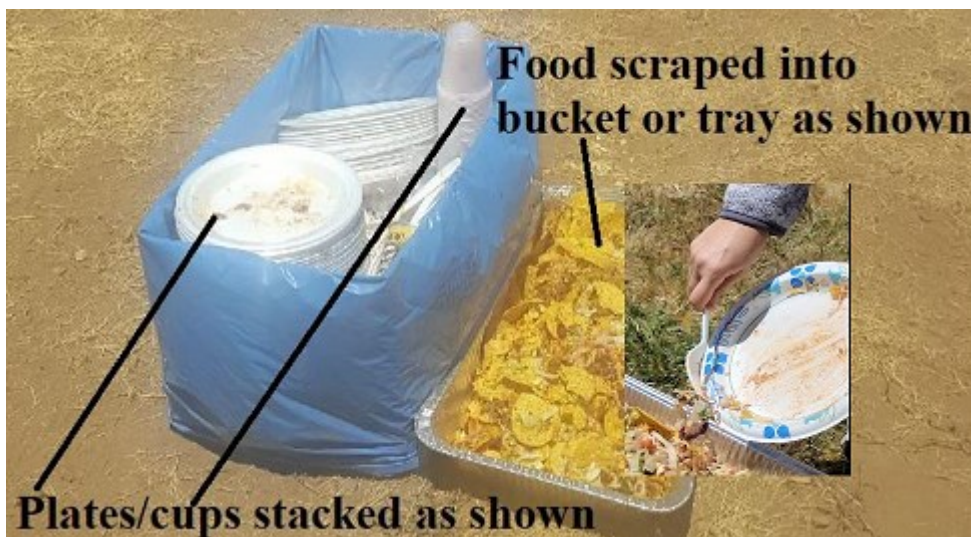


- **Fully Loaded Carts (beds and bags):** wrap tarps as shown with twine or ¼” rope to box in your cargo and keep the canvas from rubbing on the wheels.
- **Half Loaded Carts (just bags):** you do not need to bring twine or rope to box in cargo
- **Flags:** a flag will be at the head of the column and the rear to identify the first and last cart, indicated on the day of trek. Usually, the Stars n Stripes or Union Jack at the Lead and another historical flag at the Tail



## Meals

- **Serving:** your family may be asked to serve. Don't turn it down as that means you eat first.
- **The boys of your family** will serve your girls first, then the girls, after finishing, relieve their brothers.
- **Firsts:** take what is given, don't ask for more or give more, if serving, including your best friend or special someone. Save plates for drivers or anyone else that is occupied elsewhere during meals.
- **Seconds:** there is usually seconds for the “hollow legs” IF you keep your plate. Scrape any uneaten food and stack as shown. The slop tray and trash box are near the serving area. Any plates and trash left anywhere else will be put in handcarts. If you are chosen for Slop Sargeant/s you will also eat first.
- **Drinks:** just use the cups provided, do not fill canteens.



## Privies (Restrooms : )

- **Trail:** water trucks will pull porta potties on the trail for the Ladies. We encourage Gents to ‘water’ the trees (they need the nitro : ) but in an emergency, act accordingly.
- **Camp:** there are usually flush restrooms for the Ladies and porta potties for the Gents, but ‘nitro’ code can apply here as well.
- **Trash:** no fem napkins, pajamas, shoes, shorts, etc down the ‘hole’. There should be a trash bucket in each one for that purpose



## Wild and Farm Animals:

- **Mt. Lion/Cougars:** don’t wander off, even by 2’s or 3’s, stay in camp, with Company.
- **Bears:** don’t take any food to bed, give to Leaders, put in barn or horseless carriage : )
- **Snakes:** watch where you step, use stick to clear way if you venture into tall grass
- **Farm:** don’t pet or feed
- **Others:** no food to bed, no crumbs, nothing sweet smelling, give to leaders to be locked up

## Wagon/Mules/Horses

- **DO NOT** make loud noises or quick movements around the mule team.
- **No flags or banners** waiving when close to them.
- **Stay back**, at least 30’ behind the wagon so that if they back up, they don’t run you over.
- If you would like to pet them, approach slowly from the front, **NOT** from behind

## Night Watch/Lights Out:

- **Lights Out:** usually 10pm but later if necessary. Hushed conversations, hymn singing, covered lights, etc all permissible but not spotlights, screaming etc after 10pm regardless of actual bedtime.
- **Patrol:** we do not provide night-time security but if you are assigned a watch, make sure you know who is next in line, etc etc especially from 2am on.
- **Reveille:** usually 6:30am or as directed
- **Gate:** Code will be given on arrival to all drivers. Gate closed from about 10pm to 6am
- **Buddy System:** usually only 2 but if you are odd numbered company, direct accordingly.
- **Pioneer Attire:** stay in pioneer garb till bedtime. No shorts, bloomers, tank tops, etc in camp

## Medical/Medics

- **Trail:** call for “medic” for issues as needed up and down the line.
- **Hydrate:** make their job easier by drinking all the time. If you have dry-mouth, dizziness, headache, etc you are on your way to dehydration if not already.

## Misc

- **Snack Trash:** keep trail and camp clean, each cart should have a small trash bag for incidental (non-meal generated) trash. Put in barn dumpsters or designated spot as directed.
- **Be a Nephi . . . not a Laman/Lemuel : )**
- **It’s the Journey, not the Destination:** \$1/person for everyone who asks “how much further” :)
- **Hoedown:** we need ‘floor managers’ to help all listen to and follow the dance calls : )