

**AMERICAN WEST
HERITAGE CENTER**

Experience it!

Willie Handcart Experience

Pioneer Handcart Treks

HANDBOOK FOR TREK LEADERS

Updated 10/2018

Table of Contents

Welcome	
Letter from the Executive Director	3
Mission Statement and Staff information	4
Trek Options	5
Catered Meal Option & Menu	6
Non-catered Meal Option and Instruction	7
Trek Overview	
Location of the Trek	8
Directions	8
Leave-no-trace	8
What You Bring	9
Critical Information for a Successful Trek (Organization and Expectations)	10-11
Recommend Daily Schedule & Information	12-13
Agreement Forms	
Contract Agreement	14-18
Statement of Consent to Receive First Aid and Medical Treatment & Statement of Medical Condition	19
Insurance and Emergency Contact Form	20
Rules of the Trek	21
Rules Agreement Form	22
Liability Waiver	23-24
Emergency Contact Phone Numbers	25
Additional Information	
Pioneer Treks the Pioneer Way	26
Book & Movie List	26
Clothing	27
Sunscreen & Insect Repellent	27
Water	27
Pre-Preparation	
Organize Yourselves	28-29
Conditioning the Trekkers	29
Set Rules	29
Plan Activities	29
Handcart song	30
Sample Trek Check List	31

Welcome Letter from the Director



American West Heritage Center
4025 S. Hwy 89-91
Wellsville, Utah 84339
435-245-6050
<http://www.awhc.org>

Dear Trek Leaders,

On behalf of the American West Heritage Center, it is with great pleasure that we welcome you to the *Willie Handcart Experience*. We are excited to be part of your pioneer trek experience.

The *Willie Handcart Experience* is named after Capitan James G. Willie. Captain Willie led the 4th handcart company to Salt Lake City which consisted of approximately about 500 individuals, 120 handcarts, and 6 wagons in the company when it began its journey from the outfitting post at Iowa City, Iowa. Soon after Capitan Willie arrived in the Salt Lake Valley he re-located to Cache Valley and built a home in the Mendon area, which is still exists today. Many of Capitan Willie's descendants still reside in the Cache Valley.

Our trek experience takes place in the beautiful wilderness setting of Hardware Ranch in Northern Utah. We have spent many years planning and designing our trek program in order to facilitate an experience that allows the focus to be on the individual. Our logistical, programming, and medical planning will help groups to focus more intently on the trek experience itself, rather than the administrative elements that can often be overwhelming and at times distracting from the real purpose of why you are on trek.

Thousands of youth and adults have participated in our historical trek program. Every group is unique, and each experience is singular in nature. However, there are special commonalities we see in each trek we facilitate, and one of those is the marvel of individual growth. The beautiful expression of individual and collective courage, as well as the development of precious unity and acceptance within groups is another character of trek we see within our trek groups. We feel it special privilege to witness this process. We're excited for you to have this experience as well.

We encourage you to prepare in all prudent ways for your trek experience. Please have your designated leaders attend the orientation meetings, and be active in communicating and sharing what you learn with your group. Experience has taught us that preparation by trek groups goes a long way toward having a successful experience.

We look forward to trekking with you. See you on the trail!

Mic Bowen
Executive Director

Mission Statement

The American West Heritage Center's Mission is: To create an educational and entertaining environment that inspires our visitor to learn, live, and celebrate the American West by exploring the diverse cultures that shaped Cache Valley and the surrounding region from 1820-1920.

Background:

The American West Heritage Center (AWHC) is a living history museum located in northern Utah's Cache Valley at the foot of the Wellsville Mountains. The AWHC was founded in 1995 when two Utah State University programs, the Ronald V. Jensen Historical Farm and the Festival of the American West, merged to form a non-profit foundation.

The AWHC is under a contractual agreement with Utah State University to manage nearly 300 acres of open space, historical buildings and related structures. The Foundation's activities are centered around and focus on the preservation of the living history within our time period of 1820-1920.

Handcart treks are an important part of in AWHC living history programing. The handcart pioneers played a major role in the great western migration of the United States during the time period 1847 to roughly 1869. Many of these people ended up ultimately settling in the Cache Valley area and surrounding regional areas. Engaging in this historical reenactment is a rewarding experience that helps one to gain perspective and reflect on what that time may have been like for these handcart pioneers.

Trek Staff

Chris Schultz (Trek Coordinator) cschultz@awhc.org

Chance Getz (Trek Master) cgetz@awhc.org

Mic Bowen (Medical Team Coordinator) mbowen@awhc.org

American West Heritage Center
4025 S. Hwy 89-91
Wellsville, Utah 84339
435-245-6050

Trek Options

If you have not already decided how your trek will be, the following information may be helpful:

<u>Length</u>	<u>Distance</u>	<u>Cost with Meals</u>	<u>Cost w/out Meals</u>	<u>Minimum</u>
3 Days/2 Nights	15 miles	call for pricing	call for pricing	50 people
4 Days/3 Nights	@ AWHC*	call for pricing	call for pricing	50 people

*Either the first day (Wednesday) or the fourth day (Thursday) of the 4 day 3 night Trek experience will be spent at the American West Heritage Center in Wellsville Utah.

All handcart treks include:

- Replicas of authentic handcarts used by the pioneers
- ADA Handcarts*
- A replica of historically correct tents displayed in Curtis Creek Campground
- Trek guide and assistants
- Portable restrooms
- Potable water
- A first-aid kit
- Fire barrels and firewood for main/group fire only
- Horse drawn wagon rescue experience (complementary/optional)
- Mounted horse riders as guides
- Radio Communications
- Emergency phone communications
- Women's Pull

Treks can be customized in the following ways:

- | | |
|-------------------------------------|------------|
| • Pony Express (rider, plus horse) | \$150 |
| • Porter Rockwell | \$150 |
| • Historical Character/Storytellers | \$150 |
| • Pioneer Dance (music and caller) | \$500 |
| • Rescue Wagon | |
| • ADA Handcarts* | \$200ea. |
| • Additional length of trail | Negotiable |

*ADA Handcarts. We have several 4-wheel, one person, specially designed handcarts available if your group has the desire and ability to use them. These handcarts at least four other persons as motors to pull/push the rider along the trails. These carts are persons who want to be with their peers and capable of having a handcart trek experience. Physician permission may apply for riders and not all portions of the trails may be accessible.

Catered Meal Option:

The AWHC caterer provides savory meals designed to meet your daily nutritional needs. All meals will be served in the trek camp site with the exception of the mountain-top lunch on day two and the optional end-of-trek lunch day three.

- All meal orders must be finalized two weeks prior to your trek date.
- Vegetarian and gluten-free options are available if ordered timely at a minimal additional cost
 - No other meal-types are accommodated, please take necessary precautions personally for food allergies etc. Speak with Trek Coordinator for further information.
 - Special identification will be provided to vegetarian and gluten-free trekkers.

Catered Meal Menu:

Day One Lunch

Bring from home sack lunch in your personal coolers (one per handcart group)

Day One Dinner

Hearty Beef Stew, Salad, Bread, Dessert and Beverage.

Day Two Breakfast

French Toast, Breakfast Meat (such as ham or bacon), Scrambled Eggs, Milk and Juice

Day Two Lunch

Turkey or Ham Sandwich (with lettuce and cheese), Beverage, Fresh Fruit, and Dessert.

- Each family should use their personal coolers to transport lunch in handcart for the day.

Day Two Dinner

Dutch Oven BBQ Chicken, Dutch Oven Style Cheesy Potatoes, Salad, Bread, Desert, and Beverage

Day Three Breakfast

Biscuits and Gravy, Breakfast Meat (such as sausage), Scrambled Eggs, Milk and Juice

Day Three Lunch (optional meal provided at an additional charge per person)

Hot B.B.Q Pork Sandwich, Potato Salad, Desert, and Beverage

*Culinary water is provided at each meal that is served in camp.

Non-Catered Meal Option:

IF YOU ARE PROVIDING THE MEALS FOR YOUR TREK it is your responsibility to provide all necessary cooking supplies and equipment including but may not be limited to: additional staff, food, drink, cook stoves, refrigeration, pots, pans, utensils, cleaning supplies, plates, serving dishes, additional trash bags, etc.

Sample Check List of Items:

- Cook stove
- Propane
- Large pots
- Grills
- Wash pans
- Soap
- Hand towels
- Wash cloth
- Paper towels
- Plastic utensils
- Spatula
- Paper towels
- Trash bags
- Refrigeration

Our experience tells us that bringing a freezer trailer is more effective than using ice and coolers when cooking for big numbers in the mountains for longer periods of time.

The American West Heritage Center will provide plenty of culinary water for drinking, cooking, and cleaning.

Trek Overview

LOCATION OF THE TREK

All of the American West Heritage Center's *Willie Handcart Experiences* take place in Blacksmith Fork Canyon at the Hardware Ranch.

The Hardware Ranch was purchased in 1945 by the State of Utah as a Wildlife Management Area. During the summer months they run cattle on the ranch land and during the winter months they operate a feeding program for Rocky Mountain Elk. The ranch spans approximately 19,000 acres of wildlife area over rocky mountain terrain.

Directions:

Hardware Ranch is located 15 miles east of Hyrum, Utah, in Blacksmith Fork Canyon.

From I-15 take exit 364 toward US-89 / Logan /Utah State University. Travel on US-89 / US-91 for approximately 19 miles (through Sardine Canyon). Turn right onto UT-101 and follow the signs for UT-101 until you reach a McDonald's – keep going straight on this road until you reach to top of Blacksmith Fork Canyon. Take a left when you reach the Y in the road. Gather in visitors center parking lot.



Campsites during the trek are primitive. There is no running water, no flushing toilets and no amenities. There will be porta-potties at each campsite and a large transportable water container.

***Leave No Trace** camping means:

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all left-over food and litter.
- Deposit human waste, toilet paper and hygiene products in porta-potties only.
- Leave what you find – do not collect rocks, plants or other natural objects.
- Do not build structures, furniture or dig trenches
- Keep campfires small, use only wood provided.
- Burn all wood and coals to ash, put out campfires completely.

For more information about Hardware Ranch please visit them online <http://hardwareranch.com/>.
For more information on Leave No Trace camping visit <http://www.Int.org/programs/>.

Trek Overview cont.

WHAT YOU BRING

It is important that you bring the following items with you to the trek and that someone is in charge of keeping track of these items.

Individuals:

Each trekker is allowed to put 15 to 17 lbs of personal items on the handcart. Historically these items would be things that would help them survive the trek.

1. Water bottle or container (it is recommended that each trekker has 32 to 64 oz of water with them – this they can carry)
2. Five-gallon buckets with lids or backpacks. These may be used to hold clothing, personal items, snacks, etc. If bringing buckets, please consider combining two people to a one bucket for trekking.
3. Personal first aid kit (we recommend that everyone carries their own supply of supplies to care for blisters on the feet)
4. Sleeping bags, tents, and ground mats

*Personal items should be sufficient for the length of the trek and may include toothbrush, toothpaste, comb, baby wipes, sun screen, lip balm, wash cloth, deodorant, change of clothes, wash cloth, etc.

There is a beautiful creek that runs through camp. Porta potties are provided; however, no shower facilities are available.

Families or Handcart Groups:

Each family is responsible for several “family” items – these will also need to be placed in the handcart. We recommend putting your Ma’s and Pa’s in charge of collecting and bringing these supplies.

1. Two, five-gallon water containers (cooler with lid and spout) are required.
2. Tarp or plastic (ground covers for inside the canvas tents, and to cover handcart)
3. Rope, 50ft General use
4. Single cooler large enough to transport lunch on day two for each handcart

Group:

These are items that the entire group will use, someone within your organization should be put in charge of making sure they are brought and put in your emergency transportation vehicle and support vehicle.

1. General First Aid Kit
2. Wash basins or buckets to wash hands and faces in before meals and bed
3. Extra tarps or plastic
4. Trash bags
5. Extra water bottles

Trek Overview cont.

“Must Haves” for a Successful Willie Handcart Experience

- **Trek Captian(s) – the AWHC Contact**

This person is responsible for organizing the trek. They would be the main contact with the American West Heritage Center and all others involved in planning your trek. They would be responsible for booking the trek and any extra activities provided by the American West Heritage Center. They would also be responsible for delegating the rest of the responsibilities in preparation for the trek.
- **Trekkers - Youth**

These are the folks willing to pull the handcarts and relive the hardships of the pioneers who came West in the 1850s.
- **Ma & Pa’s / Family groups**

These are the folks willing help the trekkers to pull the handcarts and relive the hardships of the pioneers who came West in the 1850s. These folks are responsible for 5 to 8 youth and playing the role of parents who brought their children West. Family Groups need to be 8-10 persons
- **Medical Team Lead (Must attend Fall and Spring Trek Orientation at AWHC)**

This person oversees and organizes the medical team so they are evenly spread out on the trail and are prepared for emergencies. A 4x4 vehicle and driver is needed to transport sick or injured trekkers.
- **Medical Team**

This group consists of MD’s, RN’s LPN’s and EMT’s etc, CNA’s usually do not qualify for team members. These persons are the group’s first responders in case of an emergency on the trek. It is recommended that they are trekking along with the group and have an adequate first aid kits

 - Required - 1 medical team member for every 40 trekkers
 - Medical team leads must attend Spring Orientation
 - Pregnant women planning to trek must come with signed documentation from their medical doctor expressly giving permission for women to participate.
 - Medical team lead must procure an OHV (side-by-side) for emergency use only. This vehicle will be used during trek to transport from trail to camp any potential medical needs. This vehicle is to be dispatched only under the direction of the AWHC management staff and the medical team lead.
- **Transportation (Support) Team Lead (Must attend Fall and Spring Trek Orientation at AWHC)**

This person is responsible for getting the trek group Hardware Ranch and back again. Additionally, the support team lead will manage all transportation needs, trek supplies logistics, and camp set-up/take down.

- **Transportation (Support) Team**
 This person(s) is responsible for supporting the transportation team lead in transporting all the supplies that the group has brought to the campsites. This would include sleeping bags, pillows, sleeping mats, chairs, activity materials, etc. We recommend that this person also have a vehicle with four-wheel drive with capacity to tow a trailer.
 - Enclosed trailers are recommended for the transportation of supplies
 - Trailers and vehicles will be parked away from camp once unloaded
 - Bring garbage bags for sanitation management (cans provided by AWHC)

- **Trek Sub-Captains**
 We recommend having 1 adult to every 100 trekkers. This person will be responsible for helping the trek captain keep track of all the trekkers and relaying information to the family groups within their 100.

- **Activities Coordinator(s) (Schedule of Activities for the Day)**
 A clear schedule of what you anticipate happening throughout the day is used as a guide for the American West Heritage Center's Trek Master, the assistants, Trek Captains, and sub captains, Ma's and Pa's, and all of the support people you have brought along to make the trek smoother.
 We have included a sample of a daily schedule on the next page. (We recommend putting on 5x8 cards and laminating them for easy reference.)

General information:

- Hardware Ranch (Utah DNR) rules for camp management – see Appendix A
- Fire restrictions may apply. DNR requires that current State of Utah fire restrictions be followed at all times
- Please do not allow trekkers to stray out of camp or hike around cliffs in the area without appropriate and competent, adult supervision at all times
- Please help us follow these rules. Non-compliance may lead us to lose our contractual relationship with the Utah DNR. Thank you.

Daily Schedule (Proposed/Sample)

Please incorporate this sample schedule in your planning.

Early Arrival Day 1: Your trek leadership, support team, and medical team should arrive at Hardware Ranch at least 30 minutes ahead of the main group.

DAY 1 (sample daily schedule)

8:00 AM	Leave Church parking lot for the <i>Willie Handcart Experience</i> .
11:00 AM	Arrive at the Hardware Ranch meet with American West Heritage Center Trek Master and staff. Short Orientation
.	Separate into assigned families
12:00AM	Unpack buckets/water jugs and load handcarts, shuttle vehicles Begin Trek.
1:30PM	Lunch (Wagon Rescue Optional) Will lead group into camp.
3:00 PM	Reach camping site. Unpack handcarts, set up tents and sleeping arrangements.
5:00PM	Program (Visits from historical characters)
6:00 PM	Dinner (Provided by Elements)
7:00PM	Dance
9:00 PM	Brother & Sister Jones share stories from pioneer journal entries.
10:00PM	Quiet Time

DAY 2 (sample daily schedule)

8:00AM	Breakfast (Provided by Elements)
9:00 AM	Begin trekking, Pack Lunches in Handcarts
9:30 AM	Woman's Pull, divide group.
12:30 – 1:30	Lunch (Provided by Elements)
1:30 PM	Visit from the Pony Express – letters from home are delivered to each of the trekkers.
4:00 PM	River Crossing and Arrive at Camp
6:00 PM	Dinner (Provided by Elements)
7:30 PM	3 – Skits prepared by youth about pioneer stories from the treks.
8:00 PM	Testimony meeting
10:00PM	Quiet Time

Day 3 (sample daily schedule)

7:00 AM	Break Camp, Load Handcarts
8:00AM	Breakfast (Provided by Elements) Break Camp cont.
9:00 -10:00 AM	Begin trekking,
12:00 - 1:00 PM	Reach Meadow (Optional Lunch) Unpack Handcarts, Load cars/busses. Help trailer Handcarts
3:00 PM	Arrive at Church/Home, Unload Busses

Remember when putting your schedule together that you need to be flexible and work with the AWHC Staff and the pace of the trekkers. Breaks or scheduled stopping points will be determined by the Trek Master and Medical Team Coordinator according to group needs and in conjunction with your trek leadership.

When scheduling bedtimes and wake-up times please keep in mind that on a typical summer day at Hardware Ranch, the sun will rise around 6:00 AM and will set anywhere around 9:00-9:30 PM during trek season.

We would like to have your working schedule in hand two weeks prior to your trek date. This helps with effective coordination on the trek. Also, if possible, please make and laminate a pocket size version of the schedule to give to the Trek Master upon arrival.

Agreement Forms

The following pages contain agreement forms that must be signed and returned to the American West Heritage Center prior to trekking. If there are any questions regarding these forms please call and we will be happy to answer any questions.

A non-refundable reservation fee of \$500.00 will be due no later than 30 days after verbal reservation. This fee will be counted as part of the total cost of your trek experience.

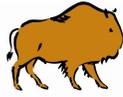
The contract agreement and 1/3 deposit should be received by the American West Heritage Center no later than January 31 of the year of the actual trek experience. Failure to send the agreement and 1/3 deposit by the last day of January of the year in which the trek is scheduled may forfeit your reservation.

- Contract Agreement – one copy must be signed by authorized responsible party

The following forms must be signed by the individual trekkers. Please photocopy them and turn them into the American West Heritage Center – Trek Master upon arrival:

- Statement of Consent to Receive First Aid and Medical Treatment & Statement of Medical Condition
- Insurance and Emergency Contact
- Rules Agreement Form
- Hiking Release, Liability Waiver and Photo Release Form

Contract Agreement



AMERICAN WEST
HERITAGE CENTER
Experience it!

Willie Handcart Experience
Hardware Ranch – Blacksmith Fork Canyon

This agreement, made and executed this _____ day of _____, 20__, by the American West Heritage Center (AWHC) located at 4025 S. Hwy. 89-91, Wellsville, Utah 84339 and _____ herein after referred to as “COMPANY”.

COMPANY information:

_____		_____	
Authorized Contact Name		Title	

Address	City	State	Zip
_____		_____	
Phone Number		Alternate Phone	

Mailing address, if different than above

1. The AWHC hereby agrees to facilitate the COMPANY and their group consisting of _____ persons on a _____ day _____ night *Willie Handcart Experience*, herein after referred to as TREK. The TREK will start on _____ at _____ a.m./p.m. and end on _____ at _____ a.m./p.m..

a. The AWHC will provide the following equipment and personnel in order to facilitate the said TREK:

- Replicas of authentic handcarts used by the pioneers
- Replicas of historically correct tents (1-2) only
- Trek guide and assistants
- Portable restrooms
- Potable water
- A first-aid kit

It is agreed that additional equipment and personnel will result in additional fees to the COMPANY.

2. Fees.

a. **Reservation Fee.** A non-refundable fee of \$500.00 will be due no later than 30 days after verbal reservation is made. Failure to send fee may forfeit your reservation.

b. **Deposit.** In consideration of reserving and holding for the sole use the above-mentioned dates for the TREK, the COMPANY agrees to pay the AWHC a deposit of \$_____. This deposit reflects 1/3 of the estimated cost of the TREK. The deposit shall be delivered to the AWHC at the time of execution of this agreement, no later than the last day of January within the year the trek is scheduled.

i. Additional fees may apply if there is damage to equipment and facilities provided caused by negligence on the COMPANY’S part.

c. **Payment.** The total amount due and payable to the AWHC for the above TREK shall be \$_____ which amount is due and payable the first day of the TREK.

This fee is calculated as such:

Length of trek	_____ Days _____ Nights	
Cost with meals (per person)		_____
Cost without meals		_____
Number of people	X	_____
Customization		_____
		+ _____
		+ _____
		+ _____

Total fee = _____

3. **Use of Alcohol.** COMPANY must comply with all AWHC policies relating to the consumption of alcohol on the premises. AWHC allows alcohol to be served by a licensed caterer only. Alcohol consumption must be confined to the specific areas. AWHC maintains a “**No Tolerance Policy**” with regards to the use of alcohol when it is in violation of the AWHC policy. We give permission and encourage security personnel to take whatever steps necessary to enforce this position. COMPANY must provide a copy of the appropriate documentation to AWHC at least one week prior to the event or this agreement is null and void. **NO REFUNDS WILL BE MADE.**

a. COMPANY agrees to pay an additional fee in the amount of \$_____ for the insurance rider necessary for the use of alcohol on the premises during said event.

____As COMPANY, I have read and understand the AWHC policy for use of alcohol.

4. **Additional AWHC Services.** The AWHC shall bear responsibility for the expenses associated with the regular operation and maintenance of its facilities. Any additional services or equipment specifically requested by the user to be provided by the AWHC shall be at extra cost to the user as follows: _____

5. **Indemnification.** Each party agrees to indemnify and hold harmless the other from any and all liabilities, including personal injury, loss, damage or expenses (including attorney’s fees),

arising from the negligence or willful misconduct of the indemnifying party, its agents, guests, and employees in the performance of its duties and responsibilities under this agreement.

6. Cancellation. In the event of cancellation, any amount paid by COMPANY to the AWHC shall be fully refunded to the COMPANY only if more than **60 days advance notice** of cancellation is given.

The AWHC reserves the right to deduct any expenses reasonably incurred by the AWHC in anticipation of the TREK from any money advanced by COMPANY within 30 days of the last day of the event or official date of notice of cancellation is provided, whichever occurs first.

If by reason of fire, flood, catastrophe or similar other cause the agreed location cannot be made available by the AWHC for use by the COMPANY and the TREK shall for said reasons be canceled, then each part does hereby release the other from any and all claims, demands agreements and liabilities whatsoever that each may have had, except the AWHC shall refund to COMPANY any advance payments made by the COMPANY to AWHC.

In addition, whereas the TREK occurs outside in the elements of nature there is a rain or shine no-cancellation, no-refund policy.

7. Property Damage. User shall be responsible for any and all damage to the facilities caused by negligent or willful conduct of any person attending or participating in the event for which the facility was negotiated. Aside from normal wear and tear, any damages or losses resulting from an event will assess the COMPANY on the basis of actual cost of repair and/or replacement as determined by the AWHC.

7a. Fire Damage.

Company/User shall be responsible for any and all damage (including fire damage) or losses to facilities, campgrounds, lands, forests, wildlife, etc. caused by willful conduct of any person attending or participating in the event for which the facility was negotiated. (Refer to the “Rules of the Trek” for additional information about campfires and fire rules on the Trek.)

8. Entire Agreement. This agreement embodies the entire agreement of the AWHC and COMPANY, and there are not other representations, promises, agreements, conditions or understandings, either written or oral, between them other than are set forth herein. No subsequent alteration, amendment, change or addition to this agreement shall be binding upon either the AWHC or COMPANY unless reduced to writing and signed by them and by direct reference therein made part hereof.

The undersigned hereby acknowledges having read and understood the foregoing and agree to be bound by the terms and conditions of this agreement.

COMPANY

American West Heritage Center

Authorized Signature

Trek Program Coordinator

Date

Date

Internal Use Only

AWHC Notes: _____

Security: ____ required ____ not required

Additional documents: _____

Statement of Consent to Receive First Aid and Medical Treatment
& Statement of Medical Condition



American West Heritage Center
4025 S. Hwy 89-91
Wellsville, Utah 84339
435-245-6050
<http://www.awhc.org>

Statement of Consent to Receive First Aid and Medical Treatment

1. I, _____ hereby authorize a staff member to provide emergency first aid to me, in the event of an accident or emergency that renders me unable to communicate while participating in the American West Heritage Center's *Willie Handcart Experience*.
2. I hereby authorize a staff member to transport me to a medical facility if I am injured during the American West Heritage Center's *Willie Handcart Experience*.
3. I hereby give my consent to receive medical care, surgery, and/or anesthesia from a physician or surgeon in the event of an accident or emergency that renders me unable to communicate while participating in the American West Heritage Center's *Willie Handcart Experience*.

Statement of Medical Condition

I, _____ have listed below any prescribed medications I may take during the American West Heritage Center's *Willie Handcart Experience*. I have also listed all my known allergies and medical or physical conditions.

Prescribed Medications*: _____

Allergies and Medical or physical conditions*: _____

*If there are none, please write NONE.

Signature of participant

Date

Signature of parent or legal guardian
(If participant is under age 18)

Date

Parent or Legal Guardian's Printed Name

Insurance and Emergency Contact Form



American West Heritage Center
4025 S. Hwy 89-91
Wellsville, Utah 84339
435-245-6050
<http://www.awhc.org>

Please fill this form out completely. If you have not authorized us to give you first aid and medical attention YOU MUST FILL IN SECONDARY CONTACT INFORMATION.

In case of an emergency contact:

_____	_____
Emergency contact's first and last names (PRINT)	Phone Number

	Cell Number

In the event that we cannot contact your Emergency contact person please give us the name and number of a secondary person to contact.

_____	_____
Secondary emergency contact's first and last names (PRINT)	Phone Number

	Cell Number

Please list your health insurance information – this will only be used if transported to a hospital.

Health/Medical Insurance Company and Address

Policy Number

IMPORTANT: All sections of this document must be filled out completely and accurately or the participant may be denied participation in the *Willie Handcart Experience*.

Rules of the Trek

Please read through the rules carefully and have each trekker sign the Rules Agreement Form.

Handcarts

- Only 2 persons pulling on the handcart handle (more can pull from the rope and many more can push from behind)
- No sitting on or riding in handcart
- Please do not drop the handcart handle when resting or stopping
- One handcart at a time up hills and down steep terrain.
- Balance your load - keep the majority of the weight over the wheels' axel
- Do not carve anything into the handcarts (your name, your family name, etc.)
- NO RUNNING
- No going barefoot

We recognize that regular wear and tear is going to occur during the trek, but any damage caused to the handcarts beyond regular use will result in a repair fee. This fee will be charged to the entire group. Please take care of these replicas as though they were your own.

Campsites

- Tent camping only, must bring own tents
- All campers must camp in designated areas with their families
- Campfires are permitted in the fire rings provided – these must be extinguished before going to bed. We follow seasonal orders of the State Fire Marshall.
- Please use firewood provided, no firewood collecting is permitted (Fire restrictions may apply)
- No bathing, brushing teeth or washing (dishes) in the rivers, streams or standing water
- Stay off the fences
- Stay on main trails in the campsites to keep the impact on the area to a minimum
- Place all garbage and waste in designated bags or cans
- All human waste must be hauled out in the porta-potties – please do not dig holes and bury waste.

Portable Toilets (restrooms)

- **Please do not put trash in the toilets** – only human waste, toilet paper. Brown bags and garbage bags are provided to dispose of feminine hygiene products properly. (Extra charges due to neglect of this policy will be forwarded to the Company)
- No vandalism or graffiti on the interior or exterior
- Leave them cleaner than you found them – wipe the seat with the sanitizer provided and pick up any toilet paper from the floor.

General Rules

- Do not leave the group, wait until everyone is ready to trek. This goes for breaks and in the morning when leaving camp.
- Use the buddy system – do not go off all alone
- Do not feed the wildlife, pick flowers, or wander off the designated trail
- Do not climb on rocks or destroy natural habitat
- Do not drink water from creek

Rules Agreement Form



American West Heritage Center
4025 S. Hwy 89-91
Wellsville, Utah 84339
435-245-6050
<http://www.awhc.org>

I, _____ have read over all the rules in regards to the American West Heritage Center's *Willie Handcart Experiences* and fully understand and agree to abide by these rules. I understand that my failure to do so may terminate my opportunity to complete the trek.

Signature of participant

Date

Signature of parent or legal guardian
(If participant is under age 18)

Date

Parent or Legal Guardian's Printed Name

PARTICIPANT'S NAME: _____

**RELEASE OF LIABILITY, WAIVER OF CLAIMS, INDEMNIFICATION,
AND ARBITRATION AGREEMENT**

Notice – By signing this document you may be waiving certain legal rights, including the right to sue.

Release and Waiver of Claims; Indemnification Agreement

In consideration of being allowed to use the facilities and participate in programs and events ("Programs") at **THE AMERICAN HERITAGE WEST CENTER** (the "Host"), the Participant, and the Participant's parent(s) or legal guardian(s) if the Participant is a minor, do hereby agree, to the fullest extent permitted by law, as follows:

- 1) **TO WAIVE ALL CLAIMS** that they have or may have against the Host arising out of the Participant's participation in the Programs or the use of any equipment provided by the Host ("Equipment"). The Participant and his/her Parents or legal guardian(s) specifically understand that they are releasing any and all claims that arise or may arise from any **negligent** acts or conduct of the Host, its owners, affiliates, operators, employees, agents, and officers, to the fullest extent permitted by law. However, nothing in this Agreement shall be construed as a release for conduct that is found to constitute gross negligence or intentional conduct;
- 2) **TO ASSUME ALL RISKS** of participating in the Programs and using the Equipment, even those caused by the **negligent** acts or conduct of the Host, its owners, affiliates, operators, employees, agents, and officers. The Participant and his/her Parents or legal guardian(s) understand that there are inherent risks of participating in the Programs and using the Equipment, which may be both foreseen and unforeseen and include serious physical injury and death;
- 3) **TO RELEASE** the Host, its owners, affiliates, operators, employees, agents, and officers from all liability for any loss, damage, injury, death, or expense that the Participant (or his/her next of kin) may suffer, arising out of his/her participation in the Programs and use of the Equipment, including while receiving instruction and/or training; and
- 4) **TO INDEMNIFY** the Host, its owners, affiliates, operators, employees, agents, and/or officers, from all liability for any loss, damage, injury, death, or expense that the Participant (or his/her next of kin) may suffer, arising out of participation in Programs and use of the Equipment.

Arbitration

The Participant, and the Participant's parent(s) or legal guardian(s), if Participant is a minor, hereby agrees to submit any dispute arising from participation in the Programs, for which Participant intends to seek damages in excess of \$75,000.00, to binding arbitration. Submission shall be unlimited. For such disputes, there shall be a three-member arbitration panel, consisting of two party-appointed arbitrators (one arbitrator to be appointed by each party) and one neutral arbitrator (collectively, the "Panel"), to be chosen by the party-appointed arbitrators. The neutral arbitrator shall be an officer or director of any entity that operates a **Living History Themed Park** in the United States. In the event that the two party-appointed arbitrators are not able to agree on a third, neutral arbitrator, the neutral arbitrator shall be appointed by the United States District Court, for **Wellsville, UT**, utilizing the selection criteria for the neutral as set forth above. Each party shall pay its own costs, including the costs associated with the party-appointed arbitrators, and the parties shall share equally the costs associated with the neutral arbitrator. The arbitration proceeding shall proceed in the county and state in which the Programs occurred and shall be governed by the Federal Rules of Evidence. The Panel shall establish a reasonable and appropriate discovery schedule to expeditiously resolve this matter. In the event that Participant, or the Participant's parent(s) or legal guardian(s), if Participant is a minor, files a lawsuit in any court relating to, and/or arising from, Participant's participation in the Programs, Participant and/or Participant's parent(s) or legal guardian(s), by signing this document, stipulate to a cap on Participant's damages of \$75,000.00, exclusive of interest and costs. As a threshold matter, the Panel, or the Court (if a lawsuit is filed), shall confirm whether the Waiver and Release contained in this Agreement are enforceable under applicable law.

Waiver A

Photography/Videography Release

Participant hereby grants to the Host, its representatives, and employees the right to take **photographs and video of Participant** in connection with Participant's participation in the Programs. Participant hereby authorizes the Host to copyright, use, and publish the same in print and/or electronically. Participant hereby agrees that the Host may use such photographs and video of Participant for any lawful purpose, including but not limited to publicity, illustration, advertising, and Web content.

Personal Responsibility

The Participant certifies that he/she has no physical or mental condition that precludes him/her from participating in the Programs and that he/she is not participating against medical advice.

If helmets are recommended for use while participating in the Programs, and Participant chooses not to wear a helmet, he/she does so at his/her own risk and accepts full responsibility for any injury that results.

The Participant understands that his/her participation in the Programs is voluntary and further understands that he/she has the opportunity to inspect the Host's equipment and location before any participation.

The Participant understands that he/she is obligated to follow the rules of the Programs and that he/she can minimize his/her risk of injury by doing so and through the exercise of *common sense* and by being aware of his/her surroundings.

If, while participating in the Programs, the Participant observes any unusual hazard, which he/she believes jeopardizes his/her personal safety or that of others, he/she will remove himself/herself from participation in the Programs and immediately bring said hazard to the attention of the Host.

I, _____ (parent/legal guardian), hereby agree that I will explain to my child that the risk of injury while participating in the Programs can be reduced by following the rules and through the use of *common sense* and *good judgment*.

To the extent that any portion of this Agreement is deemed to be invalid under the law of the applicable jurisdiction, the remaining portions of the Agreement shall remain binding and available for use by the Host and its counsel in any proceeding.

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I MAY BE WAIVING CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUB.

Parents or Guardians must also sign if the Participant is UNDER 18.

Participant's Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Emergency Contact Phone Numbers

Please keep a copy of these phone numbers with the Lead Trekkers and another at home in case of an emergency.

American West Heritage Center 435-245-6050

Logan Regional Hospital 435-716-1000

Utah Highway Patrol 435-750-7443

EMERGENCY Services for Cache Valley 911

Forestry – Fire & State Land Division 435-752-8701

Additional Information

The following information is provided for your use, but in no way is required.

Pioneer Treks the Pioneer Way

If you are looking for information regarding how to pattern your trek after one of the Mormon Handcart Company's treks please visit one or all of the following websites for wonderful information and guidance on how to do so. You may also consider visiting your local or church library and consulting your local church historian.

<http://lds.org/>

<http://www.handcarttreks.com/MartinsCove/TrekLeadersHandbook.pdf>

<http://www.handcart.com>

Book & Movie List

Handcarts to Zion—Roy R. Hafen and Ann W. Hafen, University of Nebraska Press

Journal of the Trail—Compiled by Stewart E. Glazier and Robert S. Clark

Charlotte Elizabeth—by JoAnn Mellor Felix, C.E. Mellor Associates

I Walked to Zion—by Susan Arrington Madsen

The Second Rescue—by Susan Arrington Madsen

The Gathering, Mormon Pioneers on the Trail to Zion—Maurine and Scott Proctor

Their Faces Toward Zion—Richard Neitzel Holzapfel, Bookcraft

111 Days to Zion—by Hal Knight and Dr. Stanley B. Kimball

Latter-day Saints' Emigrant's Guide—by W. Clayton and edited by Stanley B. Kimball

Trail of Hope—William W. Slaughter and Michael Landon

Journey to Zion (Voices from the Mormon Trail)—by Carol Cornwall Madsen

Tell Me a Story, Too—by Jolene Allphin/ 1776Ridge Rd./ Layton, UT 84040 (Over 200 individual stories of the stranded 1856 companies) Call 801-897-8813

Rescue of the 1856 Handcart Companies—by Rebecca Bartholomew, and Leonard J. Arrington

Movies

The Docudrama of the Restoration—“The Handcart Pioneers.” The Living Scriptures.

“The Rescue Continues,” Robert H. Moss, PO Box 272, South Jordan, UT 84095

“Following in Their Footsteps” —The Living Scriptures

“Trail of Hope” —Groberg Communications KUED 7 Historical Documentary

Additional Information

Clothing

It is entirely up to you whether your trek is done in pioneer clothing or modern clothing. We recommend that your trekkers wear comfortable shoes, carry plenty of extra socks and moleskin.

If you would like to have your trekkers dress in pioneer clothing, we have several patterns and suggestions on how to create pioneer outfits inexpensively. Please contact us and we will send you that information.

Proper Clothing: Pioneer style clothing is good for more than one reason-it helps set the mood and provides protection. Encourage long sleeved shirts and blouses, long skirts (girls), docker - type pants (boys), several pairs of socks (thin and heavier pairs), and well broken-in athletic shoes. **Never go BAREFOOT.** Large brimmed hats and sunbonnets help protect from sun and insects. Bring water shoes for creek crossing. Bring with handcart on first day.

The weather can change rapidly and the nights can get cool so a jacket, sweater or rain-gear should be handy. A pair of extra shoes and plenty of stockings so if you get your feet wet you can avoid walking in wet shoes and socks

Sunscreen & Insect Repellent

There are very few areas where the trek is shaded. We encourage trekkers to bring plenty of sunscreen and apply it liberally throughout the day to all exposed body parts. We also recommend wearing large hats (bonnets, straw hats), as well as wear protective light weight clothing. We are also traveling through sagebrush country where disease carrying ticks are a possibility. Please bring insect repellent with a high DEET percentage.

WATER

It is **extremely important that folks keep themselves hydrated.** We recommend that everyone carries a 32 oz water bottle. The first sign of dehydration is cramps in the legs and abdomen – sometimes by this point exhaustion also has set in. Drink lots of water immediately. Suggest to your trekkers that they drink water even if they don't think they are thirsty.

Pre-Preparation

ORGANIZE YOURSELVES

Select your leaders

- Youth (remember to include them in everything – this is their trek)
- Trek Master (this is the person who coordinates with the officials at the American West Heritage Center to plan your arrival, meals, special events and departure)
- Youth leaders
- Ma's and Pa's
- Music leader
- Story/History collector (responsible for researching historical pioneer stories)
- Documenter (someone to document your trek – take pictures & create a scrapbook)

Select family groups

About 10 people are assigned per handcart. It is important to organize families so that they are able to help each other throughout the trek. **(Have families organized before arriving.)**

Each family should have:

- a Ma and Pa, or only Ma or only Pa
- 4 to 7 children per family; be sure to include both physically fit and not-so-fit in the same family
- mock babies and smaller children

Select your Transportation (Support) Lead and Team

These are the folks who help with the technical aspects of getting the trekkers from point A to B

- Transportation coordinator (vans or busses? How are you getting to and from the trek?)
- Support Team (extra sleeping bags, water bottles, etc.)
- Cooks (if you aren't having us cater your meals – who is responsible for the food?)
- Medical Team Lead and Team (individual first aid kits & an emergency vehicle to travel along with trekkers)
- Activity coordinator (puts together your nightly firesides, dances, entertainment, etc.)

See Page 10 of handbook for more details.

Contact Chris Schultz at the American West Heritage Center (435)- 245-6050 EXT 27 for questions on structuring your trek.

Pre-Preparation cont.

START CONDITIONING THE TREKKERS

It would be a good idea to start a physical conditioning program for those who will be trekking. Most of the treks cover 3 to 5 miles a day and are in mountainous terrain, at approximately 5400 feet in altitude. In addition, each family will be pulling a loaded handcart that weighs around 220 lbs.

- Walk daily for at least 5 miles
- Acclimatize to being outside in all types of weather – sun and heat, wind and rain, cold nights and warm days.
- Break in your hiking boots!

SET RULES – (some examples may include):

- Wear period clothing
- Journal writing / scripture reading
- Camera's at a minimum
- NO – electronic devices
- NO – cell phones (they don't work in Blacksmith Fork Canyon – but do in Hyrum)
- NO – Makeup or Jewelry

PLAN YOUR ACTIVITIES

It is important that you have activities planned before arriving. Some examples from previous treks would include:

- Women only pulls
- Men only pulls
- Speakers – inspirational or historical or spiritual
- Testimony meetings
- Sunset devotionals
- Workshops
- Dances
- Games and activities
- Letters from home
- Read articles from the newspaper printed in 1856 or create your own
- Journal writing
- Music – singing at night or along the trail. Include guitars, fiddles, harmonicas and bagpipes.
- Family Flags
- Walk for an Ancestor - research personal family histories and walk for a family member from the same time period.

Handcart song

Songs helped to encourage the saints to continue on their journey. One person would start to sing and everyone would join in. Songs helped to uplift them and they forgot about their troubles.

J.D.T. McAllister's - *The Handcart Song*

Verse 1:

Ye saints who dwell on Europe's shore
Prepare yourselves for many more,
To leave behind your native land,
For sure God's judgments are at hand.
For you must cross the raging main
Before the promised land you gain,
And with the faithful make a start,
To cross the plains with your handcart

Chorus

For some must push and some must pull,
As we go marching up the hill;
So merrily on the way we go
Until we reach the Valley-o.

Verse 2:

The lands that boast of modern light
We know are all as dark as night,
Where poor men toil and want for bread
Where peasants hosts are blindly lead.
These lands that boast of liberty
You ne'er again would wish to see
When you from Europe make a start
To cross the plains with our handcart.

Chorus

For some must push and some must pull,
As we go marching up the hill;
So merrily on the way we go
Until we reach the Valley-o.

Verse 3:

As on the roads the carts are pulled
'Would very much surprise the world
To see the old and feeble dame
Thus lend a hand to pull the same.
And maidens fair will dance and sing—
Young men more happy than a king,

And children too, will laugh and play
Their strength increasing day by day.

Chorus

For some must push and some must pull,
As we go marching up the hill;
So merrily on the way we go
Until we reach the Valley-o.

Verse 4:

But Some will say: It is to bad
The Saints upon the foot to "pad"
And more than that, to pull a load,
As they go marching o'er the road.
But then we say, It is the plan
To gather up the best of men
And women too—for none but they
Will ever travel in this way.

Chorus

For some must push and some must pull,
As we go marching up the hill;
So merrily on the way we go
Until we reach the Valley-o.

Verse 5:

And long before the Valley's gained,
We will be met upon the plains
With music sweet and friends so dear,
And fresh supplies our hearts to cheer.
And then with music and with song
How cheerfully we'll march along,
And thank the day we made a start,
To cross the plains with our handcart.

Chorus

For some must push and some must pull,
As we go marching up the hill;
So merrily on the way we go
Until we reach the Valley-o.

Sample Check List

This checklist is to help make sure you are bringing everything you'll need in order to make your trek perfect.

Women and Young women:

- Sleeping bag
- Ground mat
- Ground tarp (Optional)
- 2 Skirts (Optional) or pants, if skirts (need to be long, but not touching the top of the shoes)
- 2 Shirts or blouses
- 1 Slip (Optional)
- 1 apron (Optional)
- 1 bonnet (Optional)
- 2 pairs of shorts or bloomers (Optional) that come down over the knee
- 2 pair of Athletic shoes (make sure they are well broke in) (One pair for water)
- A few pairs of stockings (1 pair for each day, with 1 extra pair)
- Personal items, keep these to a minimum amount (soap, wash cloth, towel, tooth paste, tooth brush, comb, brush and deodorant). If you have medication that you need to take on a regular bases then you will need to bring these also.

* **Note:** Make sure all of your clothing is made of cotton, or linen.

Men and Young Men:

- Sleeping bag
- Ground mat
- Ground tarp (Optional)
- 2 Pair of pants, linen or cotton pants, Dockers work well for these pants (You can find Dockers at a thrift or DI store. You can make Dockers into pioneer pants by taking the belt loops off and wear a pair of suspenders.)
- 2 cotton shirts
- 1 Hat (large brimmed hat)
- 1 Vest (Optional)
- 1 pair of braces (suspenders) (Optional)
- 2 pair of Athletic shoes or boots (make sure they are well broke in)
- A few pairs of stockings, (1 pair for each day, with 1 extra pair)
- Personal items, keep these to a minimum amount (soap, wash cloth, towel, tooth paste, tooth brush, comb, and deodorant.) If you have medication that you need to take on a regular bases than you will need to bring these also.

* **Note:** Pioneer Treks the Pioneer Way for clothing see page 25 of Trek Handbook.