

Trek – Policy and Guidelines

Purpose

The purpose of Trek is to provide a spiritually focused, pioneer experience where youth can strengthen their testimonies of Jesus Christ, build unity, and develop self-reliance. To help create a meaningful and immersive experience, all participants are asked to dress in pioneer-era clothing and limit outside distractions—such as personal electronic devices. We would like all participants to be fully present and engaged during this extraordinary Trek adventure!

Policy Statement

To support the spirit and objectives of Trek, **personal cell phones and other electronic devices are not permitted. Participants are expected to dress in mid 1800's pioneer-era style clothing during Trek.**

Guidelines

- **No Personal Electronics Use:** Youth participants are asked not to bring cell phones, smartwatches, tablets, or other electronic devices on Trek. There is no wifi, and very limited cellular reception- many devices will simply not work.
- **Clothing:** Clothing should be modest, simple, and functional. Avoid modern logos, bright colors, and attention-drawing patterns. Anyone wearing immodest, inappropriate, or clothing logos involving slurs, vulgarity, or sexual content will be asked to change. Clothing should be suitable for walking, weather changes, and outdoor conditions.
- **When to Wear:** Everyone should arrive dressed up in their pioneer clothing on the day of Trek. We will need to travel *to* Trek wearing pioneer clothing as there will not be adequate facilities on site for us to change in a timely manner when we arrive. It is **not** required to wear pioneer clothing while in the vans traveling *home* from Trek. In fact, we want to encourage youth to bring a change of normal clothes to ride home in. This will help reduce dirt/dust in the vans as we travel back home.
- **Clothing Suggestions:** If unsure what is appropriate or available, participants may reach out to our Clothing Committee members (Gina James or Bev McCarter) for guidance.
- **Leader Exceptions:** Designated leaders may carry cell phones **strictly for safety, coordination, and emergency communication purposes**. The majority of communication will be through radio transmission, and will not require cell phone use. We encourage leaders to avoid cell phone use altogether- it can be seen as a “double standard”, and create situations with potential for conflict and confrontation.

- **Secure Storage (if applicable):** If a participant brings an electronic device, it will be up to the leader's discretion to **collect and securely store it** until the conclusion of Trek.
- **Breaking Policy:** We want the Trek experience to be uplifting. Each situation regarding a deviation or break in policy should be handled with grace and love. We will **NOT** turn away or send home any youth that fail to abide by the policy. As the most likely persons to encounter such incidents, Ma's and Pa's should gently, and privately handle situations as they arise. Any escalating response should involve Trek leaders to help diffuse.
- **General Exceptions:** We understand that there are rare and unique scenarios that require special attention. We ask that such circumstances be pre-arranged, must be approved by Trek leadership (please contact your Bishop), and communicated with the Medical and Safety Committees for documentation purposes. The expectation is that any cell phone use or clothing need should be constrained to specified circumstance or medical necessity only.
- **Emergency Contact:** Our safety committee will coordinate contact in the case of emergencies only. Parents and guardians can contact Eric Helt (Safety Committee Chairman) in case of emergency.

Compliance

Participants are expected to **honor this policy willingly** as part of their commitment to the Trek experience and to show respect for leaders and fellow youth. Trek leaders are volunteers who graciously sacrifice their time and effort to help facilitate a spiritual experience for the wonderful youth of our stake. Needing to "be the bad guy" to enforce rules detracts everyone from the spirit that we hope to cultivate.

Conclusion

We invite all participants to approach Trek with a willing heart, ready to disconnect from the world and connect more fully with God.