

High Adventure Procedures and Guidelines



Offered by the
HIGH ADVENTURE TEAM
Greater Los Angeles Area Council
Boy Scouts of America

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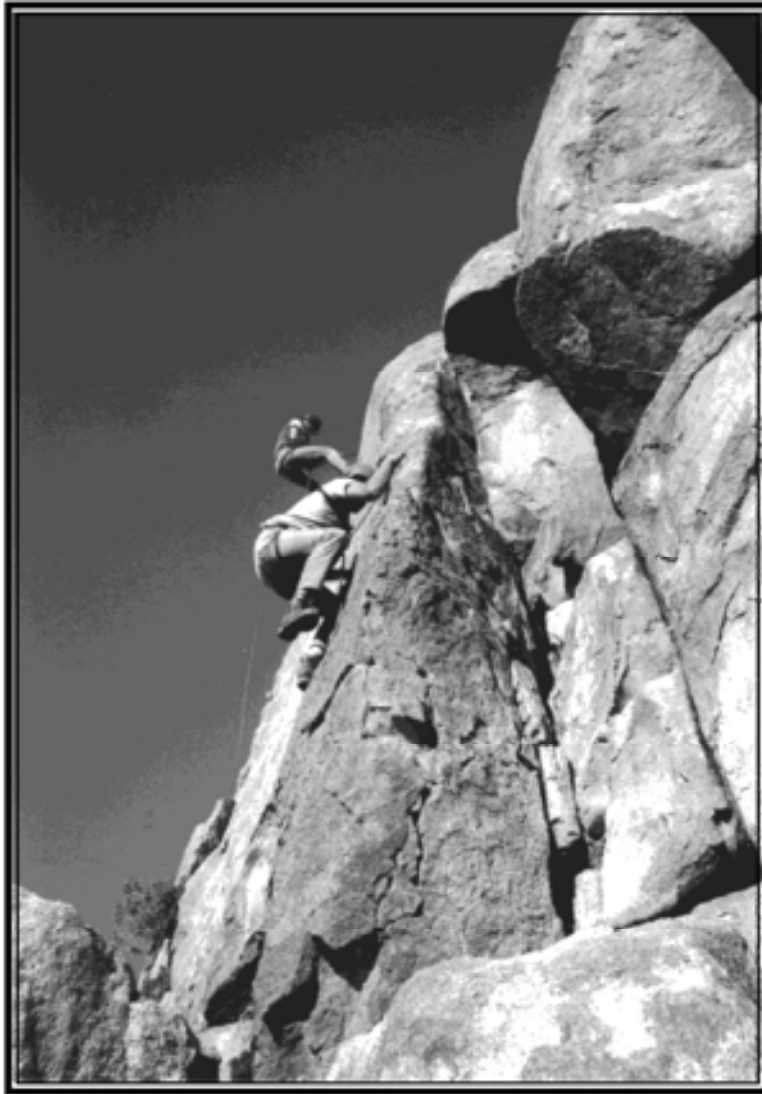
The High Adventure Team of the Greater Los Angeles Area Council-Boy Scouts of America is a volunteer group of Scouters which operates under the direction of GLAAC-Camping Services. Its mission is to develop and promote outdoor activities within the Council and by its many Units. It conducts training programs, sponsors High Adventure awards, publishes specialized literature such as Hike Aids and The Trail Head and promotes participation in summer camp, in High Adventure activities such as backpacking, peak climbing, and conservation, and in other Council programs.

Anyone who is interested in the GLAAC-HAT and its many activities is encouraged to direct an inquiry to the GLAAC-Camping Services or visit our web site at <http://glaac-hat.org/>. The GLAAC-HAT meets on the evening of the first Tuesday of each month at 7:30 pm in the Cushman Watt Scout Center, 2333 Scout Way, Los Angeles, CA 90026. These meetings are open to all Scouters.



REVISIONS

April 2017	Deleted Tour and Activity Plans.	Tom Thorpe
April 2016	Revised Tour and Activity Plan section.	Tom Thorpe
April 2014	Maintenance release. Re-wrote the Tour and Activity Plan section. Deleted forms.	Tom Thorpe
May 2006	This Hike Aid revises and replaces all prior editions, the latest dated January 2000. The content is essentially unchanged, but with corrections and updates.	Lyle Whited
Original	Prepared by Lyle Whited and composed by John Hainey	



*High Adventure
Procedures and Guideline*

Published by the
HIGH ADVENTURE TEAM
of the
Greater Los Angeles Area Council
Boy Scouts of America
2333 Scout Way
Los Angeles, CA 90026

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Prologue

Boys are introduced to the Scouting program with the following words on page one of The Boy Scout Handbook (9th edition. This idea appears in subsequent editions, although not expressed this well):

“ADVENTURE! That’s what Scouting is. You are standing at the doorway to the most exciting adventures you can imagine. Step into the world of Scouting, and you’ll find yourself hiking along trails, canoeing across misty lakes and camping under the open sky. Smell fresh rain in the woods and fill your mouth with the taste of wild strawberries. At the end of a patrol bike-hike plunge into a cool mountain lake. Cook your meals over a camping stove. Travel the backcountry without leaving a trace and live well with only what you carry in your pockets and pack. Sound inviting? As a Scout, you can do all of this and more.

Scouting is also a doorway to friendship. Boys you know might be joining your troop, and you’ll meet lots of other Scouts along the way. Scouting is a worldwide brotherhood many millions strong. Almost anywhere you go, you will find Scouts excited about the same things you are.

Want to learn the skills that are used outdoors? Scouts know how to find their way with a map and compass, to stay warm and dry in stormy weather, and to give proper first aid. They observe wildlife close up and study nature all around them. There are plenty of important Scouting skills for you to master. You can also teach others what you know. Everyone helping everyone else - that is part of Scouting, too.”

The High Adventure Program is your means to fulfilling the premises of fun and adventure, excitement and challenge, achievement and understanding which are made in this statement. It is a program of limitless opportunity and pleasure - Welcome Aboard.



Foreword

It is not generally realized that the population center of the State of California is in Los Angeles County. These millions of people in Southern California seek to use the same forests, mountains, and desert areas for a variety of recreational purposes. Moreover, in recent years, family camping and the use of recreational vehicles have grown tremendously. Our State and Federal governments, through their various agencies, have responded to this growth by adding and improving access roads, by developing formally primitive sites into campgrounds, and by converting campgrounds into picnic areas.

At the same time, recreational funds have not kept up with recreational needs. This financial shortfall has been met in part by dividing campgrounds into family camping units and charging a fee for each unit, i.e., campsite. Under this system, the typical campsite accommodates 6-8 persons, with parking for a single vehicle. This arrangement makes it difficult for a youth group, which may involve 20-30 persons, to use these same campgrounds. A study prepared by the Forest Service and the Southern California Boy Scout Councils a number of years ago concluded that it was both necessary and highly desirable that hiking and camping by Scout Units take place away from the roadside campground of the 'drive-in' camper. Unit Leadership is expected to plan and conduct its High Adventure Program through the use of Trail Camps and through dispersed site" camping, rather than in campgrounds. These locations provide a more enjoyable wilderness experience and promote the development of Scouting and outdoor skills.

This Hike Aid is your guide to the fundamental procedures and guidelines of a High Adventure Program. It will assist your being a responsible user of our limited wilderness and recreational resources and satisfying the commitment made in The Boy Scout Handbook. The GLAAC-HAT is dedicated to promoting High Adventure throughout the Council and to assisting you in developing your Unit's program; we are your partners in High Adventure.



*"He is wisest who has most caution.
He only wins who goes far enough."
Walt Whitman*

Procedures and Guidelines

Introduction

So what is this business about High Adventure? The Boy Scouts of America has always featured an outdoor program, with many of the requirements for advancement and twenty or so merit badges based upon participation in it. It publishes an abundance of material about "Outing is Scouting." Where and how does High Adventure come into play?

The Full Dimension High Adventure Program of the GLAAC-HAT is designed to encourage and assist the Unit Leadership in developing and extending the nature and quality of its outdoor program. There is so much opportunity, so much diversity, so much fun to be had in a program that goes beyond just meeting the basic purposes of the Scouting program. Besides developing outdoor and Scouting skills, it will develop leadership, personal motivation, self-confidence, environmental awareness, and a conservation ethic.

The mountains, deserts, and seashore of California offer a marvelously varied, rugged terrain, which provide the opportunity for wonderful experiences. The GLAAC-HAT offers training, literature and staff resources to assist the Unit Leadership in taking advantage of all of it. Hike Aid 1, "This Is Your High Adventure Team", will tell you more about this organization.

Literature

Hike Aids, The Trail Head, Training Syllabuses, and Program Announcements are all prepared and issued by the GLAAC-HAT. Hike Aid 2, "High Adventure Program Literature and Communications", will tell you all about them. Every effort is made to keep them current, relevant to the local back-country, and useful to the Unit Leadership, without duplicating material from the BSA-National Council or commercial sources. Thirty years ago, when Hike Aids were first written by the GLAAC-HAT (then the Trails and Awards Committee), there was next to nothing available from those sources; now there is so much, it's a job just deciding what might be useful to have in a Unit library. Hike Aid 2 offers some advice on that, also.

Training

As the Unit extends its High Adventure Program, Unit Leadership must increase its level of skill. The GLAAC-HAT conducts a variety of training programs for adults and Scouts. Hike Aid 3, "Full Dimension High Adventure Training Program", contains a description of them. This training is an absolute necessity to ensure safe and enjoyable experiences for all of the participants in your Unit program.

Awards

Baden-Powell referred to them as "*little pieces of cloth*", recognized their motivational value, and made them a part of the Scouting program at its inception. The Unit Leadership should do the same thing, and include the consideration of eligibility for an award as a part of the trip planning. A discussion of the awards that are sponsored by the Greater Los Angeles Area Council is to be found in Hike Aid 6, "High Adventure Awards Program." They represent only a small portion of all of the awards sponsored by the local Scout Councils. Your Unit is eligible to earn most of them, as noted in that Hike Aid.

Unit File

As the Unit takes High Adventure outings, retain a copy of the planning, and develop a Unit file for use again in the future. Correct any errors, make notes of your experiences, and leave a record of what the Unit has done. This file will grow to include topographical and other maps, books and literature from various sources, and other materials of value to the Unit's High Adventure Program. You will be surprised at how fast it will grow, and how it will simplify the planning of future outings.

Summary

The intent of the GLAAC-HAT, through this Hike Aid, is to state as clearly as possible the procedures and guidelines that are necessary to any High Adventure activity. It covers the nature and scope of planning for it, including the forms to be prepared and permits to be obtained. There are guidelines as to the several key elements while the Unit is on the trail. It concludes with a reminder of things to be done when the Unit returns, including the obtaining of awards and the recognition of accomplishment.

The GLAAC-HAT hopes that the Unit will use this publication as an aid, and that it answers the question posed initially. However, there will be situations that are not covered here. Some may be covered in other Hike Aids; for others, you may want to contact a member of this organization. Just be certain of your information source, understand what is expected of the Unit and participants, and make appropriate provision in your planning and preparation, before the Unit hits the trail to High Adventure.



Before the Trip

You've attended some Scout Leader training, maybe even Adult Leaders Backpack Training, seen some of the books and magazines about backpacking, but are still not sure how High Adventure fits with your Unit. Where to begin; how to arrange it?

Start with the members of the Unit and learn their interests. Temper that with an assessment of their current level of skills and abilities, and of the resources available. Develop a program that begins with achievable activities, within that current framework. Build in diversity and challenge, as the skills, abilities, and resources increase. Success brings confidence and enthusiasm. High Adventure is what you make it - so make the most of it.

Remember that a High Adventure Program is not separate and apart from the Scouting program of skills and advancement. They can, and should, complement one another, each building on and using the other. If they don't, then each is less than it might be.

The Planning Process

What, where, when, who, how, why?

These questions need to be answered, and a lot of things need to be done, before each High Adventure activity. That's what planning is all about. The time is long past when a Unit can

decide at its Tuesday meeting to have a campout on the next weekend, and pick up everything that is needed Saturday, while on the way.

This planning will cover every aspect of the activity, from the moment that the Unit departs from its home community, until all participants are returned home; in other words, from door-to-door. Once it leaves the trailhead, all that the Unit has is what the participants carry, plus their knowledge and skill. Therefore, the more careful and complete the planning, the greater the likelihood of a safe, enjoyable, successful activity. These results don't just happen, they are the consequence of a process that begins before the trip and which can only be accomplished by the Unit Leadership.

So, how does it decide the what, where, when, etc.? Remember "representing the group"; that is how the process begins. Whether the Unit is just beginning or is vastly experienced in High Adventure, these activities must represent the interests and abilities of its members. The Program is not a success if the Unit Leadership plans great activities and nobody comes.

Use the interests of the Unit members to lay out a High Adventure Program over a 6 or a 12-month period. Preparing a master plan for an extended period provides the opportunity for the Unit to:

- ◆ Integrate the individual activities with specific outdoor award programs.
- ◆ Integrate the outdoor program with on-going Scouting skills and/or advancement programs.
- ◆ Develop member interest and enthusiasm.
- ◆ Have sufficient time to adequately and completely do the planning for each specific activity.

An annual or semiannual planning conference by the Unit Leadership is as vital to the conduct of a High Adventure Program as it is to the balance of the Scouting program. As will be noted later, many activities will require obtaining permits, making reservations, etc., months in advance. Therefore, the Unit Leadership needs to decide at this conference:

- ◆ When the activity will occur.
- ◆ What kind of activity it will be.
- ◆ Where the activity will be.
- ◆ Who will prepare the detailed planning for the activity.

With these decisions made, and this information on its master calendar, the planning of the High Adventure Program is well begun.

Each activity requires some amount of detail planning. Certain actions, such as applying for permits and reservations, must sometimes be done considerably in advance, depending on its nature and location. Others, such as buying food, can be done just before it. At some point in this process, all of the items on the following list should have been considered and appropriate action taken:

- | | |
|---------------------------------------|-------------------------------|
| ◆ High Adventure Award Application | ◆ Scout's Own |
| ◆ Wilderness permit | ◆ Menu |
| ◆ Fire permit | ◆ Water |
| ◆ Reservations and/or other permits | ◆ Personal and Unit Equipment |
| ◆ Permission slip | ◆ Vehicle equipment |
| ◆ Release of liability | ◆ Other services |
| ◆ Weather | ◆ Cost |
| ◆ Medical and physical considerations | ◆ Announcement of activity |
| ◆ Transportation | ◆ Designated contact |

- ◆ Alternate plan
- ◆ Other activities

- ◆ Awards

Permits and Other Paperwork

Each activity in the Unit's High Adventure Program will require the preparation of several forms. These pieces of paper are vital aids to the success and safety of your outing; several are required to receive an award that participants have earned from it. Many times, you may feel that no one cares to see or check on your having prepared them. However, like insurance, they only seem an unnecessary effort or cost until the time that they are needed. Experience shows the wisdom of their use.

Some of these forms can be prepared a few days in advance of the activity, while others may need to be done months ahead of it. The nature of the activity will usually determine which are needed and the timing of preparation. This matter is a critical part of your planning of a High Adventure activity.

◆ High Adventure Award Application

This is a GLAAC-HAT form, which the Unit Leadership should consider preparing during the planning session for every High Adventure Program outing. The front side must be prepared to obtain a GLAAC sponsored outdoor award for the outing. It must be submitted in advance to the GLAAC-HAT for approval, when the award is for a long-term (4 or more days) activity. The back is a "Trail Profile/Trail Schedule". It requires a careful documentation of the route of your outing, the determination of mileage and elevation changes, and the computation of scheduled hours of travel. It is applicable for a day hike, backpack, bicycle ride, or canoe/rafting trip. To prepare it, you will need a topographical map (preferably a 7 1/2 minute series) for the location of travel. In preparing these forms, be especially alert for the following conditions along your route:

- ◇ water sources.
- ◇ potential hazards or unsafe conditions.
- ◇ trail junctions and other checkpoints.
- ◇ intermediate gains and losses in elevation.
- ◇ bail-out points to safety in the event of an incident.

Make a note of these conditions on this form or elsewhere in your planning.

In addition to the topographical map(s), it is very desirable to have all current maps, e.g., Angeles National Forest Map, and other literature prepared by the agency which administers the area. They will show or discuss the current status of trails and campsites. While terrain features seldom change sufficiently to affect how they appear on a topographical map, man-made objects, including trails, do. It is not unusual to find that a "current" topographical map was prepared from a survey done 30 years ago. The trails and campgrounds shown on it may have long since been abandoned or re-located.

A copy of the "Trail Profile/Trail Schedule" should be given to each participant, to take on the trip. This will give them experience in tracking their location in the backcountry and, possibly, avoid them asking the question, "*How far is it?*". Hike Aid 6, "High Adventure Awards

Program”, contains a complete discussion of applying for GLAAC and other Council sponsored awards.

◆ Wilderness Permit

This Permit is required by the U.S. Department of Agriculture - Forest Service (USDA-FS) for travel in a Wilderness Area. Wilderness Areas are unique locations within a National Forest, National Park, or National Monument, that are established to provide additional protection for their environment. The popularity of some of these areas has caused the USDA-FS to impose a tight control on travel and camping. Re-routing may be recommended by the USDA-FS, or you may even be denied the privilege of hiking or camping in the location that you have chosen. A similar Permit is required for backcountry travel in National Parks.

An application form may be obtained from any Forest Station. Complete it and mail or deliver to the Forest Station which administers the location of your planned entry into the Wilderness Area. If your trip begins in a National Park or Monument, obtain a Permit from the local office of the National Park Service. A Permit usually will not be granted more than 90 days in advance of the date of your trip, and any request by mail must be made no less than 10 days in advance of it. However, if your trip is into one of the popular areas in the Sierras, you should contact the Forest Service or Park Service office having jurisdiction over your entry trailhead early in the year to learn the earliest date when your application for a Permit for the coming summer season may be submitted. This process for applying for Permits in these locations changes frequently, and some of them charge a fee.

For some locations, your Permit will be mailed back to you; for others, you may be required to pick it up at the issuing office on, or just prior to, the effective date. The Permit must be in the possession of the person to whom issued during your trip. You must comply with all applicable regulations and restriction, or be subject to fines or other penalties. Of particular importance are:

- ◇ Keep control of your Unit.
- ◇ Keep the members of your Unit together.
- ◇ Do not allow your Unit to become co-mingled with members of a group that are covered by a separate Permit.
- ◇ Obey all hiking, camping, and fire restrictions.

The very nature of a Wilderness Area requires strict observance of “The Outdoor Code”.

◆ Fire Permit

This Permit is issued by the Forest Service and is required for any person/group having any type of fire, any time of the year, in any location on public lands, excepting drive-in campgrounds. Those issued locally are valid for any location in California, for the entire calendar year of issuance. Restrictions and coverage may vary for a Permit issued in another location.

These Permits are free, but must be obtained in person at a Ranger Station or from a USDA-FS employee. They commit you to knowing and following the fire rules. The basic rules are printed on the back of the Permit; however, supplemental restrictions are imposed by the USFS as weather conditions change during the year. The person to whom it is issued must

have it in his/her possession during your trip. A good strategy is to have all of your adult leaders obtain one each year and carry it on all trips. That way, you're always covered.

◆ Reservations and/or other Permits

Besides the National Forests and Parks, there are other locations which you will find attractive for hiking and camping. These may include city, county, and state parks, public lands, and Scout Camps. The agency having jurisdiction over a particular location may not always be apparent. However, you must discover who it is and obtain any required permits or reservations. You must also learn what rules apply to the location. For example, while the Bureau of Land Management and the National Park Service are both a part of the Department of Interior, they have different rules for the lands which they administer.

Should your trip involve hiking or camping on private property, obtain written permission from the owner. This will avoid the possibility of a misunderstanding, if not a charge of trespassing.

The complexity of obtaining the proper permits is illustrated by these examples:

- ◇ The backcountry on Catalina Island is owned and managed by the Catalina Conservancy. However, several of the public campgrounds are administered by the Los Angeles County - Department of Parks and Recreation, which issues permits for their use.
- ◇ The summit of Mt. San Jacinto is within the Mt. San Jacinto State Park, which is inside the San Jacinto Wilderness, which is a part of the San Bernardino National Forest. You must have a State Park Permit to climb it, even if you have a Wilderness Permit.

Hike Aid 5, "High Adventure Backpacking Program", discusses this matter in more detail.

◆ Permission Slips

The Unit Leadership must have a written consent to participate in activities for each of its members. The Unit Leadership must comply with this BSA-National Council policy on parent approval.

It is desirable that the Unit Leadership have a written consent to obtain emergency medical treatment for each of its members. The consent form for each participant should be in the possession of the adult leader during each Unit activity. This can be kept with the Unit's first aid kit, which should be taken on every activity. While first aid may be rendered without such a consent, having a written approval from a parent or guardian will simplify obtaining emergency medical treatment.

◆ Release of Liability

There is generally some element of risk in everything that we do. The procedures and guidelines that are discussed herein have the purpose of reducing risk in your High Adventure Program. Accidents and incidents which are totally beyond the ability of Unit Leadership to anticipate or control do happen. However, certain of your High Adventure activities, such as skiing or river rafting, will have an inherently greater risk than the typical weekend backpacking trip. That risk, not incidentally, adds to the enjoyment and feeling of accomplishment from participating in them.

For these activities, the Unit Leadership may want to consider requesting each participant to provide a release of liability, which is prepared and signed by a parent or guardian. The use of such an agreement is a matter for Unit Leadership and Unit Committee to decide and the GLAAC-HAT or BSA makes no recommendation or legal representation by mentioning it here.

Most businesses that rent equipment or provide services, whose use may involve some risk, include a release of liability as a part of the rental or services agreement. When you make the initial contact about rental or service, ask about any requirement to sign a liability release. If one is required, you may want to obtain a copy in advance and decide how to handle it on an individual participant basis.

Weather

The conservative approach is to plan for bad weather, regardless of the time of year or the forecast of conditions. This means that everyone will carry rain gear and the Unit will carry sufficient tentage to house everyone in the event of rain. The Unit's planning must make note of these requirements, and the Leadership must ensure that they occur. A more extensive discussion of weather is to be found in the Hike Aid 5, "High Adventure Backpacking Program".

Medical and Physical Considerations

One of the things that you don't need during a High Adventure activity is a medical problem. Every adult who participates in your Unit's Program must have an annual physical examination and submit the BSA Annual Health and Medical Record. Everyone who participates in a long-term activity (4 or more days in duration) must also have a physical examination within a year prior to it and provide the same form to Unit Leadership. These forms are available at any Scout Center or on-line from the National Council's website. The doctors who perform the physical examinations should be advised that the person will be participating in strenuous physical activities.

Any person who is not feeling well prior to an activity must be discouraged or disqualified from participating in it. This is for both the person's and the Unit's welfare. The stress of it, especially on a young body, may cause a relapse or other problem. The individual is unlikely to have an enjoyable experience, even if he or she doesn't become a burden to the Unit.

Every participant must be in physical condition suitable to meeting the challenges of High Adventure. For most teenagers, this will not be a problem (my own experience is that attitude is a more likely problem). Adults are another matter. Any participant who has a problem handling a short weekend backpack or a day hike should be encouraged to begin a program of fast walking, running, or bicycling 3-4 times a week, before attempting more strenuous activities. The "Presidential Sports Award Program" is specifically designed to provide an incentive and a recognition for this type of activity. Adults should be advised of the desirability of checking with their doctor before beginning an aggressive conditioning program.

Going on a backpack or a day hike once or twice a month won't get a person into condition. It may improve their hiking and camping skills, nothing more. Likewise, it is a myth that you will "hike yourself into condition" on a long-term trip. Well, maybe if you're going to backpack for three months or so on the Pacific Crest Trail. However, for the first 4-6 weeks, you'll be

miserable if you are not already in adequate physical condition. It takes that long, after you begin a conditioning program, to build new muscle and endurance.

Don't have a member of your Unit become one of the many persons who must be evacuated from the mountains each year because of a preexisting medical problem or poor physical condition.

Transportation Plan

This part of your planning begins with a determination of the type and quantity of vehicles needed to transport the participants and their equipment. Every passenger in every vehicle must have a seat equipped with a seat belt. All drivers must meet the BSA-National Council's policy on age and insurance coverage. Be certain that these vehicles are in sound mechanical condition and are able to handle the loads and the mountainous and/or dirt roads.

The preparation of a detailed travel plan, from your Unit's departure point to the entry (and exit, where it is different) trailhead, is an absolutely vital part of your trip planning. Obtain current, detailed road maps for the area of travel and identify the route to be followed. Note the distance between checkpoints or intersections. Calculate the driving time by considering the distance, time of day, and type of road. When a trailhead involves access on an unimproved, or dirt road, check with the agency having jurisdiction over the trailhead to determine its current condition, if not its existence.

Give every driver a copy of your travel plan. Do not expect that your vehicles will travel together; in fact, the State Motor Vehicle Code and BSA National Policy prohibits caravans. Therefore, identify checkpoints where everyone will meet before proceeding. This is particularly desirable when you leave a main road and proceed into the backcountry.

On occasion, you may use public transportation to get to or from your trailhead, e. g., the boat to Catalina, the train to San Diego. Your planning will then include arranging for tickets, terms and conditions of payment, cancellation charges, handling of equipment, etc. You must abide by the carrier's rules and all applicable laws. You must never take stove fuels or similar flammable or explosive materials on a boat or airplane. Empty your stoves or remove fuel canisters and arrange to purchase fuel at your destination. If permitted, transport your stoves and liquid fuel containers empty, with the caps off. If not permitted, which is the situation with the boat to Catalina, you may either take canisters-fueled stoves (without canister) and arrange to purchase canister at your destination, purchase or rent stoves and buy fuel at your destination (which you could not bring back), or cook over a wood fire. It is absolutely essential that you learn any rules and restrictions and make appropriate arrangements before embarking on the trip.

Alternate Plan

It is suggested that Unit Leadership plan an alternate trip (good old Plan B), particularly during the winter months. This will enable you to proceed with a weekend outing, even though weather or some last minute occurrence may have made your preferred destination inaccessible. If you don't use the alternate plan, it can be used for a future trip, or held as Plan B for other trips.

Other Activities

It was suggested earlier that the Unit Leadership should integrate its High Adventure Program with its Scouting skills and advancement programs. The planning will then include deciding what the skill or advancement activity will be, who will conduct it, what specific equipment or materials are required, and who will obtain and bring them. A planned activity will exploit the learning opportunities inherent in the out-of-doors. It will also reduce the possibility of inappropriate behavior, because of excess free time. For some outings, a peak climb may be a substitute for such an activity.

Another activity to plan for each outing is a Scout's Own. The Hike Aid 8, "Scout's Own", contains suggestions on its conduct and materials to be used. Given the nonsectarian nature of such an observance, it may be held at any time and on any day, as best suits the particular outing. Plan to have one and take the Hike Aid along.

Menu

Numerous books are now available which discuss menu planning, backpacking foods, and cooking; a section of Adult Leaders Backpack Training is devoted to the subject. The Unit Leadership must make several decisions about it during the detail planning.

The first of them is the level at which the responsibility for meals is assigned for the outing, Unit, Patrol, individual, or some combination. For example, if the first meal on the outing is lunch, it might be the responsibility of the individual, dinner that day might be to a Unit menu, and the remaining meals might be to Patrol menus.

The planning of these meals should consider all of the following matters:

- ❖ How many meals are there? This may seem obvious, but it is surprisingly easy to miscount or to overlook one. It is very important that each participant know which ones he/she must bring.
- ❖ How much food? The usual guideline is 1/2 pound of backpacking food per person per meal. If in doubt, err on the high side; it will be a rare trip that all of the food is not eaten.
- ❖ Where to get it? Most of the food for most High Adventure activities may be purchased at a good market. Buying it at a backpacking store offers numerous conveniences, at a price. For example, food from a market may not be the exact quantity, per package, to what is needed. Or, the packaging is bulky and heavy. These, and other differences, are usually workable, particularly for a weekend activity.
- ❖ Where will the meal be eaten? Meals can be eaten at the trailhead before and/or after the activity, on the trail, and in camp. The "where" of each meal is a major consideration in deciding the type of food to have and how it will be prepared.
- ❖ Ease of preparation. This requires deciding where the meal will be prepared and what the schedule is for the day. Meals taken on the trail generally should be easy to prepare; likewise for a breakfast on a day with a very early start or a very long schedule. This will also help in determining what utensils, stoves, and amounts of water and fuel are needed during the activity.

- ✧ Ease of cleanup. The cooks can make the cleanup easy, and careful menu planning will make it even easier. The boiling water for heating Meals Ready to Eat becomes the clean-up water, a definite benefit of those items and of specialty backpacking food. Planning for cleanup means not only a consideration of soap and other cleanup materials, but also of water requirements.
- ✧ Fire restrictions. Backpack stoves are generally the only fire that can be used outside a Campground, i.e., drive-in campsite. Since most of the Unit's High Adventure Program will be in Trail Camps or dispersed sites, the Unit cannot have a menu that needs a wood fire. Also, certain locations may have prohibitions against even backpack stoves at any time; the USDA-FS may impose a restriction on their use because of a high fire hazard. Consider the potential fire restrictions when planning the menu and find out what they are just before the activity. The Unit may need to make some last minute changes.
- ✧ Weight. Generally not an issue on a weekend backpack, but very important for a long-term.
- ✧ To re-package or not re-package? Worth considering for food purchased at a market, whose packaging is generally heavy and bulky. If you carry it in, you will be carrying it out.
- ✧ Cost. Backpacking food can be very expensive. Careful menu planning can keep it down.
- ✧ What to have? Consideration of the prior issues will help in making this decision. There are also the matters of "edibility" and what the participants like. A great menu is no good if people won't eat the food. It is not true that boys will eat anything, if they are hungry enough. Carry small containers of seasonings to vary the taste; however, experiment with a little food and give each person the option of whether or not he/she wants more.
- ✧ Who will buy it? Make the assignment and make certain that it is done in a timely manner.
- ✧ Who will carry it? One strategy is to have the younger boys carry the food and no Unit equipment. They will be carrying less, as it is eaten.
- ✧ Snacks and other goodies. A trail snack is kind of nice while the Unit is hiking. A snack and/or a hot drink just before bedtime can help keep you warm on a cold night. A snack left in the car (fresh fruit and a soda in a cooler) tastes great when you come off of the trail (use discretion in bear country).

Bon appetite

Water

Water to drink, for cooking, for cleanup. How much will be needed, where to get it, and how to purify it?

The general guideline is 4 quarts per person on a full day of backpacking. But one quart is probably adequate for a person on a short day hike. The length of activity, location, time of year, and menu are all mitigating factors. Don't assume that the stream shown on a map will have water, or that you will be able to find the spring shown; check with the USFS. Purify all

water from all backcountry sources. A more extensive discussion of water is to be found in Hike Aid 5, “High Adventure Backpacking Program”.

Equipment

There are numerous books and other sources which recommend the type and amounts of clothing and equipment for different activities. A primary doctrine is “The 10 Essentials”, developed by the Mountaineers of Seattle, WA. The Unit Leadership may decide to develop its own standard list, and amend it as appropriate to each specific activity.

◆ Personal and Unit

Early in its adoption of a High Adventure Program, the Unit Leadership and the Unit Committee must make fundamental decisions about equipment: which items will be obtained by the Unit and which by each participant? For the Unit provided equipment, a decision must be made as to whether to buy some or all of it, or to rent it as needed. The answers to these questions are dependent upon the resources available to the Unit and the financial condition of its participants. To some extent, the nature of its program will be governed by these matters. The Unit Leadership must understand that the very survival of the participants is dependent upon having the proper equipment for each activity. Its members must also be trained in the correct and safe use of each item. Here in Southern California, we are very fortunate in having several backpacking stores that not only sell quality equipment, but also rent it and will demonstrate its use.

The planning of equipment, both personal and Unit, should give consideration to all of the following matters:

- ◇ Weather. Remember the earlier comments; don't ever be put into jeopardy by a failure to provide for “bad weather”.
- ◇ Location of the activity.
- ◇ Nature of the activity. Car camp, backpack, canoe trip.
- ◇ Other Activities.
- ◇ Menu.
- ◇ Weight of the equipment. Keep in mind that a full backpack's weight should be no more than 1/4 of the weight of the person who carries it. Careful selection of equipment will help, but the Unit Leadership must also limit the nature of its High Adventure Program to the physical abilities of its members. Bulk may also be an occasional concern.
- ◇ Water. Be certain to include the equipment necessary to the purification method to be used for all water to be taken in the backcountry.
- ◇ Number of participants. Needed to determine the quantity of tents, stoves, cook sets, and specialized equipment.
- ◇ “The 10 Essentials”. Mentioned earlier. As a minimum, the Unit, if not each individual, should have adequate provision for each category.
- ◇ Who will carry it? If the equipment needed is beyond the ability of the participants to carry, then the Unit Leadership must select a different activity. Mechanical conveyances are forbidden in the National Parks and Forests. The use of pack animals is also prohibited in many locations and is not permitted for earning any outdoor award.

A discussion of tents and certain other features of equipment is to be found in the Hike Aid 5, “High Adventure Backpacking Program”.

◆ Vehicles

The Unit Leadership must advise the drivers of the nature and location of the trip and of any special equipment to be carried. A trip into the mountains in winter means having tire chains, just as going into the desert means having extra water, a tow chain, etc. The GLAAC-HAT training seminars on desert and winter camping each makes mention of these matters.

Other Services

Going skiing, rock climbing, canoeing? These are really great High Adventure activities. Participants will require special equipment and instruction in its use. Arrangements need to be made well in advance for them. Members of the GLAAC-HAT can often provide advice on obtaining these services.

Cost

The bottom line. What will the activity cost and can the participants afford it? Can money be raised through Unit activities; are there community sources of donations? Set a realistic goal and start early; paying one's own way has been a part of Scouting since its beginning.

Announcement of Activity

Everyone in the Unit deserves to be fully informed about each activity. This can be through announcements at the Unit meetings, or a written handout. Each potential participant needs to be advised of the detail planning, and, especially, of his/her responsibilities. Always remember, if you're not carrying it, you don't have it, and that the Unit is no stronger than its weakest member. Communicate the detail plan, to generate participation in the specific activity and enthusiasm for the High Adventure Program.

Designated Contact

Leave a complete copy of this planning with a Unit representative who will be at home while the Unit is away. This is the person to be contacted if the Unit is delayed or has a problem. This person can then notify the other parents. Also, if the Unit is inexplicably delayed, the person can contact the proper authorities and initiate a search.

Summary

- ◆ Read the Hike Aids and any other literature which are pertinent to the trip.
- ◆ Obtain all required permits and/or reservations from all agencies and organizations having jurisdiction over the location of the trip.
- ◆ Prepare a High Adventure Award Application and secure GLAAC-HAT approval, as required in advance to receive a long-term High Adventure award.
- ◆ Leave a copy of your planning with a designated contact

Lots of things to be done, but so worthwhile. With experience, it becomes easier. As mentioned earlier, building a Unit file of outdoor activities also makes it simpler the next time. Careful planning and preparation will all but ensure a safe and enjoyable High Adventure.



During the Trip

You've done all of the planning, made all of the arrangements, and are ready to have some High Adventure. You and the other participants are about to enter an environment that is likely to be unfamiliar, is subject to sudden changes in conditions, and is full of potential hazards. An enjoyable, safe experience for all participants is your goal, and following these guidelines will help ensure these results.

Traveling to the Trailhead

Your departure time will depend upon several factors, including driving time, location of trailhead, and hiking planned upon arrival. For example, you'll want to leave before 8 am. when your trip involves a three hour drive, to be followed by five or more hours of backpacking.

When your trailhead is above 8,000 feet, or, when your first day of hiking will take you above that elevation, consider leaving a day early. The time spent resting or sleeping at the trailhead for the high elevation trips is an aid to acclimation. Your lungs have a chance to expand and your heart becomes more adapted to the added exertion, before you get into the high country. When you live in a sea-level environment, such as the Los Angeles Basin, and travel to a 9,000 foot elevation trailhead in one day, your body experiences a physiological jolt. Be certain to have determined the availability of a campground and made arrangements for its use, as a part of your trip planning.

Whenever practical, have all of the members of your group, adults and Scouts, wear the Scout uniform. Among the benefits of this are:

- ❖ Increases the visibility of the Scouting program.
- ❖ Better behavior of your Scouts.
- ❖ Promotes goodwill with the general public.
- ❖ Instills pride in belonging to the Boy Scouts.

Don't let your Scouting activities degenerate into just a weekend out with the boys.

Trailhead Parking

Leaving your vehicle parked at a remote location for a day or a month didn't use to be a concern. However, crime is not limited to the city, and vehicles can be vandalized, burgled, and stolen when left at a trailhead. In view of this, you may want to consider being transported to and from the trailhead by some other adult.

When you are planning to leave vehicles at a trailhead, contact the Ranger Station or Sheriffs Department that services the location. Ask them about leaving your vehicles and where they would be safest. Apply the same security measures as when parking in the city. Also ask about any parking restrictions in the area. Many sections of highway and other locations have limits or prohibitions on parking. Obey the rules; your vehicle will be ticketed or towed if you don't.

When you park, position the vehicle for easy, immediate departure, in the event of an emergency. This usually means being headed out of, rather than into, a parking space. When parking on a grade, place a rock against a rear tire, on the downhill side. Always be

considerate of other users of the wilderness. Never block another parked vehicle; use the generally limited space carefully. Never block a gate or park in a manner that interferes with the passage of other vehicles along a road. You will be ticketed; if there is an emergency, the vehicle may be pushed aside in the most expedient manner.

Forest Service Recreation Rules

The U.S. Department of Agriculture - Forest Service has a few basic rules that apply to all persons using areas under its jurisdiction. No great detail is presented here, because we expect everyone to obtain, and become well acquainted with, them. A copy of the applicable sections of the Code of Federal Regulations is generally available at Ranger Stations, as are bulletins about matters of particular local interest. They cover such things as applicability, sanitation, public behavior, audio devices, occupancy, and vehicles. These rules are general to all recreational areas.

The Fire Permit and Wilderness Permit contain rules applicable to their use. Rules for a specific campground are often posted at its entrance. It is your responsibility to learn these rules and to follow them. All permits issued by the Forest Service, or other government agency, and required for the trip must be in the possession of the adult leader to whom issued at all times during the trip. Failure to be carrying them may result in a citation and/or expulsion from the location.

A trail that is posted as "Closed", means that no one is to hike on it, because it is unsafe. If you proceed, you will be cited - the fine is substantial.

HAT Rules

Every Scout Council in the Southern California area requires adherence to the following rules for backpackers, which are in compliance with BSA-National Council policies:

- 1) Keep noise down to a minimum when in or near all campsites. Radios should be left at home and not taken into the wilderness, to cause noise pollution. Citizens and other Scouters do make written complaints about problems like this.
- 2) People movers of any type (trams, ski lifts, dune buggies, trail bikes*, snowmobiles, etc.) may not be used in pursuit of a High Adventure Program award. They may be used to reach the trailhead but, from that point on, the award will be earned on foot. Ski-mountaineering and snow-shoeing are acceptable means of travel for persons who have been properly trained in the use of such equipment.

* Acceptable for High Adventure cycling awards.
- 3) Pack-stock or horses may only be used in an emergency, such as evacuation of an injured party.
- 4) All approved Scout outdoor activities must be by a party consisting of at least three registered Scouts and two adult leaders. BSA-National Council policy is that *"All leaders must be 21 years of age or older, except College Scouter Reserve, assistant Scoutmasters, ..., and assistant Varsity Scout coaches, who must be 18 or older."* High Adventure Program awards are only issued on the basis of approved Scout activities;

activities on a personal, family, Sierra Club, or any other basis are not eligible for these awards.

- 5) Scheduled hours of backpacking are the time spent on the trail, moving from the trailhead to the campsite, and campsite to campsite, while carrying a full backpack. Any peak climb or exploration activities, while carrying a summit pack or similar device holding the “Ten Essentials”, are not scheduled hours of backpacking. Awards are only given to those participants who meet the minimum scheduled hours (or miles) required for them. Please refer to the Hike Aid 5, “High Adventure Backpacking Program” for further discussion of scheduled hours.
- 6) Trips should not be taken just to earn an outdoor award. The proper reasons are the opportunity to apply the Scouting program in the out-of-doors, to advance in rank, to enjoy nature to its fullest, or for helping to conserve or protect our natural resources.
- 7) Each Unit participating in the High Adventure Program should be accompanied by a registered adult who has a current First Aid and Adult CPR Certificates issued by the American Red Cross or other BSA approved organization on every outing. Long-term awards require such certificates. The award requirement sheet will indicate this, and exceptions are not permitted.
- 8) The “Trail Profile/Trail Schedule” (and the topographical maps used in its preparation) are to be carried on the trip. Besides its use while hiking, you will want to double-check its accuracy, for your own or others’ future use. Important details not included in your original planning, such as trail junctions, stream crossings, etc., should be noted. Put this annotated copy in the Unit file for further reference.
- 9) Carry a “Consent to Obtain Emergency Medical Treatment” release for each Scout. Your Unit first aid kit is a convenient place for them.
- 10) Stick with your plan; however, be continually aware of conditions which should cause you to change it, even to the point of immediately returning to the trailhead. Conditions which may necessitate a change in plan include the weather, illness, general physical problems, trail conditions, loss of food, unavailability of water, etc. It is better to terminate a trip, and learn from the experience, than to needlessly expose yourself and your Scouts to an unsafe condition. In this litigious world, you may also be avoiding a negligence lawsuit. Also, don’t succumb to the temptation to just take off to “*see what’s on the other side of the mountain*”. If you do find an interesting situation, include it as a part of your planning for a return trip to that location.
- 11) Good hiking and camping practices are to be followed at all times.
- 12) BSA-National Council policy is that campfires are to be limited to special occasions and only in approved locations and under approved conditions. Campfires have resulted in the depletion of wood in the vicinity of most camping areas. This upsets the natural environment, in that down wood is a source of shelter and food for insects and small animals and of nutrients for the soil. Don’t have them, even when and where it is permissible, on your High Adventure outings. You are personally liable for any damage which results from one that gets out of control.

- 13) The defacing of trees, rocks, and structures is a blight on the environment. Do not permit it; report any occurrence to the government agency which administers the location.
- 14) Keep your Unit together at all times, unless you have permits, reservations, and adults for two or more groups. Do not allow persons in groups that are traveling under separate permits to co-mingle while hiking or camping. BSA-National Council policy requires that two adults be in attendance with each group of Scouts, at all times during BSA sponsored activities. Most government agencies issue permits and reservations on the basis that all persons who are covered by them will hike and camp together. Nothing good is likely to result from allowing your Unit to get strung out or become separated on the trail, from leaving someone until your return, from sending people on ahead, or from splitting the Unit in any fashion. An exception to this would be the need to send a group for help, because of an unexpected incident.

Unexpected Incidents

Things don't always go according to plan; that's why Baden-Powell said, "Be prepared". When you experience an unexpected event, the actions that you take in the first few minutes will heavily influence your ability to deal with it. First of all, you should have made an assessment of the potential risks during your trip planning and made appropriate provision for them. While on the trip, Unit Leadership must be constantly alert to risk and to the physical well-being of the participants. By taking action in advance, an incident can often be avoided or prevented. This may require modifying the plan for the outing or returning immediately to the trailhead.

Don't panic, take charge of the situation, make an assessment of the problem, prepare a plan, and execute the plan. Above all, try to avoid doing anything that might make matters worse. This guidance applies whether the incident is illness or injury to a participant, a sudden change in weather, loss of food to an animal, trail or other terrain problems, or becoming disoriented.

Should you decide to send for help, the following actions are to be taken:

- ✧ Send three people, aka, "the rule of three".
- ✧ On the back of a copy of your planning, or a topographical map, write this information:
 - your location, as specific as possible.
 - the nature of the incident.
 - the time that the incident occurred.
 - what you have done, or will do, about it.
 - send this with the group that is going for help.
- ✧ Instruct the group going out on how to get to a source of help.
- ✧ Haste may be of importance, but not to the point of risking injury to the persons going for help.

Once the group has left, stay put. Look to the health and welfare of the remaining part of your Unit. Keep everyone calm and together. Continue to provide first aid and to monitor the condition of anyone who is injured or ill.

Returning Home

You've had a great High Adventure experience, you're back at the trailhead, and you're ready to return home. Stop, take a deep breath, and relax for just a minute. Check to be certain that all equipment is securely stowed in the vehicles. Do a headcount and double check that all participants are accounted for. Take your time, don't ruin the outing now.

I have often personally felt that the most difficult part of an outing is driving back home. You are tired, sore, and maybe a little dehydrated. You may also be a little behind your scheduled time of return. Now is the time when you must take it a little slower and exercise a little more caution. If you are going to be appreciably late returning, call and advise the Designated Contact, who can tell the other parents.

Consider stopping at a midpoint, to give everyone a chance to stretch their sore muscles and to partake of their favorite fast food and drink. Do another headcount when you're ready to leave.

Summary

- ❖ Allow sufficient time for highway travel and from your departure point and the trailhead.
- ❖ Comply with all USDA-FS and other government agency rules and regulations.
- ❖ Comply with all High Adventure Program rules.

Remember that you are members of a nationally known organization, and its reputation depends upon your behavior.



After the Trip

The trip is over, the equipment is cleaned and stored, but there are still a few things to do. Some of them will help improve the quality of your Unit's High Adventure Program; others will solidify the memory of the good time that was had.

Reporting Incidents

If you experienced an unexpected incident on the trip, you will need to consider what persons should be notified of it. A parent or other appropriate family member is to be immediately told of any injury or illness. This would include being bitten by a bee, wasp, or tick, or extensive exposure to poison oak. Any serious injury (any injury requiring beyond Boy Scout rendered first aid) is to be reported to the GLAAC-Camping Department.

A threat by, or any direct contact with, a predatory animal should be reported to the USFS. The increase in the number of bears and mountain lions in the local mountains has resulted in an increase in the frequency that this occurs. Trail or campsite problems should also be reported. Budget reductions have severely limited the ability of all government agencies to perform backcountry patrols. They are dependent upon users of these areas to provide reports.

Any incident of illegal activity is to be promptly reported to the Sheriffs Department or the USDA-FS. The better we all observe, record, and report, the safer the public recreation lands will be for everyone.

Post-Trip Evaluation

Meet with the participants to discuss the just completed High Adventure activity. Consider using a few minutes at a Unit meeting; this will give non-participants an opportunity to hear about it and can be used to promote your next outing. Encourage a free and open exchange; your objective is to improve the program and increase the enjoyment of the participants. Avoid placing blame or being judgmental.

Among the things that you should want to learn are:

- ❖ Was it fun; is there a feeling of accomplishment
- ❖ Was this an interesting location; do you want to go again?
- ❖ Other activities: were they fun; did you have the needed equipment?
- ❖ Food: good; enough?
- ❖ Personal clothing and equipment: any problems?
- ❖ Unit equipment: any problems?
- ❖ Was the planning accurate?
- ❖ Were there any other problems or unreported incidents?

Make notes for the trip file and correct or amend the planning, as needed. Decide now on what things the Unit should do differently in planning its next activity; maintain a positive attitude. Ensure that Unit and personal equipment will be cleaned and repaired before the next trip. It may be desirable to talk to the parents of a participant who had a problem with personal equipment.

Applying for Awards

Most High Adventure awards that are sponsored by the GLAAC may be purchased at the Scout Shop upon presentation of a properly prepared and approved High Adventure Award Application. Because of your planning before the trip, little should be left to do beyond listing the names of the participants and the awards to be received. Hike Aid 6, "High Adventure Awards Program", is your guide to the requirements and the process for obtaining them. Double check that all of the requirements for the award sought have been satisfied. Applying for awards offered by other Councils is also discussed in that Hike Aid.

There will be occasions when one of your High Adventure outings will satisfy the requirements for several different awards. Give each participant the opportunity of selecting the award which he/she wishes to receive. Just remember that each person who participated may receive only one award, regardless of whether it is sponsored by the GLAAC, another Council, or the BSA - National Council. Hike Aid 6 contains a suggestion, along with a sample form, that Unit Leadership maintain a record of the awards earned by each member of the Unit. Such a record is especially useful in determining when a person has become eligible for one of the several awards that are offered on a cumulative basis.

Any questions regarding an GLAAC sponsored award is to be directed to the Chairman or Awards Vice Chairman of the GLAAC-HAT. They are responsible for the conduct of the High

Adventure Program and for ensuring that all awards are earned on the same basis by everyone.

Recognition of Accomplishment

Give recognition to the participants in your High Adventure Program by presenting them with their awards as soon as possible after you have received them. A coordinating phone call to the GLAAC-Scout Shop and proper processing of your application are big helps to this end. The Scout Shop will not sell you these awards unless you give it a properly prepared and approved High Adventure Award Application.

Remind those receiving the awards that the patches are to be displayed on a pack, "brag rag", patch jacket, or other suitable display device. In no instance, are they to be worn on the uniform (excepting the Backpacker and Advanced Backpacker, and similar, specified awards). Outdoor awards are earned by the participants; they may never be given to anyone on an "honorary" basis. Trading them is, likewise, to be discouraged.

Summary

- ❖ Verify that the High Adventure outing satisfied all of the requirements for the award sought.
- ❖ Complete the High Adventure Award Application and obtain the required approvals.
- ❖ Recognize the accomplishments of all participants promptly and in a suitable manner.
- ❖ Report any medical problems or injuries immediately to the parent(s).
- ❖ Report any other problems or incidents to the GLAAC-HAT, GLAAC-Camping Department, or government agency which administers the area, as appropriate to the incident.

The memories will last a lifetime.

Appendix

10 Rules for Planning High Adventure Activities

1. Do it!!
2. Put it in writing.
3. Door-to-door (Consider everything related to the activity).
 - ◆ Trails and profiles.
 - ◆ Permits: Fire; Wilderness; Campsite reservations.
 - ◆ Food.
 - ◆ Driving plan.
 - ◆ Pickups; car shuffles; food drops.
 - ◆ Weather.
 - ◆ Water: Needs; sources; purification.
 - ◆ Other Activities.
 - ◆ Unit camping equipment.
 - ◆ Safety; health; physical conditioning.
 - ◆ Cost.
4. Utilize all available planning resources.
 - ◆ Maps and guidebooks.
 - ◆ USFS literature.
 - ◆ Other Scouters (including members of the GLAAC-HAT).
5. Make copies (Leave one at home).
6. Plan "B".
7. Take it with you.
8. Follow it; however, change or end the outing, if conditions differ from plan.
 - ◆ Weather; trail; etc.
 - ◆ Don't wait too long.
9. Awards.
 - ◆ Every person should get every award to which he/she is entitled.
 - ◆ Remember the first Scout Law, when applying for awards.
10. Build a file of Unit outdoor activity plans.
 - ◆ Save a copy of this one.
 - ◆ Make notes, comments, etc., about your experience.



A “DUE DILIGENCE” Process for High Adventure Leaders

Before You Go

- ◆ Get trained in every feature of your Unit’s High Adventure Program.
- ◆ Prepare a written plan for your activity.
- ◆ For a location new to you:
 - ◇ Review literature about it.
 - ◇ Obtain maps.
 - ◇ Contact others who have visited.
 - ◇ Consider visiting it before the outing.
- ◆ Contact cognizant administering agency (Forest Service/Park Service/etc.) to learn:
 - ◇ Special rules.
 - ◇ Problems.
 - ◇ Safety considerations.
 - ◇ Water/fire situation.
- ◆ Obtain all required permits.
- ◆ Discuss outing plan with participants.
- ◆ Leave a copy of your plan with someone at home; emphasize where you will be and when you will return.
- ◆ Ensure that participants have needed clothing, equipment, food, water.
- ◆ Have a Consent to Obtain Emergency Medical Treatment form for each Scout participant; take them with you.
- ◆ Ensure that all participants are currently registered with the BSA.

While You Are There

- ◆ Control your group:
 - ◇ Stay together.
 - ◇ Frequent headcounts.
 - ◇ Buddy system.
 - ◇ **NO HORSEPLAY!!**
- ◆ Practice hiking and camping courtesy.
- ◆ Take a copy of your plan and your maps and use them.
- ◆ Stay with your plan - don’t go off on tangents.

Exception: Unexpected occurrence, such as weather change, accident, illness, unsafe trail conditions, fire.

- ◆ Obey all laws (including while driving), rules, and regulations.

When You Return

- ◆ Advise parent(s) of any problems, especially accidents, illnesses, misconduct, and contact with ticks, fleas and poison oak.
- ◆ Advise the GLAAC-Camping Department of any serious injury or accident.
- ◆ Make notes of your experiences in your planning file.



“Here is calm so deep, grasses cease waving...

Wonderful how completely everything in wild nature fits into us, as if truly part and parent of as if truly part and parent of us.

The sun shines not on us, but in us.

The rivers flow not past, but through us, thrilling, tingling, vibrating every fiber and cell of the substance of our bodies, making them glide and sing.”

John Muir

THE OUTDOOR CODE

As an American, I will do my best to:

Be clean in my outdoor manners.

I will treat the outdoors as a heritage to be improved for our greater enjoyment. I will keep my trash and garbage out of America's waters, fields, woods, and roadways.

Be careful with fire.

I will prevent wildfire. I will build my fire in a safe place and be sure it is out before I leave.

Be considerate in the outdoors.

I will treat public and private property with respect. I will remember that use of the outdoors is a privilege I can lose by abuse.

Be conservation minded.

I will learn how to practice good conservation of soil, waters, forests, minerals, grasslands, and wildlife; and I will urge others to do the same. I will use sportsmanlike methods in all my outdoor activities.