

THE TRAILHEAD

A Periodic Publication of the GLAAC High Adventure Team

Visit our website GLAAC-HAT.org for more HAT information.
 For information & use of Western Area Units
 Dennis Cline, Editor Number 244 Jul-Aug 2018 Steve Dodson, Chair

The TrailHead is published six times a year by the GLAAC High Adventure Team as an information and educational service to adult Scouters. It is distributed to all registered Scouters and Venture Leaders by GLAAC via link through the council on-line newsletter. Others, who wish to receive a direct electronic copy in PDF format, send your request to Trailhead@GLAAC-HAT.org.

The most recent issue of *The TrailHead* is available on the HAT website: GLAAC-HAT.org.

TRAINING CALENDAR 2018

| | |
|-------------------------------------|--------------|
| Trail Boss (Advanced) CHANGE | 4 Sep |
| HAT Meeting | 4 Sep |
| Area HAT @ CIEC | 8 Sep |
| Adult Ldr Backpack | |
| Training Seminar | 8 & 15 Sep |
| ALBT Outing | TBD |
| Desert Camping Seminar HAT | 22 Sep |
| Desert Weekend Outing | TBD |
| Meeting | 2 Oct |
| Trail Boss (Advanced) NEW | 6 Oct |
| Level I Climbing Instructor | 19-21 Oct |
| Wilderness First Aid | 27-28 Oct |
| Winter Camping/Ice Axe | |
| Seminar | 3 Nov |
| HAT Meeting | 6 Nov |
| Navigation & Orienteering | 10 Nov |
| Level II Climbing Instructor | 17-18 Nov |
| Area HAT @ OCC | 1 Dec |
| HAT Meeting | 4 Dec |

For updates to the training calendar, see: <http://glaac-hat.org/>

HAT WEB SITE/MAIL BAG

You can contact *The Trailhead* at our email address: Trailhead@GLAAC-HAT.org. Have an idea for Hike of the month? Have an interesting trail experience to share? A favorite hike or trail recipe? Share it with your fellow High Adventure leaders.

HAT MEETINGS

Staying close to our tradition, and our schedule, our HAT meetings for July and August were cancelled in favor of trail time. Our next meeting is scheduled for Tuesday, September 4. 7:30 at the Cushman-Watt Scout center. All are invited.

FIRE SEASON



Clear Creek Station

As of this writing, the Mendocino Complex Fire is still only 67% contained and has burned in excess of 390,000 acres. The Carr Fire in Shasta County has burned over 229,000 acres and is 95% contained. The Holy Fire, in the Holy Jim Canyon area of Orange County is 100% contained at just less than 23,000 acres. Contained does not mean out, it means crews have stopped the advance of the fire.

The Ferguson Fire, near Yosemite is 100% contained and Highway 41 is again open, as are all areas of Yosemite National Park.

August is the traditional start of the fire season in California and thus far this year, the state has expended approximately \$405M of its \$440M budget.

Fire danger in the Angeles National Forest is VERY HIGH (see above), and USFS Order 01-18-01-02 which allows backpacking stoves in certain areas is still in effect. This order allows the use of backpacking stoves ONLY in designated camping areas. How do you know if your trail camp is a designated area? Does it have a name? If not, don't plan on a hot meal.

Now, more so than ever, make sure you check with the local rangers before your hike and make sure your group adheres to all fire regulations and warnings.

PATCH OF THE MONTH Training



SIZE: 2" x 2"

It has been 5 years since we featured our

most popular patch, and what better time for a little refresher. We are getting ready to welcome our WEBELOS and new Scouts into the troop as well as preparing to introduce our daughters to high adventure.

Most high adventure awards have prerequisites of two training hikes. The requirements are simple enough. Any location, five miles minimum distance, and camp overnight at a primitive (no parking lot) site.

Consider where we live. You drive an hour, hike an hour, and you can't tell that you are so close to one of the world's largest metropolitan areas. A training hike offers a quick escape. It is easy to plan and one night in a trail camp is worth two days at the soccer field any time.

A training hike is a shakedown cruise. In fact, with my provisional crews, I list them as shakedown hikes. As a Scoutmaster, I did not impound backpacks after inspections the night before. This affords each scout the opportunity to remove all necessary equipment and repack the way he knows it should be. By allowing the novice backpackers to make their own mistakes under controlled conditions, the lessons learned seem to last longer. To reinforce these lessons, you can assign homework. After the hike, and due at the next troop meeting, each scout makes two lists. One for the things that he carried and didn't use, and one for the things he didn't have and wishes he did.

After scratching off things like sodas and cell phones, return the lists to the scouts before the next outing and it won't take long at all before they become quite efficient at packing a backpack.

Enforce/reinforce the rules. Listening to the rules in a troop meeting and living them on the trail are two entirely different things. Not only the general rules of hiking and trail safety, but also your own local troop rules. Some of our local rules include: No sodas on the trail, the only batteries

allowed are in your flashlight. Novice backpackers need to develop good habits early. Each scout should have a copy of the appropriate maps. Stop periodically and ask them where you are. Be patient when six of them answer, "Right here!" Good navigation skills DEMAND practice.

Experiment. Try out any new equipment before subjecting it to the rigors of a long term. If a water filter falls apart on me, I would rather have it happen one day from home rather than five. Try out new recipes. Have your Scouts work on merit badges; Hiking, Backpacking, Cooking, Forestry, etc. You can pack a lot into a short weekend trip, and any day in the mountains is a good one.

HIKE OF THE MONTH **Cooper Canyon**

Location: Angeles National Forest
Trailhead: Burkhart Trailhead
Maps: USGS Mt. Waterman, 7.5'
Campsites: 6
Campsite Amenities: Tables, KYBOs
Water: Seasonal Stream
Total Mileage: 6 mi.
Elevation Gain: 900 ft.

Early in the season (of a wet year, that is) a hike to Cooper Canyon Falls provides some great scenery and a good weekend hike. Unfortunately, this is not a wet year and water is scarce along the trail and at the camp. The prudent hiker will pack in sufficient water.

Drive up Angeles Crest Highway about 33 miles to Buckhorn Campground. Follow the signs through the camp to the Burkhart Trailhead parking lot at 6400 ft. Display your Adventure Pass and start out downhill on the well-marked and well-maintained Burkhart Trail.

Drop down about 700 ft. in 1.5 miles to the junction of the PCT. Do a hard left (marked), cross the stream and start regaining all the elevation you lost.

Another 1.5 miles will get you to the Cooper Canyon Trail Camp at 6200'. The camp features tables and a Kybo and the six sites are of course first come, first served.

An option here, usually either on the way in or the way out, is to go east on the PCT from the trail junction and after a few hundred yards and some scrambling, you arrive at the very photogenic Cooper Canyon Falls – but not this year.

There is plenty of shade along the trail and it makes for a good first time hike.

A couple of shorter alternatives are available. Just before the Buckhorn Flat Campground is a turnout for Cloudburst Summit. With limited parking next to the locked gate at 7000 ft., you have your choice of following the fire road for 1.75 miles or the PCT for 2.5 miles to get to the camp.

Return the way you came.



PROTEIN

When we plan our trail menus, we aim for about 50% carbs, a mix of simple and complex, and 15-25% protein. Finding protein in dried form can be a real challenge. For our weekend menus, we can get away with sacrificing some weight because we are only carrying 3 or 4 meals.

Yes, yes, I know, peanut butter is an excellent source of protein, offering up about 5 g. of protein in a 16 g. (about 1 Tbsp) serving. But I am allergic to peanuts and never include them in my trail menus.

For our weekend trips, we will typically pack a can of tuna or chicken or pulled pork. I have also packed frozen ground beef, which also worked out well for

weekends or day 1 dinner.

What do we do for our longer trips when the extra weight of a can becomes an issue? For those of us who own dehydrators, we plan ahead. Fortunately, there is another option. House, one of the more popular trail foods providers, has come to the r

Mountain escue. Many of their entrée meals are available in #10 (about the same size as a 3 lb. Can of coffee) cans. The number of portions in these cans varies anywhere from 8 to 12 depending on meal. We're going to skip over the entrees because there is NO WAY to portion out the contents without having them separate. It's no fun when one cook group gets the pasta and the other cook group gets the primavera.

Fortunately for us, that's not how we cook. We now have the option of picking up our protein separately and building our own meals.

Let's take a look at a couple staples; ground beef and diced chicken. The #10 can of ground beef lists for \$62.99 but if you shop around, you can find it cheaper (\$44.99 at Sierra Trading Post). The can contains 22 half-cup servings providing 20g protein each. Since our 2500 calorie day should have at least 65g protein, we're going to reallocate our rations and split up the 28 oz total evenly among our 3 cook groups, making a serving size closer to a cup and 40g protein, about 2/3 our daily minimum.

We now have about 1½ c prepared ground beef for our tacos, spaghetti sauce, or stroganoff. The downside here is that we are paying for somebody else to our prep, and it comes out to \$5.25 per serving.

How about the diced chicken? The #10 can costs \$52.99 (\$34.99 at STP). MH tells us that we have 14 three-quarter cup servings so when we divvy it up among our 3 cook groups, we won't see much gain, adding only ¼ c for each group.

Rather than do all those decimal points, we'll skip the math and say we're getting

about 25g protein per serving, at \$4.42 per serving. That's some expensive burritos.

Personally, I like to keep the total cost of a meal under \$3.00. With a little planning, you can put together a healthy and filling menu while still keeping the costs down.

If your priorities are simplicity and weight, it's nice to know you have options. Just remember, in camp, you still have to add a separate step to rehydrate.

LADIES' DAY AT THE PACK STATION

Men and women are different. As a reference, I call your attention to the plaque on Pioneer 10 (google it!).

Finally, here on earth, pack manufacturers are also realizing that. For several years now, manufacturers such as Gregory have been developing backpacks specifically designed for women.



For the sake of brevity, we will only look at Gregory packs although numerous manufacturers are expanding their lines of women's equipment.

Two of Gregory's more popular packs are the men's Baltoro and the women's Deva, with similar features and construction, but with just the right differences to make these packs as close to custom as you will find.

Both packs feature a patented suspension

system called Response A3 and A3W. The system allows the shoulder straps and hipbelts to rotate individually to adjust to individual body contours. The Deva shoulder straps are anchored closer together contoured to fit a woman's frame.

According to Gregory the Deva uses, "3D AIR Hipbelts and Shoulder Harnesses: Gregory's PreCurve technology and multi-density LifeSpan EVA foam construction combine to eliminate hotspots and relieve pressure in sensitive areas."

Gregory further lists five design features that are specific to the women's packs:

A - Response A3 Women's Suspension
Adjustable, independently pivoting shoulder harness and hipbelt loads panels, optimized for female body contours via custom curvatures and canting at the shoulders and hips.

B - Wishbone Women's Frame
Women's specific 7075 aluminum alloy internal wire frame that defines the perimeter of the backpanel and channels the load to the center of the lumbar region for dynamic support.

C - Ultracush Women's Backpanel
Ventilated center channel composite with LifeSpan multi-layer EVA foam, women's-specific shaping, and a narrower footprint for maximum comfort, plus silicone comfort grip at the lumbar region for stability.

E - Quickswap 3D Precurved Components
Women's-specific, ergonomically precurved and tapered shoulder harness straps and hipbelts in multiple sizes, featuring LifeSpan foam and an easy-change design.

The men's Baltoro 65 is available in three torso sizes. The equivalent Deva 60 is designed for a smaller load (which my wife says is fair). Although the small and medium sizes for both fit the same torso length, the Deva is designed to fit a woman's frame.

The Deva is *Backpacker* Editor's Choice for 2018 and voted *Gear of the Year, 2018* by *Outside Magazine*.

The Deva pack is currently being updated, which means that lots of good closeout prices are available.

| | Men's Baltoro 65 | Women's Deva 60 |
|-----------------------------------|---|--|
| Best Use | Backpacking | Backpacking |
| Frame Type | Internal Frame | Internal Frame |
| Suspension | Proprietary A3 Angle Adjust | Proprietary A3W Angle Adjust |
| Gear Capacity (L) | S 62 liters M 65 liters L 68 liters | S 60 liters M 64 liters |
| Gear Capacity (cu. in.) | S 3783 cu.in M 3966 cu.in L 4150 cu.in | S 3,661 cu. in M 3,905 cu. in |
| Weight | S 4 lbs. 10oz. M 4 lbs. 13oz L 5 lbs. 4oz. | S 4 lbs. 9 oz. M 4 lbs. 13 oz. |
| Fits Torso | S: 16 - 18 inches M: 18 - 20 inches L: 20 - 22 inches | S 16 - 18 inches M 18 - 20 inches |
| Fits Waist/Hips | S: 27 - 47 inches M: 28 - 48 inches L: 30 - 50 inches | S 27 - 47 inches M 28 - 48 inches |
| Material(s) | Nylon | Nylon |
| Frame Material | Aluminum | Aluminum |
| Number of Stays | 1 wishbone | 1 wishbone |
| Hydration Compatible | Yes | Yes |
| Pack Access | Top/Panel/Bottom | Top/Panel/Bottom |
| Number of Exterior Pockets | 9 | 7 |
| Sleeping Bag Compartment | Yes | Yes |
| Raincover Included | Yes | Yes |
| Removable Daypack | Yes | Yes |
| Dimensions | S 30 x 13 x 13 inches M 30 x 13 x 13 inches L 30 x 13 x 13 inches | S 28 x 12 x 12.5 inches M 30 x 12 x 12.5 inches |
| Gender | Men's/Unisex | Women's |

Trail Boss Training-Fall 2018

The USDA-Forest Service, Los Angeles River Ranger District, and the Greater Los Angeles Area Council-High Adventure Team invite you to attend the next of the on-going series of Trail Boss Training sessions.

- When: **OCTOBER 6**, 2018; 8:00 am to not later than 3:00 pm. **NOTE NEW DATE**
- Where: Please contact one of the sources listed below, **after SEPTEMBER 28**, for the location of this event and directions for getting there.

The objective of this High Adventure training is to train and qualify adult volunteers to organize and supervise conservation projects by sponsored groups, such as a Scout Unit. Interested persons may begin this field training whenever a session is offered and proceed through it at the convenience of their schedule and interest. Only adults may take this training, which is offered free to anyone who is interested in doing conservation work in the Angeles National Forest. Registration is not required; just show up at the indicated time and place. Persons already certified as Trail Bosses are encouraged to attend, to assist with the training and to upgrade their skills. The next session of Trail Boss Training is scheduled for May, 2019. National Trails Day, April 2019, will also provide some training opportunities. An Administrative Pass, valid for this date, will be provided for vehicles that lack an Adventure Pass.

If this is your initial session, you will be given a Trail Boss training card and a syllabus, "Trail Boss-Program and Practices". A companion syllabus, "Forest Conservation", is available for those who are interested in doing conservation projects of that type. You may also be given an USDA-FS brochure, "Volunteer Applicant Packet", which briefly describes the Forest Service's volunteer program and contains an application form. Hike Aide 3, "Full Dimension High Adventure Training", has a complete discussion of the training programs of the GLAAC-HAT. It may be downloaded from the Council High Adventure website at <http://glaac-hat.org/HikeAids.html>. Questions about any of them are to be directed to Anthony Green; Vice Chair-Training: (310)626-3566 (C); e-mail, agreen.bsa@gmail.com

Clothing and Equipment

Persons attending need to be dressed and equipped to do a full day of trail work. The fashion conscious volunteer wears long pants, long sleeve shirt, work boots, gloves, and a broad-brimmed hat. These are supplemented with sunscreen/sun block, dark glasses, insect repellent, and lots of water. Sneakers/sport shoes are not appropriate wear when swinging a Pulaski and moving large rocks. Conservation project sites tend to be hot, sunny, dusty, and lunchrooms for insects. Bring your lunch and whatever snacks you need to get through the day – these training sessions are usually at remote sites in the Angeles.

Additional Information

- USDA-Forest Service, LA River Ranger District, Little Tujunga Station, (Daytime):
- Dave Ledford, GLAAC-HAT Trail Boss Training: 1-310-373-2111 email: gdledford@verizon.net.

Desert Camping and Travel Training – 2018



This High Adventure training begins with a seminar Saturday, September 22, 2018, 8:00 am to about 4:00 pm, at the Cushman-Watt Service Center, 2333 Scout Way, Los Angeles. There will be a 45-minute lunch break; participants may bring lunch or purchase it from a nearby take-out. Rolls and coffee are furnished. The seminar is conducted as a series of demonstrations and presentations. They consider the unique, harsh reality of the desert, and cover: special equipment and clothing; menu planning; desert travel and route finding; water requirements and conservation; safety and first aid; equipment and other needs for vehicles. During the day, we will select a date and plan for a weekend field trip to Joshua Tree National Park (The Park has a \$25.00 per vehicle entry fee).

A backpack of about 5 miles, round trip, to a dry campsite, provides the opportunity to demonstrate the seminar topics. After setting up camp, we will climb Queen Mountain - a “good” cross-country workout.

A fee of \$25.00 is charged for this training. Registration is required by August 31. You will be sent a confirmation, or a notice of cancellation if there are fewer than 5 sign-ups by that date. It is recommended that participants have attended Adult Leaders Backpack Training as the topics covered here build on the basic information you received in that class.

Completion of this training is a requirement for earning the High Adventure Leader Award. A syllabus that covers the materials discussed will be given to each participant.

Hike Aid 3, “Full Dimension High Adventure Training”, has a complete description of the training activities of the GLAAC-HAT. It may be downloaded from the Council High Adventure website at <http://glaac-hat.org/HikeAids.html>

Questions about any of them are to be directed to Anthony Green; Vice Chair-Training: (310)626-5688 (C); e-mail agreen.bsa@gmail.com or Tarin Casillas; Course Director (310)515-3647 (H) or (310)780-0074; e-mail tcasillas@msn.com

Online registration with paypal or credit card is available at <http://glaac-hat.org/register>

Adult Leaders Backpack Training Fall 2017



The Greater Los Angeles Area Council's High Adventure Team will conduct its Fall 2017 backpack training program for adult Scouters on **two Saturdays**: Sept. 8, and Sept. 15, with a weekend backpack outing to be arranged. The objectives are:

- To acquaint you with a basic understanding of how to plan and conduct outdoor activities
- To stimulate your participation and leadership in a High Adventure Program at the Unit level
- To inform you of the many programs and activities of the GLAAC-HAT.

This High Adventure training provides an overview of the necessities for safe and enjoyable outings. The importance of training and transferring leadership to your Scouts is stressed. While the emphasis is on backpacking, it is generally applicable to all types of outdoor activities. This is the next step beyond the camp-craft skills that are covered in Outdoor Leadership Skills (OLS).

The seminar is conducted at the Trask Scout Reservation. Registration takes place 6:30-8:00am on Sept. 16. The programs will run from 8am-4:30pm on both Saturdays. Breakfast and lunch are provided. Participants may bring their gear and camp (free) at the facility. Also, please bring a compass, paper and pencil – everything else is provided. A syllabus that covers the materials discussed will be given to each participant.

A fee of \$80.00 is charged for this training, when received at GLAAC-Camping by Sept.8th; \$90.00, after that date. This fee includes breakfast and lunch on both Saturdays. **Early registration is mandatory to ensure sufficient meals, snacks, and course materials. This class is strictly limited to 30 participants.** Persons whose registration is received by Sept.8th will be sent a confirmation, map to the location, and other details. Completion of this training is recognized by the award of a special patch.

Hike Aid 3, "Full Dimension High Adventure Training", has a complete description of the training activities of the GLAAC-HAT. It may be downloaded from the Council High Adventure website at <http://glaac-hat.org/HikeAids.html>

Questions about any of them are to be directed to Anthony Green; Vice Chair-Training: (310)626-5688 (C); e-mail agreen.bsa@gmail.com or Tarin Casillas; Course Director (310)515-3647 (H) or (310)780-0074; e-mail ticasillas@msn.com

Online registration with paypal or credit card is available at <http://glaac-hat.org/register>

B.S.A. Level I Climbing Instructor Course

Who should attend: Persons interested in being "Climbing" Merit Badge Counselors, Camp Staff, and all Scouters that want to teach scouts how to climb and rappel at the Unit, District or Council level. All persons interested must be mature, capable of instructing, safety conscious, able to exercise good judgment, be dependable, relate well to youth and adults, and be familiar in the techniques of climbing, rappelling, and belaying.

Scouters who work with troops and teach climbing are required to be "Qualified Instructors" prior to teaching any climbing / rappelling activities.

We will cover B.S.A. current National Policies associated with all climbing/rappelling activities, at the Unit, Council and District levels, as outlined in the pamphlet entitled "Climb on Safely," and the National Camp Accreditation Program.

This course will be conducted over a weekend (starting Friday night). You will be sleeping indoors in a Troop Lodge. You will need to provide your own sleeping bag or linens as well as your regular gear for a weekend outing. Your meals will be provided Saturday and Sunday, but please bring take out or have dinner before you arrive Friday night.

Prerequisites for participation in course:

Current registration with Boy Scouts of America.

18 years old.

Current successful completion of B.S.A.'s "Youth Protection Guidelines" training.

Current B.S.A. Annual Health and Medical Record.

Completed the online Climb on Safely Training.

Particulars:

B.S.A. Level I Climbing Instructor Qualification Certification is good for 1 year upon successful completion of this class.

Course size: Is limited to 6-12 students. Preregistration requested.

Duration: One intense weekend of classroom and practical instruction on artificial climbing surfaces.

Fee: \$125.00 per person (textbook, meals, and camping fees included).

Textbook: B.S.A. publication entitled "Belay On"

Schedule/ Location: Friday, October 19, 2018, 8 p.m. – Sunday, October 21, 2018, 5:30 p.m. at Hubert Eaton Scout Reservation

Online registration with check, PayPal or credit card is available at <http://glaac-hat.org/register> or mail the following or contact: The G.L.A.A.C. Camping Department at (626) 351-8815 ext. 241

For more information, contact: Stephen Dodson (C) - (818) 967-1323 or at sedodson1@roadrunner.com

Help keep climbing/rappelling as part of Scouting activities by becoming a certified BSA Climbing Instructor for your Unit, District, or Council.