

TAHOSA'S ANGEL FIRE PARTICIPANT'S AND PARENT'S GUIDE



With addition of Tahosa Trek and Alpine Adventure

Camp Director-Welcome

Hi! My name is John Braselton and I will be serving as the Camp Director for the 2018 summer camp. I am looking forward to working with you this summer during Tahosa's Angel Fire week. Tonia Lyman will be the Camp Mom/Office Manager for this season and teaching me the ropes. She will be answering most of the questions while I myself learn about Tahosa. Please feel free to contact Tonia Lyman at tolyman@scouting.org or call Tahosa 303-440-4040 with questions concerning the Angel Fire program.

Arriving at Camp

Check-in will be from 1:00 - 2:00 p.m. It is in the best interest that you arrive as close as possible at 1:00 p.m. This will allow the girl a more relaxed check-in. Please do not arrive before 1:00 p.m.; there is plenty of time to check in and get settled before dinner. Please do not travel around camp while you wait.

1. A Tahosa Staff member will direct the girl and parents to the Dining Hall, she will start the check-in process. Please make sure to bring any questions or issues to the attention of the Camp and/or Program Director.
 - Boy Scout Heath Form A, B, and C
 - Colorado Addendum Shot Record
 - Copy of Insurance Card
 - Medical Form: Drug Administration Form & Permission to Carry
 - All medications needed for the week. This does include all the over the counter medications or supplements.
 - AVA White Water Rafting Permission Form
 - Affirmation forms for all adults that will be in camp during the week, including those adults that will arrive later during the week.
2. Please make a copy of medical forms for your personal travel. In the state of Colorado, camper medical forms must be kept on file for 18 years. It is the responsibility of the parent to make copies of the medical form for future use. All medical forms become the property of the Denver Area Council and will NOT be returned to you at the end of the week. We will not be able to make copies so please make copies for yourself.
3. After you have finished with the check-in process, you will return to the parking lot. At this time, your Tahosa Staff member will direct you to drive your personal vehicle to the lodge to unload the girl's gear. Once the parents have unloaded the car, we ask that they say good-bye to their daughter and let them get started with getting to know the other girls in the lodge.
4. Camper will move in and wait for the other girls of the lodge to check in. The girls will then head for their swim check, so they will need to change into their swimming attire. The entire lodge will proceed to Tumbleson Lake, where they will receive a safety talk and then proceed to take the swim check. In case of bad weather that prevents the swim check, we will reschedule swim checks for early Monday morning.
5. After swim check and the girls change out of their swimsuits, the Campsite Host will take the girls on a tour of the camp.

6. Lodge Moms will meet at 4:30 - 5:30 p.m. in the Dining Hall.
7. Flags are at 6:00 p.m., please be on time.
8. After dinner, approximately 7:15 p.m., **all** girls and Lodge Moms will meet in the upper parking lot (area just behind the small cabins) for staff introductions and a camp-wide emergency siren and safety talk. All participants **MUST ATTEND**, this information is required by the State of Colorado Day Care.
9. A non-denominational chapel service will be held at the chapel after the emergency talk. This will last about 15 minutes
10. At 8:00 p.m. we will meet at the flag pole and the Tahosa Staff will escort the participants to the opening campfire.

Monday Check-in

If you will be arriving at camp other than Sunday afternoon, please notify Tonia Lyman, Camp Mom at tonia.lyman@scouting.org or feel free to call 303.440.4040, at least two weeks in advance to make arrangements. Check-in will begin Monday at 8:00 a.m. and have breakfast before you arrive. Please do not expect to check in any earlier without making prior arrangements. You will need to follow the same procedure as the Sunday check-in time.

Adult Leader Registration Form

The Lodge Mom for the week must show their Youth Protection Training certificate. Lodge Moms that do not have proof of current Youth Protection Training certification will be required to take the training online at the Welcome Center. To take the training go to my.Scouting.org.

Camp Identification

At check-in, you will be given a wristband and must be always worn while at camp. Adults who arrive later in the week must check in at the office, and at that time will receive the appropriate wristband.

Pick-up Time

Participants will need to be picked-up between 9:00 - 10:00 a.m. on Saturday morning. Please plan on picking up the participant at the Welcome Center. You may be asked for a photo ID. That way we know that participant has been picked-up by the respected adult. If you are picking up another participant we will need a form of notification from the other parent ex. Email, phone call, signed letter. The store will be open for last minute purchases. Medications will be returned to the parent at the time when they pick up the participant. Please note medication may not be turned over to the participant.

If you are planning to take your daughter home on Friday night after campfire, you must check out with the Camp Director in the Welcome Center before leaving.

Visitor Information

Visitors are welcome at any time during the week, but should call and notify the Camp Director of the time and date. All visitors must check in and out at the Welcome Center (office) when arriving and leaving camp, plus follow all camp policies. Vehicles must be parked in the lower parking lot, and not at campsites. There are no facilities or camping areas available at Tahosa for visitors or family members to stay overnight (except family night on Friday), and program facilities are not available for use by visitors when camp is in session.

Meal fees for visitors staying under 24 hours are \$6 for breakfast, \$7 for lunch, and \$8 for dinner. Payment is due before the meal is served and must present a receipt at the door to show payment.

Friday is designated as our camp's family night! Families of participants are encouraged to visit, eat dinner with their daughter, and join us for the Friday night closing campfire. Parents should let the Camp Director know at check-in if they will be joining us for Friday night dinner, how many of the family members will be joining us and if they are staying Friday night. That way we can ensure enough food has been prepared. Dinner starts at 6:00 p.m., but you may arrive at any point throughout the day on Friday. All visitors must sign in at Welcome Center and pick up an appropriate wristband upon arrival and purchase their meal ticket(s).

Trading Post

Our trading post will be able to supply you with most of your needs while at Tahosa. We have kits to work on for certain projects, camping gear, knives, souvenirs, and Tahosa apparel. Most participants find \$30 -50 will cover any program fees, souvenirs, and snacks for the week. The trading post accepts most major credit cards, personal checks for amount of purchase, and cash. The trading post is open Monday – Friday after lunch until 1:50 p.m. and after dinner until 7:30 p.m.; and Saturday morning after the participant has completed their check out process.

SELECT PRICES FOR EQUIPMENT AND SUPPLIES

These prices are subject to change. This is just a list to help with how much money the girl will need to bring to camp. No, they are not expected to buy all these items. This is what is available in the Trading Post.

4X4 Basket Basketry	\$ 5.00
5X5 Basket Basketry	\$ 5.00
Basketry Kit Basketry	\$ 14.00
Slide Kits Woodcarving	\$ 3.00
Indian Lore Kits Indian Lore	\$ 15.00-\$20.00
Monkey Bridge Kit Pioneering	\$ 4.00
Tower Kits Pioneering	\$ 6.00
Mouth Shield Aquatics & First Aid	\$1.00
Compasses Orienteering	\$ 3.00 – \$10.00
Survival Blankets Wilderness Survival	\$ 3.00
Kastmaster Fishing	\$ 7.00
Power Bait Fishing	\$ 5.00
Knives	\$5.00-\$20.00
Leatherwork Kit Leatherwork	\$10.00-\$20.00
Wood Carving Kit Wood Carving	\$15.00
Clothing	\$15.00-\$50.00

Camp Program Schedule

The summer camp schedule is divided into different segments by lodge. Each lodge will have a rotation between Aquatics, Archery, COPE, Climbing. The girls will then select a couple of different areas to choose such as Pioneering, First Aid, Wilderness Survival, Leatherwork, Basketry, Environmental Science, Music, etc. On Monday, the girls will choose the areas that they are interested.

Listed below are some of the adventures that are available to the girls during their stay at Tahosa. There is more but these are the big events.

Water front: The girls will have the opportunity to learn the different small crafts that Tahosa offers.

- Canoeing
- Rowboating
- Kayaking
- Stand Up Paddle Boarding (SUP)

Wilderness Survival: 1 night under the stars

- Need a tarp or Emergency Blanket

Archery

COPE: Low and High Ropes course (must be 13 years of age to do the High Ropes Course)

Climbing

Pioneering: Knot and Lashing then build a raft to float on in the lake

Cooking: Girls will be cooking some of their own meals.

- buddy burners (#10 tin cans)
- Dutch oven
- open fire
- charcoal

Handicrafts:

- Leatherworking
- Basket Weaving
- Braiding
- Wood Working

First Aid

Fishing

White Water Rafting-Wednesday



Wednesday is set aside for White Water Rafting. The white-water rafting company we are going through is AVA (Arkansas Valley Adventure). Please make sure you sign and initial the appropriate paper work. If the permission form is not signed the girl will not be allowed to go and there will be no refund. There are no exceptions. We will be doing the Gold Rush which had class 2-3 rapids. This is a beginning white-water trip. The AVA release form is attached in the back of this packet and you will turn it in at check-in on Sunday. Girls will need to have water shoes ex: teva, chaco, extra pair of tie tennis

shoes, or crocks that have straps **NO FLIP-FLOPS**. The water shoes need to stay on for the white-water rafting.

Evening Activity Time

The staff will be offering evening activities. These include but not limited to nature hike, bike ride, open lake time, fishing, night time COPE, lodge time to do a lodge campfire. There will also be an opening and closing campfire. At the closing campfire, the girls in each of the 3 lodges will be asked to sing a song and have a skit to perform for the rest of the camp. In addition to these activities the girls will be making buddy burners, tie dying t-shirts.

*Bikes are available, but we do have limited numbers and sizes of bikes. Girls are encouraged to bring their own bikes and helmets.

*For those wishing to fish, please bring your own pole, bait, and tackle. If you don't have bait or tackle you may purchase Kastmasters and power bait in the Trading Post.

Evening Schedule: (Subject to Change)

Sunday-Opening Campfire-Staff

Monday-Make Buddy Burners and Tie Dye T-shirts

Tuesday-Nigh Time Zip Line (weather permitting) and Handicrafts

Wednesday-Wilderness Survival Outpost

Thursday-Night Time Zip Line (weather permitting) and Handicrafts

Friday-Closing Campfire-Lodge groups need to plan for a song and skit

General Information

Restrooms and showers

The restrooms in the dining hall are for ADULTS ONLY. All youth participants will need to use the latrines. If a girl uses the restroom in the dining hall, they are in violation of the BSA Youth Protection Rules. Participants are limited to a 3-5-minute shower since we have a limited water supply. Each lodge will be scheduled to two showers during the week. The girls will shower in the portable shower house. I strongly suggest that the girls bring a basket or sometime to carry their shower items back and forth to the shower house.

Mail for Campers

Mail will be distributed to the camper during meals. Please remember mail takes more time in rural areas than in a large city, and a letter mailed after Wednesday may not arrive in time. Any mail received after the girl has checked out; will be returned to sender.

All mail sent to campers should be addressed:

Tahosa High Adventure Base

Name of participant

173 County Road 96

Ward, CO 80481

Cell Phone and Internet Connectivity

There is NO cell service on camp, no matter who your carrier is. Tahosa does have a land line to make outgoing calls. We ask that the girls do not call home. We have found in the pass that this tends to make the girl home sick. If there is a need we will not hesitate to call you.

For Adults: Internet is very limited at Tahosa. The adult may have the password, but it will only work at the Welcome Center. Please do not upload/download pictures and/or steaming of any kind: this does include, but not limited to You Tube, movies, or music.

Campers with Special Needs

Please let us know! Do not wait until the participant arrives, we may not be able to accommodate. We will try to make every effort to provide reasonable accommodations, and have a few campsites that are easier for those with mobility problems or can arrange for access to "indoor plumbing," or wheelchair-accessible toilets. If you have such a situation, please contact Toni Lyman at tonia.lyman@scouting.org or call Tahosa at 303.440.4040, no later than three weeks before your week of camp. A member of camp management will confirm the arrangements with you if possible.

Campers with Special Diets

Our kitchen staff is willing and able to accommodate almost any special diet for campers, whether for religious, medical, or philosophical reasons. If a camper has a dietary restriction, make sure it is indicated on their medical form. In addition, please fill out the Special Diet Request Form found on the Council website, www.bsacoloroadventure.org, in the Camp Library Section and email this form to jara@kandledining.com three weeks in advance to request special dietary needs. If this form is not received by then, there is no guarantee that the kitchen will be able to accommodate your dietary needs. During check-in on Sunday, the parent will need to inform us, so that instructions on how to get their daughter's special meals can be addressed.

Motor Vehicle Policy

All vehicles must be parked in the lower parking area (2nd entrance) upon arrival at camp. During check-in and checkout only, one vehicle will be allowed on the service road to the lodge; please use the campsite pullouts but do not drive directly into your lodge. NO personal vehicles are allowed in the campsites during the week. At all times, drivers should keep their car keys so they can assist in emergency evacuations.

Weather

Weather at Tahosa is usually very pleasant, with warm days around 75-80 degrees and cool nights around 45 degrees with afternoon thundershowers. However, like much of Colorado, the weather can sometimes change in a flash, so it is important to “Be Prepared” for all types of weather. Solid rain gear and warm layers are a must, especially if you are coming in the month of June. A participant’s sleeping bag that worked at a southern camp may not be adequate for Colorado cool nights.

Attire in Camp

We ask that girls wear t-shirts; no halter tops, crop top shirts or t-shirts that advertise drugs or alcohol. We also ask that girls do not wear short-shorts. Girls should wear sturdy walking or hiking shoes with socks when moving around camp, and lighter shoes may be worn in the campsite. Sandals or shoes without toes are unsafe and not permitted except while participating in activities at the waterfront.

Day Pack 10 Essentials:

Girls will need to carry a day-pack where ever they go at Tahosa. What to put in the day-pack:
Small personal First Aid Kit (mostly band-aids)– Extra Clothing (Jacket) – Rain Gear – Water Bottle – Flashlight – Trail Food – Sun Protection – Map & Compass – Pocket Knife* - Adults should carry their car keys with them at all time.

*At Parent Discretion

What Not to Bring to Camp:

DO NOT bring alcohol, firearms, tobacco, fireworks, illegal drugs, fixed-blade knives, highly odorous products such as: perfumes and body sprays, excessive amounts of candy or pop. Inappropriate clothing including sleeveless undershirts, clothing with foul or suggestive language or graphics, and clothes with holes will not be permitted. Electronic devices such as radios, tape/cd/mp3 players, electronic games, and cell phones are not permitted in camp program areas. Any items which are in violation of BSA policy maybe confiscated by camp staff and returned to parents upon departure.

***Parents note that all “smellables” will be collected in the evening to keep wildlife at bay.** Space is limited so do not pack excessively. “Smellables” include candy, pop, soap, toothpaste, perfumes, body sprays, deodorant, etc.

Again, we want to welcome you to Tahosa High Adventure Base.



What to Bring to Camp

- Lanterns-battery powered
- Flashlight (lodges do not have electrical lights)
- Ground Tarps 6'X8'
- Folding chair
- Personal tent (if you want to tent camp for the week) and pad
- Pillow
- Warm Sleeping bag
- Fleece Liner
- 2-3 T-shirts
- 1 White cotton T-shirt for **tie dyeing**
- 1-2 Long Sleeve Shirt
- Fleece, sweater or sweat shirt (avoid cotton)
- Outer jacket & stocking cap/Beanie
- 1-2 pair long pants
- 2 pair of shorts (nylon works well)
- 5-6 pairs of socks (preferably wool)
- Long underwear (for those who get cold easily)
- Pajamas
- Swimming Suit
- 2 towels (lake & shower)
- Rain Gear (should cover head to toe, poncho alone is inadequate)
- Hat (broad brim is best)
- Belt
- Walking Shoes or Hiking Boots (break in before summer camp)
- Sneakers (for backup)
- Water shoes (White water rafting)
- Headlight or Flashlight (with extra batteries)
- Pocketknife (or money to buy one)
- Insect repellent
- Sunscreen
- Sunglasses with strap for white water rafting
- Notebook
- Pens/pencils
- Toilet kit: please limit size to a quart bag
 - Toothbrush & toothpaste
 - Comb & brush
 - Small containers of shampoo & conditioner
 - Soap
 - Lip balm
 - Personal sanitary supplies
- Alarm clock or wristwatch
- Camera
- Spending Money
- Medical Forms
 - A, B, & C
 - Colorado Addendum
 - Copy of Health Insurance Card
- Medications (in original containers)

**Please label all items with name, address

Angel Fire is ADDING a Tahosa Trek and Alpine Adventure



What are Tahosa Trek and Alpine Adventure? These are backpacking trips into the Indian Peaks and James Peaks Wilderness Areas. Tahosa Trek is 3-days for girls who are 12 years and older, but do not want to spend the entire week hiking. On this trip, you will learn how to backpack with little elevations and shorter hiking distance. Alpine Adventure is a 5-day trip and must be 13 years of age before June 1, 2018. Since this is our first year to offer an Alpine Adventure for Angel Fire participants, it will still be a 5-day backpacking trip and teach the skills needed for backpacking. The trip will be about 30 miles with some elevation gain.

Description for Tahosa Trek

Tahosa Trek is changing the format from previous years. Tahosa Trek is an introduction to backpacking. It is designed to introduce and teach girls the fun of backpacking. Recommended age for Tahosa Trek is 12 and up. This leaves something for your 11-year-old to look forward to doing next year. The trek is approximately 10-15 miles and little elevation gain. Backpacks with personal and group gear is approximately 30-40 pounds. There is only one Tahosa Trek per week. When signing up you must have at least one adult who is willing to learn and go on the backpacking trip with the girls. The first and second sessions will be teaching Leave No Trace, Outdoor Code, review basic orienteering and First Aid skills, plus an introduction of some Wilderness First Aid skills. The third session is food dehydration. Here girls will learn how to prepare their own backpacking food instead of purchasing dehydrated food. This is some of the food that participants will take on their trek. Participants will also try dehydrated food that has been purchased. The fourth session will be doing initiative games and low COPE. That way the trek group is building a team to work together during their adventure. On Wednesday morning, the group will have a pack check and load their food for the trek. While on trek, participants, will also learn how to pick campsites, tent sites, use water filters, and Ethics of Leave No Trace.



Tahosa Trek Schedule

Sunday

1:00 pm	Check in
3:30-5:30 pm	Meet with Trek Guide
6:00 pm	Flags
6:15 pm	Dinner (Dining Hall - ALL CAMPERS)
7:15 pm	Emergency Siren and Safety (ALL CAMPERS)
7:30 pm	Chapel Service
8:00 pm	Opening Campfire
10:00 pm	Lights Out

Monday-Tuesday

Mornings Working on Leave No Trace, Outdoor Code, orienteering
First Aid, and beginning Wilderness First Aid
Afternoon Food dehydrate & Low COPE

Wednesday

8:30 pm	Meet with your Trek Guide Orientation and Gear Shakedown Bring full pack Team gear issued & divided Food
1:30 pm	Hit the Trail! (After lunch)

Thursday

On the Trail **Schedule on the trail is in the hands of your Trek Guide**

Friday

1:00 am	Tahosa Trek Return to Camp Gear cleaning-up & check in Putting Trek gear away Shower
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Description for Alpine Adventure

The routes chosen for Alpine Adventure provide a variety of difficulty while giving comparable experiences, challenges and views. Routes are usually 20-25 miles in length and will include elevation gains between 5,000 and 7,500 feet over the course of 5 days with 45-50-pound backpack. 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.

The U.S. Forest Service issues backcountry permits to Tahosa High Adventure Base on January 1st of each year. The Tahosa Alpine 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.

Alpine Adventure Schedule

Sunday

7:00 am	Breakfast (Dining Hall)
1:00 pm	Check-in
2:00 pm	Orientation and Gear
	Shakedown
	▪ Bring full pack
	▪ Team gear issued/divided
3:30 pm	Team Building Activities
5:00 pm	Free Time/Journaling
6:00 pm	Flags
6:15 pm	Dinner (Dining Hall)
7:15 pm	Emergency Siren and Safety
7:30 pm	Chapel Service (Optional)
8:30 pm	Opening Campfire
10:00 pm	Lights Out

8:30 am	Food Handouts/Final Preparations
8:45 am	Hit the Trail!

Tuesday-Thursday

All Day Trek Schedule on the trail is in the hands of your Trek Guide

Friday

11:00 pm	Return to camp
	Gear cleaning & check in
12:30	Lunch
	Finish Gear cleaning, check in & put away
	Shower
3:30	COPE

Monday

6:45 am	Flags
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Group Equipment and Personal Gear for Tahosa Trek and Alpine Adventure ONLY!

For both Alpine Adventure & Tahosa Trek

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

Clothing (no cotton):

- Hiking boots, well broken in
- 2 pair of wool/wool blend hiking socks
- 3 pair of lighter inner liners (polypro)
- 3 changes of underwear
- Hiking shorts
- Hiking pants (no cotton ie: jeans)
- 1 long sleeve shirt
- 2 short sleeve shirts
- Lightweight jacket or fleece
- Sturdy rain jacket (no ponchos)
- Sturdy rain pants
- 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 or neck gaiter
- Whistle
- Toothbrush and paste

- Biodegradable soap
- Small camp towel
- Sunglasses
- Sunscreen and lip protection
- Personal first aid kit

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-Group Gear

- 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.

