

Tahosa High Adventure Base Alpine Adventure "Year of the Mountain Lion"



A photo in the International Space Station of Troop 615 on James Peak as the ISS was flying over James Peak!

PRIDE OF TAHOSA

2019 Program Guide



BOY SCOUTS OF AMERICA®
DENVER AREA COUNCIL



Alpine Adventure Program Guide

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Welcome to Tahosa High Adventure Base

Welcome to the 2019 EaglePoint Program Guide. In the coming months leading up to your summer camp stay, there will be many meetings, new Scouts, new skills learned, and a build-up of excitement. All of this will lead to the highlight of many of your Scout's year; a week at summer camp with their friends, making new friends, and the making of lifetime memories.

“A week of camp life is worth six months of theoretical teaching in the meeting room.”

-Lord Robert Baden-Powell

The objective of a Tahosa's summer camp is to prepare each Scout to make ethical and moral choices over their lifetime by instilling in them the values of the out-of-doors through learning, experiencing, and applying their Scouting skills.

Tahosa is one of the best Scout camps in the country and we are a Nationally Accredited Camp by the Boy Scouts of America. Tahosa was also recognized as one of the top eight camps to attend in the 2017 Boy's Life. Here the Scouts can excel in furthering their Scouting ideals, embodying enthusiasm, and receive the best program possible. These traits, paired with the scenic Colorado landscape, create countless, memorable adventures for Scouts and Scouters.

To help you prepare your Scouts and leaders for this great experience, we have put together this Program Guide to help to get ready for camp and the day-to-day operations. Please also take a look at our PV and Tahosa Leader's Guide. It is our hope that everything your troop needs to know prior to coming to Tahosa can be found in these resources.

My name is Toni Lyman and I am honored to return as your 2019 Camp Director. I have a Masters in Curriculum Design with 30 years of teaching 6-8 grade science and math. I have been a Scouter since my son was a Webelo. Since becoming a Scouter, I have worked or helped Okpik and Klondike, taught the First Aid Merit Badge, attended Outdoor Leader Training, served as the Tahosa Camp Director in 2015 and 2016, planned week-long canoe trips, and served as Scoutmaster for summer camp and troop outings. My husband, Marc and I have lived at Tahosa for over 10 years. The camp staff and I are looking forward to working with you and your troop this summer at Tahosa High Adventure Base.

Thank you for your decision to join the Denver Area Council and the Camp Tahosa family for your summer camp experience. We are proud to be a part of your troop's summer plans and we look forward to seeing you in our little piece of paradise.



See you at Tahosa!

Tonia Lyman

Camp Director

Tonia.Lyman@Scouting.org

303-440-4040



Alpine Adventure Program Guide

Welcome from the Trek Program Director

Hello! My name is Sarah Larson and I am the Trek Program Director this summer. My staff and I are prepared to offer an outstanding program. Combined, we have over 15 years of camp staff experience and have spent countless years in the outdoors backpacking and hiking.

The Indian Peaks and James Peak Wilderness Areas are amazing places to spend time trekking around. Alpine Adventure offers the unique experience to hike to the top (if not over) the continental divide and see beautiful lush wildlife. While on the trail, we'll be learning and applying the appropriate skills to stay safe and have fun in the backcountry. I hope that the you join us in creating a new adventure for your summer!

If you have any questions prior to your trek, please feel free to reach out!



Happy Trails!
Sarah Larson
Trek Program Director
Sarah.Larson@Scouting.org

Additional Camping Department Contacts:

<p>Tahosa High Adventure Base: Tahosa Office: 303-440-4040 Camp.Tahosa@Scouting.org 173 County Road 96 Ward, CO 80481</p>	<p>Registration: Camping Registrar MaryAnn Romero MaryAnn.Romero@Scouting.org 720-266-2111</p>
<p> Tahosa High Adventure Base: Ranger Marc Lyman Marc.Lyman@Scouting.org 303-440-4040</p>	<p> Camping Department Support: Camping Specialist John Braselton John.Braselton@Scouting.org 720-266-2128</p>



About Camp Tahosa

Tahosa High Adventure Base is located on the Front Range of the Rocky Mountains at nearly 9,000 feet in elevation, making it among the highest Scout camps in the United States. The land of Tahosa, is on the edge of a life zone that supports permanent habitation, but as one passes above timberline, man and other wildlife are only infrequent visitors. The camp consists of 320 acres of mountain terrain, and sits northwest of Boulder, Colorado and about 60 miles northwest of Denver, Colorado and 2.5 miles north of the town of Ward.

Driving into the entrance of Camp Tahosa, one senses a change, passing through a boundary between city life and the great outdoors. The Tahosa sign marks this transition, proudly hanging in grand style atop a large log gateway. Five unique programs run out of Tahosa High Adventure Base during the summer months: EaglePoint, Alpine Adventure, Sawtooth, Tahosa Mountaineers (provisional camp), and National Youth Leadership Training.



History of Tahosa

Legend has it that long ago a Ute Chief, Ogallala, sent his only son, Tahosa in search of new lands. He discovered the magnificent peaks and valleys that today we know as the Indian Peaks Wilderness Area. The Utes inhabited this region for a long time with very little interference other than the occasional trapper or settler.

The first owners of our parcel were Frances M. Edmondson and Silas T. Tumbleson, who purchased neighboring parcels in 1899. In 1917, Tom Hussie purchased the property from Martha Tumbleson for one dollar including the water rights, lake, and all buildings.

The Hussies continued running the fishing resort until August 1929 when they sold it to Mel Gelwicks. Mel Gelwicks built the first stone buildings on the property.

In May 1931, Stoney Point Lodge on Tumbleson Lake became a mountain resort that included fishing, a dance hall, dining room, and rental cabins. However, the great depression was a tough time to be running a recreational resort and Mr. Gelwicks sold Stony Point Lodge back to Lulu Hussie in 1933.

In May 1938, the Denver Area Council purchased the property, and Stony Point Lodge became Denver's Rocky Mountain Scout Camp. During its first decade of operation as a Scout camp, the property went through a variety of changes. First construction of the rustic campsites, as well as the first campfire ring. Then building of the different program areas, and finally in 1942 the name of the camp changed from Denver's Rocky Mountain Scout Camp to Camp Tahosa.

During the decade between 1948 and 1961, Camp Tahosa grew dramatically. This was a great time in the history of the camp. By 1955, Tahosa had exceeded the stated capacity of 1,600 boys per season, out-growing the available space. In 1961, the Denver Area Council purchased the land for Peaceful Valley Scout Ranch in Elbert County and began slowly relocate the primary summer camp operation to the larger camp. This process continued steadily through 1981, when the last summer of a traditional summer camp was held at Tahosa.

From 1981 until today, the Denver Area Council has changed the nature and scope of programs at Tahosa. Our goal has been to maximize the use of the land, while at the same time giving it time to rest and rejuvenate. Camp Tahosa is used for summer camp, weekend camping, training sessions, and high adventure operations including COPE and Okpik.



Scouts BSA 11-Day Meetings & Camp Paperwork Submission

Due to new State of Colorado Child Care Facility requirements, all paperwork for youth and adult campers **MUST** be turned into the Council 11-days prior to the camper's arrival at the camping facility. At this meeting, the Camp Administration will be present from each camp to include Camp Directors, Health Officers and Food Service Managers. Additionally, the Camping Registrar will be present to take any remaining fees. You can also ask questions about camp at this meeting.

! Links to all forms can be found on each camp's website page on the right-side bar.
www.DenverBoyScouts.org/Camps

Youth Camper Paperwork Checklist (Each Camper)

- BSA Medical Form Parts A, B and C
- Copy of insurance card
- Colorado Addendum: Immunizations
- Colorado Addendum: Contract to Carry (for those that carry emergency medications)
- NEW Colorado Addendum: Additional Information**
- Medication Administration chart filled out (if applicable)
- Special Diet Request form (if applicable)

Adult Camper Paperwork Checklist (Each Camper)

- BSA Medical Form Parts A, B and C for adults at camp for a total of more than 72 hours for the week (If you come every day, and leave every night you still need part C.)
- BSA Medical Form Parts A & B for Magness and WEST adults and Scouts BSA adults who are staying less than 72 hours for the entire week.
- Copy of insurance card
- Respective camp Adult Leader Reference Form
- Special Diet Request Form (if applicable)

Whole Unit Paperwork Checklist

- Swim Classification Record (if done prior to camp)
- Unit roster for youth and adults attending
- Check (made out to Denver Area Council) for any unpaid registration fees

Camp Date	11 Day Meeting	Suggested Postmark Date if Mailing Paperwork
June 9-15	May 29	May 20
June 16-22	June 5	May 27
June 23-29	June 12	June 3
June 30-July 6	June 19	June 10
July 7-13	June 26	June 17
July 14-20	July 3	June 24
July 21-27	July 10	July 1

All meetings are at the Hamilton Scout Headquarters (10455 W. 6th Ave, Denver, CO 80215) and are from 5:30-7:30 in a drop-in style meeting.

Can't Make the Meeting?

Mail your paperwork to:

Summer Camp Paperwork
10455 W. 6th Ave, Suite 100
Denver, CO 80215

DO NOT MAIL PAPERWORK DIRECTLY TO THE CAMP!

Questions? John Braselton, Camping Specialist
john.braselton@scouting.org 720-266-2128



Check-In at Camp Tahosa

- **Check in**
 - Please plan to arrive at Tahosa between 1:00 and 2:00 pm. Please do not arrive before 1:00 pm and if you need a different check in time, please email Tonia.Lyman@Scouting.org. Please park in the lower parking lot, which is the second entrance on the left. The camp staff will meet you and your Scouts.
- **First Day at Tahosa**
 - Staff will meet and greet you in the lower parking lot where they will escort you to your campsite
 - Start your campsite set-up and the camp host staff will then take you to the flagpole for a picture. At this time **please bring all medications, this includes prescription and over the counter, and any other paperwork with you.**
 - Med forms will be returned to the Scoutmaster and the Scouts will start their medical recheck.
 - Swim checks and a tour of Tahosa will follow.
 - There will be a Scoutmaster and SPL meeting after check-in. Please plan to attend for important information.
 - **All persons on property are required to attend the Safety and Security Talk on the first day.** This talk will follow dinner on Sunday so please have the troop stay around the dining hall and they will be instructed on what to do.
- **Visitors and Late Arrivals**
 - **All** visitors (including day-only visitors and merit badge counselors who are only up for the day) must check-in at the Welcome Center or the Medical Lodge upon arrival.
 - Visitors are required to pay for meals during their visit.
- **Safety and Security**
 - **All** campers and adults must wear a wristband for identification while they are at Tahosa for their week stay.
 - The property gates are secured at night between 10:00 pm and 5:00 am. Nobody can leave or enter during this time.

Sunday Schedule

1:00-4:30 pm	Meet Trek Guide, Set-Up Camp, Troop Photo, Medical Re-check, Swim-Check, and Camp Tour
4:30-5:30 pm	Scoutmaster and SPL Meeting
5:50-7:00 pm	Flags, Dinner
7:10-7:30 pm	Safety & Security Talk Meet in the Upper Parking Lot
7:30-8:00 pm	Chapel
8:00-9:00 pm	Opening Camp Fire



Check Out

Breakfast will be served at the dining hall between 7:00-8:00 am Saturday morning. Troops can pack up equipment before and after breakfast. Remember that another troop will be using the campsite after you have leave, so please be courteous to your fellow Scouts and leave the campsite in excellent conditions. Units will need to complete the following tasks listed below:

Check-out Process:

- Saturday morning **clean** your campsite: Patrol lines, latrine, sweep lodge, fill wood box
- Vehicles may be moved to the campsite for packing of personal and troop equipment
- Campsite inspection with Trek Guide
- Trek Guide will then radio the Camp Director and Program Director for final paperwork availability

Check-out packet will contain the following:

- Merit Badge completion reports-NCR copies
 - Note-each Scoutmaster should review all records, discrepancies are best corrected by the Area Directors, rather than once you are home
- Camp patches will be issued
- Troop medication will be handed out by the Health Officer at the Health Lodge

Check-Out Schedule

6:45-7:00 am	Flags and Daily Information
7:00-8:00 am	Continental Breakfast
8:00-9:30 am	Campsite clean-up
	Scoutmaster final check out at the Welcome Center
	Medication Pick up at the Health Lodge





Alpine Adventure Program Guide

Family Night

Family and friends are welcome to come and visit on Friday night! **Please inform the Camp Director or designee by Sunday dinner of the number of visitors attending.** Visitors should plan to arrive between 4:00 pm and 6:00 pm and stay through campfire which ends around 9:00 pm. Friday night is the beach party with a **"Jungle Theme"**. We ask that all family members sign-in at the Welcome Center for safety reasons. The cost of dinner is \$8.00 per person. Tickets can be purchased at the Trading Post and a **wristband** will be provided to all



participants that pay. The wristband is your ticket to the dining hall to join us for the meal. Families that wish to stay overnight are welcome but must bring their own gear. They must also have Medical Form Parts A & B. **No campers or trailers.** If staying overnight, the fee is \$20 per person and includes Friday dinner and Saturday breakfast.

Family Night Schedule

Time	Activity	Location
4:00-6:00 pm	Check-in/buy meal tickets	Welcome Center/Trading Post
6:00-7:30 pm	Dinner/Beach Party	Dining Hall and Waterfront
7:00-8:00 pm	Trading Post	Trading Post
8:00-9:00 pm	Closing Campfire	Amphitheater/meet at flagpole



Trading Post

Our trading post will be able to help supply you with most of your needs while at Tahosa. We have camping gear, knives, souvenirs, and Tahosa apparel. Most Scouts find \$50-\$100 covers their souvenirs and snacks for the week. The trading post accepts most major credit cards, personal checks and cash. Hours will be posted at camp. The trading post has many trekking items for sale that can be used on the trail.



Required Individual Gear for Alpine Adventure

Required individual gear:

- Tent (suitable for backpacking)
- Backpack with hip belt (4,500-6,000 cubic inches)
- Pack cover (trash bag is not an ok alt.)
- Sleeping bag – appropriate for high altitude
- Sleeping clothes
- Sleeping pad
- Bowl, spoon, cup for eating
- 2 or 3 one-quart water bottles
- Stuff sacks
- Biodegradable soap
- Small camp towel
- Sunglasses
- Sunscreen and lip protection
- Personal first aid kit

Clothing (no cotton):

- Hiking boots, well broken in
- 2 pair of hiking socks
- 3 pair of lighter inner liners (polypro)
- 3 changes of underwear
- Hiking shorts
- Hiking pants (please avoid cotton)
- 1 long sleeve shirt
- 2 short sleeve shirts
- Lightweight jacket or fleece
- Sturdy rain jacket (no ponchos)
- Sturdy rain pants – snow pants in early season
- Hat or cap with brim
- Stocking cap and gloves
- Long underwear, top and bottom
- Gaiters (shin height, not ankle)

Personal:

- Small pocketknife
- Matches or lighter
- Flashlight or headlamp and extra batteries
- Compass
- 2 bandanas
- Whistle
- Toothbrush and paste

Optional:

- Camera
- Lightweight shoes for camp
- Foot powder
- Watch
- Fishing equipment and license if required
- Note pad and pen
- Money for Trading Post
- *Do not bring radios, electronic games or CD players*

Equipment Issued at Tahosa

- Stoves
- Fuel bottles and fuel
- Water filters
- Repair kits
- Cook kits and utensils
- Hot pot tongs
- Latrine shovel
- Plastic trash bags
- Dishwashing soap, scrub pans
- Plastic strainer and rubber scraper
- Water purification chemicals
- Toilet paper
- Bear Bag and rope
- Maps
- Food
- Collapsible water container
 - (2 – 1½ - 2 gal each)
- First aid kit
- spices for cooking

Damage to equipment: Equipment issued by Tahosa to the troop/crew for the week is the responsibility of that troop/crew. In case of damage to this equipment, the unit is responsible for paying for repairs or replacement.



Youth Protection Information



It is required that all adults attending camp have taken the Youth Protection Training.

Colorado Law and BSA policy mandates that camp staff, adult volunteers and all other members of the Boy Scouts of America are mandatory reporters of suspected child abuse and neglect. Abuse can include adult on youth and youth on youth contact.

While we do not wish or anticipate any abuse to occur at camp, in rare instances it happens. Please follow the guidelines below.

If you suspect child abuse or neglect at summer camp:

You are a mandated reporter as a member of the Boy Scouts of America. You must take the following steps. You may not designate someone else to do this for you. Child abuse or neglect suspicions can be from home (and noticed while at camp) or can occur at camp from adult on youth or youth on youth scenarios.

- 1. Ensure that everyone is safe before doing anything.**
- 2. Notify the Camp Director and/or Ranger immediately.** They can assist you in this process, but you must still make the report.
- 3. Notify the local Law Enforcement Agency**

Camp Tahosa: Boulder County Sheriff's Office 303-441-4444 or 911

- 4. Notify the Colorado Department of Human Services.** 844-CO-4-KIDS
- 5. Notify the Boy Scouts of America.** SCOUTS FIRST Helpline 844-726-8871

The Denver Area Council, Boy Scouts of America operates summer camping programs that are licensed by the Colorado Department of Human Services. The license indicates that the program has met the required standards for the operation of a child care facility. The current license and most recent inspection is available for review in the camp office at both Camp Tahosa, Peaceful Valley Scout Ranch and the Council Service Center.

Additionally, if you would like to file a complaint about Tahosa High Adventure Base (License #25517) as it relates to Colorado Child Care Facility regulations, please contact the Colorado Department of Human Services, Office of Early Childhood at 303-866-4511.

We all play a role in preventing **child abuse and neglect.**



1-844-CO-4-KIDS
(1-844-264-5437)

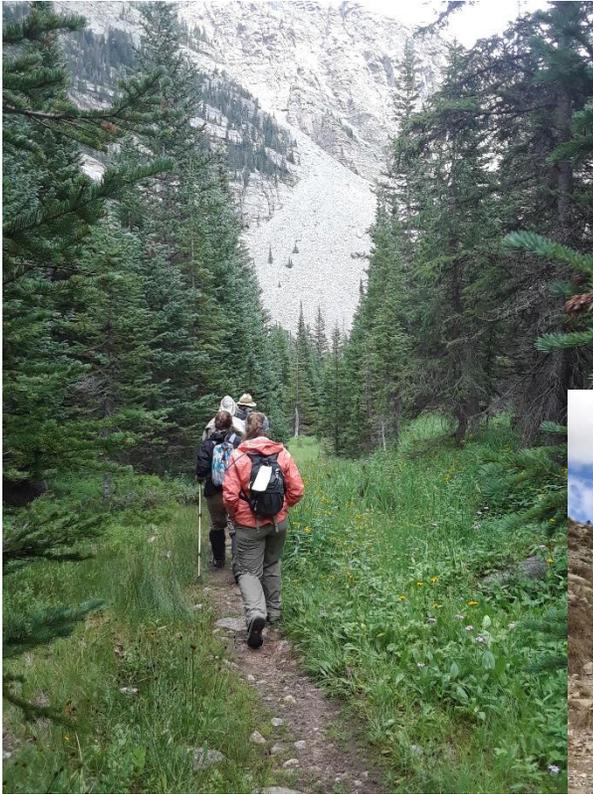


IN AN EMERGENCY WHEN YOU HEAR IT. DO IT.

 <p>Lockout</p>	<p><u>LOCKOUT! SECURE THE PERIMETER!</u> RADIO/STAFF ANNOUNCEMENT ONLY. NO SIREN.</p> <ul style="list-style-type: none"> • Hikes/Cycling return to main camp area. • Do not travel between upper and lower camp. • Nobody can leave the property. • Property gates are locked. • Business as usual.
 <p>Lockdown</p>	<p><u>LOCKDOWN! RUN! HIDE! FIGHT!</u> SHORT WAVY SIREN. (Flat “Evacuate Area” siren for all clear, assemble)</p> <ul style="list-style-type: none"> • If possible, attempt to move away from threat by running into woods with a buddy or small groups. • If running is not possible, find a place to hide. Lock doors, turn off lights, stay silent and out of sight. • As a last resort and only if your life is in danger, do what you can to protect yourself.
 <p>Evacuate</p>	<p><u>EVACUATE AREA! REPORT TO ASSEMBLY POINT!</u> FLAT LONG SIREN.</p> <ul style="list-style-type: none"> • Gather nearest personal belongings. • Report to the Upper Parking Lot. If unavailable, secondary location: Lower Parking Lot • STAY OFF THE ROADS. USE TRAILS. • Group with unit. • Remain silent and follow directions. • UNIT LEADER take roll of unit, report using card system.
 <p>Shelter</p>	<p><u>SHELTER!</u> HEAVY RAIN/HAIL – RADIO/STAFF ANNOUNCEMENT – No Siren.</p> <ul style="list-style-type: none"> • Take shelter in nearest building or tents. Stay inside, or undercover. • Do not walk in open areas. <p><u>LIGHTNING/THUNDER STORM - RADIO/STAFF ANNOUNCEMENT – No Siren.</u></p> <ul style="list-style-type: none"> • Take shelter in nearest building. Stay inside, or under cover. • Do not walk in open areas –return to main camp area.



Program Information





Alpine Adventure Overview

Alpine Adventure is designed for the Scouts and Scouters that have some backpacking experience. The age requirement for the Scout is 13 and First Class by January 1, of 2019. There are **NO EXCEPTIONS!** The Wilderness Permit allows a maximum of 12 participants per group. A group combination might be:

- 1-Tahosa Trek Guide 1-Adult Scouter and 10 Scouts.
- **No adult** Tahosa can send 2-Trek Guide but this is based on the first troop that signs up for the week desired.



The routes chosen for Alpine Adventure provide a variety of difficulty while giving comparable experiences, challenges and views to the participants. Routes are usually 30 to 35 miles in length and will include elevation gains between 5,000 and 7,500 feet over the course of 5 days with 50-60-pound pack. Our primary routes travel through the Indian Peaks and James Peak Wilderness Areas. We try to match the route to the characteristics and goals of each crew during shakedown at camp on Sunday. Alpine Adventure does use the elevation gain formula which is for every 1000 feet gained 3 miles are added to the overall hike. By using the elevation formula, the hikes are comparable to a 50 mile. This makes the hike comparable to a 50-mile hike in Kansas and Nebraska that has little elevation and altitude gain.



June hikes are about 20-35 miles in length due to the snow conditions. Treks will be using snowshoes and possibly camping on snow fields. During this trek Scouts learn how to glissade, which is a control slide down a snow field using an ice axe. Troops that have gone on a trek during this time of the year said, it was a great experience and not one that is often offered to Scouts.

July hikes are about 35-40 miles in length and include various elevation changes between 8,000 and 13,000 feet. Primary routes travel through the Indian Peaks Wilderness Area, James Peak Wilderness and Roosevelt National Forest. Routes are established by permits.

The U.S. Forest Service issues backcountry permits to Tahosa High Adventure Base on January 1st of each year. The Tahosa Trek Director and Guides will do their best to match up each individual crew with the most appropriate trek. There are certain routes that we are allocated by the U.S. Forest Service for each week – please do not request a specific route because we may not have it for your week. The maps issued by Camp Tahosa are the National Geographic “Indian Peaks/Gold Hill” for Colorado, USA; Map #102, available at any REI or outdoor store.



Schedule for Alpine Trek

Sunday:

- 1:00 – 2:00 Check in at Welcome Center
- 2:00 Orientation and Gear
 - Meet Trek Guide
 - Bring full pack & pack check
 - Team gear issued
- 3:30 Team Building Activities
- 5:00 Free Time/ Journaling
- 5:45 Flags (Class A uniform)
- 6:00 Dinner
- 7:15 Emergency Drill
- 7:30 Chapel Service
- 8:00-9:30 Opening Campfire
- 10:00 Lights Out

Monday:

- 6:00 Wake Up Call
- 6:45 Flags/Breakfast
- 8:00 Food Handout/ Final Preparations
- 8:30 Hit the Trail!

Tuesday-Thursday: On the trail for Adventure!!!

Friday:

- 1:00 - 3:00 Return to Tahosa
 - Report to QM for gear cleaning/ check in
 - Prewash and personal clean-up
- 5:45 Flag Ceremony (Class A uniform)
- 6:00 Dinner
- 7:30 Closing Campfire
- 10:00 Lights Out

Saturday:

- 6:45 Flags
- 7:00 Breakfast
- 8:00 Campsite cleanup
- 9:00 Check out, depart Tahosa





Trek Leadership Structure

While taking part in Tahosa Trek and Alpine Adventure, the use of three levels of leadership will be encouraged. The first leader is the adult leader that is representing the troop or crew. The second leader is the youth crew leader. The third leader is the Trek guide from Tahosa.

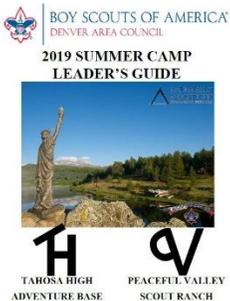
Youth Trek Leader: Designed to develop the leadership skills of youth in the Scouting program. The youth crew leader will be responsible for organizing the trek, assigning duties, and making overall decisions with the input of the trek participants and the advisement of the adult leader and Trek Guide. They will be expected to establish a duty roster, manage “smellables” in camp, provide simple conflict resolution, delegate responsibilities, and interact with adult leaders and Trek Guide.

Adult Trek Advisor: With the advice of the Trek Guide, the adult trek advisor will be responsible for the safety and well-being of all crew members. The more capable the youth crew leader, the more the adult trek advisor will work for the Scouts and should remain in the background.

Trek Guide: (Provided by Tahosa) Acts as a resource for the youth trek leader and adult trek advisor, serving as a teacher and coach. All guides are 18 or older and are trained in low impact camping, navigation, safety and Wilderness First Aid trained. The Trek Guide will advise the youth crew leader on the route and travel plans.

Trek Guide is the final decision maker in all situations.

By using these three levels of leadership, it is our goal to not only provide a safe backcountry experience, but one in which all members will have an opportunity to grow in leadership skills as well as camping skills.



Leader's Guide

Have you read the Peaceful Valley and Tahosa High Adventure Base Leader's Guide? It contains helpful information about registration and policies. Most information for Magness Adventure Camp can be found in this Program Guide, but it is helpful to review the Leader's Guide prior to camp. The Leader's Guide can be found at www.DenverBoyScouts.org/Camps

Need Gear for Summer Camp?

Need camping gear for the week but don't want to purchase it? Check out Colorado Adventure Point's Gear Reserve! The Gear Reserve has lots of equipment that you can rent for the week! Call 720-266-2179 or email Lenny at Lenny.Yurgin@scouting.org to check it out!



Alpine Adventure Program Guide

Trip Preparation

Any trek into the Colorado Mountains is physically demanding because of the combination of being at high altitude and the elevation gains and losses on each daily hike. The trails are steep and rocky with elevation gains of more than 1,000 feet are not uncommon. If your goal is to bag a few peaks, the elevation gain is higher. Some trips will cross the Continental Divide at least once during the week. **Add a pack of 50-60 pounds** to your back and the trip is even more intense.

The time to get in shape for your trek is now, months in advance. All participants need to begin a regular aerobic fitness program 2 months before participating in the Alpine Adventure. Exercise for at least 30 minutes at intensities that raise your heart rate to about 75% of your maximum. If you are over 40 years of age and inactive, consult your doctor before beginning an exercise program. Keep in mind that Tahosa sits just below 9,000 feet above sea level and rarely will the trail drop below this height. Many treks will travel as high as 13,000 feet above sea level.

The best preparation is to hike with a pack. Begin with shorter, flatter hikes and a light pack. Try to work up to 8 miles on steep terrain with a 40-pound pack. Then you will know you are about ready. Carry the pack you plan on using on the adventure and wear the boots you will be bringing. Hike together with your crew and build relationships along with your strength and endurance.



A month or so before scheduled camp:

- Distribute health forms, collect final payments.
- Continue with training hikes.
- File a tour plan.
- Organize a gear list and assign unit gear to be provided by members.
- Schedule a weekend shakedown trip of about 10-15 miles in length.
- Choose a youth leader for your trip.
- Insure that adult leaders have the necessary Youth Protection, CPR and First Aid training.

A few days before camp:

1. Hold inspection of personal packs and crew gear.
2. Final check on transportation: going and returning.
3. Inform Scouts of practices and rules while attending Alpine Adventure. Clarify crew's rules on good behavior and expectations.
4. Finalize departure location and time.
5. Collect and carefully review all participants' health forms.
6. Distribute contact names and numbers, as well as the trip plan to parents.

The day you leave for Camp Tahosa:

1. Secure missing gear from pack inspection.
2. Collect missing health forms.
3. Label all medications with name and unit number in accordance to instructions on the Health Form before coming to camp.



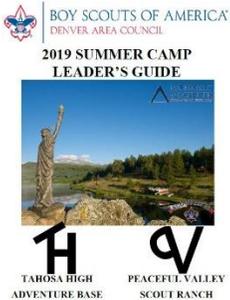
Alpine Adventure Program Guide

Weather

Troops/Crews coming into Camp Tahosa must be prepared for a mountaineering experience. Depending on the time of the season, crews can expect anything from 8 feet deep snow to 90° weather. It is important to ensure your crew comes prepared, so they can fully enjoy a mountaineering adventure. It is highly recommended to call Tahosa at (303) 440-4040 a week or two before arriving at camp to check on existing snow and weather conditions in the backcountry. Trails: June-can be snow covered, July-fairly clear of snow.

Unit Equipment and Personal Gear

It is imperative to bring **EVERYTHING** on the list. Some items might not be used on the depending on your unit's trek and current weather conditions. It is necessary to bring everything to ensure you ability to adapt to the climate and changing weather conditions. If you do not have the proper equipment, contact Tahosa (camp.tahosa@scouting.org) or Colorado Adventure Point (Lenny.Yurgin@Scouting.org) to see if they can loan/rent it out upon your arrival.



Leader's Guide

Have you read the Peaceful Valley and Tahosa High Adventure Base Leader's Guide? It contains helpful information about registration and policies. Most information for Magness Adventure Camp can be found in this Program Guide, but it is helpful to review the Leader's Guide prior to camp. The Leader's Guide can be found at www.DenverBoyScouts.org/Camps