



AMERICAN WEST  
HERITAGE CENTER

*Experience it!*

*Willie Handcart Experience*  
Pioneer Handcart Treks

HANDBOOK FOR TREK LEADERS

# Table of Contents

---

<b>Welcome</b>	
Letter from the Executive Director	3
Mission Statement and Staff information	4
<b>Trek Options</b>	5
<b>Trek Meals</b>	6
No Meal Option	7
<b>Trek Overview</b>	
Location of the Trek	8
Directions	8
Leave-no-trace	8
What You Bring	9
Must Haves for a Successful Trek	10-11
Daily Schedule	12-13
<b>Agreement Forms</b>	
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
<b>Emergency Contact Phone Numbers</b>	25
<b>Additional Information</b>	
Pioneer Treks the Pioneer Way	26
Book & Movie List	26
Clothing	27
Sunscreen & Insect Repellent	27
Water	27
<b>Pre-Preparation</b>	
Organize Yourselves	28-29
Conditioning the Trekkers	29
Set Rules	29
Plan Activities	29

Handcart song

30

**Trek Check List**

31

---

# Welcome Letter from the Executive Director

---



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

Dear Trek Leaders,

Welcome to the American West Heritage Center's *Willie Handcart Experience* held at Utah's beautiful Hardware Ranch in Cache County Utah.

The *Willie Handcart Experience* is named after Capitan James G. Willie. Willie led the 4th handcart company to Salt Lake City which had 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 which has been preserved as an historical landmark by Willie's decedents. Many of Capitan Willie's descendants still reside in the Cache Valley today.

Our trek experience takes place in the beautiful wilderness setting of Hardware Ranch in Northern Utah. We have spent many years planning and designing this special program. Our logistical, programming, and medical infrastructure will help you develop a unique and wonderful experience for you and your group that will be remembered for a lifetime.

Thousands of youth and adults have participated in our historical handcart trek program. Every group and each trek experience is unique. Most importantly, through the trek experience we witness the marvel of individual growth, the wonder of collective courage, as well as the development of precious unity and acceptance within groups. Being part of this kind of an experience with you is a special privilege indeed.

We encourage you to prepare in all prudent ways for your trek experience. Please be sure the designated leaders from the logistical, programming, and medical teams attend the orientation meetings in the Fall and the Spring prior to your trek. Also, please be assure that what these leaders learn is actively communicated and shared with all those who will be involved in the trek program. Experience has taught us that the better the preparation by trek groups, the more successful the trek experience can be.

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.

## **History:**

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 organized 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.

The AWHC utilizes its picturesque setting to tell the story of the history of the American West for this time period. This unique story is told at the AWHC through living history and live reenactment venues, school group field trips, summer camps, museum exhibits, live demonstrations, workshops, seasonal festivals and events, student internships, handcart treks (in conjunction with Utah Department of Natural Resources) and other activities that target a wide variety of visitors.

## **Contact Information:**

Phone Number: (435) 245-6050

Fax Number: (435) 245-6052

Website: [www.awhc.org](http://www.awhc.org)

Address: 4025 South Highway 89-91  
Wellsville, Utah 84339

*Trek Coordinator:* Chris Schultz - email [cschultz@awhc.org](mailto:cschultz@awhc.org)

*Trek Master:* Chance Getz – [cgetz@awhc.org](mailto:cgetz@awhc.org)

*Medical Team Coordinator:* Mic Bowen - [mbowen@awhc.org](mailto:mbowen@awhc.org)

---

# Trek Options

---

<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	15 Miles *	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. The remainder of this option will take place as normal at the Hardware Ranch location.

All handcart treks include:

- Logistical, programming, and medical team assistance
- On trail guides and 24-hour staff assistance during trek
- Replicas of authentic handcarts used by the pioneers
- ADA Handcarts\*
- A replica of historically correct tents displayed in Curtis Creek Campground
- Portable restrooms in camp and at certain location on trail
- 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

Treks can be customized in the following ways:

- |                                     |            |
|-------------------------------------|------------|
| • Rescue Wagon Experience           | No Charge  |
| • Women's Pull Experience           | No Charge  |
| • Pony Express (rider, plus horse)  | \$150      |
| • Historical Character/Storytellers | \$150      |
| • Pioneer Dance (music and caller)  | \$500      |
| • ADA Handcarts if needed*          | \$200 each |
| • Added length of trail             | Negotiable |

\**ADA Handcarts*. The AWHC has several 4 wheel, one person, specially designed handcarts available upon request. These handcarts require at minimum four additional individuals to pull/push the special needs person along the trails. These carts are intended for individuals with special physical needs that may otherwise prevent them from experiencing trek. Special rules apply with the use of these handcarts. Additionally, not all portions of the trails are accessible with the ADA handcarts.



## Trek Meals

---

Should you choose to use our catering service, the following menu is currently offered. Additionally, should you have special dietary needs or requests please feel free to discuss them with us at anytime. Vegetarian meals, diabetic meals, food allergies etc. can be facilitated as long as we know about them in advance. Our meals are prepared and delivered by a third-party caterer. The caterer handles set up and take down of the catered meals.

### **Day One Lunch**

Provided by you. Bring from home sack lunch

### **Day One Dinner**

Hearty beef stew, rolls, brownie and beverage.

### **Day Two Breakfast**

Burritos, (eggs, sausage, hash browns), milk and juice

### **Day Two Lunch**

Turkey or ham & swiss sandwich with lettuce, tomato and cheese. Includes, fruit, chips and wrapped treat.

### **Day Two Dinner**

BBQ chicken, dutch-oven style potatoes, salad, roll, cookies, and beverage

### **Day Three Breakfast**

Biscuits and gravy with eggs, sausage links and milk/juice

### **Day Three Lunch (Optional)** - additional cost per person

Hot B.B.pork sandwich with potato salad, cookie, and beverage.

---



## No Meal Option:

---

**If you choose to provide your own meals**, please note it is your responsibility to provide all necessary cooking supplies, including: cook stoves, pots, pans, utensils, cleaning supplies, plates, serving dishes, food, trash bags and anything else you might need.

The AWHC will provide culinary water in camp for your cooking needs.

### **Check List of Items (sample list):**

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

Experience has taught us that food storage is best facilitated by bringing a freezer trailer when cooking for big numbers in the warm summer months over for longer periods of time. Preserving food with ice only over an extended period of time may be more difficult.

# Trek Overview

---

## **LOCATION OF THE TREK AND SPECIAL CAMPING INSTRUCTIONS:**

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. We will rendezvous about 1 mile prior to reaching the main visitor center area.



Campsites on the Hardware Ranch are considered “primitive”. This means no running water, no flushing toilets, no showers/baths, and no amenities. The AWHC will provide an ample number of clean porta-potty toilet facilities at each campsite and a large transportable water container with culinary water for drinking, cleaning, cooking, etc. Please do not drink or otherwise consume water from local streams or natural waters sources.

### **\*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.
- Please do not play with or otherwise interact with any of the variety of snakes in the area for safety reasons.

For more information about Hardware Ranch please visit them online <http://hardwareranch.com/>.  
For more information on Leave No Trace camping visit <http://www.lnt.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. Personal water bottle or container (it is recommended that each trekker has 32 to 64 oz of hydration on their person at all times).
2. Five-gallon bucket with lid (this is to hold clothing, personal items\* and journals) Please consider combining two persons to one bucket for trekking. We have found that to increase the amount of space in your handcart, combine two trekkers' personal items into a single bucket is effective. This will double the space in your handcart for group water, snacks, equipment etc. Send the other bucket with personal items to the camp ground with the support trailer.
3. Personal first aid kit sufficient to treat blisters, slivers, and minor cuts.
4. Sleeping bag and ground mat will be carried in support trailer

\*Personal items may include toothbrush, toothpaste, comb, baby wipes, sun screen, lip balm, wash cloth, deodorant, etc.

### **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) Putting a block of ice in the containers will last almost a day.
  - One container for water and one container for electrolyte mix (i.e.; Gatorade)
  - Electrolyte mixes are recommended to be diluted to 50% of normal
2. Tarp or plastic (ground covers for inside the canvas tents, and to cover handcart)
3. Rope, 50ft General use
4. Small first aid kit
5. Propane lantern (left in support trailer)
6. Personal toiletries

### **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. **Large 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.

---

## **Key Trek Roles:**

- Trek Captian(s) AWHC Contact(s)

This person is responsible for organizing the trek and programming. 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 should be organized into 8-10 persons

\*Pregnant women who seek to participate on trek must provide written consent from their attending physician directly to a representative of the AWHC prior to trek.

- Medical Team

1. A medical team lead must be placed in charge of the medical team. The team lead should be a licensed physician, licensed physician assistants, licenses nurse practitioners, or licensed nurse and willing to direct the team. **(Must attend Fall and Spring Trek Orientation at AWHC)**

2. The required ratio of medical staff to individuals on trek is 1:40.

3. The medical team staff should consist of licensed medical professionals. Some examples may include as physicians, PAs, NPAs, RNs, LPNs, EMTs. CNAs may assist, but are not counted in the 1:40 required staffing ratio.

4. The team members the trek group's first responders in case of an emergency on the trek.

- 5.

6. Comprehensive training and orientation will take place at Fall and Spring Orientations.

- Items to be covered during orientation

- Recommended supply lists

- Individual and group preparation

- Emergency protocol development

- Hydration and caloric intake discussion

- 

- Support and Logistics Team

1. Must provide team lead. This person will be in direct contact with AWHC representatives as well as direct all team activities.
  2. The support team is responsible for facilitating transportation for the group and all supplies to and from trek.
  3. Supplies need for transport may include tents, sleeping bags, and other personal items of the trekkers. It may also include other items such as firewood, sound equipment, chairs, tables, etc.
- 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.)
-

## Daily Schedule (Proposed/Sample)

---

Along with the help of the staff at the American West Heritage Center please create your own Daily Schedule. It is important that you work with the staff when scheduling activities throughout the day to make sure you'll have plenty of time to arrive at campsites and resting stops.

### 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
	Unpack buckets/water jugs and load handcarts, shuttle vehicles
12:00AM	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 Caterer)
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 Caterer)
9:00 AM	Begin trekking, Pack Lunches in Handcarts
9:30 AM	Woman's Pull, divide group.
12:30 – 1:30	Lunch (Provided by Caterer)
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 Caterer)
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 Caterer) 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

Please Note: 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 according to where the portable toilets and water are placed. It is important that everyone trekking stays within visual site of each other and at no point should any handcart or trekker go beyond the trek master's line of vision.

When scheduling wake up and sleep time keep in mind that on a typical summer day the sun will rise around 6:00 AM and will set anywhere around 9:00-9:30 PM on the time of the year.

We would like to have your working schedule in hand 2 weeks prior to you trek. This helps with effective coordination on the trek. Also, 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

---



## ***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			_____
			+ _____
			+ _____
			+ _____
<b>Total fee =</b>			_____

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 Caterer 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 and no open toed shoes**

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.
- Use the buddy system – do not go anywhere 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.
  - Leave snakes alone! Report snake sightings to leadership.
-

# 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 agree to submit any dispute arising from participation in the Programs for which Participant incurs or seeks 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 **Wetzelville, WV**, 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 and/or applicable law.

Waiver 6

**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 SUE.**

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

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

4825-2075372, v. 1

Waiver A

(7)

**Important Contact Numbers and Information**

---

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

Emergency Services – Cache County, Utah	911
Non-emergency dispatch – Cache County, Utah	(435) 753-4957
Logan Regional Hospital – Logan, Utah	(435) 716-1000
Cache Valley Hospital – Logan, Utah	(435) 713-9700
Ogden Regional Medical Center – Ogden, Utah	(801) 479-2111
McKay-Dee Hospital – Ogden, Utah	(801) 387-2800
American West Heritage Center	(435) 245-6050
Forestry – Fire & State Land Division – Logan, Utah	(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.

### **Hydration**

It is **extremely important that participants keep themselves appropriately hydrated.** We recommend that everyone carries a 32 oz water bottle or larger on their person at all times. Pre-hydrate prior to trek activities. Consider an electrolyte blend in your water bottle. Report any physical concerns to your medical team immediately.

# 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 two to four times per week on trails for one to two miles or more
- Safely acclimate to being outside in all types of weather – sun and heat, wind and rain, cold nights and warm days.
- Break in your walking shoes!

### **SET RULES – some examples:**

- Wear period clothing for the entire trek (minus shoes)
- Journal writing / scripture reading
- Camera's at a minimum
- NO – electronic devices
- NO – footballs, Frisbees, etc.
- 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
- Even though there were 67 deaths in the Willie Handcart Company, we **do not** encourage mock deaths and burials on trek.
- Speakers – inspirational or historical or spiritual
- Testimony meetings
- Sunset devotionals
- Workshops
- Dances
- 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. 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 as well.

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