



# Ma and Pa Handbook

*“It is good to look to the past to gain appreciation for the present and perspective for the future. It is good to look upon the virtues of those who have gone before to gain strength for whatever lies ahead. It is good to reflect upon the work of those who labored so hard and gained so little in this world, but out of whose dreams and early plans so well nurtured has come a great harvest of which we are the beneficiaries. Their tremendous example can become a compelling motivation for each of us, for each of us is a pioneer in his own life, often in his own family, and many of us pioneer daily in seeking to do God’s will and lift and serve those around us.”*

*President Gordon B. Hinckley*

### **Goals for our Trek**

- Provide our youth with an unforgettable spiritual experience to bring them closer to the Savior
- Remind the youth of the covenants they have made
- Help the youth gain a testimony of faith, obedience, and sacrifice through their challenges
- Help the youth gain a testimony of family history
- Help the youth gain an appreciation of the pioneer legacy of faith and sacrifice

### **Your Role as a Ma and Pa**

The Trek is going to be a mental and physical challenge for many of our youth, but as they get a taste of the challenges our ancestors experienced, our prayer is that we all will gain a great testimony of faith, obedience, and sacrifice through these challenges. You were selected as a Ma and Pa through prayer and inspiration and you have a special role that can have a great impact on the spiritual growth of your youth family. Let us all seek to inspire and lead with love, charity, patience, and kindness to allow our youth to experience the true meaning of the Trek experience.

#### **FAMILY UNIT**

You will be responsible for approximately eight youth, ages ranging from 14 to 18. We will try to arrange the families to include an equal number of young men and young women, a wide array of ages, and youth from different wards. You may not know them and they may not know each other, so it will be up to you to bring them together as a family. You will work as a FAMILY and do the same things you would do in your regular family. You will work, eat, sleep, play, pray, study scriptures, sweat and cry as a family.

Please understand that your role is to lead and guide the youth to accomplish tasks on their own and as a family. It is **NOT** your role to do everything for them. The youth should be

cooking their own meals, cleaning their own dishes, gathering their own items to go on the handcarts, leading and participating in family devotionals, etc. You are there to guide and supervise them physically and spiritually. If you would like, you can appoint an older brother and sister to assist you in this.

Each family will be represented by a different color. You will be given bandanas, to represent your family color, for each member of your family to wear during the trek. You should also plan on making a family flag to place in your camp area. You may want to bring a completed flag to Trek or you may wish to make the majority of the flag and allow your family to complete the flag during family time, or during the bus ride to Martin's Cove. You will not have much time at all to work on your flag at Trek, so be sure it can be completed by your family within about 10 minutes. You will also need to have a way to display your flag. You can secure it to a stake and drive it into the ground, put a grommet on the flag and tie it to the side pole of your tent, or any other way you can think of.

### **SUPERVISE YOUR FAMILY**

We will not be the only stake at Martin's Cove, so please make sure you know where your youth are at all times. Supervise your family on the trail and in camp. Our timeline each day will be full and the activities have been planned to ensure that each youth will have a great spiritual experience, so please make sure your youth are **on time for all activities**. You should participate in the activities as a family, especially when we are on the trail.

Make sure that the young women and young men have separate sleeping areas and that you know where everyone in your family is at all times. Develop a buddy system to keep everybody safe.

### **KEEP THINGS POSITIVE**

Encourage appropriate behavior by setting a good example and maintaining a positive and supportive approach before and during the trek. If you have concerns, speak directly to a stake leader. Help all your family members be responsible.

### **CREATE INDIVIDUAL LEARNING EXPERIENCES**

A Pioneer Trek helps the youth and the leaders have individual learning experiences in a family setting. The youth are given a chance to face difficult tasks and to overcome them. During the Trek they will be pulling a heavy handcart over a fairly long trail. This will give them a chance to learn to work together and support each other. During Trek they will have the opportunity to discover their own strengths and weaknesses and see what they may need to change in their own lives. **At the end of each day, or after a specific activity, take time to help each youth reflect on their feelings and experience. Encourage them to share these reflections with the family. They may not know how to express themselves, so you may need to ask them specific questions to help them get their thoughts and feelings in order. Encouraging**

**reflection on what the youth have experienced is a perfect way to help them realize how the spirit has touched their heart to help bring them closer to Christ.**

Each youth will be representing a pioneer that actually went through the trials of Martin's Cove and the Willie and Martin Handcart Companies. The youth will be given the name of their pioneer by the Stake YW/YM Presidency. The youth may bring a name of their own ancestor, if this ancestor was part of one of the hand cart companies (Martin, Willie, Hunt, Hodgetts or Rescue Company). The youth will need to be prepared to share the story of their ancestor with your trek family. When a family member seems to be going through an especially difficult time, take a few minutes and have your family members re-read the story of their pioneer to remind them of a more difficult time.

### **HAVE FUN**

Have fun with your family. As you do this, it will create an enjoyable environment and your youth will want to participate. Your attitude will help smooth out the trials they face, so be positive and energetic.

## **Personal Preparation**

### **SPIRITUAL PREPARATION:**

Gospel basics:

- Personal and family prayer
- Read the scriptures daily
- Research an ancestral name and take to the temple
- Study the Book of Mormon and other scriptures
- Write in your journal your thoughts and feelings

Read books or stories about Martin's Cove and the Willie and Martin Handcart Companies to familiarize yourself with what truly happened at Martin's Cove. This will be a great thing to share with your families during the trek. The website [www.Salinatrek.org](http://www.Salinatrek.org) has suggestions for books to read and websites to research.

## **PHYSICAL PREPARATION:**

“The last days are not for the faint of heart or the spiritually out of shape” (Sheri Dew. Dec 9<sup>th</sup> 2003, BYU Devotional). One could also say that the Salina Stake’s Trek to Martin’s Cove is “not for the faint of heart or the (physically) out of shape.” The trek WILL be physically demanding, so you will need to start now to get your bodies in shape. We will be walking and pulling a handcart loaded with about 270 pounds of water and gear for a total of 12 miles. In a very real sense, your physical preparation for this Trek will play a **critical** role in your total overall experience both physically and spiritually.

**Hydration** - Hydration is a necessary part of this preparation. Everyone should be shooting for 10 to 12 cups of liquid per day (make yourself a chart and keep track of it each day; that will help). For liquid you may count milk and juice, but most importantly water. **Soda Pop does not count** - it can actually be counterproductive.

**Nutrition** - Nutritionally your diet should reflect the Word of Wisdom using the complex carbohydrates of whole grains, fruits, and vegetables. Learning to eat a substantial breakfast is an integral part of a good physical fitness program.

**Walking** – Start walking!

We will be walking and pulling a handcart that when fully loaded may weigh up to 400 pounds. Over a 3 day period we will travel a total of 12 miles. In a very real sense, your physical preparation for this Trek will play a critical role in your total overall experience both physically and spiritually.

## **CLOTHING PREPARATION:**

Dressing in pioneer clothing can have a tremendous impact on the spirit of the trek, so we are asking that everyone wear pioneer clothing throughout the entire time of the Trek. There will NOT be time to change when we get to Martin’s Cove, so on June the 8<sup>th</sup> you will need to come to the church dressed in your pioneer clothing and wear them on the bus.

It is not necessary to spend a lot of money on your pioneer clothes. They will get grubby, so simple and inexpensive is best. You will get hot, sweaty, and dirty on the trek, so light-colored, breathable, cotton fabrics will work best. Historical exactness is not necessary, but a close approximation is our aim. You can make your clothing or purchase them at second hand stores.

**Everything you take on the trek will need to fit inside a 5 gallon bucket and weigh no more than 17 pounds**, with exception of your sleeping bag and sweater/Jacket. Your buckets will be weighed prior to leaving for Martin’s Cove. We want to keep the weight of your handcarts at a minimum – 10 people per handcart (x) 17 pounds each = 170 pounds + 100 pounds of water (10 gallons of water) = 270 pounds per handcart.

## FEMALE CLOTHING:

- **2 Skirts (or dresses)** – they should come to the top of your shoes to prevent tripping on them when walking up hill.
- **2-3 Long-Sleeved Blouses** – Loose fitting for easy movement.
- **1-2 Aprons** – Large pockets will be very useful, but not required.
- **1-2 Bloomers** – This is for modesty purposes. You make bloomers by taking light-weight summer pajama bottoms and putting elastic in the bottom of the legs or you can tuck them into your socks. This will also help stop bugs from biting your legs. You can also wear light-weight Capri pants. No shorts. No leggings. No Spanx.
- **1-2 Bonnets or Straw hats** (no ball caps) – Best if it has a chin strap to keep it from blowing off your head.
- **2 Pairs of Tennis or Hiking Shoes** – 2 pairs are a MUST. If it rains or we have to walk through creeks you will need to be able to change into a dry pair. The shoes must fully enclose your foot. They should be well worn and have good support. No sandals, No new shoes, no going barefooted.
- **3-4 Pairs of Socks** – This will be your most important asset on Trek. It is important to change your socks each day to help prevent blisters. Bringing 4 pairs will give you a clean pair each day and an extra one in case one gets wet. Some people wear a double pair of socks, with a smooth lightweight pair being closest to the skin.



## MALE CLOTHING:

- **2-3 Long-Sleeved Shirts** - Loose fitting for easy movement.
- **2 Pairs of Cotton Pants** – **NO JEANS!** Khaki, blue, gray, brown are period. Cotton, Corduroy, Twill, and Canvas pants that are loose fitting are good choices.
- **1 Belt or Suspenders**
- **1 Straw or Wide Brimmed Hat** – Best if it has a chin strap to keep it from blowing off your head. **NO** baseball cap or other caps.
- **2 Pairs of Tennis or Hiking Shoes** – 2 pairs are a **MUST**. If it rains or we have to walk through creeks you will need to be able to change into a dry pair. The shoes must fully enclose your foot. They should be well worn and have good support. No sandals, No new shoes, no going barefooted.
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**EVERYTHING** you bring to Trek needs to fit in a 5 gallon bucket, except for your sleeping bag and warm coat or sweater that will be rolled up and placed in a black garbage bag. Label **EVERYTHING** and mark in family colored duct tape, which will be provided to you.



#### **WHAT GOES IN THE BLACK GARBAGE BAG?**

- **Sleeping Bag or Sleeping Pad with blanket**
- **Warm Coat and/or Sweater**

Your coat should be rolled in your sleeping bag or sleeping pad, placed in the black garbage bag and closed shut. Place a large piece of your family colored duct tape on the bag for easy sorting. **NOTHING ELSE SHOULD GO IN THIS BAG OTHER THAN YOUR COAT AND BEDDING.** Remember to not tear the bag when you get to Martin's Cove. You will use this same bag on the trip home.

- **TAKE A PILLOW WITH YOU ON THE BUS**

#### **WHAT GOES IN THE 5 GALLON BUCKET?**

Remember, everything you take on the trek will need to fit inside a 5 gallon bucket and weigh no more than 17 pounds and your buckets will be weighed before you board the bus. This excludes the items that you will put in your black garbage bag.

**YOU WILL USE YOU 5 GALLON BUCKET AS A STOOL TO SIT ON, SO YOU WILL WANT TO CUSHION THE TOP. NO CAMP CHAIRS, FOLDING STOOLS, OR LAWN CHAIRS**





## PACKING LIST: Label all items

- Pioneer clothing – all items listed on clothing list
- 3-4 pairs of Underclothing
- Sweats and shirt for sleeping PJ's
- Extra pair of shoes to cross the Sweetwater
- Rain Poncho
- Leather work gloves for handcart pulling
- Personal scriptures – old copy put in zip lock bag for protection
- Medication – as needed
- Sunglasses, chap stick, tissues
- Small flashlight with extra batteries
- Toiletries: tooth brush, tooth paste, comb, wet wipes, etc.
- Insect repellent – 40% Deet (optional – pretreat your clothing with Permethrin before you pack for Trek –do not bring to Trek. Follow Permethrin instructions.)
- Sunscreen – small bottle
- Feminine hygiene supplies
- Extra garbage bags- for wet items of clothing or shoes
- Glasses if you wear them – NO CONTACT LENSES
- Disposable Camera
- Camel Back - optional
- **\*\*Water Bottles will be provided by the stake with materials to construct water bottle carriers (to be made on the bus)**
- **DO NOT BRING:** Any Electronic Devices (even on the bus) – cell phone, I-pods, MP3 players, CD players, Nintendo DS (or other portable gaming devices), no backpacks, lotions, aftershave, hairspray, gel, make-up or perfumes, no footballs, Frisbees, cards or other games, no folding stools, or lawn chairs.

## **FAMILY EQUIPMENT PACKING LIST**

There are items that you will need to collect and bring on Trek for your family. Please label every piece of equipment you bring with your name and the color of your company to which you are assigned. This will help us when we have to sort the equipment.

**Lanterns and flashlights** - battery operated ONLY

**Consecrated oil**

**2 -3 Tarps** - For shelter/shade/handcart cover, if needed.

**Rope** – If you have to cover the handcart, you will need ropes as you cannot use tape on the carts.

### **Tents:**

1 for Ma and Pa

1 or 2 for Young Men

1 or 2 for Young Women

Size and number you need is dependent on the number of YW and YM you have in your family (we will let you know your family members as soon as we know). Try to get tents that can sleep all of your young men or young women, if you can. This reduces the area needed for tents in the campground. If you do not have that many tents yourself, ask around in your unit to see if you can borrow some. Remind your youth that they will be sleeping with youth in the same tent. Prepare them for this experience and help them to have love, patience, and understanding with each other. We will be dropping the tents each day to keep the winds from blowing them away. Also, remind your youth to zip up the tents before dropping them. This will keep snakes and critters from crawling into them.

**Ground Stakes, Hammer, etc. for securing your tent**

**Water containers** - two **FIVE** gallon water containers with lids and spigots for carrying on hand carts etc.

## **MEDICAL INFORMATION**

We are responsible for our own medical issues. If you have a medical emergency do the following: immediately contact a member of our medical team. He or she will then handle the issue. We will have medical personnel along with the companies and a lead medical person with us at all times to handle any emergency. We are allowed one emergency vehicle.

Prevention is worth a pound of cure, so you will need to help prevent your family members from needing medical attention.

**Prevent Sunburns:**

- Wear long sleeves/pants, sunbonnets/hats.
- Apply sunscreen 15-30 minutes before exposure.
- Reapply sunscreen every 60-90 minutes (remember the back of your neck).

**Prevent Bug Bites:**

- Spray bug spray thoroughly

**Prevent Ticks:**

- Keep covered. Boys can cinch the bottom of their pants and girls can cinch the bottom of their bloomers. At the end of each day, check for ticks, especially under your arms and where you have been sweating. If found, remove if possible or if tick is embedded contact a medical person.
- Spray bug spray thoroughly

**Prevent Dehydration:**

This will be one of our biggest problems during the Trek, especially with the girls because they will want to avoid having to use the porta-potties. By the time the symptoms of dehydration appear, the condition can deteriorate fast!!!

- Water bottles should always be full. Every hour you should tell your family “Everyone hold up your water bottle... now drink half.” Then refill the bottles.

**Symptoms of Dehydration:**

- The first symptom is heat cramps in the abdomen and legs; also watch for bright red faces.
- If ignored, it leads to heat exhaustion, then heat stroke, which can be fatal.

**Elevation Difference**

The elevation above sea level for the Salina KS area is approximately 1,200 feet above sea level. Elevation at Martin’s Cove in Wyoming ranges from 5,000 to 7,000. One of the best ways to prepare for a higher altitude is to start hydrating, drink plenty of water, for several days prior to the increase in elevation.

**Prevent Blisters:**

- A pair of thin inner socks under thicker hiking socks will reduce the friction.
- Wear shoes that are broken in! NO NEW SHOES
- If you feel a hot spot forming on your foot, stop right away and treat it before it becomes a blister. Wash it with soap and water. Cut a piece of Moleskin or Duct Tape in the shape of a doughnut and place it with a hole over the blister

## HANDCART GUIDELINES

Please review with your families on the bus

**Help take care of the handcarts. They are a very valuable resource for a successful trek and the missionary program at this historic site. If damage occurs to the handcart(s) the Salina Stake will be asked to pay for repairs.**

- Treat handcarts with care; pull or push them by hand only.
- The back rails and side rails of the handcarts are fragile. You can push on them, but please do not pull back, lean, sit, or stand on them.
- Do not sit or stand on the shaft when it is resting on the ground.
- Load handcarts from the rear.
- No one should ride in the cart, except in an emergency.
- Do not run with the handcart. You can easily trip and get run over by the wheels.
- When stopping the handcart, slowly lower the shaft until it rests on the ground. Never drop the shaft. Always set it on the ground gently.
- Carefully watch the handle clearance when going through gates and other narrow places.
- Stay away from the wheels. Some clothing, especially skirts, can get caught in the wheel.
- When going down steep hills, go slow and always keep the handcart under control.
- When stopping on a hill, place a rock or some other object behind the wheels so the handcart does not roll.
- Do not pull a loaded handcart sideways on a steep incline (where one wheel is consistently lower than the other). If all the weight of the handcart is shifted to one wheel, it can break.
- Do not deface any surface of the handcart.
- Do not leave handcart on the trails or in campsites. You are responsible for them while they are assigned to your group. If you break them on the trail, you must bring them in. (Only use Duct Tape on them to temporarily repair them while bringing them in).
- Make sure your handcarts are washed and the mud scraped off, if needed, before checking them in. This can take considerable time, so be quick but thorough.
- Contact the missionaries at your return location to report damage to handcarts and receive cleaning instructions.
- If damage occurs to handcarts, they will send a bill to our stake to cover the repairs.
- Please treat the handcarts with respect and care.

## RULES OF MARTIN'S COVE

### Walk through Martin's Cove

Be reverent as you walk through the cove; stay on the trail and absolutely no climbing on Sand Hill; do not rush or try to beat another family to the end. Go in family groups; remember, it is not what you will see or hear, but what you will feel.

### Sweetwater

The handcarts will be pulled through the Sweetwater River. The river could be only a foot deep or it could be waist deep. Bring spare shoes and socks to cross. Our first water crossing should be silent to allow feeling the spirit.

### Men's Callout/Women's Pull

This is to be a spiritual and reverent event. There should be no cheering or teasing. It will be done in silence and with the men removing their hats as the women come up the trail. You may want to talk about this experience during family time. Encourage your youth to write in their journals and record their thoughts and feelings.

### Snakes and Wildlife

Watch out for snakes! If you see one, advise stake leaders or a Missionary. LEAVE IT ALONE! Remember you are the visitor - they have the right of way. Do not disturb or feed the wildlife. Leave all gates like you found them.

### Campground Rules

Be mindful that all requests from Missionaries MUST be followed! It is your responsibility to ensure that all camping and trail regulations are adhered to by your family.

Recreation Vehicles (RV's, campers, camp trailers, pop-up tent trailers, motor homes, toy- haulers, etc.) are NOT allowed to be parked at our campground. Do not bring these types of vehicles.

We will be issued parking passes for each vehicle we are allowed to bring (vehicles that are transporting gear, food, tents, etc.) inside the gate of the campground. They will be parked in the parking area nearest our campsite. The remaining vehicles will be parked outside the gate of the campground, if there is space.

DO NOT climb or sit on campground fences or gates. DO NOT climb on the cliffs and hills. The rocks are unstable and can cause a serious fall. Make sure the youth know this.

The Missionaries cannot transport people, equipment, or other items for our trek in their rovers. DO NOT ask no matter what the reason.

DO NOT walk into Devil's Gate; it is private property and can be dangerous.

DO NOT wash dishes, hair, feet, or brush teeth near the water faucets or hand-pump water wells. Take water back to camp in jugs, buckets, etc. to fill water bottles for cooking, washing, brushing teeth, etc. Be at least 50 feet away from the pump.

No pets or horses are permitted.

No bicycles, ATV's or large screens will be permitted.

**No use** of boom boxes, tape players, CD players, iPods, MP3 players, cell phones, or other electronic devices. **Leave them at home.** No footballs, Frisbees, etc. If the youth want to take pictures have them bring a camera. Only designated leaders will have cell phones available for emergencies.

Camp in your assigned area. You may rearrange the picnic tables and benches only in your assigned area. When we break camp they must be put back to original locations.

Fires are only to be in fire rings provided. **DO NOT** remove the fire rings. **DO NOT** dig holes. **Obey fire ban if issued.** Put out all fires that are unattended during the day or night using water only – no dirt or sand.

**DO NOT** put your food garbage in the fire rings.

Each family will be responsible for keeping their campground clean. Keep in mind that the wind blows hard so paper and plastic can easily be blown away. Remove your own trash; **PACK IT IN AND PACK IT OUT. Nothing is left behind.**

Use only your assigned restrooms. Keep all restroom facilities clean. **DO NOT** throw any debris in the toilet as it will clog the cleaning hose of the truck. Your assigned restrooms must be cleaned prior to your leaving camp. Sweep the floor, spray and wipe the toilet seats with the disinfectant solution and paper towels, remove the trash can liner plastic bags and place them with your camp trash.

Keep all restroom doors closed to keep out snakes. Close the toilet lids to reduce odor. There are no showers in our campground.

Sturdy tents are important and to be well staked down. If pop-up nylon tents are used, bring extra stakes and rope to hold them down. Consider collapsing your tents and putting wood or rocks on them when we leave the camp. The wind can come up quickly and strongly.

Quiet time is 10:00 p.m. to 6:00 a.m. All generators, refrigerator units, etc. must be shut off or, if applicable, moved away from camp to spot designated by the campground host. All youth must be in tents and stay there during this time, so plan appropriately.

No early morning wake-up calls or lights-out signals over a sound system or by air horn, etc.