

Elkhorn High Adventure Base 2018 Leader's Guide

**Ben Delatour Scout Ranch
Red Feather Lakes, CO**

Scouts and Scouters

Welcome to the 2018 season at the Elkhorn High Adventure Base.

We look forward to another exciting year at Elkhorn High Adventure Base. Our summer camp experience provides an excellent forum for Troop and Crew members to challenge themselves in our wilderness environment and learn new backcountry skills all while having fun in the great Rocky Mountains.

Scouts can enjoy the many wonders of wildlife, wildflowers, majestic mountain peaks, beautiful forests, and the Elkhorn Valley. Whether it is hiking the 10-15 mile loop of the Gregg Boundary Trail, trekking to the Rawah Wilderness Area or taking a whitewater rafting trip down the Cache La Poudre River you are sure to find excitement on our 3200 acre ranch.

The Staff of the Longs Peak Council Camps is looking forward to your troop's visit this summer. In the true spirit of Scouting, you can be sure that we will do our best to make sure your stay is a pleasant and enjoyable one.

Introduction to the Elkhorn High Adventure Base

At an elevation of 7,000 feet the Elkhorn High Adventure Base was developed to take advantage of Ben Delatour Scout Ranch's magnificent location high in the Rocky Mountains of Northern Colorado. Located just north of Rocky Mountain National Park and surrounded by Roosevelt National Forest, the Elkhorn High Adventure Base offers a unique experience for older Scouts to hike, camp, climb and ride in the Rocky Mountains. Horse Trail rides as well as white water rafting can be booked separately for your group. Every crew is rewarded at the end of their hike week with the opportunity to rappel off Weaver's Thumb, the highest rapell on camp, and a steak dinner followed by the traditional closing campfire at Camp Jeffrey.

About This Book

This Leaders Guide is a tool to help Leaders and Scouts prepare for their high adventure experience. Inside you will find information about how to prepare, Program options, trek and trail specifications, as well as all of the forms needed. Feel free to copy any part of this book and distribute it to Scouts and parents to help your planning.

Any questions or concerns can be directed to:

Longs Peak Council
Camping Department
PO Box 1166
Greeley, CO 80632

970-584-2202 (Cindy Batt, Camp Registrar)
CampRegistration@longspeakbsa.org

970-584-2225 (Kevin Spencer, BDSR Camp Director)
CampPrograms@longspeakbsa.org

970-584-2218 (Billy Riley, Camping/Operations Director)
Billy.Riley@scouting.org

Elkhorn Leaders' Guide

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Boy Scout Health and Medical Form	http://www.scouting.org/filestore/HealthSafety/pdf/680-001_ABC.pdf
Colorado Immunization Addendum	http://longspeakbsa.org/wp-content/uploads/2015/11/Immunizations.pdf
Adult Leader Reference Form	http://longspeakbsa.org/wp-content/uploads/2017/03/adult-reference-form.pdf

BEFORE

CAMP

Requirements

Elkhorn High Adventure Base abides by the national standards of the Boy Scouts of America for their high adventure base programs.

Membership in the Boy Scouts of America

All participants in units from within the United States must be currently registered with the Boy Scouts of America. Units from outside of the United States must be registered with a nationally recognized Scout organization.

Age

All Scouts and Scouters participating in the Elkhorn High Adventure Base must be at least 13 by September 1 of the participation year, without exception.

Health

All participants are expected to be in good physical and mental health. Elevations in this region of the Rockies range from 7,000 to 12,000 feet and the ruggedness of the trails should not be underestimated. A height / weight chart and information about preparing physically is discussed later in this guide. The Elkhorn Director and medical staff reserve the right to restrict or deny participation by any individual who is not in good physical or mental condition.

Leadership

Elkhorn High Adventure Base rigidly adheres to The Boy Scouts of America's two deep leadership policy for the protection of both youth and adult participants. Each crew must have at least two adult leaders with them at all times. One leader must be 21 years of age or older and the other must be 18 years of age or older by the time the crew leaves home. Coed crews have one or more female adults as well. All adults must have a current Youth Protection Training card. The Elkhorn Hike Ranger accompanying each crew does not count as an adult. These are national standards and exceptions cannot be made. Due to the nature of the trek and the difficulties associated with transportation, all adult leaders must arrive and leave with the crew. Mid week "substitutions" are not allowed.

First Aid

Elkhorn High Adventure Base requires that at least one person, either an adult leader or a youth participant, in every crew must be currently certified in first aid and CPR. A Wilderness First Aid Course is recommended for at least one adult. Each trek leader is certified in Wilderness First Aid. **Please be sure to read and familiarize yourself with the Altitude Illness information in this guide.**

Elkhorn High Adventure Base 2018 Trek Session Dates

Trek 2 - June 17-23

Trek 3 - June 24-June 30

Trek 4 - July 8-14

Trek 5 – July 15-21



Trek 6 – July 22-28

Trek Fees

Longs Peak Council Scouts and Adults - \$420 per participant. Longs Peak Council units that have achieved their 2017 ICL goal will receive a \$55.50 discount.

Out of Council Scouts and Adults - \$420 per participant.

Adults (all units) - All troops must have a minimum of 2 adults at camp at all times. The first adult must be age 21 or older; the second must be age 18 or older.

 All participants, youth and adults, pay the same fee to attend Elkhorn High Adventure Base. 

***Limited Camperships are available to Longs Peak Council units. Applications are available on the council website www.longspeakbsa.org. Look in the forms section of the resource tab.

Longs Peak Council

Payment and Refund Policies

Troops may make a reservation by paying a \$50.00 per person non-refundable deposit. The deposit must be sent in immediately in order to confirm the reservations. Reservations for next summer may be made either at departure from summer camp, or after August 1st of each year.

Payment Schedule

At date of reservation: Pay \$50.00 non-refundable deposit for each Scout and leader.

By February 1st: First payment is due (1/2 balance owed). If this payment date is missed your reservations may be given to another unit.

By May 1st: Final payment due (balance due on your account). If this payment date is missed your reservation can be given to another troop. Longs Peak Council Troops must qualify for their Friends of Scouting goal by April 1 to take advantage of the discount.

After May 1st: There are NO REFUNDS!

On or after May 2nd: A \$25 per person late fee will be assessed to any payments. (Mailed payments will be determined by the postmark date.)

Reservations placed after May 1st will be accepted only with a minimum ½ payment at that time. All fees must be paid in full by June 1st.

Refund Policy

The refund policies for the Longs Peak Council Scout Camps are as follows:

On or before May 1st: Full refund is available, upon request, less the \$50.00 per Scout and leader deposit.

After May 1st: No refunds except for medical reasons!

Medical refund requests will be honored until September 1st.

All refund requests must be submitted by September 1st with a note signed by the physician stating that the participant was not allowed to attend camp and why. **Any** requests submitted after September 1st will not be honored.

It is the responsibility of the troop to have payments at the **Longs Peak Council Service Center in Greeley** on the due dates listed. Mailed payments may be postmarked on the due date. Late payments, missed deadlines, missed fee discounts, etc., are not the responsibility of the Longs Peak Council or its staff. **If you miss the May 1 payment deadline you will be charged the \$25 per person late fee.**

Paperwork to Complete Prior to Arrival

1. Medical and Health History

From the National BSA Camp Standards:

A current Annual Health and Medical Record, completed within the past 12 calendar months is required for all staff, leaders, and campers in attendance. **Annual BSA Health and Medical Record Part A, B and C and youth need the Colorado Immunization Addendum.**

➤ We must keep the health form on file for five years, they will not be returned to you . Copies of Medical forms made at camp will cost \$1.00 per page. Please do not bring any other forms! *The National requirement is a new examination every 12 months, with health history updated within 90 days of arrival for every person in camp, youth and adult.*

2. All units must follow the guidelines set forth in “Trek Safely” and the “Guide to Safe Scouting”.

3. Crew Roster

We must have 3 copies of your Scout and Adult Leader Rosters. The blank roster forms can be found in the special forms section of this leader’s guide.

4. Adult Leader Reference Forms

Due to State of Colorado Child Care Regulations, all Adult Leaders in camp at any time must have a completed Adult Leader Reference form. Any adult arriving in camp, without this form completed will be expected to remedy the situation.

5. Proof of Insurance

All Troops coming to Elkhorn High Adventure Base must show proof of Troop Health and Accident Insurance. If the Troop does not have Health and Accident insurance, then a Health Insurance Policy number and company must be provided for each individual attending camp. If your unit wishes to purchase a policy you should contact your Council and inquire about an HSR unit policy. *Longs Peak Council Troops are covered by the Council Health and Accident Insurance Policy, and do not need to bring a copy, one is on file.*

6. Facts to Know

In the Special Forms section there is a “Facts to Know” form. Fill in the appropriate information on this informational handout and distribute to all Scout’s Parents.

Pre-Camp Timetable

This checklist should be helpful in preparing for camp:

2-4 Months prior to Camp

1. Leaders and committee review this camp guide.
2. Crew selects Trek itinerary and submits the Trek Reservation Request Form to Greeley.
3. Secure commitments from other adult leaders assisting in camp.
4. Final commitments for camp secured from each Scout family. (Remember no refunds after May 1!)
5. Annual BSA Medical Record is distributed to all Scouts and Adult Leaders. The National requirement is a new examination every 12 months, with health history (Parts A&B) updated within 90 days of arrival for every person in camp, **youth and adult**. This is the only form accepted at the Ben Delatour Scout Ranch. DO NOT bring any other medical form.
6. Unit leader supplies each Scout with personal equipment list.
7. Unit leader begins program-planning procedure for camp.
 - a. Transportation plans started.
 - b. Troop equipment needs reviewed.
 - c. Contact the boys that may need financial help to attend camp with the troop. Arrange for a sponsor or project to help them get to camp.
 - d. Hold camp parents night, if you have not already done so.
 - e. Total fees paid by May 1.
8. Begin training hikes as soon as possible.
9. Begin drinking 1 gallon of water per day. Increase to 2 gallons of water at least 1 month from departure.

Contact Longs Peak Council office with any questions:

Cindy Batt, camp registrar, 970-584-2202 or CampRegistrar@Scouting.org

Kevin Spencer, BDSR Camp Director, 970-584-2225 or CampPrograms@longspeakbsa.org

Billy Riley, Camping/Operations Director, 970-584-2218 or Billy.Riley@scouting.org

4 Weeks Prior to Camp

1. Check to see if all medical examinations have been completed for **youth and adult**.
2. Check on final transportation arrangements.
3. File tour plan for your trip.
4. Inventory troop and patrol equipment.
5. Inventory each Scout's advancement records.
6. Counsel Scouts on their personal goals for fun and advancement while at camp.
7. Submit any changes to your registration to the council office. Remember there are no refunds after May 1.
8. If you are planning to do any rafting, cowboy action shooting or horseback riding make sure you have parents fill out the release forms for those programs. All forms are on our council

One - Two Weeks Prior to Camp

1. Don't panic.
2. Leader holds final Patrol Leaders Council.
3. Unit Committee meets to tie up loose ends.
 - a. Transportation arrangements.
 - b. Parent's visits to camp.
 - c. Make sure the balance of camp fees are paid at the Council Office. Please take any receipts and payment documentation to camp.
 - d. 2 copies of Medical Forms for all youth and adults completed, **signed by parents**, and in Leader's hand. **We will keep the copy you turn in at check-in so you will need a copy for your records.**
 - e. Have rosters completed, both youth and adults. (This can be found in the Special Forms packet included with this guide.)
 - f. Hold "Shake Down" camp equipment inspection for each Scout.
Pack all equipment - get ready for fun!

Day 0 - Before you leave!

1. Have the following paperwork ready and accessible:
 - a. Health and Accident insurance form for unit or individuals on file.
 - b. 3 copies of Adult Roster and Youth Roster completed and updated.
 - c. 2 copies of Medical Forms and medications (in original containers) for all youth and adults together and accessible for check-in at camp.
 - d. Troop checkbook to pay any additional fees upon arrival.
 - e. Any payment receipts.
 - f. Take the final picture of clean Scouts!
 - g. When loading vehicles, remember Elkhorn Crews will be unloaded first.

Health and Safety Information

Ben Delatour Scout Ranch has a full-time medical staff 'on call' at all times. Any major illnesses or injuries will be transported to the local hospital in Fort Collins, Colorado, at the camper's expense. Ben Delatour Scout Ranch is in a fairly remote location. If an ambulance is needed, it is up to emergency services to determine the course of treatment. Once an ambulance has been dispatched, those personnel will make any further decisions about the health and safety of that camper.

All youth on a trek must relinquish all medications to the accompanying adult. It is then the adults responsibility to administer the appropriate medication at the prescribed time. The staff Hike Ranger will then record the administration of medications in their med log.

Medications must be in their original containers labeled by the pharmacy.

Emergency medications (inhalers, epi-pens, etc...) will remain with the youth during their trek. All medications must be listed on the camper's medical form.

From the National BSA Camp Standards:

HS-508-2 An exception is made for trek camps during the trek where the trek adults must keep the medications and log in a secure, protected container and under their control.

The state of Colorado requires our Hike Rangers to keep the admin log and therefore, the admin log will remain with the Hike Ranger.

Special Dietary Restrictions

Items beyond normal meal plan menus may be provided at an additional cost. Persons with special dietary restrictions may request substitutions by notifying the BDSR Ranch Director at least one month prior to attending camp. Vegetarian alternatives are normally available, however, it should be remembered that trail food is ordered and shipped to us. Without sufficient notification, special requests may not be met.

Food Substitutions for Individuals with Allergies

Trail food is, by necessity, a high carbohydrate, high caloric diet. If an individual crew member is allergic to one or more food products or requires a highly specialized diet, suitable trail food may not be available. If our supplier is unable to meet a specific demand, the person in question may need to buy their own food items and bring them to Elkhorn High Adventure Base. This may be the only way to assure someone with allergies has the proper food. Our food supplier has never not met a special need but there is always a first time for everything. Lightweight and low bulk foods are recommended for backpacking. Package each day's meals separately and write the person's name and unit number on each package. Upon arrival at the Ranch, please notify your Hike Ranger of this situation before food issue takes place.

Sunday night, Monday morning, Friday night & Saturday morning meals will be in camp. If you have Scouts with special diets we will need that information. Please enter any allergies or specific dietary requirements in their registration information (picky eaters does not constitute special dietary requirement).

Trek Adult Leadership

All treks at all times must be under the supervision of their own adult leaders. There must be at least two adult leaders on the trek at all times, and standard BSA Youth Protection Guidelines must be followed. One adult leader must be age 21 or older. The other must be age 18 or older. All adults should be registered members of the Boy Scouts of America. At least one adult leader must be certified in first aid and CPR by a recognized agency. If you have female youth participants you must also bring a female adult.

Longs Peak Council reserves the right to turn away any adults that have not completed the proper paperwork prior to arrival. All adults must have completed a BSA Health and Medical Record Form and Adult Leader Reference Form. These can be found under the “resources” tab, forms section of the camps website.

Early Arrivals to Elkhorn High Adventure Base

Troops must receive permission directly from the Camp Director if arrival to the camp is scheduled before 12:00 P.M. on their scheduled check-in day. All camp staff is off duty from 11:00 A.M. on Saturday to 12 Noon on check-in day, and the Camp is closed. Troops that must arrive prior to the scheduled check-in time may do so only with prior arrangements; however, they are restricted to specific areas of camp. A \$75.00 early arrival fee will be charged to cover the cost of supervisory staff that will need to be in camp. **Make sure to check in at the Lion’s Lodge Administrative Office upon arrival. You will be directed to your campsite by a staff member.** Please remember that no food service or other staff services – including emergency medical – are available for early arrivals. Troops not making early arrival arrangements may find the Camp gate locked!

Late Arrivals to Elkhorn High Adventure Base

Troops planning to arrive late on Sunday or early Monday morning must let the Camp Director know in advance. Please provide this information with your registration. Plan to arrive by 7:00 A.M. on Monday morning to allow time for move in. When arriving on Monday morning, please check in at the Elkhorn High Adventure Base. Personnel will be available beginning at 6:00 A.M.

What to Expect When You Arrive At Elkhorn High Adventure Base

Elkhorn High Adventure Base at the Ben Delatour Scout Ranch is located northwest of Fort Collins, Colorado.

Your arrival at Elkhorn High Adventure Base will be during the summer, but please understand that the mountains can deliver almost any kind of weather at any time. Sunshine is the norm, so be sure to bring sun block and a hat. Because of the dry climate, campers should drink sufficient quantities of water to avoid dehydration. Due to the dry climate we are often in a fire ban. Daytime temperatures will range from the high 60's to the mid 80's, and evenings can be as cool as the upper 30's to the low 40's. When it rains, it is usually very chilly, and the rain is very cold. Summer thunderstorms can bring hail that covers the ground like snow. Rain gear for all campers is a must! Warm jackets, sweatshirts, and hats should also be packed. As always: Be Prepared! Be sure to read and familiarize your group with the Altitude Illness information on page 43.

The elevation at Elkhorn High Adventure Base is around 7,200 feet. At this elevation we have to remember to be very conservation minded and to stay on the trails and only camp in designated areas. Any additional wear and tear on the land can take years to re-grow!

Check-in Day Guidelines

Plan to arrive between 12:00 PM and 4:00 PM. The earlier you arrive the smoother your day will be! If you are arriving with a troop who also has a group attending Camp Jeffrey, please keep Elkhorn and Jeffrey gear separate for ease of unloading at check-in. Drop off the Elkhorn Crew first at the Elkhorn base and proceed to the camp parking lot to check in at the main camp. Send an adult from Elkhorn to the main camp check-in .

If you are traveling by bus, please let us know ahead of time.

One adult leader will check in at the main check-in at BDSR. Please have adult leader reference forms, proof of insurance, and 3 copies of your unit rosters.

Arrival Day Schedule:

12:00 PM-4:00 PM – Check in and hike into camp

2:00 PM-5:00 PM –

Everyone takes their health & medical rechecks as directed by the Hike Ranger.

Base camp orientation for all crew leaders and Scoutmaster.

Gear Shakedown.

Leave No Trace / Low Impact Camping Seminar.

Final Trek decisions

5:45 PM – Flag Ceremony

6:00 PM – Dinner

8:15 PM – Opening Campfire

At Camp

Arrival Day Checklist

Plan to arrive at Elkhorn High Adventure Base between 12:00 P.M. and 4:00 P.M. on Sunday. Bring this checklist with you to assist in guiding you through the process. Check-in will begin at 12:00 P.M. at the BDSR parking lot. If you arrive earlier than the 12:00 check-in time please remain in the parking lot. Do not leave the parking lot until your troop has checked in with the Camp Staff.

Required Paperwork for Sunday Check-in:

All units MUST bring to camp the following forms and present them at check-in when your unit arrives at Soaring Eagle:

1. Proof of Insurance:

All Out of Council Units must present a current Accident and Sickness Insurance Policy and claims form. If your unit or council does not carry Accident and Sickness Insurance, you must provide proof that all Scouts and Adult Leaders carry their own medical insurance.

2. All Units attending must follow the guidelines set forth in “Trek Safely” and the “Guide to Safe Scouting”.

3. Unit Rosters:

Three copies of your unit roster (both youth and adult) should be presented at check-in. Two copies will be turned in at the Camp Office; one copy is for your records during your stay.

4. Adult Reference Forms:

Every adult in camp must have an “Adult Reference Form” filled out and turned in at check-in. Adults will not be allowed in camp without this form. This is a Colorado State Law.

5. Troop Checkbook:

If your troop still owes fees, make sure you bring the troop checkbook. Troops will need to settle all fees before being permitted in camp.

6. Health and Medical Form:

A current Annual Health and Medical Record, completed within the past 12 calendar months is required for all staff, leaders, and campers in attendance. The **Annual BSA Health and Medical Record Part A, B and C** is the **ONLY** Health Form that can be accepted. *The National requirement is a new examination every 12 months, with health history updated within 90 days of arrival for every person in camp, youth and adult.*

7. All Camper Medications (per BSA Standards):

All Camper Medications (adult and youth) must be checked in with the Base Director during medical rechecks. Please do not pack these at the bottom of the Troop trailer. Have them readily available for the check-in process. **All medications must be in the original container with pharmacy label.** Please check medications before coming to camp. We cannot distribute medications that are not in original containers! All medications will be handled by the adult leader on the trek. Hike Rangers will keep a log on the trail so medications are administered properly.

Preparing for High Adventure

Preparation

Once you have decided to attend the Elkhorn High Adventure Base there is a lot of work to be done. Invariably the more time you spend planning and preparing the more enjoyable your experience will be. For your safety and convenience you should start planning your trek as soon as you receive this guide. Using the BSA's Passport to High Adventure book will be helpful.

The Shakedown

Every crew that has registered for the Elkhorn High Adventure Base program should plan on having at least two shakedown hikes / campouts before they arrive at the base. These shakedowns are essential for testing equipment as well as making sure that the crew is able to work together. Each shakedown should include one night of overnight camping (preferably more!) and as much hiking as possible. Treat these trips as if you were on your summer trek. The Crew Leader should have a duty roster established and routines and responsibilities should be established. As always practice low impact camping. People who plan on tenting together on your trek should do so on these trips. Following the shakedown camp-outs all crew members should meet and have an honest discussion and evaluation of what worked and what didn't work and what needs to be changed to make your Elkhorn experience as successful as possible.

Group Gear Checklist

If your crew has its own backcountry equipment, by all means bring it. Please do not transport liquid fuel – we will provide white gas for your trek. The Elkhorn Hike Ranger who accompanies your crew will supply all of his/her own gear.

Elkhorn has a limited number of 2-person tents, packs, MSR Whisperlite stoves & fuel bottles and foam sleeping pads which can be checked out, if it is available. IF your crew would like to borrow any of this equipment please complete the Equipment Checkout Form and mail or fax it to the Greeley office at least 14 days before your trek. If the requested equipment is not available you will be notified.

All borrowed equipment must be cleaned and ready for reissue by 5:00 pm on Friday. We do not charge rental fees, but if borrowed equipment is lost or damaged, you will be charged a repair or replacement fee. All fees must be paid before the crew departs on Saturday morning.

WE PROVIDE

- ▶▶ Communications device (Hike Ranger)
- ▶▶ Food issue (2 person meals)
- ▶▶ Fuel Bottles
- ▶▶ White Gas (as needed)
- ▶▶ Cook Set
- ▶▶ Cooking Utensils
- ▶▶ Group Medical Kit (Hike Ranger)
- ▶▶ Maps of the area
- ▶▶ Tents (if needed – please let us know before you arrive)
- ▶▶ Stoves (if needed – please let us know before you arrive)
- ▶▶ Sleeping pads (if needed – please let us know before you arrive)
- ▶▶ Water Treatment Tablets
- ▶▶ Bear Bags and Rope
- ▶▶ Collapsible Water Jugs

Equipment Checklist – these are items, you and your crew will want to bring for your trek. Items marked with an “*” are optional equipment. Equipment available for check out at Elkhorn is marked with a (CO). If you will need to check out equipment please fill out the equipment checkout form on the following page and return at least 14 days before your trek. There is no charge for borrowed equipment, but all crews will be held responsible for returning equipment in the same condition as it was issued. Charges will be assessed to the Crew for damages to equipment, up to the cost of replacement.

PACK

- internal or external frame pack - (CO)
- pack cover

SLEEPING

- sleeping bag (20°)
- waterproof stuff sack
- *sleeping pad - (CO)

SHELTER

- tent - (CO)
- ground cloth

EATING/DRINKING

- water bottles (2, 1 qt each)
- plastic drinking cup
- spoon
- plastic bowl

PERSONAL KIT

- toothbrush
- headlamp or flashlight
- garbage bag
- sunglasses in case
- lip balm
- wash cloth

CLOTHES

- socks (2)
- sock liners (2)
- underwear (2)
- shorts (1)
- camp shorts (1)
- sweater/pullover (1)
- warm weather hat (1)
- hiking boots (1)
- camp shoes
- long pants
- rain gear (1)
- *thermal underwear (bottom) (1)
- *thermal underwear (top) (1)
- *gaiters (1)

DATA KIT

- *journal and pencil
- *compass
- *cash and traveler's checks
- *identification

OPTIONAL ITEMS

- *book
- *fishing tackle

- camera

GROUP GEAR 1 per 4 people

- gas stove – (CO)
- trowel - (CO)
- water filter
- lighter
- fuel bottle – (CO)
- insect repellent
- sun block
- soap (biodegradable)
- tarp
- moleskin
- toilet paper in plastic bag (unscented)
- *frisbee
- *hacky sac
- *cards
- *foot powder

Repair Kit (crew) Optional

- 1 tent pole repair tube
- 1 stove repair kit
- 1 heavy duty needle
- 1 small spool nylon thread
- 2" duct tape
- 1 sleeping pad repair kit

Suggestions from Former Crew Members and Leaders

These are suggestions taken from the final evaluation forms from both youth and adults. We hope they help.

- "Get in shape, develop enthusiasm and positive attitude among Scouts, READ THE LEADERS GUIDE and plan accordingly. Have at least two shakedown hikes at home before coming. "(Adult Leader)
- "Be ready for anything!" (Scout)
- "Lots of hikes and shakedowns to prepare for both altitude change and challenging hikes" (Crew Leader)
- "Do not bring anyone who does not have a fair amount of outdoor experience and more than a fair amount of endurance. Leaders should be warned to bring only experienced boys who can handle themselves outdoors." (Adult Leader)
- "Start 3-6 month ahead of arrival and hike, hike, hike! Have at least four shakedown over-nighters in the two months before arrival. Make sure all crew members know what they need to bring and why. "(Adult Leader)

Telephone Service

The Scout Ranch telephone is for business and emergency calls only.
Generally speaking, virtually all cell phones do not work at the Scout Ranch.

Emergency Telephone: 970-881-2144

Fax Number: 970-881-2145. This number is for business and emergency use only.
The fax machine is not a substitute for the U.S. Mail. Personal faxes will only be sent and received at a fee of \$1.00 per page.

**THERE IS LIMITED INTERNET CONNECTIVITY AT CAMP! YOU WILL HAVE TO GO TO RED FEATHER LAKES OR FORT COLLINS TO GET THE INTERNET!
NO CELL PHONE SERVICE!**

Camp Store

The camp store – Trading Post – is where Scouts, leaders, and visitors will find a wide selection of goods for sale. Some of these goods include:

Souvenirs: T-shirts, caps, postcards, sweatshirts, water bottles, patches

Food & Snacks: Ice cream, fruit drinks, bottled water, soft drinks, candy

Personal Items: Toothpaste, sun block, combs, soap

Camping Items: Water bottles, pocketknives, flashlights, belt packs

Handicraft Items: Basketry kits, woodcarving items, leathercraft, rocket kits

Other Items: Nature books, batteries, film, camp maps, stamps

Trading Post hours are posted in camp. Please bring plenty of cash/checks for your purchases in the trading post.

Mail Service

Mail is delivered into Elkhorn on Friday only and a letter or postcard can take from one to three days and up to one to three weeks to get to camp. The letter from home can be one of the greatest cures for both homesickness and getting down to work. Because of the extra time and handling involved, please do not send mail or packages that have to be signed for. Our experience shows that many of these items are returned to sender instead of reaching your Scout. Address mail to camp as follows:

Scout's Name
Elkhorn High Adventure Base
Troop # _____
2331 County Road 68C
Red Feather Lakes, CO 80545

Food Service Information

All crews at Elkhorn will prepare all of their own trail food which will be provided. Sunday night supper and Saturday morning breakfast are prepared and delivered to Elkhorn High Adventure Base and served cafeteria style. Friday night supper is a steak cookout provided by our food service staff.

Food & Water

All of the meals on your trek will be supplied by the Elkhorn High Adventure Base. We concentrate on giving you a balanced, nutritional menu, which is both lightweight and tasty.

Food Substitutions for Individuals with Allergies

Trail food is, by necessity, a high carbohydrate, high caloric diet. If an individual crew member is allergic to one or more food products or requires a special diet, suitable trail food should be purchased at home and brought to Elkhorn High Adventure Base. This ensures that each person with allergies has the proper food. Lightweight and low bulk foods are recommended for backpacking. Package each day's meals separately and write the person's name and unit number on each package. Upon arrival at the Ranch, please notify your Hike Ranger of this situation before food issue takes place.

Sunday night, Monday morning, Friday night & Saturday morning meals will be in camp. If you have Scouts with special diets we will need a request for those items with at least two weeks notice. Without two week's notice on Special Dietary Requests, we cannot guarantee that these requests will be met. See the special forms packet for the forms to fill out for special requests. Fax these forms to 970-330-7961 before June 1. Follow up with a phone call to the Camp (970-881-2144) about one week prior to arrival to assure that all paperwork is complete and the Food Service Manager has received your request. Special Dietary requests are limited to medical and religious needs, not picky eaters. Some requested items may be impossible to get, or impossible to get without proper notice.

Water filtration, treatment and purification

Mountain streams and springs may look pure but they can carry some potent 'germs'. The culprits are bacteria (E. coli, Salmonella, etc.), viruses (hepatitis, Norwalk, etc.) and protozoa (Giardia Lamblia and Cryptosporidium Parvum) all of which can seriously disrupt your intestinal system. The worst culprits, Giardia and Cryptosporidium parasites, are most often found in surface water (lakes and streams) where there is animal or human activity. Fortunately, backcountry water can be made safe to drink using one or more of the following methods: boiling, filtering and treating.

No matter which method or methods are used, three points are essential:

Water Source – select the cleanest water possible

Treatment time – wait for the treatment to work

Avoid contamination – develop a system and stick with it

Boiling remains one of the most effective methods of purifying water. Water must be heated to a rolling boil for at least 3 minutes at our altitude. However this method is not convenient on the trail: it consumes a lot of time and fuel, and it leaves the water tasting 'flat'.

Filtering is an easy way to remove Giardia and Crypto cysts and most bacteria. A filter with 1.0 micron (absolute) or smaller rating should be chosen to assure adequate filtration. Filtering takes about 1 minute per liter when all goes well. Filters can clog if there is a lot of sediment in the source but a silt stopper or similar pre-filter will help eliminate that problem. Most viruses are too small to be blocked by filtration and must be destroyed or inactivated by treating the water after filtration.

Treating can be a chemical process using iodine, chlorine or chlorine dioxide that will destroy or inactivate bacteria and viruses. Treatment time can vary widely because of water temperature, pH, and cloudiness of the water, generally 30 minute contact time is recommended. Some chemicals will also destroy Giardia cysts in about 30 minutes, but Crypto cysts can require 4 hours of contact time.

Water purifiers: To be classified as a purifier, the device must meet the EPA Guide Standard for the removal of the protozoa and bacteria as well as viruses which must be inactivated to 99.99% in all required water types. There are at least three manufacturers that produce purifiers suitable for backcountry use: Katadyn, MSR and Steripen. Katadyn's Exstream bottles are fitted with special cartridges (replaceable) that filter and treat the water. The MSR MIOX system uses battery power and salt to create a, "dose of mixed oxidants which is added to the untreated water". This is followed by chlorine dioxide treatment. The wait time is about the same as other chemical treatments. The Steripen uses batter powered ultraviolet light to inactivate the waterborne microbes. The Steripen will purify 16 ounces of water in about 90 seconds. Ultraviolet light technology is widely used in municipal water treatment plants.

For more information on water treatment or the products mentioned check the following websites:

www.cdc.gov

www.katadyn.com

www.msr.com

www.steripen.com

Due to State of Colorado Child Care Standards, water must be treated. Elkhorn High Adventure Base provides Micropur tablets for treating water. You may use your own treatment method if preferred.

Food and wild animals

During your hike, bears (and other animals) will share their home with you. They in turn will wish to share your food with you. They do not, however wish to eat you. Bears have an acute sense of smell and are attracted to food and other substances over a great distance. In Colorado the grizzly bear is all but extinct. If you are lucky enough to see a bear, it will be a black bear. These bears are hunted in the National Forests and are normally very shy of man. The US Forest Service offers the following advice:

Pack out all garbage in empty containers. Make sure items such as empty food containers are clean and odor free.

- Store food and other "smellables" in plastic bags out of reach of bears and well away from sleeping areas.
- Sleep some distance from your cooking area.
- Don't cook or eat in your tent.
- Don't sleep in the same clothes you wore when cooking.
- Keep sleeping bags and personal gear free from food odors.
- Don't use perfumes, deodorants or other sweet smelling substances before bed.

Hanging a Bear Bag

Suspend your food, garbage and any other smellables at least 10 feet above the ground on a stout limb. (Aspen trees are not a good choice, the heavier limbs break off easily). Locate the bag 5 to 10 feet from the tree trunk and 3 to 6 feet below the limb on which it hangs. Smellables include; shampoo, soap, film, insect repellent, sunscreen, water with drink mix or any container that carried it and hasn't been cleaned, first aid kit, pot scrubber, eating utensils, unclean pots or pans, snacks and toilet paper. If a suitable tree is not available (above timberline for example), wrap your food, garbage and other smellables in your pack cover and pile stones on top. Locate it the same distance away from your tent as you would a bear bag. Even with these precautions, we can't guarantee that your food will be there in the morning, but it's the best you can do.

Setting up Your Site

Pitch your tent at least 200 feet upwind from your cooking area and your bear bag. Try to keep your cooking area a similar distance from your bear bag. Keep a clean campsite, free of garbage and other odors.

Laws of the Camp

EHAB is guided by the Scout Oath and twelve points of the Scout Law. All camp participants are measured against these principles, and behavior which does not meet the high standards of Scouting will not be tolerated. All campers are asked for their cooperation in helping the Camp maintain these high standards of moral and personal behavior.

- ◆ No flames in tents! All flammable fuels must be stored in the fuel box. All tents must be marked 'No Flames in Tent'. Self-contained stoves and lanterns may be used, but not in tents!
- ◆ No firearms or ammunition of any sort may be brought to camp. The Longs Peak Council provides all necessary shooting sports equipment and ammunition.
- ◆ Alcoholic beverages, illegal drugs **INCLUDING MARIJUANA** are strictly forbidden on camp property. Possession or use of these substances will result in any individuals involved being removed from the property and/or reported to the proper authorities.
- ◆ Smoking is not permitted in the presence of youth campers. Smoking is **NOT** permitted in any structure - tent or building. Smokers must keep in mind the ever present danger of fire. During a year of fire ban, it is required by law that smoking is prohibited outdoors and is only permitted inside a vehicle with the windows rolled up. Please understand this is a county imposed ordinance, with fines up to \$500 for those that do not follow the ban ordinance.
- ◆ Fireworks of all types (including smoke bombs, sparklers, and other match lit items) are prohibited at Longs Peak Council Scout Camps.
- ◆ Vehicles may not be driven beyond the main parking lot throughout the week without a special permit issued at the Camp Office, and then only for equipment delivery and pick-up. Medical passes will only be issued to adult leaders with severe disabilities or special medical needs. Fully enclosed hard troop trailers may be kept in the campsite for the storage of smellables at night. All ATVs or ORVs are prohibited at Longs Peak Council Scout Camps. No one rides on a trailer or in the back of a truck. It is only a seat if it has a seat belt! Please see the Guide to Safe Scouting for more information.
- ◆ Pets are prohibited at Longs Peak Council Scout Camps. Service dogs are allowed in the care of their owner.
- ◆ The operation of chainsaws by persons other than Camp Ranger Staff is prohibited.
- ◆ Campers who will be arriving or leaving the Camp during the week must check in or out at the Camp Office (Lions Lodge).
- ◆ All youth and adults must shower separately. The showers are separate locking shower stalls with private changing rooms and unlimited hot water, open 24/7.
- ◆ Scouts and adult leaders alike should leave all animals alone. Please do not feed them, try to pet them or try to harm them. Please keep all food out of tents! Individuals who injure or attempt to injure an animal will be sent home without a fee refund, and the incident will be reported to Colorado Division of Wildlife.
- ◆ Enforce the buddy plan with Scouts while at a Longs Peak Council Scout Camp. Scouts should travel everywhere with at least one buddy. If on the trail for a hike or backpack trek, there must always be at least four in the group!
- ◆ Adult leaders must know the location of their Scouts at all times! Have Scouts check-in and out of the campsite with you. Do bed checks at night. Adults must accompany Scouts on all trail hikes, overnight campouts, explorations, etc.
- ◆ Rock climbing is allowed **ONLY** in Rock Classes. Please stay off the rocks that are higher than your waist! Do not climb on wet rocks as they have very slippery lichens. Wait for at least for three hours of sunshine after rainfall before walking on rocks.
- ◆ Campers sent home for behavioral reasons will not have any portion of their camp fee refunded.

Behavioral Policies

All discipline should have as its purpose improving behavior. It should be constructive or educational in nature, and should be limited to diversion, separation from problem situations, talking with the Scout about the situation, close supervision, or praise for good behavior.

- Each troop **MUST** have at least one adult leader certified in BSA Youth Protection Training. The BSA Youth Protection Training Course is offered each week for adult leaders.
- Scouts will not be subjected to physical harm, fear, or humiliation.
- Scouts will not be roughly handled, pinched, spanked, punched, shaken, bitten, or subjected to any physical punishment.
- Separation will be brief and appropriate to age and the circumstance. The Scout will be in a safe, lighted, well-ventilated place, within hearing distance of an adult.
- Verbal abuse or derogatory remarks about the Scout, his family, race, religion, or cultural background will not be permitted.
- Meals may not be denied to a Scout as a disciplinary measure.
- Authority to punish will not be delegated to other Scouts, nor will one camper be allowed to punish another.
- At no time should adults under age 21 discipline Scouts, unless their behavior threatens the safety of the offender or another individual. The appropriate action to remedy the situation may be used.
- Any Scout who does not respond to discipline by troop leaders or staff will have his parents or guardians contacted to travel to camp to transport him home.
- Adult leaders must notify the Camp Director of any Scout who is to be sent home. The individual must be checked-out at the Camp Office.

Violation of this policy may result in dismissal of the adult leader or possibly the reporting of him/her to the appropriate legal authorities. This policy is in accordance with the policies of the BSA and the laws of the State of Colorado. A camper sent home for a behavioral problem will not have any portion of his camp fees refunded.

NOTE: It is not the responsibility of the Camp Staff to discipline Scouts.

Dehydration

(Please provide this information to all that will be camping at Ben Delatour Scout Ranch – 7,200 feet above sea level)

Many people confuse the symptoms of dehydration with altitude sickness, but at minimally to moderately high altitudes, dehydration is responsible for more illness than oxygen insufficiency.

- At 6000 feet above sea level, you exhale and perspire twice as much moisture as you do at sea level. Over the course of a day, that is a lot of water, and can make a difference of a quart or more a day. At higher altitudes, it gets even more pronounced.
- Higher altitude means lower air pressure. This results in more rapid evaporation of moisture from skin surface, and from your lungs. Most high altitude areas are also very low in humidity, which means evaporation is further accelerated. The combination of those two factors means that the higher up you are, the more water you need to keep your body functioning.
- Toting extra water is especially important in the following conditions:
 - If you are unaccustomed to higher altitudes.
 - In hot weather.
 - If you are in a desert area - most high altitude climates are dryer, but some are extremely dry.
 - If you are engaged in strenuous activity.
 - If you are very busy and likely to be distracted from drinking when you are thirsty.
 - If you have health problems which require that you drink higher than normal amounts of water.
- It is advisable to carry water with you wherever you go, and to make a point of drinking frequently. You may be as much as a quart low on fluids before you feel thirsty, and this effect can be magnified at high altitudes. For some reason, many people do not feel as thirsty in higher altitudes as they should, so it is important to take the extra care to drink additional fluids.
- Stick to water! Coffee, tea, soda, sugary drinks, and even juice can leech additional fluids from your body. Water is the best hydration fluid there is!
- If you are traveling into a new area, you may wish to bring along bottled water. Some areas at higher altitudes may not have safe drinking water in streams and creeks, and some city water systems or wells may have high mineral content which can cause digestive or circulatory problems for some individuals.
 - ◇ Watch for signs of dehydration:
 - ◇ Lack of perspiration
 - ◇ Dizziness
 - ◇ Shortness of breath
 - ◇ Nausea
 - ◇ Headache
 - ◇ Fatigue
- Dehydration can hit suddenly, or come on slowly when you are not paying attention. Symptoms of headache, fatigue, or dizziness may appear first, and may be mistaken for altitude sickness. Sit down, and sip water - don't guzzle it - if you feel funky.

If you are hiking, bring twice as much water as you think you would need for a lower altitude hike. This is no exaggeration, even at 6000 feet (not terribly high), a hike can demand a huge amount of water.

Program Information Section

Goals of the Elkhorn High Adventure Base

The goals of the Elkhorn High Adventure Base are to provide Scouts, Scouters and Venturers a chance to explore and experience Ben Delatour Scout Ranch and the surrounding forests. We provide an opportunity for both individuals and groups to challenge themselves in a rugged wilderness setting. Finally we offer the opportunity for all those involved in this program to gain a life long love and respect for the natural environment.

Mission Statement

The mission of the Elkhorn High Adventure Base is to provide older Scouts, Scouters, and Venturers a challenging, low-impact outdoor experience in the Rocky Mountains.

What We Have To Offer

Elkhorn is a high adventure base in every sense of the word. Our location and the challenge of the surrounding mountains allow us to offer the following opportunities:

- Six-Day Treks: Arrive on Sunday afternoon, on the trail Monday through Friday and depart on Saturday morning.
- Ten-Day Treks: Arrive on Wednesday afternoon, on the trail Thursday through the following Friday and depart on Saturday morning. Planned activities include white water rafting and overnight horseback ride. (rafting contingent on river conditions)
- You-Name-It Trek: Is there something special that your unit would like to do in this part of Colorado? If so, let us know and we will help you make it happen.

PROGRAM OPPORTUNITIES

Below you will find a brief description of many of the activities Elkhorn High Adventure Base has to offer. Please note that not all activities are available in all treks.

Backpacking

Elkhorn High Adventure Base is a backpacker's paradise. Hundreds of miles of trails for all ability levels surround the base. Trips range anywhere from one to four nights in duration. Crews may have the opportunity to complete the 50-miler award on some treks. Elevations range from 7,000 feet to nearly 12,000 feet. Treks are available for all different ability levels. If you love to backpack in the mountains then Elkhorn High Adventure Base is the place for you! If your crew does not enjoy backpacking you are at the wrong camp.

C.O.P.E.

C.O.P.E. stands for "Challenging Outdoor Personal Experience" and our C.O.P.E. program at the Elkhorn High Adventure Base is second to none! The C.O.P.E. philosophy of teamwork, leadership and communication is an integral part of the program. ! Some of the elements of the high course includes balance beams, commando crawls, free rappels, rope swings, giant ladders and cable traverses.

Rock Climbing

Much of the Scout Ranch's 3,400 acres is covered in massive out crops of vertical granite. These outcrops provide challenges for all levels of rock climbers from novice to expert (our rock climbing staff has put up a number of 5.11 and 5.12 routes in the area!). As with the C.O.P.E. program, we supply all the equipment you need, just bring yourself and your desire to start climbing!

Rappelling

Once you're up the rocks you need to get down, and sometimes that's the most fun part! Elkhorn offers an extensive rappelling program. Learn how to rappel off a 25-foot high beam and then gradually work your way up to a 100 foot free rappel off of Weavers Thumb! This dwarfs any tower ever built. As you slide down the rope, lock off in the middle and enjoy a 360 degree view of the camp and the surrounding National Forest. One of the highlights of any trek!

Fly Fishing and Fishing

There are some wonderful opportunities for high altitude secluded trout streams and lakes. If your unit would like to make fishing a large part of your trek please call ahead so that we can schedule an appropriate trek for you. Proper fishing permits and gear are a necessity. The high altitude mountain lakes are very hard to backpack into so no beginner or novice crews. Check Colorado Division of Wildlife rules on the internet for license requirements.

Low Impact Techniques

Nothing is more central to the Elkhorn High Adventure Base than our commitment to the land and the wilderness. Learn how to tread lightly and practice low impact and no trace camping. All crews will learn about man's affect on the environment and how we are learning to live and work with the wilderness that still remains. You'll also get a chance to give back to the woods and the mountains when you work on your conservation project.

Land Navigation

There aren't trails and trail markers everywhere we go so all crews will learn and then practice basic map and compass techniques. Crews that really want to put their skills to the test can leave the safety of the established trail and rely on map and compass only. Your Elkhorn Hike Ranger has been trained in land navigation and will teach you these skills in a way that we guarantee you will never forget! Crews can never get lost, but they can be temporarily disoriented.

Wildlife Watching

Sure you'll see chipmunks and squirrels on your trek but if you are up in the high country don't be surprised if you come across some of the bigger game like deer, elk and moose! You'll also be sharing your home for the week with mountain goats, bighorn sheep and bald eagles. If you are lucky you may even catch a glimpse of some of the numerous black bears and mountain lions that live in the area!

Peak Ascent

The Elkhorn High Adventure Base is surrounded by mountain terrain on nearly all sides. Whether it is a one day technical climb of Coral Rock or a multi day above timberline traverse of the Rawah Wilderness and Roosevelt National Forest you'll get to experience the Colorado Rockies like nowhere else! Some of the treks include ascents of peaks that reach nearly 13,000 feet in elevation while others might just include a quiet afternoon at a mountain lake high above the trees (and sometimes the clouds!)

BASIC TREK OPTIONS

A Trek - BDSR High Adventure

Trek includes backpacking ground school, rock climbing, rappelling, high and low C.O.P.E., black powder rifle, Cowboy Camp and more. This trek stays on or near the Ranch property for the entire week. Crews will backpack 3-7 miles each day. Elevation: 7,000 - 8,000 feet

B Trek - BDSR/Sub-Alpine Adventure (by far the most popular)

Trek includes backpacking, peak ascent and can include rock climbing with ground school, rappelling, high C.O.P.E. or Cowboy Camp (as time permits) This trek stays on or near the Ranch property for half of the week and is off Ranch property for the other half of the week (shuttle included). Crews will backpack 3-12 miles every day. Elevation: 7,000 - 12,000 feet

C Trek – Sub-Alpine Adventure

Trek includes up to a 50-mile backpack at the lower elevations in the surrounding area. Other than backpacking, and opening and closing campfire this trek does not include activities. This trek is off the Ranch for the entire week. (shuttle included). Crews will backpack over 10 miles per day. Elevation: 7,000 -12,000 feet

D Trek - Alpine Adventure (This trek now limited to crews with previous Elkhorn experience.)

Trek includes up to a 50-mile backpack at the higher elevations in the surrounding area. Other than backpacking, and opening and closing campfires this trek does not include any activities. This trek is off the Ranch for the entire week. (shuttle included). Crews will backpack over 10 miles per day. Elevation: 9,000 -12,000 feet. This trek can be very strenuous – crews must be experienced backpackers in excellent physical condition.

Dick Finch Memorial Trek

After your arrival at the Elkhorn Base, you will be transported to Chimney Park Scout Camp in southern Wyoming where your six day backpacking hike begins. You will travel through Medicine Bow National Forest, Rawah Wilderness, Laramie River Valley and into the Roosevelt National Forest ending at the Elkhorn High Adventure Base at the Ben Delatour Scout Ranch.

Elkhorn SuperTrek

This is a ten day backpacking adventure includes all the bells and whistles that your crew is looking for. All program opportunities (listed above) are available with the addition of a white water rafting experience on one of the premier rafting rivers in the United States. SuperTreks always begin on Wednesday.

CHOOSING A TREK

We realize that it can be difficult to choose a trek from a brief description, especially if you are not familiar with the area. For this reason we allow changes to your trek even while you are on the trail, but it does help us in our staffing plan and coordination of program activities if we have some idea of what each crew would like to do.

Choosing a trek is an important decision and should be based on the desires of the entire crew. It is important to sit down and have an open and honest discussion about what each member hopes to get out of their experiences at Elkhorn High Adventure Base.

Read the trek descriptions carefully making special note of the activities offered, difficulty level, mileage and elevation. Finally, fill out the "Trek Request" form and mail it in!

Note: The staff of the Elkhorn High Adventure Base, reserve the right to alter, or discontinue any of these treks, at anytime. Crews will be informed of any major changes as soon as possible and equal or better arrangements will be made.

You may take any of the trek options and design your own adventure or here are popular treks that have been recommended by previous crews and Elkhorn Hike Rangers.

The Big Three – The first half of this **B Trek** will be in the back country Ben Delatour Scout Ranch participating in the following programs; rock climbing (on real rocks), 100 foot free rappel and cowboy camp. After that you will leave the property to spend the last half of the week on Kilpecker Trail hiking to the 11,000 foot peak of Middle Bald. You will summit the peak, enjoy the view and make your way to the scenic Cache La Poudre River on the Roaring Creek Trail. You will be shuttled to the Elkhorn Base to participate in the end-of-week activities.

The Sampler – While on this **B Trek** you will spend two days in the back country of the Ben Delatour Scout Ranch. One day will be spent doing team building activities and the high ropes course and one day rock climbing. You will spend three days in the Roosevelt National Forest backpacking an average of seven miles a day with elevations ranging from 7,200 to 11,000 feet.

The Team Builder – While on this **B Trek** you will spend three days in the back country of the Ben Delatour Scout Ranch doing team building activities and the high ropes course, rock climbing and rappelling. You will then spend two days in the Roosevelt National Forest backpacking an average of six miles a day with elevations ranging from 7,200 to 11,000 feet.

Backpackers Dream – This **C Trek** starts at the Elkhorn Base and head into the Roosevelt National Forest. The hike will range from 7,200 to 11,000 feet in elevation through a beautiful pine forest and running water creeks. The hike concludes at the Cache La Poudre river. You will be shuttled to the Elkhorn Base to participate in the end-of-week activities.

Angler's Delight – This **D Trek** is intended for avid fishermen who want to explore the gorgeous Rawah Wilderness Area. You will backpack from lake to lake with numerous fishing opportunities to catch several different species and enjoy the views of the 8,000 to 13,000 foot surrounding peaks. Don't forget your flies.

Reservations

All reservations are on a first come first served basis. Certain treks may not be available throughout the entire season. Please make your second and third choice trek options clear on the "Trek Reservation Request" form. A non-refundable deposit is required with all reservations. Reservations will be confirmed by mail, upon receipt.

Organizing Your Crew

Members of the crew should select one Scout or Venturer to serve as Crew Leader for the duration of your trek at Elkhorn High Adventure Base. This Crew Leader should be selected based on their responsibility, maturity and commitment to making the entire crew's experience the best that it can be. This Crew Leader is a key person for a successful Elkhorn High Adventure Base experience and the adult leader must work closely with this person.

Roles of the Hike Ranger, Adult Leaders and the Crew Leader

Adult Leaders

The role of the adult advisor is to counsel the Crew Leader and crew. If it becomes necessary the adult leader should be prepared to discipline, without verbal or physical abuse, a crew member. With the advice of the Hike Ranger, the adult leaders are responsible for ensuring the safety and well being of each crew member. Insofar as possible, they let the Crew Leader lead the crew. The more capable the Crew Leader, the more the adult leaders should remain in the background, giving support only when needed.

Hike Ranger

The Hike Ranger assigned to the crew should be treated as a resource. The Ranger may be either male or female. The Hike Ranger serves as a teacher and a resource for the crew and helps to coach the Crew Leader as well as the entire crew. Every crew will be accompanied by an Elkhorn Hike Ranger. All Hike Rangers are over 18 years of age and have been trained in low impact camping skills and wilderness emergency situations. The Hike Ranger is not the Crew Leader!

Crew Leader

One of the main goals of the Elkhorn High Adventure Base is to encourage youth leadership. Scouts are expected to appoint a Crew Leader and work together to make group decisions. The Crew Leader is responsible for organizing the crew, assigning duties and making decisions. Ideally the Crew Leader discusses ideas and alternatives with the entire crew to hear everyone and arrive at a consensus before taking action.

The Crew Leader provides leadership for:

- Making-itinerary selections based upon the desires of the crew.
- Choosing routes during the trek based upon the capability of the crew.
- Setting up and breaking camp.
- Establishing a duty roster.
- Seeing that "smellables" are properly stored and that other precautions are followed to avoid encounters with bears and other wildlife.
- Making sure that the wilderness pledge is upheld and that every campsite and cook sight is left clean.
- Resolving conflicts among crew members
- Making sure that the crew meets the requirements for the Elkhorn Award.
- Delegating responsibility to other crew members as the need arises.
- Working with the Hike Ranger, the adult leaders and all the members of the crew to ensure that everyone is having a good time.
- Setting the example at all times.

The adult leaders are responsible for:

- Arranging transportation, overnight stops and meals enroute to and from Elkhorn High Adventure Base.
- Ensuring the safety and well being of everyone in the crew.
- Addressing crew conflicts that may require discipline.
- Serving as a counselor and coach and giving appropriate guidance to the crew leader.

Crew Size

Crew size is strictly limited by rules of BSA Leave No Trace Camping, and the Colorado State Forest Park. The Ben Delatour Scout Ranch also has strict backcountry guidelines. The registered crew size is a minimum of 7 and maximum of 11. The Hike Ranger is added to the crew number to never exceed 12.

Coed Crews

At least one adult female and at least one adult male must accompany each coed crew. There are no gender restrictions for adult leadership at Elkhorn High Adventure Base, but the two deep leadership rule applies to all crews. Male and female leaders are required to have separate sleeping facilities. Married couples may share the same quarters if appropriate facilities are available. Male and female youth participants will not share the same sleeping facility. When staying in tents, no youth will stay in the tent of an adult other than his or her parent or guardian. If housing other than a tent is used, separate facilities must be provided for male and female participants. Adult male leaders must be responsible for the male participants. Adult females must be responsible for the female participants. Adult leaders need to respect the privacy of youth members in situations such as changing into swimsuits or taking showers, and intrude only to the extent that health and safety require. Leaders also need to protect their own privacy in similar situations.

End of the Week Schedule

Friday

All Crews will return to base camp by Friday afternoon. After you have set up your tents in Base Camp, crews will have time to rest, get cleaned up and explore the Ranch. Visit the Bob Waite Trading Post . There will be free time if you would like to visit Red Feather Lakes. All borrowed gear must be cleaned and returned to the Boulder Rotary Lodge by 5:00 PM. Dinner on Friday night is a Western Cookout supplied by the Scout Ranch. After dinner the crews provide the entertainment for the closing program. Lights out at 10:00 p.m.

Saturday

Continental breakfast served at 7:00 a.m.
Check out by 8:00 am with your guide.
All crews must leave Ben Delatour Scout Ranch no later than 10:00 am.

Early Check-Out

Crews that need to leave early on Friday evening or Saturday morning (before breakfast) should let their Hike Ranger know by mid day Friday.

Elkhorn Base Camp

Base camp is centrally located on the property of the Ben Delatour Scout Ranch with easy access to the surrounding trail system. While crews are in base camp they will have the full use of the facilities and some camp wide facilities. Crews will only be at base camp on Sunday and Friday night. Elkhorn Crews will not see or participate with campers staying at the Ben Delatour Scout Camp

Meals

Crews in Base Camp will eat on a fixed schedule. Sunday Dinner, Friday Dinner and Saturday breakfast will be prepared by the Scout Ranch for all the Scouts and Scouters in the Elkhorn High Adventure Base Camp.

Campsites

Elkhorn High Adventure Base Camp offers very basic campsites for crews. Each campsite has a number of level tent sites. Do not store food in vehicles! The bears love'em!

Storage Facilities

Gear left at base camp while on treks should be stored in your vehicle. We do not have any storage facilities available.

Laundry Facilities

There are two washers and driers at camp. Plan ahead, bring clean clothes for traveling before and after your trek.

Showers

Showers are available in the base camp area Sunday evening and Friday afternoon.

The Camp Store

The Bob Waite trading post in Camp Jeffrey - is where Scouts, leaders, and visitors will find a wide selection of goods for sale that include:

Souvenirs: T-shirts, caps, postcards, sweatshirts, beverage mugs, patches, film, etc.

Personal Items: toothpaste, sun block, combs, soap, etc.

Camping Items: canteens, cook kits, pocket knives, flashlights, belt packs, etc.

The Ben Delatour Scout Ranch trading post is located in the central part of camp. Weekday trading post hours will be posted in Base Camp.

OUTFITTING YOUR CREW

(Please make copies of the following handouts for all crew members)

Equipment Selection

(page 1 of 2)

Equipment selection is very important to the success of your trek. Below is a list of pieces of equipment and advice on particular selections that will make your trip more enjoyable.

Pack

Choose between an internal frame or external frame. Internals ride closer to your back and are more stable on rugged terrain. Carrying comfort of an internal frame is directly related to how well the contents are packed. External frames are better at handling larger, heavier loads on established trails. They lend themselves to better organization with multiple outside pockets. With both types of packs, fit is crucial. Take the time to have the pack fitted to your back at a reputable outdoor store. Internal frame packs should measure 4,000 to 6,000 cubic inches. External frames should hold at least 3,000 cubic inches but not much more than 5000 cubic inches. Anything smaller than this is too small, anything larger is overkill and asking to be over-filled.

Pack cover: No pack by itself is waterproof. A coated nylon cover helps keep out rain. Make sure the cover is sized to fit your fully loaded pack.

Sleeping

Sleeping bag: A sleeping bag that is rated as comfortable to 20° should be adequate for the Colorado High Country during the summer months. Choose a mummy or a modified mummy shape for efficiency in weight and volume. The primary choices are between down-filled bags or those bags filled with synthetics (Qualofil, Polarguard etc.). Down bags are lighter, more compressible and last longer. They are also more expensive and difficult to wash and dry. The major advantage of synthetic bags is that they provide some insulation when wet. However, with a little care and preventive maintenance, it is not difficult to keep a down bag dry. Choose a good, waterproof stuff sack. Store your sleeping bag in a plastic garbage bag inside the stuff sack. A compression stuff sack may be a valuable space saving feature, especially with synthetic bags. Spend some time and care choosing the right sleeping bag for you. You will, after all, be spending close to one-third of your trek in it.

Sleeping pad: Important both for comfort and for insulation from cold, damp ground. Two basic types are available. Closed cell foam or Ensolite pads are inexpensive and lightweight. Self inflating pads, like the Thermarest, are somewhat heavier and more expensive but are quite a bit more comfortable. Weight can be saved by using the 3/4 length version of either type. The sleeping pad should be carried in a nylon stuff sack.

Shelter

Tent: Weight and space are the two major factors to consider in tent selection. Try to keep your share of the tent to less than four pounds. How big a tent you need, will be determined by whether you travel with a companion or by yourself. Make sure there is enough room for gear storage as well as for sleeping. You will appreciate a tent that is quick and easy to pitch if you find yourself setting up camp late or in poor weather conditions. Tents can be freestanding or staked. A freestanding tent allows more campsite options, especially on rocky ground, but should be staked for added strength in exposed or windy sites. Most tents need to have the seams sealed before use. The tent should be carried in a stuff sack to protect it and to help keep the pieces together. Tent repair supplies should be included in your group repair kit. Large, four man dome style tents will often cause problems in finding proper backcountry camp sites.

Equipment Selection

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Cooking Gear

Gas stove: A compact backpacking. We strongly encourage the use of liquid gas stoves. A stove is also an important element in low impact camping. Butane and propane models are available but re-fill canisters are not easily available. We also recommend that you bring a repair kit.

Cook kit: Cooking pots and spoons will be supplied by Elkhorn High Adventure Base.

Each Scout should have 1 plastic bowl, cup and spoon to eat with: nothing else.

Fuel: Elkhorn will supply appropriate fuel canisters and white gas. Do not travel with gas. If you bring your own you should use MSR or Sigg aluminum bottle approved for this purpose.

Eating and Drinking

Water bottles: Metal was out a long time ago, Nalgene (a kind of plastic) is in. Look for the wide-mouth design. They are easier to drink out of, easier to filter into, and have many uses other than carrying water. The most convenient size is 32 oz. (1000 ml). Plan on carrying two, one on each side of your pack to balance the weight. Metal canteens are heavy and bulky, empty plastic 1 or 2 liter soda containers are unacceptable.

Drinking cup: A simple plastic cup, available in most camping stores, is usually adequate.

Spoon: On the trail a fork is obsolete. Most things you end-up cooking can be eaten with a spoon. Consider a light weight, heavy-duty plastic (or Lexan) one.

Knife: Small and lightweight is the key here.

Mess kit: Usually all that is needed is a plastic bowl.

Personal Gear

Flashlight or headlamp: Invest in new batteries before your trek.

Camera and film: disposable cameras work surprisingly well for most of the photography you will do on your trek.

Sunglasses and case: Don't leave home without them. Carry them in a hard shell case. A strap to hold them on (Chums or Croakies) is very convenient.

Medical Kit

See group gear list.

Mole skin and plenty of it.

Food

Food bag: four nylon stuff sacks to carry your food and double as a bear bag in the evening are essential.

Food: All meals are supplied by the camp. Snack items are the responsibility of the individual.

Things you won't need

Firearms / Mace / Large Knives / Ax / Hatchet / Saw / Radio / Large Lantern or Light.

CLOTHING

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Footwear

Hiking boots are probably the most important piece of equipment you will choose for your trip. When shopping for new boots, consider the following guidelines:

Buy a boot from a reputable outdoor store with a knowledgeable sales staff. Try on several models with the socks you plan to wear. Tell the salesperson what you plan to use them for and the kind of terrain you expect to encounter as well as the fact that you will be carrying a full pack. Take the boots home and wear them for a few hours inside. If they don't fit then, they won't get better on the trail. Take them back.

Choose a boot that is designed for hiking. Work boots and hiking boot look-a-likes aren't comfortable over the long haul and won't hold up or give you the support you need. The trails are rocky and steep in many places, so choose a medium weight boot. Ultra-lite hiking boots won't give enough ankle and arch support or protection from rocks underfoot. Heavy mountaineering boots are more weight than you need to carry on your feet. Remember the old adage, "a pound on the foot is equal to five on the back".

Both all-leather and combination nylon/leather boots are suitable for use on the trail. All-leather boots tend to be more waterproof, give more support and protection, and last longer. They are also heavier, hotter and take longer to dry. All-leather boots may take longer to break in than the combination boots. A Gore-Tex liner in the boot is a nice option for either type, if you can afford it.

As with all of your gear, buy the best boot you can afford. Trying to save money on the initial purchase by buying poorly made products is false economy.

Wear your boots on at least one shorter trip before you attempt a longer hike. Carry a full pack and try to find terrain similar to that found in Colorado. Thicker or thinner insoles can be added to the boot to customize the fit. Most established companies will repair or replace their product should any defects occur during this break-in period.

Change of shoes: Lightweight sneakers or sandals are a real treat at the end of the day. They are also very useful in river crossings, and will save your boots from getting wet while providing traction and protection for the feet.

Socks

Socks deserve your close attention. They are one of the least expensive pieces of equipment that help protect a backpacker's most important asset, their feet. Many excellent socks made specifically for hiking are now available. Frequent washings of the socks help keep your feet healthy and restore some of the cushioning the sock provides. The layering principle applies to socks as well.

Sock liners: Inner layer. Thin polypropylene or Hydrofil liners. Designed to "wick" sweat away from your foot into a more absorbent outer layer.

Socks: Outer layer. Combination wool blends and synthetic blends. 100% wool tends to wear poorly and is difficult to take care of. Look for no more than 85% wool content. The higher the wool content the warmer the sock, but the slower it dries; a real consideration if your clothes line is located on the top of your pack. Synthetic blends work well for those who don't like wool. Look for socks with plenty of padding, but not so bulky as to make your hiking boot tight.

Clothes - Inner Layer

Underwear: Try to avoid all cotton. Look for the cotton/poly blends; you'll appreciate the quicker drying time on rainy days as well as on hot sticky ones. A clean pair at night helps to keep your sleeping bag clean.

Long underwear (bottom): Polypropylene, Capilene, Thermax and the like are all excellent. Wear under shorts or wind pants on chilly mornings or cool evenings. Also used to extend the temperature range of your sleeping bag on cold nights. Either lightweight or midweight are suitable for trail use in the summer.

Long underwear (top): Tops come in a variety of different styles. Crew necks and button "Henley" style are the most versatile. Turtlenecks can be too warm in some situations.

CLOTHING

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Clothes - Middle Layer

Shorts: Most of your hike will be spent in shorts. Look for a tough, 100% synthetic in a length that's comfortable for you. Cotton shorts take much longer to dry. A draw string or built-in belt helps keep the shorts from riding too low. Shorts worn over long underwear can substitute for long pants in cooler weather. Look for shorts with cargo pockets.

Shorts II:* A pair of lightweight cotton shorts can be a real treat to change into at the end of the day and to sleep in.

Shirts: T-shirts are great for warm weather use. You can find cotton/polyester blends in T-shirts that dry quickly.

Top insulation: Wool sweaters are the old standby and they work. The new generation of synthetic pile and fleece work even better. Polartec 200 and similar fabrics seem just about right for summer in the mountains. The material holds only a small percentage of its weight in water and therefore dries incredibly fast. It is warm, virtually indestructible and a real treat on a cool evening. A wool or fleece sweater, combined with a windproof/waterproof jacket provides more than adequate insulation for most of the weather you will encounter.

Clothes - Outer Layer

Headgear: Baseball caps can't be beat in the summer. Bandannas work too. Keep the sun off your head and out of your eyes on sunny days especially when you travel above timberline.

Headgear II:* A lightweight wool or fleece ski hat is nice for cool nights and mornings. It can also extend the comfort range of your sleeping bag.

Raingear: Raingear serves two principle functions; 1) to keep body heat in and 2) to keep rain, snow and wind out. All well constructed raingear fulfills the first function. The second function is accomplished in basically two different ways. Waterproof / breathable fabrics such as Goretex, Entrant, etc. claim to allow body perspiration to escape while keeping rain out. Waterproof / non-breathable fabrics such as coated nylon, PVC etc. do just as good a job at keeping wind and rain out but tend to get damp inside from trapped perspiration. Breathable raingear is quite a bit more expensive, but many serious hikers consider it worth the investment. A built-in hood is recommended on either type of garment, as are zippered underarm pits, which aid in the ventilation process considerably. Ponchos do not provide adequate rain protection, especially in windy conditions. If you carry rain pants, they can do double duty as wind pants. No trash bags for rain suits!

Long pants: If you plan on participating in rock climbing or C.O.P.E. events you will be required to wear long pants. A pair of pants with zip off leggings can work as your shorts too.

Gaiters:* Gaiters are leggings that protect your lower legs from brush and wetness. They also add a surprising degree of warmth on windy days. Gore-tex gaiters are waterproof and breathable, but are somewhat more expensive than the nylon versions. Coated nylon gaiters, while waterproof, are less breathable and may feel "sticky" on hot days. Look for gaiters made specifically for hiking or backpacking, they are smaller and lighter.

Scout Uniform

The Scout uniform is a very important part of the Scouting program. The complete "field uniform" should be worn at the opening and closing meals and campfires. Scouts and leaders are not required or advised to wear the uniform while on high adventure activities.

Unacceptable Clothing

All Scouts and adult leaders must be informed that the wearing of hats, T-shirts, sweatshirts, jackets, or other items of clothing with alcohol or tobacco ads, drug or sexual connotations, or any other un Scout like design or wording, are not permitted. If observed, Scouts and leaders alike will be asked immediately to remove them. Items of this sort have no place in a Scout camp.

CLOTHING

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Packing Tips

If you are an experienced backpacker, you may have already developed your own packing system. Packing for a week at Elkhorn High Adventure Base is no different than packing for any weekend in the mountains other than the fact that you will carry more of some things; particularly food. Rule of thumb says leave one third of your pack empty for food issued at the start of the week.

Conventional wisdom holds that your pack should weigh between one quarter and one third of your body weight. Before cutting gear out indiscriminately, keep in mind that there are certain things you "need" and other things that are "nice to have". Examine these "nice to have" things first. Look for many small weight reductions rather than one big one. Do you need all of those extra socks, batteries, toiletries, etc.! Scrutinize each piece of equipment carefully.

Reducing the weight of your pack will make the miles go by more quickly and your entire hike more enjoyable. Don't be fooled into thinking that your body will "get used to" carrying a heavy load; it won't. If it feels heavy at home it will feel even heavier on the trail. Overweight packs are not only unpleasant to carry, they also increase the risk of lower leg and foot injury by placing additional strain on these areas.

Rentals

Elkhorn High Adventure Base has only a limited number of items available to borrow. These items can be reserved and are available on a first come first served basis. If you wish to reserve an item from the Elkhorn High Adventure Base you must make arrangements before you arrive at camp. Otherwise we cannot guarantee that the item will be available. In Fort Collins there are a number of outdoor stores that rent backpacking equipment at reasonable rates. Please feel free to make arrangements with these stores if you are not able to attain your equipment locally.

Stores that rent backpacking equipment:

Jax (970-221-0544) Tents and backpacks.

REI (970-223-0123) Tents, backpacks, sleeping bags, sleeping pads and stoves.

Mountain Shop (970-493-5720) Tents, backpacks, sleeping bags and sleeping pads.

Weather & Altitude

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Colorado Weather

If you are accustomed to the hot, humid summers of the East and South, the wet and overcast Pacific Northwest, or even the dry and hot Southwest, the Colorado weather will pleasantly surprise you. Most of the days are sunny with a chance of a brief thunder shower in the afternoon. The humidity is low. Nights are cool and good for sleeping. Lightning, hail, rain and snow, while dangerous if not taken seriously, can add a sense of adventure and provide magnificent displays of the power of Mother Nature. Colorado summer weather in short, is ideal for backpacking.

Lightning is probably the most dangerous weather condition you will have to deal with on your hike. Avoid high ridges and other exposed areas if a storm is threatening. Afternoon lightning and thunderstorms are especially prevalent in July and August. If you are stuck in a storm in an exposed area, and cannot descend quickly, stay as low as possible. Avoid shallow caves or overhangs. Squatting on a foam pad will reduce your contact with the ground and offer some insulation from the ground current if a strike occurs nearby. We encourage all crew participants (youth and adult) to take the Hazardous Weather Training.

Altitude

All participants need to be aware that the additional challenges and dangers which higher altitudes can create. At 10,000 feet there is 30% less oxygen in the air than at sea level and the lungs will have to work that much harder. Individuals who are out of shape and/or smoke will notice a pronounced difficulty in breathing after strenuous activity. Also at higher elevations UV rays are stronger and exposed skin is much more susceptible to these damaging rays. Other challenges caused by altitude include slower boil times for water, longer cook times, difficulty sleeping the first few nights, and the possibility of mountain sickness.

Mountain or altitude sickness is a condition that affects some hikers at the higher elevations (usually above 10,000 feet). The most common symptom is a headache, often accompanied by nausea, dizziness and loss of coordination. Victims may also suffer slightly slurred or slowed speech, loss of appetite and insomnia.

In its mild form mountain sickness is not serious and can be alleviated with aspirin and an increased fluid intake. Less physical activity and a more gradual change in elevation will also help the body acclimatize. Alcohol and tobacco increase the severity of the symptoms. Descending one or two thousand feet will cause most symptoms to disappear.

Hikers should also be aware of more advanced forms of mountain sickness. High altitude pulmonary edema (HAPE) and high altitude cerebral edema (HACE) can both be fatal, if not treated promptly. Early warning signs for both HAPE and HACE are similar to those of mild mountain sickness. Hikers at higher elevations should be familiar with signs and treatment of these serious forms of mountain sickness. If in doubt, descend.

Weather & Altitude

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Physical Preparation

To enjoy an Elkhorn High Adventure Base experience everyone who plans to take a trek must be physically prepared. At Elkhorn High Adventure Base every person will carry a 30-50 lb. pack over steep, rocky trails at elevations ranging from 7,000 feet to nearly 13,00 feet. A regular program of physical conditioning for at least three to six months prior to taking a trek is essential. A longer period is required for those who are more than 25 lb. overweight and for those unaccustomed to physical exercise.

If your trek leaves the Scout Ranch property there is a good chance that your crew will be out of contact with base camp and medical authorities. While emergency evacuations are possible they are difficult, dangerous, time consuming and expensive. For this reason the director of the Elkhorn High Adventure Base reserves the right to deny access to the trails to any adult or camper on the basis of the physical recheck at Elkhorn High Adventure Base. All medical evaluation forms will be checked by Elkhorn High Adventure Base staff during the medical rechecks. Areas of concern include, but are not limited to: heart disease, seizure disorder, sickle cell anemia, hemophilia, orthopedic surgery or problems within one year, and excessive weight. Blood pressure without medication must be less than 150/90 for a participant to be permitted to hike at Elkhorn High Adventure Base. Adults and youth participants should begin a program of exercise and dieting at least six months prior to an Elkhorn High Adventure Base trek. If there are any doubts after the individual has had a physical examination, contact the Elkhorn High Adventure Base.

A program of regular aerobic exercise is highly recommended to become physically conditioned for Elkhorn High Adventure Base. Plan to exercise for 30 to 60 minutes 3 to 5 times a week. Jogging, running uphill or up flights of stairs and hiking with a full pack are excellent preparation. How fast you run or how far you go is not nearly as important as regular exercise. Other aerobic exercises such as swimming, bicycling, stationary cycling and aerobic exercise classes can supplement your training. Start slowly and gradually increase the duration and intensity of your exercise. If anyone has questions, contact the family physician.

The success of your expedition depends upon the thoroughness of your training and the teamwork developed by your crew. An established training program is heartily recommended. Select a hilly area for your training. Start with a short hike and a light pack. Increase the mileage and your pack weight as your training progresses. It is important to hike often enough while carrying a pack and wearing the boots you will use at Elkhorn High Adventure Base to toughen your feet and to break in your boots. Backpacking is the best way to prepare for an Elkhorn High Adventure Base Trek.

Health Disclaimer

All participants are required to be in good physical and mental health. For the safety and enjoyment of all members of the crew and the staff, overweight or out of shape individuals will not be allowed to participate. Individuals with back, neck, knee or other similar injuries may also be restricted. All of the treks are very rugged and their difficulty should not be underestimated!

Altitude Illnesses

Altitude illnesses are the result of insufficient oxygen in the blood (hypoxia) due to decreasing barometric pressure as elevation is gained. As altitude is gained, air grows “thinner” and less oxygen is inhaled with each breath. Problems range from discomfort to life-threatening.

Acute Mountain Sickness (AMS) occurs in someone who has recently arrived at an altitude of around 6,500-8,000 feet or higher. There are not characteristic physical findings, and the syndrome resembles an alcohol hangover. Signs & symptoms may appear below high altitude, but are then more often the result of a problem other than AMS such as dehydration or heat illness.

Signs & symptoms include:

Person has recently arrived at high altitude

- Headache
- Loss of normal appetite
- Nausea (with or without vomiting)
- Insomnia
- Unusual weariness or exhaustion (lassitude)

Treatment:

- Descend or stop ascent, and wait for improvement before going higher.
- Administer oxygen if available & you are trained to do so.
- Aspirin or acetaminophen is useful for headaches (administer only with prior parental or physician consent)

High Altitude Cerebral Edema (HACE) is caused by fluid collecting within the brain, increasing pressure on the brain until it fails to function properly, and eventually fails to function, resulting in death.

Signs & symptoms include:

- Loss of coordination (inability to walk a straight line or stand straight with feet together & eyes closed)
- Severe headache unrelieved by rest & medication
- Bizarre changes in personality
- Possible seizures, and/or coma

Treatment:

- Descend to a lower altitude as soon as possible.
- Administer oxygen if available & you are trained to do so.

High Altitude Pulmonary Edema (HAPE) is caused by fluid collecting in the air spaces of the lungs. If enough fluid collects, the patient cannot breathe adequately, and death may result.

Signs & symptoms include:

- Dry cough, soon followed by complaints of shortness of breath, even at rest.
- Shortness of breath becomes more pronounced, with perhaps complaints of chest pains
- Cough that becomes more productive, producing frothy mucus early, and reddish mucus later

Treatment:

- Descend to a lower altitude as soon as possible. A descent of 1,000-1,500 feet may produce remarkable results.
- Administer oxygen if available & you are trained to do so.

Evacuation Guidelines

Patients with AMS **should not continue to ascend** until the symptoms resolve, but they do not require evacuation unless the symptoms do not resolve. Evacuation requires a loss of altitude. **Patients with HACE or HAPE require a rapid evacuation to a lower altitude (at least 1,000 -1,500 feet) and evaluation as soon as possible by a physician.**

Guidelines for Prevention of Altitude Illnesses

Most altitude illnesses are preventable. The following guidelines reduce the incidence & severity of illness. Although these measures do not guarantee anyone freedom from illness, they are highly recommended, especially for those without altitude experience.

- **Staged ascent:** The most critical factor in preventing illness is to gain altitude no faster than your body can acclimate (physically adjust) to the decrease in barometric pressure. Acclimatize by gradually increasing the altitude of overnight camps. If possible, the first camp should be no higher than 8,000 feet, with an increase of no more than 1,000-1,500 feet per night. If a trip is started at higher than 9,000 feet, two nights should be spent acclimatizing at that altitude before proceeding higher. Proceed higher during the day, if you wish, but return to a lower elevation to sleep (climb high, sleep low).
- **High-carbohydrate diet:** A diet of at least 70% carbohydrates can reduce symptoms of AMS by about 30% at higher altitudes, and can be started 1-2 days prior to reaching higher altitudes.
- **Appropriate exercise level:** Until acclimatized, exercise moderately, avoiding excessive shortness of breath and fatigue.
- **Hydration:** To offset increased fluid losses at high altitudes, stay well hydrated.
- **Medication to prevent illness:** Several drugs can lessen the symptoms of illness; however, their use is not recommended as a routine measure. Persons going to altitudes greater than 8,000 feet should discuss the use of medications to prevent altitude illness with their physician. No drug should be taken, even if available, without direction from a physician.

-Adapted from the Wilderness First Aid Curriculum and Doctrine Guidelines, Boy Scouts of America, pg 34-35, March 2014

Weight Guideline and Recommendations

Good health is critical to enjoying your experience at Elkhorn High Adventure Base. In addition to high altitude and low humidity participants will often need to carry packs weighing up to 50 lb. The last thing a hiker needs is to be carrying an extra twenty pounds around the waist. Every participant is encouraged to meet the guidelines below in order to fully enjoy their Rocky Mountain experience.

The right hand column shows the maximum recommended weight to participate at Elkhorn High Adventure Base.

Those who exceed these limits might not be permitted to backpack or hike in the Elkhorn High Adventure Base program. Individual health histories will be taken into consideration. These are National BSA guidelines not mandates.

HEIGHT	19-34 YRS	35 YRS +	MAXIMUM RECOMMENDED WEIGHT
50"	97-128	108-138	166
51"	101-132	111-143	172
52"	104-137	115-148	178
53"	107-141	119-152	183
54"	111-146	122-157	189
55"	114-150	126-162	195
56"	118-155	130-167	201
57"	121-160	134-172	207
58"	125-164	138-178	214
59"	129-169	142-183	220
5'10"	132-174	146-188	226
5'11"	136-179	151-194	233
60"	140-184	155-199	239
61"	144-189	159-205	246
62"	148-195	164-210	252
63"	152-200	168-216	260
64"	156-205	173-222	267
65"	160-211	177-228	274
66"	164-216	182-234	281



LEAVE NO TRACE

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The BSA is committed to Leave No Trace, which is a nationally recognized outdoor skills and ethics awareness program. Its seven principles are guidelines to follow at all times.

1. Plan Ahead and Prepare

- **Proper trip planning and preparation** helps hikers and campers accomplish trip goals safely and enjoyably while minimizing damage to natural and cultural resources. Campers who plan ahead can avoid unexpected situations, and minimize their impact by complying with area regulations such as observing limitations on group size. Schedule your trek to avoid times of high use. Obtain permits or permission to use the area for your trek.
- **Proper planning ensures:**
 - Low-risk adventures because campers obtained information concerning geography and weather and prepared accordingly
 - Properly located campsites because campers allotted enough time to reach their destination
 - Appropriate campfires and minimal trash because of careful meal planning and food repackaging and proper equipment
 - Comfortable and fun camping and hiking experiences because the outing matches the skill level of the participants

2. Travel and Camp on Durable Surfaces

- **Damage to land** occurs when visitors trample vegetation or communities of organisms beyond recovery. The resulting barren areas develop into undesirable trails, campsites, and soil erosion.
- **Concentrate Activity, or Spread Out?**
 - In high-use areas, campers should concentrate their activities where vegetation is already absent. Minimize resource damage by using existing trails and selecting designated or existing campsites. Keep campsites small by arranging tents in close proximity.
 - In more remote, less-traveled areas, campers should generally spread out. When hiking, take different paths to avoid creating new trails that cause erosion. When camping, disperse tents and cooking activities—and move camp daily to avoid creating permanent-looking campsites. Avoid places where impacts are just beginning to show. Always choose the most durable surfaces available: rock, gravel, sand, compacted soil, dry grasses, or snow.
 - These guidelines apply to most alpine settings and may be different for other areas, such as deserts. Learn the Leave No Trace techniques for your crews specific activity or destination. Check with land managers to be sure of the proper technique.

3. Dispose of Waste Properly

- **(Pack It In, Pack It Out)**
- **This simple yet effective saying** motivates backcountry visitors to take their trash home with them. It makes sense to carry out of the backcountry the extra materials taken there by your group or others. Inspect your campsite for trash or spilled foods. Accept the challenge of packing out all trash, leftover food, and litter.
- **Sanitation**
 - Backcountry users create body waste and wastewater that require proper disposal.
 - Wastewater. Help prevent contamination of natural water sources: After straining food particles, properly dispose of dishwater by dispersing at least 200 feet (about 80 to 100 strides for a youth) from springs, streams, and lakes. Use biodegradable soap 200 feet or more from any water source.
 - Human Waste. Proper human waste disposal helps prevent the spread of disease and exposure to others. Catholes 6 to 8 inches deep in humus and 200 feet from water, trails, and campsites are often the easiest and most practical way to dispose of feces.



LEAVE NO TRACE

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4. Leave What You Find

- **Allow others** a sense of discovery, and preserve the past. Leave rocks, plants, animals, archaeological artifacts, and other objects as you find them. Examine but do not touch cultural or historical structures and artifacts. It may be illegal to remove artifacts.
- **Minimize Site Alterations**
 - Do not dig tent trenches or build lean-tos, tables, or chairs. Never hammer nails into trees, hack at trees with hatchets or saws, or damage bark and roots by tying horses to trees for extended periods. Replace surface rocks or twigs that you cleared from the campsite. On high-impact sites, clean the area and dismantle inappropriate user-built facilities such as multiple fire rings and log seats or tables.
 - Good campsites are found, not made. Avoid altering a site, digging trenches, or building structures.

5. Minimize Campfire Impacts

- **Some people** would not think of camping without a campfire. Yet the naturalness of many areas has been degraded by overuse of fires and increasing demand for firewood.
- **Lightweight camp stoves** make low-impact camping possible by encouraging a shift away from fires. Stoves are fast, eliminate the need for firewood, and make cleanup after meals easier. After dinner, enjoy a candle lantern instead of a fire.
- **If you build a fire**, the most important consideration is the potential for resource damage. Whenever possible, use an existing campfire ring in a well-placed campsite. Choose not to have a fire in areas where wood is scarce—at higher elevations, in heavily used areas with a limited wood supply, or in desert settings.
- **True Leave No Trace** fires are small. Use dead and downed wood that can be broken easily by hand. When possible, burn all wood to ash and remove all unburned trash and food from the fire ring. If a site has two or more fire rings, you may dismantle all but one and scatter the materials in the surrounding area. Be certain all wood and campfire debris is dead out.

6. Respect Wildlife

- **Quick movements** and loud noises are stressful to animals. Considerate campers practice these safety methods:
- **Observe wildlife from afar to avoid disturbing them.**
 - Give animals a wide berth, especially during breeding, nesting, and birthing seasons.
 - Store food securely and keep garbage and food scraps away from animals so they will not acquire bad habits. Never feed wildlife. Help keep wildlife wild.
 - You are too close if an animal alters its normal activities.

7. Be Considerate of Other Visitors

- Thoughtful campers respect other visitors and protect the quality of their experience.
- Travel and camp in small groups (no more than the group size prescribed by land managers).
- Let nature's sounds prevail. Keep the noise down and leave radios, tape players, and pets at home.
- Select campsites away from other groups to help preserve their solitude.
- Always travel and camp quietly to avoid disturbing other visitors.
- Make sure the colors of clothing and gear blend with the environment.
- Respect private property and leave gates (open or closed) as found.
- Be considerate of other campers and respect their privacy.

Critter Watch While At Ben Delatour Scout Ranch

There are some creatures with whom we share these mountains who we must be cautious of during our visit.

Western Rattlesnake

The western rattlesnake is common at Ben Delatour Scout Ranch. Although snakes can be very dangerous with their poisonous bite, they serve a very useful purpose in controlling rodent populations. Scouts and adult leaders alike must always be aware of their surroundings, watch where they step, and never place hands or feet on rocks or rock ledges without looking first. When this snake is encountered, move away as quickly as possible, and simply make a wide path around it to continue your travel. Snakes discovered in the main camp areas should be reported to a staff member.

Black Bear

Bears have been in camp and have been in campsites. By keeping your campsite clean, picking up garbage, cooking away from tents and keeping “smellables” (i.e. snacks, sugary beverages, toothpaste, shampoo) out of your campsite will keep bears away. Bears can smell food in vehicles and will break windows to get them. Since scouts always travel in groups of at least four, this should be enough to scare off any bear. If sighted, keep away. Do not approach even to take pictures. Report any sightings to a camp staff member.

Mountain Lions

Mountain lions have been spotted on several occasions at Ben Delatour Scout Ranch, and in some cases in the vicinity of campsites. Traveling in groups of four on trails is always a rule, and in camp everyone must always use the buddy plan. While hiking always carry a big hiking stick, and make noise to let the animals know you are approaching. If a lion is encountered, stand your ground - never run - and make yourself appear as big as possible. This can be done by holding your coat or pack above your head. If a lion were to attack do not play dead, but fight back and yell. Lion sightings should be reported to a staff member.

Ticks

Ticks are potentially dangerous critters in that they can carry such diseases as Rocky Mountain Spotted Fever, Lyme Disease, and Tick Fever. Tick fever is the only common disease found in the area. Ticks are very common at the Camp, especially in the early spring beginning in March. Scouts and adult leaders alike should check their bodies several times a day for ticks that have attached themselves. Ticks seem to have a special knack for climbing up pant legs, and also in dropping onto heads and down necks. When ticks are removed, the bite areas should be cleaned properly to avoid infection.

Small Animals

The Camp is full of small animals such as chipmunks, rabbits, gophers, and mice. Scouts should not handle or tease any wild critter as they can carry diseases spread by fleas, such as plague; or other diseases, such as rabies, that can be contracted by a bite. Keeping a clean camp and not feeding these animals are the best ways to avoid them. If a small animal seems to not be acting properly or is too friendly, a staff member should be contacted immediately.

West Nile Virus

This is a disease that is transmitted by mosquitoes. It is rare to catch this disease and most people will not get sick or have only mild symptoms. However, West Nile can be very dangerous. If you have symptoms like high fever, severe headaches or stiff neck, contact your doctor immediately. Mosquito season starts in April and lasts until September. Repellent, such as DEET, is an effective solution. Always follow label instructions carefully. For more information on West Nile, visit www.fightthebitecolorado.com.

Ben Delatour Scout Ranch: A Historical Perspective

The earliest inhabitants of what is now the Ben Delatour Scout Ranch were probably the "Paleoindians". They more than likely moved into North America across the Bering Strait "ice bridge" more than 11,000 years ago. Using spears tipped with stone blades, they managed to subdue mammoths and small game to complement their diet of plants. Changes in technology and climate brought a change to inhabitants who were getting better with tools as they moved into the "Archaic and Woodland" periods. It was at this time that what we know as the North American Indian tribes began to develop as inhabitants from what was probably the Mississippi Valley, moved to the west to mingle with the inhabitants already here.

As changes took place the "atlatl" and throwing spear were replaced by the bow and arrow, hunting systems requiring group coordination and cooperation began to take shape. Walls and hunting blinds came into use as inhabitants developed the "drive" as a successful way of obtaining food. Different groups of people utilized different types of arrow and spear points to accomplish their work, and occasionally remnants of these points can be found today.

Somewhere around the 1600s different cultures moved in and out of the prairie areas as various tribes contested for hunting grounds and other food sources. The Ute Tribe generally held sway in the mountains, with the Arapaho and Cheyenne Tribes being the dominant residents of the front range of what is now northern Colorado. The first Europeans to arrive were the Spanish. Their arrival introduced the horse, the modern house, and firearms. In a short time period the Spanish search for gold was supplanted by the English, and French - and later American - desire to obtain beaver pelts. Gold was, however, always a memory; and numerous "gold rushes" brought swarms of white settlers to the mountains. One of those gold-mining areas was the town of Manhattan only about four miles west of the Scout Ranch. Near what is now the Manhattan Creek Outfitters was, at one time, a town of over 500 miners.

Ranching and farming became an important part of this territory in the 1800s as white settlers brought cattle for grazing. The Ashley Grange was a "cowboy training camp" for sons of English gentry and remains of numerous homestead sites can be seen across the ranch, including the Miller homestead and the Bryant homestead on Elkhorn Creek, and the "Cook Place" not far from the Boulder Rotary Lodge.

The small town of Log Cabin, Colorado sprang up at what is now the junction of County Roads 74E and 68C. The town included a stage stop and post office. Running through the Scout Ranch, mainly along Elkhorn Creek, was the Zimmerman Stage route. With Manhattan being a bustling gold mining town, the stage was a busy line for awhile as it served Rustic, on the Cache La Poudre River, and Red Feather Lakes.

The Scout Ranch came into being in 1959, when the Longs Peak Council, with a generous down payment gift from Ben Delatour of Fort Collins, purchased the Pinecroft Ranch from George Weaver. Over the last thirty or so years, numerous acreage has been added, and today it totals over 3,400. The Scout Ranch has been the summer home to thousands of Scouts and leaders, and countless hours of dedicated volunteer service have made the Ranch what it is today.

Elkhorn Award

The Elkhorn Award is the highest award that the Elkhorn High Adventure Base can give to a participant and to a crew. It symbolizes the adventure, fun and excitement of the high adventure experience as well as the dedication, hard work and determination that a crew must put into successfully completing it. It also indicates a deep respect for the land, a willingness to give back and a commitment to the low impact and Leave No Trace Ethic.

In order to earn this award the entire crew must:

1. Complete the entire program in the scheduled time period.
Signed _____ Date _____
2. Arrive physically prepared with appropriate gear.
Signed _____ Date _____
3. Demonstrate teamwork and good communication skills during the trek.
Signed _____ Date _____
4. Elect a Crew Leader. Crew Leader must show positive leadership.
Signed _____ Date _____
5. Show respect for the decisions of the Crew Leader, the Adult Leaders and the Elkhorn Guide.
Signed _____ Date _____
6. Demonstrate common sense and good judgment in all situations.
Signed _____ Date _____
7. Follow all safety guidelines in all situations.
Signed _____ Date _____
8. Demonstrate the principles of low impact camping and the Leave No Trace Ethic everyday.
Signed _____ Date _____
9. Complete a conservation/service project approved by your Elkhorn Guide.
Signed _____ Date _____
10. Attend the opening and closing campfire at Ben Delatour Scout Ranch
Signed _____ Date _____
11. Obey the laws of the Ranch. Live the Scout Oath and the Scout Law.
Signed _____ Date _____

The requirements listed will be signed off by your Hike Ranger. Please note that this is a team effort and this award cannot be earned individually by members of the crew and not others. In other words, either your whole crew meets the high standards of the Elkhorn Award or none of them do.