



Walking with Our Ancestors

We want to make our pioneer trek more personal by focusing on the stories of pioneers and/or ancestors. Research and choose an ancestor, a departed relative, or an early pioneer to walk for them in their name and in remembrance of what they went through and to help build what you now enjoy.

Learn stories from their lives and be prepared to share these stories while on our pioneer trek with your trek families.

You can share your thoughts on what inspires you to choose this person to walk for them in their name on our pioneer trek.

When you have chosen the "Walking with Our Ancestor" (pioneer trek name) that you will be taking on our trek, return this filled out form to your trek family Ma & Pa. *(Trek families will be announced at the Wednesday, April 6th Stake Youth Activity).*

Name: _____ Ward: _____

"Walking with our Ancestor" Pioneer Trek Name: _____

"It is good to look to the past to gain appreciation for the present and perspective for the future. It is good to look upon the virtues of those who have gone before, to gain strength for whatever lies ahead. It is good to reflect upon the work of those who labored so hard and gained so little in this world, but out of whose dreams and early plans, so well nurtured, has come a great harvest of which we are the beneficiaries. Their tremendous example can become a compelling motivation for us all, for each of us is a pioneer in his own life, often in his own family, and many of us pioneer daily in trying to establish a gospel foothold in distant parts of the world." President Gordon B. Hinckley, The Faith of the Pioneers, Ensign, July 1984



TRAIL OF FAITH AWARD

Your Pioneer Trek Date: June 30 thru July 2, 2022

The Trail of Faith award is designed to help you prepare both physically and spiritually for Trek. It is designed for you to complete before your feet ever hit the dusty trek trail. This is a Trail of Faith for you in your lives *right now* and is for all youth, parents and leaders of youth, including those who are unable to attend Trek with us this year. The Trail of Faith may be started now and should be completed by trek. *(It is best to set a date about 10 days before trek).* Please initial beside each challenge you complete. Have your YM/YW Youth Leader, a Stake Youth Council Member, or your parents sign the form when you have completed your 1300 'miles' and then turn it in to your Trek Family Ma & Pa. We encourage you to seek guidance from your Father in Heaven as you complete these goals. As you faithfully prepare for Trek through this program, you will be strengthened in your "Trust in the Lord" and His peace will bless your life. You will be a blessing and strength in the lives of others.

Trust in the Lord

(50 miles each)

- † _____ Memorize *Proverbs 3:5-6 (Trek Theme)*
- † _____ Read President Monson's July 2013 Ensign message, *"The World Needs Pioneers Today"*.
- † _____ Exercise for 30 minutes 3 times a week beginning March 14 through June 18.
- † _____ Watch the 3 lds.org videos:
"Tracy's Trek-Getting Ready", "Tracy's Trek-On the Trail" and "Tracy's Trek-Trials of the Trail"
- † _____ Daily Scripture Study.
- † _____ Read *"The Living Christ"* and record in your journal a Christ-like attribute you would like to develop.
- † _____ Watch Mormon Message *"Faith of our Fathers"* by Elder Dieter F Uchtdorf. (YouTube)

With All Thine Heart

(50 miles each)

- † _____ Watch Mormon Messages *"Testimony of the Book of Mormon"* by Elder Jeffery R Holland on lds.org
- † _____ Identify five scriptures where God speaks to His children.
- † _____ Write in your journal weekly; include personal spiritual experiences.
- † _____ Prepare a pioneer story to share with your trek family.
- † _____ Complete a 4-generation pedigree chart.

And Lean Not to Thine Own Understanding.

(50 miles each)

- † _____ Memorize the hymn *"Come, Come Ye Saints"*.
- † _____ Learn and practice square dancing *"The Virginia Reel"* and *"Oh, Johnny, Oh"*
- † _____ Read Elder M. Russell Ballard's January 2014 Ensign message, *"Face the Future with Faith and Hope"*.
- † _____ Watch the movie *"Ephraim's Rescue"*.
- † _____ Learn the conversion story of an ancestor or an early church leader who joined the Church.
- † _____ Teach a Family Home Evening lesson about your family's ancestors.

In All Thy Ways Acknowledge Him

(50 miles each)

- † _____ Pray Daily
- † _____ Watch each session of April 2022 General Conference
- † _____ Read *"For the Strength of Youth"*. Choose an area you would like to go stronger in.
- † _____ Share your testimony.

And He Shall Direct Thy Paths.

(50 miles each)

- † _____ Read Elder Holland's October 2011 General Conference Talk, *"We Are All Enlisted"*.
- † _____ Select hiking shoes by April 1st
- † _____ 2-mile walk/hike by April 15th
- † _____ 4-mile walk/hike by May 1st
- † _____ 6-mile walk/hike by May 15th
- † _____ 8-mile walk/hike by June 1st

Go the Extra Mile

- † _____ Use Family Search to identify an ancestor whose temple work isn't completed. *(200 miles)*
- † _____ Perform Baptisms for the Dead in the temple. *(200 miles)*
- † _____ Learn how to do Indexing and complete 50 names. *(200 miles)*
- † _____ Choose and perform a Service Project. *(200 miles)* _____

What I learned from this experience:

Name: _____ Ward: _____

Signature of Completion: _____

Date Completed: _____ Miles Completed: _____

Parent/Leader Signature of Completion: _____ Date: _____



Packing for the Trek

General Information

- Pioneer clothing is required for all trek participants. Pioneer dress helps create a unique environment that allows participants to focus on the meaning of trek, rather than on how they look.
- Spending of excess money and time on obtaining such pioneer clothing is strongly discouraged.

Most clothing items can be taken from existing wardrobes, local thrift stores, or from family members or friends.

- The weather is constantly changing at the Mosida Trek Site. We do not cancel a trek because of weather so it is important to be prepared. Rain, wind and dust storms are common. Trekkers should have a light jacket or rain gear available in their buckets.
- Put your name on everything with a permanent black marker
- Because of weight and space limitations on the handcart, you are restricted to the items on the packing list.

Packing List

- One 5-gallon bucket with lid that fits snugly and is easy to remove. This will hold your gear and will also be your seat numerous times throughout the day. Some groups put a cushion on the lids that can be removed at night and used for pillows. Screw tops work best.
- 1 lightweight jacket or sweatshirt
- 1 rain poncho, rain gear, or 2 heavy-duty plastic bags (30-gallon size)
- 2 pairs of athletic-type or hiking shoes that are sturdy and well broken in.
- 3 - 4 cotton outer socks (more if rainy weather is expected) and 3 - 4 thin nylon liner socks under cotton socks to prevent blisters (knee high socks are preferred to prevent bug bites and scrapes from bushes)
- 2 - 3 sets of underclothing
- Pajamas
- 1 or 2 Bandanas
- 1 pair soft leather gloves or cheap garden gloves with nonslip grips for handcart pulling
- Comb or brush
- Toothbrush with travel-size toothpaste
- Deodorant
- 1 small flashlight, with extra batteries
- 1 washcloth and small hand towel
- 1 travel-size package of wet towelettes
- 1 small bottle of hand sanitizer
- Any prescription medications you need, clearly marked. Give to your medical staff for safe keeping.
- Sunscreen (SPF 30+)
- Insect repellent (Mosquito, tick, and deer fly protection)
- Chapstick (SPF 15+)
- Sunglasses
- Small first-aid kit with band aids and moleskin
- Small Book of Mormon in plastic zip-type bag
- Journal with pen or pencil
- Sack lunch for first day
- Refillable water bottle filled with water or sports drink
- 1 warm sleeping bag, 1 sleeping pad (optional), and 1 pillow packed inside a large garbage sack. Mark the bag with your name in a creative way so you can find it quickly. These are transported to the campsite by your support team, not carried in your handcart.

Do Not Bring

- Valuables such as jewelry
- Make-up, perfume, scented lotions, hairspray, aftershave and cologne (bugs love it!)
- Knives (including sheathed knives) guns or other weapon, footballs, Frisbees, or card games, etc.
- Electronics or cell phones for youth. (Adults limit use to trek-related communications.)

Young Women Pioneer Clothing

Item	Description	Number
Skirts/Dresses	$\frac{3}{4}$ or mid-calf length	One or two
Blouses	long-sleeves; button front; light colors	One or two
Apron	deep pockets for carrying small items	One or two
Bonnet or Straw Hat	pioneer style with broad brim, with a tie, no ball caps	One
Bloomers (cotton is the coolest; nylon leggings are VERY hot and do not allow ventilation)	ankle length with elastic around ankle; made from old sheets or scrubs	One or two
Feminine Hygiene Products	as preferred	Enough for entire trek
Light jacket	easily packable; waterproof if possible	One
Socks	cotton outer socks; nylon inner socks/ Knee high socks are preferred	One for each day; one extra
Shoes	sturdy and well broken in; waterproof if possible or able to get wet (mesh shoes allow sand, which may cause blisters)	One or two
Bandana	cotton; lightweight	One or two

Young Men Pioneer Clothing

Item	Description	Number
Pants	lightweight cotton to prevent chafing; no denim or heavyweight material; no camouflage	One or two
Shirts	lightweight; long sleeves; button front; with or without collar; no T-shirts; light colors	One or two
Hat	western style or regular straw sun hat; broad brim; no ball caps, beanies, or army hats	One
Light Jacket	easily packable; waterproof if possible	One or two
Socks	cotton outer socks; nylon liner socks	One for each day; one extra
Shoes	Sturdy and well broken in; waterproof if possible or able to get wet (mesh shoes allow sand, which may cause blisters)	One or two
Bandana	cotton; lightweight	One or two
Suspenders (optional)	Clip on or button	One

NOTE: Contact lenses are strongly discouraged because of the dust at Mosida. Many people wear the same clothing the entire trek, just like the pioneers!

St George North Stake Youth Conference Pioneer Handcart Trek

Theme: "Trust in the Lord with all thine heart; and lean not unto thine own understanding"; Proverbs 3:5
Thursday thru Saturday, June 30, July 01, 02, 2022; Travel to Mosida Trek site near Elberta, Utah

Registration Form

Each participant (*youth and adult*) must complete this form. This form (*both sides*) must be completed and signed on pages 2 and 3 (Physician signs page 4 if required).

Youth eligible to participate include members of the St George North Stake who will be age 14 by 31st December, 2022 and up to those who are high school seniors this year.

Please deliver these forms to your Ward Young Women / Men leader on or before **Sunday, 27 March 2022**.

All completed forms must be turned into Lori or Kyle Talbot, Winchester Hills 1st Ward by **Sunday, 03 April 2022**.

Stake: St George North

Ward: _____

Participant: _____

Address: _____

Phone: (_____) _____ Text? [] Y or [] N

Work Phone: (_____) _____

Email: _____

Sex: ____ Age: ____ Birth date: ____/____/____

Parent or Guardian information, if participant is under 18 years of age:

Father: _____ Phone: (_____) _____ Text? [] Y or [] N

Work Phone: (_____) _____ Email: _____

Mother: _____ Phone: (_____) _____ Text? [] Y or [] N

Work Phone: (_____) _____ Email: _____

-OR-

Guardian: _____ Phone: (_____) _____ Text? [] Y or [] N

Work Phone: (_____) _____ Email: _____

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Contract and Release

1. I understand that, as a Stake, we will be driving from the Stake Center in Diamond Valley, Utah to Mosida Trek site; **Elberta, Utah**
2. I understand this Youth Conference Pioneer Handcart Trek (Trek) will be held in a primitive wilderness setting. I also understand that although we will be "roughing it", the Stake will provide food, restroom facilities, and safe drinking water.
3. I am participating voluntarily in this Trek and will accept full responsibility for my actions under all conditions. I also agree to encourage responsible behavior in other Trek participants.
4. I understand that there are inherent risks involved in this Stake-sponsored Trek beyond the control of the Stake and Ward leaders, and agree to personally assume such risks. Also, the Stake and Ward leaders will not be held responsible for any sustained injury or incurred expense not directly related to their negligence. I hereby also agree to release the St George North Stake and Ward leaders from any and all claims of liability related to participation in this Trek.
5. I agree to abide by LDS standards. I will not use alcohol, tobacco and illegal drugs during the Trek. My behavior will be of the highest integrity and honor.
6. I agree to limit my fluid and food intake to those items provided by the Stake (notwithstanding a verified medical condition). I agree to accept my family assignment, share in chores and join in activities. I agree to leave all electronic devices at home, including but not limited to: cell phones, ipod, music players, computers, games, tablets, etc.
7. I (and/or my guardian) agree to accept full responsibility for any medical or related expenses incurred which are not covered by my own insurance policy. Medical and dental benefits from the Church Activity Insurance Program may be available, but they are secondary to other insurance coverage and subject to limitations. Contact your bishop or branch president for plan coverage or a benefit claim form in the case of an accident.

Statement of Responsibility

This Trek will be held in a wilderness setting. We will be "roughing it" and the Stake will provide food, restroom facilities, safe drinking water, and learning activities. Each participant must agree to abide by church standards at all times, and encourage proper behavior in other Trek participants. There are inherent risks involved in all outdoor activities, including this Stake sponsored Youth Conference, which are beyond the control of the Stake staff and officers. Being properly prepared will reduce these risks and is your responsibility. Bring a warm sleeping bag and clothing, a poncho or raincoat, sunscreen, insect repellent, and other items listed on the personal equipment list. We expect you to be smart and safe and avoid behavior that would endanger yourself or others. You must show kind courtesy to all participants and leaders in the Trek.

Each participant should condition themselves physically for this experience. Specifically, each participant must be able to complete a minimum requirement of walking/running two (2) miles on level ground in 60 minutes or less without undue stress. It is anticipated that we will trek 22 – 25 miles total.

The Trek will be conducted on private property. Each participant must follow applicable "No Trace Camping" protocols to maintain the wilderness nature of the property. There will be no littering of any kind.

Write your statement of needs, your Leaders and the Stake must be made aware of in the space provided here.

Trek Participant Agreement

I agree to act in accordance with the Contract and Release and Statement of Responsibility as detailed above.
I declare that the above statement of needs is complete and correct.

Date: ____/____/2022 Signature of Trek Participant: _____

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Health History

If you currently suffer from, or have experienced any of the following conditions within the past year, please mark the appropriate space below

- | | |
|--|---|
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Major bone or joint injuries |
| <input type="checkbox"/> Asthma (serious case) | <input type="checkbox"/> High blood pressure |
| <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Major operation or serious illness |
| <input type="checkbox"/> Emotional problems requiring medication | <input type="checkbox"/> Heart trouble |
| <input type="checkbox"/> Fainting spells | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Ulcers treated with medication | <input type="checkbox"/> Hypoglycemia |
| <input type="checkbox"/> Rheumatic fever | <input type="checkbox"/> Autoimmune illnesses |
| <input type="checkbox"/> Other medical conditions which might be aggravated by hiking. | |

Explain: _____

If you marked any of the above items, you must fill out the Medical Release Form (the last page of this document) and have it completed by a medical doctor. You cannot participate without it.

When did you last have a tetanus booster? ie; Tdap ____/____/____ or Dtap ____/____/____.

If you are not current, you might consider being vaccinated at least three weeks before Trek.

Describe any allergies or medication reactions: _____

Medications currently being used: _____

Have you had more than a minor illness or injury during the past year?: ☐ Yes ☐ No

If yes, please explain: _____

Any specified diets / food requirements? (circle all that apply) Gluten and / or Lactose intolerant, Vegan, None, Other — please list: _____

Height: _____ Weight: _____

Family Doctor: _____ Phone: (____) _____

Insurance Company: _____

Policy #: _____

Parental / Guardian or Participant Permission

My child (or I) the undersigned, will be participating in the Stake Youth Conference Pioneer Handcart Trek. I have read the Contract and Release and Statement of Responsibility and have completed the statement of needs and Health History. I understand the circumstances my child (or I) will undergo, and give permission for youth conference, Trek participation. I authorize any supervising adult leaders to administer emergency medical treatment, in the event of accident or illness. I also authorize medical personnel or physicians in stewardship of my child to administer medical procedures or surgical treatment as may be deemed necessary in the diagnosis or treatment of my child. This authorization includes during transportation to and from the Trek as well.

Date: ____/____/2022 Signature of Parent / Guardian or Participant: _____

Parent or Guardian must sign here if participant is under 18 years of age. Participants 18 or older must sign here for themselves

Medical Release Form

This form must be completed and signed by a medical doctor for participants who answered "YES" to any of the conditions listed on the Health History portion of the Registration form. They will not be allowed to participate if this form is not submitted.

Participant: _____ **Date of Conference:** Thursday thru Saturday, June 29 – 30, July 30, 2022

Dear Doctor: This individual will participate in a Youth Conference Pioneer Handcart Trek. Persons suffering from any of the conditions listed below must obtain a physician's clearance before participating in this program. The participants will be in a wilderness setting for four days. They will have ample food and water. On the **first day** they will hike approximately 8 to 9 miles on varying terrain. On subsequent days they will hike approximately 7 to 8 miles on varying terrain and engage in other outdoor activities. Please consider the following conditions in your decision (as well as any other medical problems which we should be aware of under these conditions):

Please check any areas of concern:

- | | |
|--|---|
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> High blood pressure |
| <input type="checkbox"/> Asthma (serious case) | <input type="checkbox"/> Major operation or serious illness |
| <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Heart trouble |
| <input type="checkbox"/> Emotional problems requiring medication | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Fainting spells | <input type="checkbox"/> Hypoglycemia |
| <input type="checkbox"/> Ulcers treated with medication | <input type="checkbox"/> Pregnancy |
| <input type="checkbox"/> Rheumatic fever | <input type="checkbox"/> Autoimmune illnesses |
| <input type="checkbox"/> Major bone or joint injuries | <input type="checkbox"/> Special food / dietary needs |
| <input type="checkbox"/> Other medical conditions which might be aggravated by hiking. | |

Due to the strenuous physical nature of the Youth Conference Pioneer Handcart Trek, individuals suffering from aggravating medical conditions will not be allowed to participate in some of the **first day's** activities. However, these individuals still need your approval to participate in subsequent outdoor activities and hiking where medical facilities are limited.

Individuals will be allowed to take medications for chronic conditions if the medication is prescribed or accompanied by a doctor's approval.

General Appraisal:

- () APPROVAL: I find no medical problems which I consider incompatible with this program.
- () LIMITED APPROVAL: This individual may participate subject to the limitations listed below.
- () DISAPPROVAL: This individual has medical problems which, in my opinion, clearly constitute unacceptable hazards to his/her health and safety in this program.

Recommendations and/or restrictions: (if none, specify) _____

Date: _____ **Doctor's Signature:** _____

Doctor's Name (print): _____ **Phone: ()** _____

Address of Doctor: _____

Mosida Handcart Trek Site

Photo Release

To Be Completed by Parents/Guardians for Minors or Participating Adults

From time to time, the Mosida Handcart Trek Site uses photos of trek activities to promote the trek site and advertise trek activities both electronically and in print.

In order to use your photos, Mosida Handcart Trek Site must have your permission to do so. By signing below, you give your permission to include photos of you or your child in Mosida Handcart Trek Site publications.

No names or other personal identifying information, other than your ward or stake name, will be included with the photos.

I hereby give permission for Mosida Handcart Trek Site to use photos of me or my son/daughter.

Print Name _____ Phone _____

Signature _____ Date _____

SAVE THE DATE

LET'S TREK!

TREK DATES

JUNE 30 - JULY 2

FAMILY MEET & GREET

APRIL 6

7 PM

