

# *High Adventure Backpacking Program*



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Offered by the  
**HIGH ADVENTURE TEAM**  
Greater Los Angeles Area Council  
Scouting America

The High Adventure Team (HAT) of the Greater Los Angeles Area Council (GLAAC) of Scouting America is a volunteer group of Scouters which operates under the direction of GLAAC-Camping Services. Its mission is to develop, promote and conduct challenging outdoor programs and activities within the Council and by its many Units. It conducts training programs, sponsors High Adventure awards, and publishes specialized literature such as Hike Aids and The Trail Head. It also promotes participation in summer camp, in High Adventure activities such as backpacking, peak climbing, 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 <https://glaac-hat.org/>. The GLAAC-HAT meets on 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

|               |  |                            |
|---------------|--|----------------------------|
| February 2025 | Maintenance release with minor updates.  | Tom Thorpe                 |
| February 2016 | Maintenance release.   | Tom Thorpe                 |
| July 2015     | Moved some of the material between this <u>Hike Aid</u> and <u>Hike Aid 12</u> .<br>Re-ordered sections. | Tom Thorpe                 |
| July 2014     | Maintenance release with minor updates.  | Tom Thorpe<br>Dennis Cline |
| May 2006      | Content unchanged, corrections & updates.  | Lyle Whited                |
| Original      | Prepared by Lyle Whited and composed by John Hainey  |                            |



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of the  
Greater Los Angeles Area Council  
Scouting America  
2333 Scout Way  
Los Angeles, CA 90026

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## Introduction

By now you should have read some of the other Hike Aids, specifically Hike Aid 4, "High Adventure Procedures and Guidelines", you may have attended Adult Leaders Backpack Training, and you are probably aware of the wealth of published material about backpacking and other outdoor activities. You are faced with how to integrate all of this material and apply it to the Unit's High Adventure Program.

The first phase of this integration happens when Unit Leadership does its planning, as is discussed in Hike Aid 4. The second phase occurs when the Unit goes on High Adventure backpack trips and actually experiences what is discussed in the literature and the training sessions. This transition from the abstract to reality is both challenging and fun.

The purpose of this Hike Aid is to highlight some of the more important features of a High Adventure backpacking program and, as appropriate, add a Scouting perspective. It is intended to not duplicate the very suitable material on backpacking which is to be found in other National Council and commercially available books.

As the Unit experiences the diversity of wilderness locations that are available, each person's conduct is very important. We are members of the Scouting America, a nationally recognized youth organization. Its reputation is determined by, and dependent upon, our courtesy and competence. It is possible to meet these tests and to have fun. And, it will bring the added satisfaction of knowing that at all times the Unit obeyed the rules and did the right thing.



*"Nature is man's teacher. She unfolds her treasures to his search,  
unseals his eyes, illumines his mind, and purifies his heart; an  
influence breathes from all of the sights and sounds of her existence."*

Alfred Billings Street

## **Where To Go**

The information contained in this section provides the Unit Leadership with guidance as to the wealth of possibilities that exist for its High Adventure backpack program. While some of the most challenging and rewarding hiking experiences in the world are to be found in the neighboring Sierra Nevada Mountains, the local mountains and desert regions offer extensive and varied opportunities. By just hiking a few miles, the Unit will enter an environment that is totally different from the busy highways and congested drive-in campgrounds. Your Scouts will see and experience things that they have probably only imagined. They will gain the confidence and maturity that comes with knowing that they can carry what they need, and survive and enjoy a challenging High Adventure.

Rushing streams, waterfalls, peak climbs, and wild animals are all close-by. National Forests, National Parks, State parks and beaches are virtually at our doorsteps. Altitudes range from sea level (or below it) to over 10,000 feet, with an exciting variety of terrain, vegetation, and wildlife. There is certainly no lack of challenge. This variety requires preparedness, knowledge, and continuous caution by all persons who use the trails and campsites. Because of these conditions and of the possibility of changes in regulations and in the manner in which these locations are administered, the Unit Leadership must learn as much as possible about a location as a part of its planning for a trip. Quite often one of the numerous hiking guides that are now available, and other publications of the various administrative agencies for public lands, will provide this information. These sources will also provide ideas for different trips and open new opportunities for High Adventure to the Unit. Included in the syllabus for the GLAAC-HAT conducted Adult Leaders Backpack Training is a bibliography to backpacking guides and instructional books. It, however, represents only a selected portion of the materials in print. The more popular ones can be purchased off-the-shelf at any backpacking store. These books are not high profit, fast selling items, so check the shelves and then ask what else might be in print for the location of your interest. Store personnel may be able to order the book or direct you to another source. The quality of these books continues to improve as to accuracy and usefulness.

You can get topographical maps directly from the U.S.G.S. store (<https://store.usgs.gov/>). You can either order hard copies or download free electronic versions of them. For hard copies there is a cost per copy plus a fixed shipping and handling fee for any number of maps. Generally the 7.5-minute series of topographical maps are the most useful in the backcountry.

The agency which administers a particular location may not always be apparent. A backpack into some locations, such as San Jacinto, may involve several agencies. Start by contacting the one that seems most likely, and go from there. As different agencies often have different permits and rules, it's important that you deal with the correct ones. The Unit Leadership must make all of the reservations and obtain all of the permits for its outing - and then carry them while backpacking. They must be in your possession.

Not to be overlooked in this matter of deciding "where to go" are other Scouters. Ask members of the District Camping Committee, High Adventure Team, and Order of the Arrow for suggestions and assistance. One of the primary duties of each of these groups is to promote Unit camping programs. These are valuable resources that are too often unused by Unit Leadership.

The remainder of this section discusses the types of public lands in the local mountains and deserts and identifies the administering agency.

## **National Forests**

“Land of many uses”, that are managed by the U.S. Department of Agriculture - Forest Service (USDA-FS). We are most fortunate for the number that are conveniently available to us and to the variety of backpacking opportunities that they provide. They are different, as the Unit Leadership will find by planning trips into each one. The Angeles National Forest, being the closest for many of us, is the most visited and used public land in the country.

The USDA-FS office for each National Forest publishes literature and maps for it. They are generally nominally priced, or free, and are more up-to-date than topographical maps and commercial guide books. Stop at a Ranger Station or Visitor Center to see what it has. Remember that each is likely to have materials primarily about its Ranger District, so get into the habit of stopping when you see one. Also available at these locations are Fire Permits and Adventure Passes. The Unit will need both when hiking and camping in these locations.

### ✧ Angeles National Forest

Headquarters (Supervisor's Office) ..... (626) 574-1613  
701 North Santa Anita Avenue, Arcadia, CA 91006 ..... <https://www.fs.usda.gov/angeles/>

Acton Work Center ..... (661) 269-2808  
33708 Crown Valley Road, Acton, CA 93510

Los Angeles Gateway District..... (818) 899-1900  
12371 N. Little Tujunga Canyon Rd., San Fernando, CA 91342

San Gabriel Mountains National Monument ..... (626) 335-1251  
110 North Wabash, Glendora, CA 91741

### ✧ Cleveland National Forest

Headquarters (Forest Supervisor) ..... (858) 673-6180  
10845 Rancho Bernardo Road, Suite 200, San Diego, CA 92127

Descanso Ranger District..... (619) 445-6235  
3348 Alpine Blvd., Alpine, CA 91901

Palomar Ranger District ..... (760) 788-0250  
1634 Black Canyon Road, Ramona, CA 92056

Trabuco Ranger District..... (951) 736-1811  
1147 East 6th Street, Corona, CA

### ✧ Inyo National Forest ..... (760) 876-6200

Eastern Sierra Interagency Visitor Center  
Junction Hwy 395 and SRI 136, Lone Pine CA 93545

❖ Humboldt-Toiyabe National Forest

Headquarters (Forest Supervisor) ..... (775) 331-6444  
1200 Franklin Way, Sparks, NV 89431

Bridgeport Ranger District and Visitor Center..... (760) 932-7070  
75694 US-395 HC 62, Bridgeport, CA 93517

❖ Inyo National Forest

Headquarters (Forest Supervisor) ..... (760) 873-2400  
351 Pacu Lane, Bishop, CA 93514

Mammoth Ranger District..... (760) 924-5500  
2500 Highway 203, Mammoth Lakes, CA 93546

Mono Basin Scenic Area Visitor Center..... (760) 647-3044  
P.O. Box 429, Lee Vining, CA 93541

Mount Whitney Ranger Station..... (760) 876-6200  
640 S. Main Street / P.O.Box 8, Lone Pine, CA 93545

White Mountain Ranger Station..... (760) 873-2500  
798 North Main Street, Bishop, CA 93514

❖ Los Padres National Forest

Headquarters (Forest Supervisor) ..... (805) 968-6640  
1980 Old Mission Drive, Solvang, CA 93463

Mount Pinos Ranger District..... (661) 245-3731  
34580 Lockwood Valley, Frazier Park, CA 93225

Ojai Ranger District ..... (805) 646-4348  
1190 East Ojai Avenue, Ojai, CA 93023

Santa Barbara Ranger District..... (805) 967-3481  
3505 Paradise Road, Santa Barbara, CA 93105

Santa Lucia Ranger District..... (805) 925-9538  
1616 N. Carlotti Drive, Santa Maria, CA 93454

Monterey Ranger District..... (831) 385-5434  
406 S. Mildred Avenue, King City, CA 93930

❖ San Bernardino National Forest

Headquarters (Forest Supervisor) ..... (909) 382-2600  
602 S. Tippecanoe Ave., San Bernardino, CA 92408



Mountaintop Ranger District and Discovery Center..... (909) 382-2790  
40971 North Shore Dr. (Hwy 38), Fawnskin, CA 92333

Front Country Ranger District..... (909) 382-2851  
1209 Lytle Creek Road, Lytle Creek, CA 92358

Mill Creek Visitor Center..... (909) 382-2882  
34701 Mill Creek Road, Mentone, CA 92359

San Jacinto Ranger District..... (909) 382-2921  
54270 Pine Crest, P.O. Box 518, Idyllwild, CA 92549

It is important to keep in mind that this is a time of considerable turmoil in the Forest Service. Budget cuts have forced the closure of campgrounds, the elimination of trail and forest conservation programs, and the reduction of other services. To help offset the financial problem (aka, "downsizing government"), user fees have been imposed, or are being considered, for many locations. Make provision for these conditions as the Unit prepares for the outing. Please remember that the local USDA-FS professionals and volunteers are not responsible for these decisions. They would much prefer to develop and expand camping and hiking opportunities and provide other services, all without user fees. That won't be happening soon, so show a little more consideration toward them. It doesn't cost any more, and it will make their, and your, outdoor experience more enjoyable.

### **National Parks and Monuments**

Some of the most scenic locations in the country are to be found in these public lands, which are administered by the Department of Interior-National Park Service (NPS). Most of them require permits for backpacking, and restrict group size. All of them have one or more user fees. Wood fires are prohibited, except in some designated drive-in campgrounds, when firewood has been brought from home.

The NPS provides a free brochure for each Park/Monument and generally publishes other literature that is nominally priced or free. These materials are always current as to rules and restrictions, so the Unit needs to obtain them in advance of its outing.

- ✧ Channel Islands National Park  
Superintendent ..... (805) 658-5730  
1901 Spinnaker Drive, Ventura, CA 93001..... <http://www.nps.gov/chis/>
- ✧ Death Valley National Park  
Superintendent ..... (760) 786-3200  
P.O. Box 579, Death Valley, CA 92328..... <http://www.nps.gov/deva/>
- ✧ Joshua Tree National Park  
Superintendent ..... (760) 367-5500  
74485 National Monument Drive, Twenty-Nine Palms, CA 92277..... [www.nps.gov/jotr/](http://www.nps.gov/jotr/)

Permits not required. Dispersed site camping permitted, a mile or more away from roads open to vehicles, except in closed areas. No group size restrictions, except in

Campgrounds. Obey all rules for parking vehicles - stay off anything that looks like vegetation.

- ✧ Mohave National Preserve  
Superintendent ..... (760) 255-6100  
2701 Barstow Road, Barstow, CA 92311 ..... <http://www.nps.gov/moja/>
- ✧ Kelso Depot Information Center ..... (760) 733-4040  
Intersection of - Kelbaker Road at Kelso-Cima Road
- ✧ Sequoia and Kings Canyon National Parks  
Chief Rangers Office ..... (559) 565-3341  
47050 Generals Highway, Three Rivers, CA 93271 ..... <http://www.nps.gov/seki/>
- ✧ Santa Monica Mountains National Recreation Area (SMMNRA) ..... (805) 370-2300  
26876 Mulholland Highway, Calabasas, CA 91302 ..... <http://www.nps.gov/samo/>  
  
Santa Monica Mountains Conservancy ..... (310) 589-3200  
3800 Solstice Canyon Road, Malibu, CA 90265 ..... <http://smmc.ca.gov/>  
  
The SMMNRA is a collection of Federal and State lands, interspersed with private land and residential developments. It is generally administered by the NPS, but State Parks and Recreation and the Santa Monica Mountains Conservancy also play a role. Usage of the several State Parks, e.g., Point Mugu, Topanga, etc., is managed by the State. Contact, or visit, the SMMNRA office as the Unit considers an outing in these mountains. They can tell you who to contact for a specific location, the current status of trails and campsites, and what is involved if your hike crosses jurisdictional boundaries.
- ✧ Yosemite National Park ..... (209) 372-0200  
Superintendent ..... <http://www.nps.gov/yose/>  
P.O. Box 577, Yosemite N.P., CA 95389

### **Other Federal Lands**

Most of the other local Federal lands are administered by the Department of Interior-Bureau of Land Management (BLM). Most of it is in the desert, and some of it is of sufficient interest to be under consideration for transfer into the National Park system. There are virtually no restrictions for hiking and camping on these lands; however, the Unit Leadership needs to check with the BLM office that administers the location of its outing, just to be sure.

One warning about these desert areas — some of them are adjacent to Military Reservations or other Designated Closed Areas. The specific boundaries are not always that clear and signs are often removed by vandals. Always stay out of Military Reservations, unless the Unit has written permission from the Base Commander. Military Police patrol for intruders and you definitely do not want to become involved with them. They do not accept ignorance as an excuse.

- ✧ Bureau of Land Management  
California Desert District ..... (800) 446-6743  
22835 Calle San Juan De Los Lagos, Moreno Valley, CA 92553 ..... (951) 697-5200

- ✧ Desert Discovery Center (Barstow Station) ..... (760) 252-6060  
831 Barstow Road, Barstow, CA 92311

## **Wilderness Areas**

These are locations within Federal lands that are subject to special regulations, because of their unique, primitive, or sensitive nature. A Wilderness Permit is required for all hiking and camping in them, even just for a day. These permits are issued by the Federal agency which administers the location and may require paying a fee. The applicant for one must indicate the date of entry to and exit from the Wilderness, route to be followed, location of campsites, and number of persons in the group. Group size is often limited. Wood fires are not permitted.

Beside the usual hiking and camping rules, the Unit Leadership must be especially conscious of the following requirements:

- Controlling the group and maintaining courteous behavior.
- Keeping the group together, on the trail and in camp.
- Keeping the members of two or more groups, each with its own Wilderness Permit, separate at all times.

Adult leadership will be cited for failure to adhere to the rules for a Wilderness Area, whether observed by a Ranger or reported by another hiker. A location is designated as a Wilderness because it is truly unique and primitive. It is imperative that everyone who visits it does everything possible to protect and preserve it.

## **Tribal Lands**

There are also Indian Reservations in the local area, which are controlled by the Tribal Councils. The Unit Leadership must obtain written permission from the Council for the location where it desires to hike or camp. Of particular interest are the Indian Canyons near Palm Springs that are a part of the Aqua Caliente Indian Reservation.

- ✧ Aqua Caliente Indian Reservation ..... (760) 325-5673  
S. Palm Canyon Drive, Palm Springs

## **State Parks**

There are many interesting hiking and camping opportunities within the State's parks and recreation areas. A free brochure, "A Guide to the California State Park System", is available which provides information about the location and facilities at each one. Many of them have user fees and some of them require permits to hike and camp. As with the National Forests, budget problems have caused the State to consider closing or reducing the services at some of these parks.

- ✧ State of California, Department of Parks and Recreation ..... (800) 777-0369  
1416 9th Street, Sacramento, CA 95814 ..... <https://www.parks.ca.gov/>
- ✧ Anza-Borrego Desert State Park ..... (760) 767-5311  
200 Palm Canyon Drive, Borrego Springs, CA 92004
- ✧ Castaic Lake State Park Recreation Area ..... (661) 257-4050  
32132 Ridge Route, Castaic, CA 91310

- ✧ Cuyamaca Rancho State Park .....(760) 765-0755  
12551 Highway 79, Descanso, CA 91916
- ✧ Mount San Jacinto State Park .....(951) 659-2607  
P.O. Box 308, 25905 Highway 243, Idyllwild, CA 92549
- ✧ Point Mugu State Park..... (310) 457-8143  
9000 W. Pacific Coast Hwy, Malibu, CA 90265
- ✧ Providence Mountains State Recreation Area ..... (760) 928-2586
- ✧ Red Rock Canyon State Park  
Location: Hwy 14, 25 miles north of Mohave, CA  
Information: Mojave Sector Office ..... (661) 946-6092  
15701 East Avenue M, Lancaster, CA 93535
- ✧ Saddleback Butte State Park  
Location: 17102 Avenue J East (at 170th Street East), Lancaster, CA  
Information: Mojave Sector Office ..... (661) 946-6092  
15701 East Avenue M, Lancaster, CA 93534

## **County Parks**

While primarily suited for drive-in camping and day hiking, there are some opportunities for backpacking in them. These would most likely be of interest to an inexperienced Unit that desires to do a close-in Training Hike. We have found them to be very amenable to one-night stands for camping close to the trailhead. An exception is on Catalina Island, where there are several routes for two and three day backpacks which utilize campgrounds that are administered by Los Angeles County Parks and Recreation. Many County Parks now have one or more user fees for camping and hiking.

- ✧ County of Los Angeles, Department of Parks and Recreation  
Main Office ..... (213) 738-2961  
433 South Vermont Avenue, Los Angeles, CA 90015 ..... <https://parks.lacounty.gov/>
- ✧ Catalina Island  
Catalina Conservancy ..... (310) 510-2800  
P.O. Box 2739, Avalon, CA 90704 ..... <https://catalinaconservancy.org/>

## **Scout Camps**

It is possible to arrange a backpack trip at a number of Scout camps, both entirely within them or in combination with adjacent public lands. Such an outing is worthy of consideration by an inexperienced Unit that wants to do a Training Hike. Arrangements must be made with the Council office that operates the camp. If the Unit intends to hike or camp on adjacent public lands, then it must obtain the permits appropriate to the location. The staff at Log Cabin Wilderness Camp, operated by the GLAAC near Tioga pass, will assist a Unit in planning and taking a 3-5 day backpack in the adjacent Sierras, while at the Camp. It will even provide an experienced advisor to accompany the Unit.

## **Summary**

So, the problem faced by the Unit Leadership is not so much, “where to go?”, but rather how to choose from all of the great places that are available in Southern California. As mentioned in Hike Aid 4, the answer to that question lies in the interests and abilities of the Unit’s members. Design the High Adventure Program for them, and they will participate.



## **Keys to Success**

The things that you do, or don’t do, beforehand are major determinants to a safe and enjoyable High Adventure outing. Here are HAT’s suggestions as to the keys to success.

### **Lead Time**

- ◆ Short-term outing.
  - At least a month, depending upon the kind of permits required.
  - Ideally, as you finish the planning for the next outing, you are beginning it for the following one.
  - Longer, if it’s a new activity, a new location, new leadership.
- ◆ Long-term outing.
  - A year. As you finish this year’s activity, you should begin planning for next year’s.
  - Longer: this is your first one; this is a new type of activity; you want to go to a National High Adventure Base.

### **Planning**

- ◆ What type of activity?
- ◆ Where is it going to do it?
- ◆ When is it going to do it?
- ◆ What special skills, equipment, training are required?
- ◆ Who may participate? Specific, relevant, clear criteria, announced on a timely basis.
- ◆ Paperwork: permits; reservations; trip profiles; schedules; menus; personal clothing and equipment lists; medical forms; releases; other?

### **Preparation**

- ◆ Unit equipment: acquisition, inspection.
- ◆ Food: acquisition, re-packaging
- ◆ Participant actions: clothing, equipment, food, medical checks.
- ◆ Long-term outings:
  - Weekend/short-term outings to develop hiking and camping skills.
  - Conditioning program for at least two months before outing, especially for adults.
  - Pack checks.

### **Training**

- ◆ National Council required: Safe Swim Defense, etc.
- ◆ Activity skills: swimming, canoeing, etc.
- ◆ ARC Community first aid and CPR: ideal situation, all adults have current Certifications.
- ◆ HAT-offered: Adult Leaders Backpack Training, etc.

## **Communication**

- ◆ Promote the activity.
- ◆ Keep participants informed as to what is happening and what each needs to be doing.

Once the outing begins, success is primarily a matter of careful execution of the planning and preparation, and sufficient, trained adult leaders. Unexpected incidents that are beyond the scope of these plans and preparation activities can, and do, occasionally happen. However, actions taken before the trip will go a long way to helping the Unit overcome them. They will also give you a sense of confidence that you have exercised reasonable and prudent leadership.



## **Assessing Risks**

In 1994, the National Outdoor Leadership School (NOLS) and Outward Bound held their first Wilderness Risk Management Conference. The purpose was to develop methods for understanding and reducing the incidence of accidents during outdoor activities and high-risk sports. Those persons convening the conference felt that most accidents were not acts of God, that they were preventable. They also determined that most of them follow a predictable pattern. One of the tools used at the conference for analyzing the accidents under discussion was a set of factors titled “Potential Causes of Accidents in Outdoor Pursuits”, that was initially published in 1979 by Outward Bound. These factors are grouped in three categories:

### **Unsafe Conditions**

- Falling rocks/objects: avoidance of potential hazards.
- Weather: unprepared for conditions, changes.
- Swift/cold water: beyond the person’s or Unit’s ability.
- Area security: unstable terrain conditions.
- Equipment/clothing: inadequate; failures; over-reliance on an item, e.g., cell phone, GPS.
- Animals/plants: inability, unwillingness to acknowledge, deal with them.
- Physical/psychological profile: inexperience; inappropriate attitude; misplaced motivation.

### **Unsafe Acts**

- Protection: failure to take, set, or use; lack of or no training in use.
- Instruction: unclear; incorrect; incomplete; not given.
- Supervision: insufficient; derelict; unskilled.
- Unsafe speed: driving and hiking, e.g. running.
- Food/drink.
- Position: improper technique; lack of experience or background.
- Improper technique: not doing something as taught; shortcutting.

### **Errors in Judgment**

- Pleasing others: peers; supervision.
- Schedule: not prepared; not followed; not adjusted to changed/changing conditions.
- Misperception: environmental conditions; condition of participants; hazards.
- Disregarding instincts.
- Fatigue: the more tired you become, the more likely you are to have an accident.
- Distraction.
- Miscommunication.
- New or unexpected situation.

Accidents are usually a result of a failure involving several of these factors, often in several categories. Of course, the greater the number of failures, the more likely an accident. The value of understanding them should be readily apparent to the leader of a Unit with a High Adventure Program. The nature and extent of that program must rest on a realistic assessment of the ability of all of the participants to successfully deal with the factors listed above.

*Just because something happens that you don't  
want to happen does not make it an accident.*



### **Reducing the Risk of High Adventure**

- ◆ Plan, plan, plan.
- ◆ Get trained to match the type and extent of the Unit's program.
- ◆ Have trained, backup leadership - adult and Scout.
- ◆ Select your High Adventure activities based on the level of skill and interest of your Scouts.
- ◆ Know and accept the limits and constraints of yourself, your Scouts, and the other adult leaders.
- ◆ Remember that all High Adventure is neither necessary nor desirable for all Scouts and Scouters.
- ◆ Ensure that all adults who participate in the High Adventure Program and all Scouts who participate in a long-term activity have had a physical examination within the last year.
- ◆ Ensure that all participants are in good health and in adequate physical condition prior to each activity.
- ◆ Take the plans and maps with you; refer to them as you hike.
- ◆ "Bad weather" can and will occur anytime and anywhere - provide for it.
- ◆ Use quality equipment, in good repair, appropriate to the activity.
- ◆ For a location new to Unit Leadership, consider visiting it before the outing, or discuss it with someone who is familiar with it.
- ◆ Decide in advance the conditions or types of incidents that will cause the Unit to turn around or abandon the trek and immediately proceed to a trailhead or point of safety.
- ◆ Identify bail-out points on the route as you prepare your plans.
- ◆ Be constantly aware and alert to potential sources of risk as you hike.
- ◆ Identify bail-out points on the route as you prepare your plans.
- ◆ Avoid areas of unnecessary risk, in your planning and during the activity.
- ◆ Never take or plan to use equipment (technical climbing gear, ice axe, etc.) that all members of the group are not fully trained to use, except on a training exercise with a qualified instructor.
- ◆ Provide constant adult supervision.
- ◆ Know and enforce the rules - Safe Swim, Ski Patrol, boating, rock climbing, etc.
- ◆ Horseplay, harassment, etc., bring unnecessary, unacceptable risk to High Adventure.
- ◆ Stop an activity when the potential for risk approaches your ability to handle the risk.
- ◆ Keep the Unit (hiking party) together at all times; do not allow members to proceed on their own.
- ◆ If you have a problem, keep your composure - don't panic. Take charge, develop a plan, and act promptly.
- ◆ If you have a medical problem (injury, illness, heat, cold), get help immediately; unnecessary delay will only aggravate it.
- ◆ When you get tired, take a break; fatigue increases the risk of having an accident.

- ◆ Keep all cross-country and off-trail travel to a minimum to achieve a planned objective, such as a summit.
- ◆ Practice Mountain Manners at all times.
- ◆ Have fun; when it stops being fun, it isn't worth doing any more.
- ◆ It is far better to stop before you have a problem, than afterward.
- ◆ Never totally rely on someone else's planning - check it out.

### Scheduled Hours of Backpacking



You may wonder at the validity of Scheduled Hours and how they relate to your Unit. They are based upon experience for the “typical” Unit hiking on an established trail (Class 2 stuff), in dry weather. It provides an allowance for brief breaks to rest, have a drink of water, check the map, etc. Some Units may hike a route in less time, some in more - that’s why it’s called Scheduled Hours. It also provides a standard basis for determining the eligibility for most backpacking awards. The other measure for the Unit Leadership to consider in its planning is the elapsed time of the activity. This involves the Scheduled Hours of Backpacking, plus the time required for any lunch break, for Scouting skills or other activities, and for hiking without backpacks (such as a peak climb). When on a backpack trip, time management is an important factor to success.

Should the backpack trip involve a route that is cross-country, i.e., not on a trail or on a trail of questionable status or quality, the actual time to hike can easily be twice the Scheduled Hours. Hiking off-trail below 5000 feet in the mountains of Southern California means that the Unit will generally be in chaparral. At a higher elevation in the local mountains, in the Sierras, and in the deserts, the Unit will likely be hiking on a rocky, uneven surface, exposed to the sun. These are extremely difficult hiking conditions. Backpacking trips of this nature are not recommended, especially for an inexperienced Unit. Extreme heat or cold, rain or fog, or snow falling on the trail, will also increase the actual hiking time.

There is no similar formula for determining the time of a day hike, i.e., hiking without a full backpack. The author has found that using three miles, instead of two, and retaining the elevation allowance provides a reasonable time allowance. Here also, going off-trail, even on a “short” scramble to the summit of a peak, can take considerably longer.

Take copies of the Trail Profile/Trail Schedule and use it as you hike. Check the Unit’s progress against the Scheduled Hours. After a few trips, the Unit Leadership will be able to calibrate the relationship between actual time and Scheduled Hours. However, Scheduled Hours are always used on the Trail Profile/Trail Schedule and in determining eligibility for backpacking awards.



### **When on the Trail**

Take your maps and planning materials and use them while on the trail. By continually monitoring your progress to them as you hike, you should know your approximate location at all times. Avoid becoming disoriented or lost by staying found. That's what maps and planning are for.

Secure your food, “smellables”, and trash before you go to bed and whenever you are away from your campsite. Use care in attempting to scare off an animal. If one gets into some food, let it have it; discard any damaged packages as unsafe. Clear your campsite of all trash and garbage when you arrive and before you leave. Garbage attracts small animals, which attract rattlesnakes. Pack out all trash; do not attempt to burn or bury it. Purify all water.

Rattlesnake may be encountered below 8,000 feet in most locations. If you meet one, back off; it will do everything possible to avoid you. Do not harass, chase, or kill them; this is their home and you are just a visitor. Be watchful for them on or beside the trail in mid-morning, when they seek the sun to get warm.

While on the trail, keep your group together and under control at all times. The USDA-Forest Service and National Park Service do patrol and expect that all persons covered by a Permit remain together as a group. They also expect that a group show courtesy and good behavior toward other hikers, and follow no-trace hiking and camping practices. You will be cited for a failure to obey USDA-FS or Park Service rules and regulations. Such a failure may also endanger you, a member of your group, or another hiker.

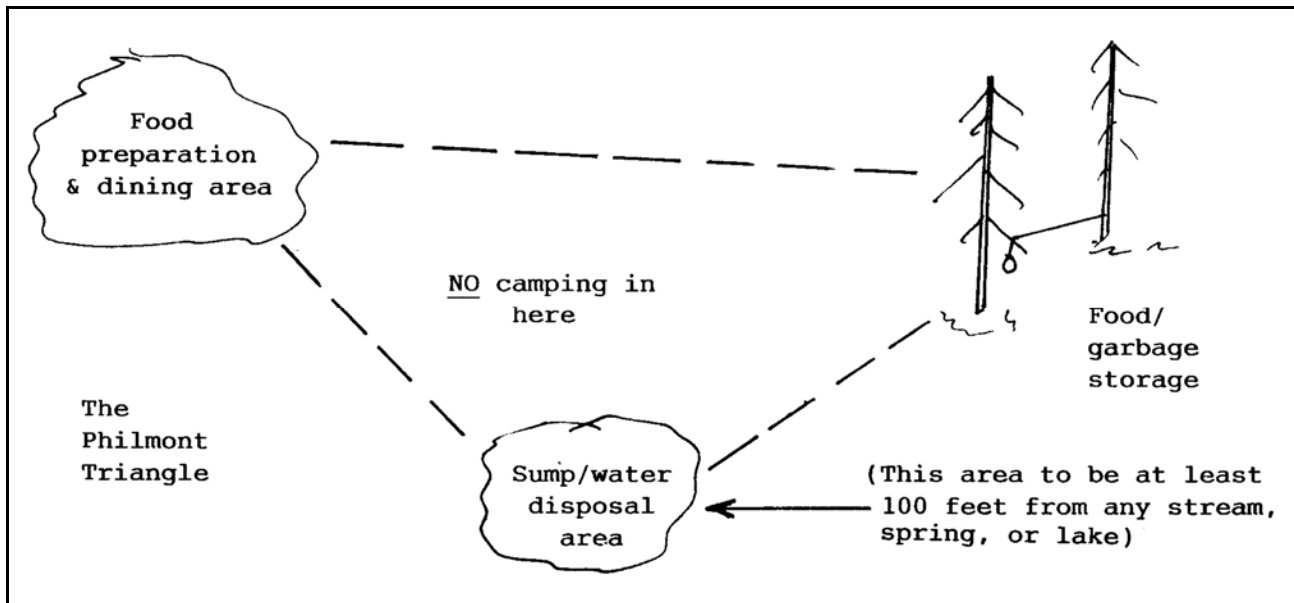
## Dispersed Site Camping

Any campsite other than in a designated Campground or Trail Camp is considered a dispersed site. Most land management agencies permit dispersed site camping, provided that the campsite is a minimum of a mile from any road open to vehicular traffic. Other rules and restrictions are dependent on the agency and the location. Contact the agency before the outing and get a copy of them.

- ◆ Avoid camping on the top of a ridge or other location exposed to wind.
- ◆ You may be out there alone, but keep the noise down, control your Unit, and at all times set a good example.
- ◆ Do not bury (or burn) your garbage and trash; pack it out.
- ◆ Remove all ropes and string that you have tied in trees.
- ◆ Restore the site when you leave; the next passer-by should not be aware of your campsite.



## The Philmont Method



- ◆ Camp outside of the triangle and away from the three sensitive areas.
- ◆ No food in tents (or sleeping area) - ever.
- ◆ All food, garbage, and smellable personal items hung in bear bag or secured in a bear-resistant container.
- ◆ Avoid rubbing hands and spilling food and drinks on clothing.
- ◆ Wear different clothing for sleeping; store daytime clothing in pack, away from tent (sleeping area).
- ◆ Keep a clean campsite; keep personally clean.
- ◆ Don't brush teeth or use smellable personal items just before going to bed.
- ◆ Wash Unit and personal cooking and eating utensils immediately after use.
- ◆ Bear bag(s) to be at least 15 feet above ground and 6 feet away from closest tree trunk.
- ◆ Set up the bear bag as one of the first activities when reaching camp.

These practices should generally be followed, even where bears are not a concern. Smaller animals, especially raccoons, can be every bit as much a bother.

Carry at least 50 feet of quality, 1/4 inch nylon rope; use a large stuff bag for a bear bag. When going into an area known to have a bear problem, obtain U. S. Forest Service or National Park Service literature and follow its recommendations. By keeping its food and garbage away from bears and other animals, the Unit is doing them a great service. As they obtain human food, they may lose their natural fear of people and become a danger. When this happens with a bear, the likely result is that it will be killed at the direction of the local government agencies (a

bear that is accustomed to regular human contact and food cannot be re-located). If you are careless in keeping food and garbage away from animals, or if you deliberately feed them or leave behind food, you may be fined by the government agency that administers the location. Human food is bad for all other animals.



### **Outdoor Courtesy**

Everyone's enjoyment of the out-of-doors is enhanced by courteous behavior. For members of the Scouting America, its observance is imperative; it is the Fifth Scout Law.

- ◆ Observe all posted rules and regulations.
- ◆ Keep the noise down. Leave all electronic gadgets at home.
- ◆ Be friendly; speak and smile when you meet someone.
- ◆ Yield the trail to on-coming hikers, even when you have the right-of-way.
- ◆ Ask for the trail and say thank you when passing another hiker who is going in the same direction.
- ◆ Ask for permission before entering another person's campsite.
- ◆ Stay out of any campsite where the person is absent.
- ◆ Leave other persons' equipment and other belongings alone.
- ◆ Camp away from trails, water, and other person's campsites.
- ◆ Use established trails, where they are available, and never cut switchbacks.
- ◆ Never throw rocks or other objects, except at a threatening animal.
- ◆ Respect all of the wildlife that you encounter; you are a visitor in their home.
- ◆ Do not litter trails, campsites, or streams.
- ◆ Follow good sanitation practices at all times.
- ◆ Dispose of waste water properly, away from other groundwater.
- ◆ If you carried it in, carry it out.
- ◆ Never make a physical alteration to your campsite.
- ◆ Leave a clean campsite – remove your own and other persons' trash.
- ◆ Set a good example of outdoor behavior.
- ◆ Learn and follow "The Outdoor Code".

Scouting America is a national youth organization that stresses citizenship, conservation, and morality. Our reputation is dependent upon everyone, at all times and places, practicing the highest levels of outdoor courtesy and camp craft. Strive to meet these goals as your Unit engages in a safe and enjoyable High Adventure Program.



### **Staying "Unlost"**

The Unit Leadership has selected the outing, traced the route on its maps, read about it in the guide books, and prepared a set of plans. Take a copy of that plan and the maps with you and use them as you hike. Monitor the Unit's progress and watch for the indicated checkpoints. This is extremely important when hiking in a location that you don't know and when hiking off-trail or cross-country. The goal is to know all times where you're at, and to minimize the uncertainty, if you're not sure. The purpose is to keep from becoming lost. You keep from being lost by not allowing the Unit to get lost.

Besides the maps and planning, other tools that are useful to this purpose are a compass, altimeter, pedometer, and watch. But they are only useful when you take and use them. They are also much better for keeping the Unit from becoming lost than for getting unlost. A final observation is that the Unit is more likely to over-estimate its progress than to under-estimate it. Don't reject your planning just because you feel that you should have arrived at a certain point, and you don't seem to be there. Most likely it's not because you are in the wrong place or have missed it, but that you still have a way to go.

Prepare a plan, take it, and use it. Don't become lost just because you've failed to use what you have.



### **Weather**

Weather can change very quickly in the mountains, both local and Sierras, any time of the year. The weather here in the Los Angeles basin cannot be taken as a guide to how the weather is, or will be, in the mountains or the desert. Finally, the local newspapers, radio, and television are very poor in their coverage of it in those locations, so they are of little use for planning a backpacking trip.

Your selection of the location for each trip should consider the likely weather conditions for the time of year. Carry equipment and clothing appropriate to the potential temperature ranges. Provide for the possibility of rain on every outing into the mountains and during the winter in the deserts (the deserts actually have more storms and rain during the summer). Plan on bad weather; that way you won't be surprised, or have a problem, when it happens.

While on the outing, be alert to changing weather patterns, such as a buildup of clouds or an unusual drop in temperature. Also, pay attention to what the birds and insects are doing. They tend to disappear just before the weather goes bad. Anticipate the need for protective clothing, rather than react. It is also a lot easier to deal with adverse weather when you are in camp, rather than on the trail. This is especially true where lightning is involved. Modify your hiking times, or your pace, as needed to avoid bad weather on the trail.

Bad weather can cause trail problems that add a risk to an outing. Trails, rocks, etc., become slippery when wet. Your footing becomes less certain, increasing the possibility of falls and ankle injuries. Extended rain can cause trail washouts or blockages. Water levels in streams may rise to unsafe levels. Snow covers trails and adds another dimension to route finding. All of these conditions will cause an increase in the time required to hike a given distance, as compared to favorable conditions.

The tendency is to assume that bad weather means cold, rain, or snow. Wrong - a hot, dry, windy day can create just as many problems, just as quickly. The things to watch for and the actions to be taken are very similar to those for cold weather: proper clothing, frequent breaks, extra water, attention to any sign of distress or dehydration, modifying the hiking times or pace. Proper clothing means a hat with a brim, dark glasses, light colored, light weight, long sleeved shirt and long pants. Short pants, short sleeved or no shirt, and no hat may sound cool, but the result is skin exposed to direct sunlight. This increases body heat and the rate of perspiration loss, and leads to sun burn. Avoid hiking during the hottest part of the day; start early in the morning and resume hiking in the early evening.

An unexpected change in weather can provide an additional challenge to the Unit's High Adventure Program. The Unit's ability to deal with it is as much dependent upon planning for the possibility as it is on its actions when it happens. The possibility of adverse weather does not necessarily mean that an outing should be cancelled or taken in a different location. Judgment is required and there will be circumstances when the Unit Leadership should cancel or go to Plan B. How much will the weather increase the level of risk or reduce the level of fun? Don't get caught up in the attitude that the Unit always goes, regardless of the weather. There is a difference between being foolhardy and being a fair-weather camper. Manage the risk and maintain the fun; the two should be worked together.



### **Sanitation Practices**

Sanitation is more difficult, and possibly more important, in the backcountry than in the city. The obvious reasons are a lack of facilities and of soap and water. When you gotta go, you have to improvise. How you do it can negatively impact the environment and may cause a health risk to the person and to the Unit.

Any facilities provided in Campgrounds or Trail Camps must always be used for these purposes. All persons beginning the Unit's High Adventure backpacking program need to be instructed in proper sanitation practices when facilities are not available, and everyone needs to be reminded from time to time.

#### **Urine**

It would seem obvious that when toilet facilities are available, they should be used. However, the USDA-Forest Service and Philmont Scout Ranch have been reconsidering their protocol for urination. This new approach might be described as "go pee on a rock". The appropriate backcountry practice for urination is to find a secluded spot a minimum of 150 feet away from all water sources, the campsite, and trails. Disperse the urine over as wide an area as practical. This is not to be done against the side of a tree, as deer are attracted by it and will chew the bark. This, of course, can damage the tree. Urine slows the decomposition of feces. It is particularly undesirable in the solar dehydrator toilets being installed by the Forest Service in some locations.

#### **Feces**

Feces require greater care in their disposal, to avoid potential environmental pollution and an unsightly mess. A small trowel or shovel is to be carried as a piece of Unit equipment, with which a person can dig a "cat hole". This is a small hole, 6-8 inches deep, into which the feces are deposited. This is to be dug at least 150 feet away from all ground water and out of any low spot where water may accumulate or run off during a rain or snow melt. Persons must also avoid locations of water runoff, as it may wash away the loosened soil. This is to be covered with the dirt and duff that are removed from the hole. When done, the site is to be tamped down and appear as having never been disturbed. Bacteria in the soil will cause it to decompose. Only when disposed of in a proper manner will feces decompose quickly. Failure to dispose of feces properly may result in their becoming an ugly splotch on the ground and a contaminant of nearby ground water. Unless all users of the backcountry become better at this, the Forest Service and other administrative agencies may require that all feces be placed in a container and packed out.

Never dig a common latrine for all members of the Unit to use; this is an unacceptable practice.

In the deserts, at elevations above tree line, and in many other locations, soil conditions are not favorable to the decomposition of paper (and similar items). The GLAAC-HAT believes that used toilet paper should be packed out from all backcountry locations. It strongly recommends that Unit Leaders issue a Zip-Loc type plastic bag to each participant on every outing to a location where toilets are not available. Used toilet paper is to be placed in it and packed out for disposal. Everyone is to be instructed in the need for this seemingly gross and unnecessary act, as a part of proper outdoor sanitation. Carry it out and dispose of it properly back home. Never bury or attempt to burn it.

Hands must be washed with soap and water after these acts. Everyone should carry a 2-3 ounce container of biodegradable, liquid soap. Place a drop or two on the hands and rub in thoroughly on the palms and fingers. Flush off with water from a water bottle. Never allow anyone to do this in a stream or at any other water source. Dry hands on a paper towel or small, cloth hand towel. Allowing them to air dry may result in chapping and splitting of the skin.

### Washing

Require everyone who is involved in handling food and in meal preparation to wash before beginning. It seems likely that more health problems develop because of a failure to perform this simple, personal act than from all other causes. Proper backcountry sanitation is a personal matter that must be taught to everyone who participates in a High Adventure Program. The health of that person, the Unit, and the environment depend upon it.

Remove any garbage and other solids from the water used to wash utensils, before disposing of it. These materials are to be carried out with the other garbage and trash. This water is to be dispersed ("broadcast") over an area, rather than dumped in a single spot. Do this well away from water sources and your campsite. Carry a several large Zip-Loc type plastic bags for carrying the Unit's garbage and trash.

Following these few simple practices will help prevent pollution and keep the environment clean and attractive.



### Water

In the backcountry, water is a necessity and a hazard; it's like you can't live without it and you can't live with it. One way or the other, the Unit Leadership must understand what it's about, as basic to a High Adventure Program.

You will need water to drink, to cook, and to clean up. Determining how much the Unit will need on an outing, and how to satisfy that need, is a necessary part of its planning. In the desert and in some mountainous locations, the Unit will have no choice but to carry everything that it needs. In most of the mountains, and especially in the Sierras, surface water will be available most of the year. The Unit Leadership must decide where to obtain it and how to purify it.

All water from backcountry sources, be it spring, lake, stream, or pipe coming out of the ground, must be purified. There are basically three methods, heat, chemical, and filtration, for accomplishing this. Each is effective, when properly done. The Unit must carry the equipment and supplies to purify sufficient water to meet its needs.

Whatever method, you may want to strain the water through a clean cloth or bandana before purification. This will remove any large particles that the Scouts might find objectionable and that might clog a filter. It is recommended that water be collected in a Unit container and then transferred to personal containers or cooking utensils, once it is safe to use. A water bag is well-suited for this. Purify water in advance of need, or as you use it, rather than waiting until you run out.

✧ Heat: The simplest and, arguably, the most effective method. A rolling boil for 5 minutes or more (a bit longer at higher elevations, because of the lower boiling point) is mandatory. Let the water cool before transferring to personal water bottles. Carry sufficient backpacking stove fuel and, probably, an extra stove just for this purpose. This is a fine method once the Unit has reached its campsite, but awkward when in-route. The Unit is out of luck when in a location where a fire of any type is not permitted.

✧ Chemical: A major factor with this method is to allow the water to sit a sufficient time, between adding the chemical and using the water. If you use a commercial preparation, read and follow the manufacturer's instructions. If you are using the iodine crystal/solution method, let the water sit a minimum of 20 minutes. The longer the wait, the better. Some commercial products have a specific shelf life and are to be discarded when they expire.

✧ Filtration: Buy a quality unit, use per manufacturer's directions, and service or replace the filtration material regularly. As you are trusting the health and welfare of the Unit to this item, this is no place to cut corners. New items continually become available, so you need to check around before you buy.

These purification methods are fine for killing or removing bacteria and viruses. However, they do absolutely nothing to chemical pollutants that may be in the water. Such a pollutant need not be from illegal dumpings; other sources are pesticides, herbicides (good old agent orange), fertilizers, automotive fluids, abandoned mines, etc. As there is nothing that you can do about these pollutants being in the water, you must use good judgment in selecting water sources that are unlikely to be exposed to them. Look closely at your maps and the drainage of the streams and rivers along your hiking route. Whenever possible, avoid taking water from those that flow through residential developments and farms, and that flow alongside roads and highways. Fortunately, this is generally a concern only in the lower elevations of the local mountains.

Always use purified water for cleaning all cooking and personal utensils and for washing hands. Heat the water and use a small amount of biodegradable soap. The soap will help remove any grease and oils, and kill any germs; don't bother with really hot water for clean-up chores. The only additional thing that it will do is cause burns or blisters. It is not wise to put food or food containers in a stream to cool, as they may then be contaminated. If any food items come into contact with unpurified water, flush them with purified water before using.

Water as rain, and in a rushing stream, is the hazard. Carry clothing and equipment to deal with both, on a year-round basis. Tents and rain gear are obvious; hiking staves and the bear



bag rope may not be. Pick your stream crossings carefully. Rocks and logs are notoriously unstable and slippery. Better to have wet feet than to slip and fall. For just that reason, have everyone always unbuckle his/her waist belt at every stream crossing. If there is any element of risk, instruct all participants on an outing to wait until the total group is present, before beginning to cross. Use the entire group and all of its resources to make a safe crossing.

One last thing about all water in the backcountry. Everyone needs to understand that it may be drunk by someone else, later on. Treat all of it with consideration and respect. Follow proper sanitation practices. Don't allow wading or swimming, there are risks to the person, as well as in the water.



### Cooking

One or more meals on each backpack trip are likely to involve cooking. There are numerous commercial publications on this subject, and the matter of menus is discussed in Hike Aid 4, "High Adventure Procedures and Guidelines". The topic is included here only to emphasize a couple of points.

- ◆ All cooking must be in compliance with the current, applicable fire regulations. At certain times and in certain locations, regulations may prohibit a fire of any type.
- ◆ When fires are permitted, most cooking will be on backpack stoves. Use of these stoves is cleaner, faster, safer, and more environmentally sensitive than a wood fire.
- ◆ Select an area for cooking that is clear of weeds and brush, and away from tents. Never make any permanent physical alteration to the location.
- ◆ Instruct all Scouts and adults in the use of all stoves and cook sets before using them on a backpack trip.
- ◆ Never light a stove or cook inside a tent. If the weather is bad, or expected to be bad, carry a dining fly and cook under it.
- ◆ Never transport stove fuel on a commercial boat or airplane, as it is prohibited by Federal law. When you go to Catalina, arrange in advance to use butane stoves and buy the canisters on the Island. Discard unused or partially used canisters before returning.
- ◆ Carry a one-foot square of 'insolite' and place it under the stove and/or attached fuel canister. This will greatly enhance the stove's performance, especially in cold weather.
- ◆ Consider carrying a 12" x 18" (or sized to fit inside of the large pocket on a backpack) sheet of 3/16" plywood, on which to set the backpack stove. By setting it on several rocks of equal size, you can do your cooking off the ground, snow, etc.
- ◆ If you do cook on an open wood fire, smear some liquid soap on the outside bottom and sides of the pots, before putting them on the fire. It will aid in the cleanup.
- ◆ Plan a menu that includes something hot to eat and/or drink for each dinner and breakfast. These hot items are to be considered as mandatory during the winter months, regardless of the location of the backpack trip.
- ◆ Keep a pot of water or water bottle and a small shovel handy by a fire of any type. A mishandled backpack stove can cause a forest fire just as readily as an open wood fire.
- ◆ Clean and inspect all stoves and cook sets after each trip and before the next one.
- ◆ Never attempt to re-fuel any stove that is lit, or excessively hot from use.
- ◆ Follow manufacturer's instructions and use extra care when removing expended canisters; always carry them out for disposal.
- ◆ Carry stove fuel in quality containers; fuel the stoves when you reach camp.

- ◆ Have persons who carry stoves and/or fuel containers not carry Unit food, to prevent contamination in the event of leakage. Keep stoves and fuel away from all food, at all times.
- ◆ Plan your stove and fuel needs to match the menu, number of meals, and number of people on the outing. Better to have a little too much fuel than not enough.
- ◆ Never dump excess white gas, etc., on the ground, as it is a contaminant. Carry it out.
- ◆ Never use white gas, etc., as a fire starter for a wood fire. It doesn't work well, and it can be dangerous.

Cooking on a backpack trip can be a great learning experience for the members of the Unit; for some of them, it may be the only time that they will do their own cooking. Everyone should participate in the different tasks, i.e., fire and water, meal preparation and cooking, and clean-up. A duty roster, formal or informal, helps assure equity in performing the various tasks.



## Protecting Food

The last thing that the unit needs is to arise in the mornings or to return to camp from a day hike, and find that an animal has gotten into its food. Not good for the Unit; not good for the animal. Be the least bit careless and it will happen to you. It's not just bears; rodents and other mammals probably get or spoil more food for High Adventure Units than bears. However, because of their size, tenacity, and climbing ability, it is more difficult to protect food from bears. They also get all of the publicity, because of being more difficult to deal with when they become dependent on human food.

Keeping animals other than bears from getting into food is relatively easy. Place it (and garbage) in a bag that is suspended by rope from a tree, two feet from the trunk, two feet below the branch, and six feet above the ground; higher, when deer could be a problem.

Of course the basic practices for keeping food away from animals are:

- ◆ Protect packs from rodents, etc., while taking rest stops.
- ◆ No food in packs or tents, while in camp.
- ◆ Keep a clean campsite.
- ◆ Keep containers covered, to protect food from flies, etc.
- ◆ Clean all utensils immediately after meals.
- ◆ When in camp, keep all food and garbage in a protected mode, e.g., bear bagged, except during meal time.

These actions will minimize the attraction of all animals to the Unit's food.

Protecting food from bears has, historically, relied on bear bagging. However, the bears at most places have long ago figured this out. Therefore, government agencies are, with greater frequency, considering other methods. These include requiring the use of personal food canisters and providing secure bear boxes at some locations in the backcountry. As part of its planning for each outing, Unit Leadership must determine what practice is currently required by the administrative agency and do it. If it doesn't, the Adult Leadership may be cited. When these rules are followed and food is still lost to an animal, it is important that this is reported to the government agency for the location. Only from these reports can it learn of the effectiveness of its rules and amend or replace them.

When bear boxes are provided, be a courteous camper and use them only for food/garbage, which has been placed in a stuff bag. The author has occasionally found backpacks placed in them - by Scout Units. There goes the good old Fifth Scout Law.



### **Medical Emergencies**

"Billy tripped and hit his head real bad." Words to strike terror in the Unit Leadership, especially if you're twenty miles from the trailhead, on the third day of a long-term backpacking trip.

What you are carrying- your supplies, your knowledge, your ingenuity - are what you have to use. The book, Mountaineering First Aid, published by The Mountaineers of Seattle, contains excellent guidance on the handling of these incidents. It also contains a form, "First Aid Report Form", which you will want to copy and carry in the Unit first aid kit. Of major importance is how the Unit Leadership deals with the incident, independent of how it handles the specific injury or illness. Hike Aid 4 provides a summary of some of its material in the section "Unexpected Incidents". Hike Aid 9, "Risk, Health and Safety", discusses the several types and actions to be taken to avoid them.

The GLAAC-HAT offers Wilderness and Remote First Aid as a module in its "Full Dimension High Adventure Training". Its purpose is to train Scouters and to demonstrate how to handle a medical emergency, while participating in a High Adventure activity. The ability of the Unit Leadership to properly deal with the totality of the incident may be of equal or greater significance to the health and welfare of the victim, and the balance of the Unit, than the quality of the first aid. In that context, your collective knowledge and ingenuity are of equal importance to the first aid and other supplies that you are carrying.



### **Disabled/Disoriented/Lost?**

You can't get there from here; you're not sure how to get there from here; you've no idea where there is. Well, you wanted High Adventure; now you've got it in spades.

- ◆ Overnight, it rained a little. Now that stream that the Unit crossed coming in appears to be 3-4 feet deep, and there is no other way to get out. Or, it snowed and the trail is impassable without snowshoes (which you don't have). These, and other possible incidents, can cause the Unit to be disabled, that is, unable to proceed or get out of its present location. You know where you're at and where you want to go, you just can't get there for some reason or other.
- ◆ The Unit has been hiking for several hours, but it doesn't seem to be where it should be. Or, the Unit has come to a trail that doesn't appear on the map; or the trail location doesn't match the map. You're disoriented; you know where you were, and how to get back to a known reference point, but you're not quite sure where you're at and how to get to where you want to be.
- ◆ The Unit is behind schedule and the Leadership decides that it can pick up the time by going cross-country. Or, you leave the trail to do some impromptu peak climbing and don't know how to get back. You are lost. The map (you did bring it?) doesn't show anything that

looks like what you see around you; you've no idea of how to get to a known point, much less how to get to where you want to be.

These are some of those "Unexpected Incidents" that are discussed briefly in the Hike Aid 4, "High Adventure Procedures and Guidelines". Those comments generally apply to these situations, but some additional guidance is offered.

Everyone recognizes a medical emergency as an immediate problem; denial is often a part of these other situations. The Unit Leadership must accept that it has a problem and stop, before it becomes worse. Get everyone together; now is not the time to lose someone. The advantage that the Unit has in these situations, versus a medical emergency, is that there is probably not the urgency of doing something immediately. Determine your resources, develop alternatives, select a plan, and then do it. In the case of being disoriented, that plan may be to return to a known point and to proceed from there. In the case of being disabled, a plan to wait a few hours may allow conditions to improve so that the Unit can safely proceed.

In all three situations, the plan may be to stay put and wait to be found. Even if you are lost, you are probably not that far from your planned route. Being rescued may be embarrassing, but there are worse things that can happen.



### **Backpacking Awards**

The following tables summarize the requirements for Backpacking Awards which are sponsored by Southern California Councils. The purpose is to provide an overview in planning an outdoor program which includes awards for your High Adventure achievements. The requirements are completely discussed in literature issued by the sponsoring Council; you must refer to it to ensure that you have satisfied all of them. Any deviation from any of those requirements must be approved in advance by the sponsoring Council. Certain awards are indicated as having other special requirements. Please refer to the sponsoring Council's literature to learn them.

The Councils of Southern California sponsor many, many outdoor awards to encourage backpacking, peak climbing, bicycling, rafting, and other High Adventure activities. The awards are recognized by the Greater Los Angeles Area Council and may be ordered through its Scout Shop. Hike Aid 6, "High Adventure Awards Program", contains the requirements for all awards that are sponsored by the GLAAC.

Those who would like to go further a field should consider the unique awards that are offered by the Councils for Southern Utah, Southern Nevada, and the Grand Canyon area. You should contact those Councils directly to learn the requirements and to order the awards.

Certain awards must be approved by, and obtained from, the sponsoring Council. The Scout Shop or GLAAC-Camping will advise you as to how to apply for one of them. In order to receive an award sponsored by another Council, you will normally be expected to have an approving signature of a member of the High Adventure Team on the Award Application.

# Awards by Category

|                                | Sponsoring Council | Minimum Requirements |       |        |                |               | Location of Hike                   | Other Special Requirements |
|--------------------------------|--------------------|----------------------|-------|--------|----------------|---------------|------------------------------------|----------------------------|
|                                |                    | Miles                | Hours | Nights | Training Hikes | Weekend Hikes |                                    |                            |
| <u>Basic</u>                   |                    |                      |       |        |                |               |                                    |                            |
| Training Hike                  | GLAAC              | 5                    |       | 1      |                |               | General                            |                            |
| Polar Bear                     | LPC                |                      | 4     | 1      |                |               | General                            | yes                        |
| Snow Camper                    | SDIC               |                      |       | 1      |                |               | General                            | yes                        |
| <u>Weekend</u>                 |                    |                      |       |        |                |               |                                    |                            |
| San Bernardino National Forest | CIEC               |                      | 7     | 1      | 2              |               | San Bernardino Peak                | yes                        |
| National Park/Monument         | GLAAC              |                      | 7     | 1      | 2              |               | National Forest                    |                            |
| Snow Hike                      | GLAAC              | 5                    | 7     | 1      | 2              |               | National Park/Monument             |                            |
| California State Park          | GLAAC              |                      | 7     | 1      | 2              |               | General                            | yes                        |
| Tahquitz Trails                | LBAC               |                      |       | 1      |                |               | California State Park or Catalina  |                            |
| Sierra Nevada Backpack         | LPC                |                      | 6     | 1      |                |               | San Gorgonio Wilderness            | yes                        |
| Historic Trails                | N                  |                      |       | 1      |                |               | Sierras                            |                            |
| San Gabriel Trails             | CIEC               |                      |       |        |                |               | General                            | yes                        |
| ✧ Cucamonga                    |                    |                      | 5     | 1      | 2              |               | Angeles National Forest            | yes                        |
| ✧ East Fork                    |                    |                      | 5     | 1      | 2              |               |                                    |                            |
| ✧ Bear Canyon                  |                    |                      | 5     | 1      | 2              |               |                                    |                            |
| ✧ Santa Anita Canyon           |                    |                      | 5     | 1      | 2              |               |                                    |                            |
| ✧ Mt. Lowe                     |                    |                      | 5     | 1      | 2              |               |                                    |                            |
| ✧ Switzer Falls                |                    |                      | 5     | 1      | 2              |               |                                    |                            |
| ✧ Buckhorn                     |                    |                      | 5     | 1      | 2              |               |                                    |                            |
| ✧ Little Jimmy                 |                    |                      | 5     | 1      | 2              |               |                                    |                            |
| Desert Backpack                | SDIC               |                      | 7.5   | 1      |                | 2             | Desert                             | yes                        |
| El Camino Real                 | SDIC               |                      | 7.5   | 1      |                | 2             | El Camino Real                     | yes                        |
| Mt. San Gorgonio               | SDIC               |                      |       | 1      | 2              | 2             | Mt. San Gorgonio                   | yes                        |
| Mt. San Jacinto                | SDIC               |                      |       | 1      | 2              | 2             | Mt. San Jacinto                    | yes                        |
| Pacific Crest Backpack         | SDIC               |                      |       |        |                |               | Pacific Crest Trail                |                            |
| ✧ Basic                        |                    |                      | 7.5   | 1      |                |               |                                    | yes                        |
| ✧ Footprint                    |                    |                      | 7.5   | 1      |                |               |                                    | yes                        |
| U. S. Mormon Battalion         | SDIC               |                      | 7.5   | 1      |                | 2             | Anza-Borrego Desert                | yes                        |
| Mt. Pinos                      | VCC                |                      |       |        |                |               |                                    |                            |
| ✧ Basic                        |                    |                      |       | 1      | 2              |               | Mt. Pinos                          | yes                        |
| ✧ 3-Falls segment              |                    |                      |       | 1      |                |               | Camp 3-Falls                       | yes                        |
| <u>Multiple Weekend</u>        |                    |                      |       |        |                |               |                                    |                            |
| De Anza Trail                  | CIEC               | 35                   |       | 2      |                | 2             | Anza-Borrego Desert                | yes                        |
| Broken Arrow                   | LBAC               | 20                   |       | 3      |                |               | San Gorgonio Wilderness            | yes                        |
| Camelback                      | SDIC               | 30                   |       | 2      | 2              | 1             | California Hiking and Riding Trail | yes                        |
| <u>Intermediate Hike</u>       |                    |                      |       |        |                |               |                                    |                            |
| 9-Peaks Honor Award            | CIEC               |                      |       | 2      | 2              | 1             | San Gorgonio Wilderness            | yes                        |
| Gabrielino                     | GLAAC              |                      | 12    | 2      | 2              | 2             | Angeles National Forest            |                            |
| Golden Eaglet                  | GLAAC              |                      | 16    | 3      | 2              | 2             | General                            | yes                        |

Awards by Category  
(cont.)

|                           | Sponsoring Council | Minimum Requirements |       |        |                |               | Location of Hike                | Other Special Requirements |
|---------------------------|--------------------|----------------------|-------|--------|----------------|---------------|---------------------------------|----------------------------|
|                           |                    | Miles                | Hours | Nights | Training Hikes | Weekend Hikes |                                 |                            |
| 3-day Backpack            | OCC                |                      | 12    | 2      |                | 2             | General                         | yes                        |
| Mt. Whitney Trail         | SSC                | 25                   |       | 3      |                |               | Mt. Whitney                     |                            |
| Condor                    | VCC                |                      | 25    | 4      | 2              | 1             | Ventura County                  | yes                        |
| 14,495 Club               | WLACC              | 31                   |       | 2      |                | 2             | Mt. Whitney                     | yes                        |
| <u>Long-Term Backpack</u> |                    |                      |       |        |                |               |                                 |                            |
| Explorer Mountaineering   | GLAAC              |                      | 50    | 5      | 2              | 2             | General                         | yes                        |
| High Adventure            | GLAAC              |                      | 25    | 5      | 2              | 2             | General                         | yes                        |
| John Muir                 | GLAAC              |                      | 25    | 5      | 2              | 2             | Sierras                         | yes                        |
| Sierra North              | GLAAC              |                      | 25    | 5      | 2              | 2             | Sierras                         | yes                        |
| Sierra South              | GLAAC              |                      | 25    | 5      | 2              | 2             | Sierras                         | yes                        |
| Silver Moccasins          | GLAAC              |                      |       |        |                |               |                                 |                            |
| ✧ Award - Angeles N.F.    |                    | 50                   |       | 5      | 2              | 2             | Silver Moccasins Trail          | yes                        |
| Sequoia Area              |                    |                      | 25    | 5      | 2              | 2             | Sequoia/Kings Canyon Nat'l Park | yes                        |
| ✧ Medal                   |                    |                      |       |        |                |               | Angeles National Forest         | yes                        |
| Golden Bighorn            | GLAAC              | 39                   |       | 4      | 2              |               | San Gorgonio Wilderness         |                            |
| Far West Adventure        | LPC                |                      | 25    | 5      | 2              | 1             | General, excluding Sierras      |                            |
| 50-miler                  | N                  | 50                   |       | 5      |                |               | General                         |                            |
| High Sierra segments      | SDIC               |                      | 30    | 5      |                |               | Sierras                         | yes                        |
| Golden Trout Trail        | SSC                | 52                   |       | 5      |                |               | Sierras                         |                            |
| Kern Plateau              | SSC                | 53                   |       | 5      |                |               | Sierras                         |                            |
| Monarch Trail             | SSC                | 50                   |       | 5      |                |               | Sierras                         |                            |
| Paiute Trail              | SSC                | 55                   |       | 5      |                |               | Sierras                         |                            |
| Topa-Topa                 | VCC                |                      |       |        | 2              | 1             | Ventura County                  | yes                        |
| Backpacking Experience    | VHC                | 25                   |       | 5      | 2              | 1             | General                         | yes                        |
| Dinky Lakes Loop          | VHC                |                      |       | 5      | 2              | 1             | Sierras                         | yes                        |
| Silver Fur Trail          | VHC                |                      |       | 5      | 2              | 1             | Sierras                         | yes                        |
| Back Country Explorer     | WLACC              |                      | 15    | 5      | 1              | 2             | General                         | yes                        |
| Cross Country Backpack    | WLACC              |                      | 25    | 5      | 1              | 2             | General                         | yes                        |
| Golden Arrowhead          | WLACC              | 50                   |       | 5      | 3              |               | General                         | yes                        |
| Golden Boot               | WLACC              |                      | 25    | 5      |                |               | General                         | yes                        |
| Silver Bear Paw           | WLACC              |                      | 25    | 5      | 1              | 2             | Sequoia                         | yes                        |
| Silver Cloud Trail        | WLACC              |                      | 25    | 5      | 1              | 2             | Sequoia                         | yes                        |
| Silver Knapsack           | WLACC              |                      |       | 5      |                |               | Sequoia                         | yes                        |
| <u>Extended Hike</u>      |                    |                      |       |        |                |               |                                 |                            |
| High Sierra Trail         | GLAAC              |                      |       |        |                |               | Sequoia                         | yes                        |
| ✧ Giant Forest            |                    | 44                   |       | 6      | 2              | 2             |                                 |                            |
| ✧ Mineral King            |                    | 56                   |       | 8      | 2              | 2             |                                 |                            |
| Powderhorn Trail          | WLACC              | 65                   |       | 6      | 1              | 2             | General                         | yes                        |
| Sequoia Trail             | WLACC              | 100                  |       | 9      | 1              | 2             | Sierras                         | yes                        |
| Trans-Sierra Trail        | WLACC              |                      |       |        |                |               | Sierras                         | yes                        |
| ✧ West to East            |                    | 50                   |       | 9      |                |               |                                 |                            |
| ✧ East to West            |                    | 50                   |       | 9      |                |               |                                 |                            |
| Whitsett to Whitney       | WLACC              | 90                   |       | 9      |                |               | Sequoia                         | yes                        |

## Southern California Councils

|       |    |   |
|-------|----|---|
| CIEC  | -- | California Inland Empire  |
| GLAAC | -- | Greater Los Angeles Area  |
| LBAC  | -- | Long Beach Area   |
| LPC   | -- | Los Padres  |
| N     | -- | National (awards sponsored by National and offered by local Councils) |
| OCC   | -- | Orange County   |
| SDIC  | -- | San Diego Imperial  |
| SSC   | -- | Southern Sierra   |
| VCC   | -- | Ventura County  |
| VHC   | -- | Verdugo Hills   |
| WLACC | -- | Western Los Angeles County  |





*"How great the advantages of solitude! How sublime is the silence of nature's ever active energies! There is something in the very name, Wilderness, which charms the ear, and soothes the spirit of man. There is religion in it!"*

Eastwick Evans, 1818.