

**Chief Seattle Council
Program and Training Conference
November 4, 2023**



Getting High on Adventure!

PTC Class 114

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August 2021

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Discussion Topics

- **What is High Adventure?**
- **Why High Adventure?**
- **What programs are offered?**
- **Physical requirements and being prepared**
- **Long range planning**
 - What, When, Where, Signing up, Budget, Travel, Training, Safety, Etc.
- **What resources are out there to help me?**
- **Sign me up!**
- **Other high adventure programs and ideas**
- **Powder Horn! What is it? How can that help my unit?**
- **High Adventure Facts and Myths**

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Why listen to me?

High Adventure is in my DNA! With my troop/crew...

- **Camping: 200+ outings / 500+ nights**
- **Climbing: Mt St. Helens, Mt Adams, Mt Baker, Mt Rainier**
- **Hiking/Backpacking: ~100+ outings / 2000+ miles**
- **Canoeing/Rafting/Sea Kayaking: 20+ outings / 600+ miles**
- **Cycling: Seattle to Portland (STP), Seattle to Vancouver BC (RSVP)**
- **Led or helped lead many week-long (or longer) outings, including**
 - Backpacking/camping in Peru (crew of 14)
 - Hiking Chilkoot Trail in Alaska (22 scouts and adults)
 - Philmont 4 times, including a 4-crew and 3-crew year
 - 50-milers in Olympics, North Cascades, Pacific Crest Trail, Glacier Peak Wilderness
 - Kauai camping, hiking, backpacking Na Pali Coast Trail
- **And More!**

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Why are you here?

- What are you looking to get out of this session today?
- Do you have a high adventure program in your unit right now?
- Don't have one and are not sure where to start?
- Looking to get some ideas?

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WHAT is High Adventure?



Multiple Days/Nights of EXTRAORDINARY activities aimed at older Scouts

- Involves more planning, preparation, training, and fundraising than regular unit activities
- The definition of High Adventure is broad
- It's about being a little extreme
- Being pushed beyond your comfort zone
- High Adventure will raise your outdoor and Scouting game
- Develop a deeper appreciation for the outdoors

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WHAT is High Adventure?

High Adventure is not a place, it's a state of mind, a challenge beyond our normal weekend camping trips. High Adventure is about who you go with and what you do, not where you go!

The most important location for high adventure is between your ears!

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WHY high adventure? Scouting Values – the 3 AIMS...

FITNESS

To develop fitness - develop physical, mental, emotional, and moral fitness that will stay with a Scout for the rest of his life.

CHARACTER

To build character - build self-reliance, self-discipline, self-confidence and self-respect.

CITIZENSHIP

To foster citizenship - foster love of community, country and world, along with a commitment of service to others and an understanding of democratic principles.

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... are integral to and enhanced through the high adventure vision!

Young people today seek greater challenges to their **physical and mental abilities**. High-adventure activities entice them to “stretch” to attain the goal of successfully completing an exhilarating outdoor experience. A High-adventure trek is a joyous opportunity – beyond the scope of the routine. It is more than just a scenic outdoor experience. It is an experience in living and cooperating with others to meet an exciting challenge. It is learning to overcome difficulties and learning to live in harmony with nature.

Fitness

In meeting these challenges, young people gain **confidence, humility, and self-reliance**. Trekkers become self-reliant by acquiring a wealth of knowledge and skills. High adventure develops critical thinking, judgment, and decision-making skills.

Character

High adventure stimulates good **citizenship through teamwork and opportunities for leadership**. It emphasizes spirituality by bringing young people closer to nature. It connects individuals to the land, developing a bond of respect for wild places and wild things. Through high adventure, a person becomes committed to wildland stewardship.

Citizenship

High adventure inspires young people to undertake worthy challenges and to work together to meet common crew objectives. It offers a meaningful and lasting experience in their lives.

Reference: Passport to High Adventure, page 3

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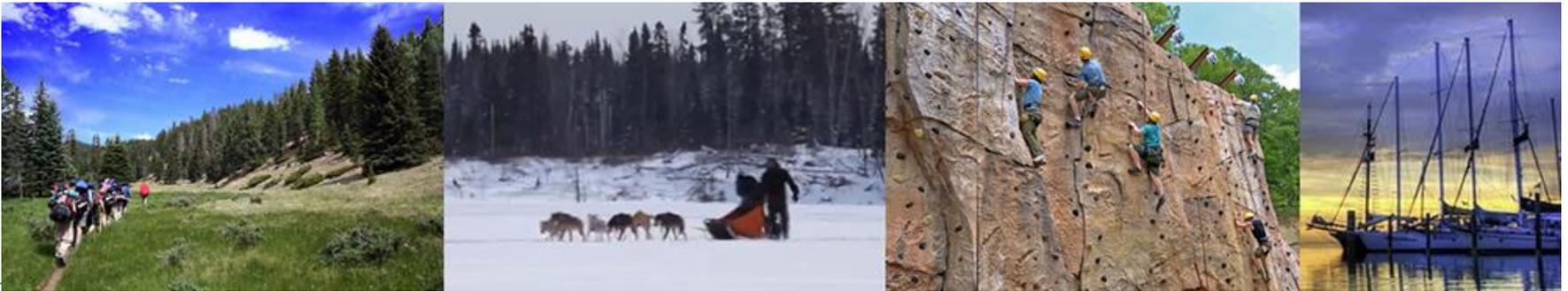


WHY High Adventure?

There are a lot of good reasons!

Delivering the promise.....

- Scouting promises adventure to its members
- While a weekend camping trip at a State Park may be adventurous for a 10-year-old, it will not be so for an older Scout



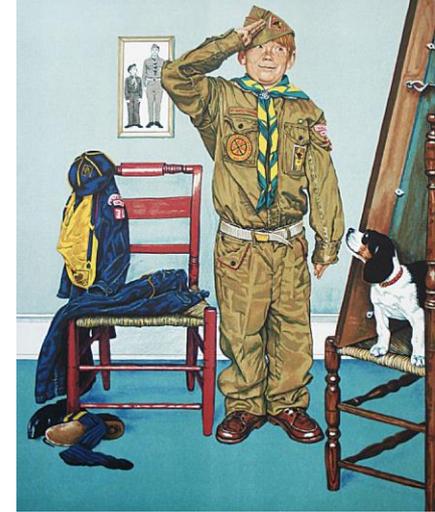
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WHY High Adventure?

- Cubs are motivated to join Scouts BSA.
- High adventure increases youth retention.
- Retention increases exposure to scouting values (3 AIMS).
- Younger Scouts (age < 13) have outings to aspire to.
- Older / Venture Scouts (=> 13) are motivated to remain involved.
- Scouts who have gone on a High Adventure are more likely to return as Scouters. Their children are more likely to join Scouts.



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WHY High Adventure?



- Provide a challenge to older scouts
- Access to specialized adventures and learning new skills (Backpacking, Mountain Climbing, Sailing, Canoeing, SCUBA, etc.) either through BSA or on your own
- Usually means a week-long trip or longer, offers immersion for team building, learning, and going places you can't get to over a weekend
- Reinforces Patrol Method, leadership, and Scouting tradition
- ***IT IS A BLAST!!***

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WHY High Adventure?

- Vygotsky's "Zone of Proximal Development" (ZPD)
- The level of challenge that's between where we're already comfortable and capable and where we're overwhelmed.
- That's the Goldilocks space where learning happens
- Scouting done well tries to push every youth well into their own ZPD.
- It's where the fun is, and where Personal Growth is real.





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QUESTIONS on anything so far?

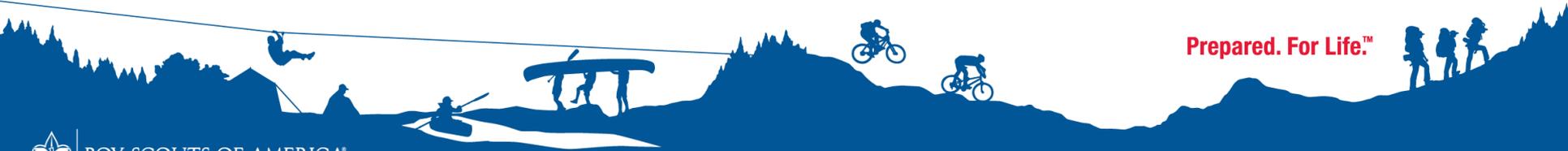
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What Programs Are Offered?



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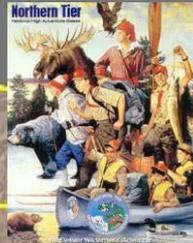


Four BSA High Adventure Sites

Northern Tier



ALASKA

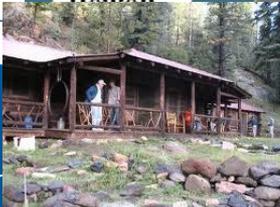


The Summit

Philmont



Puerto Rico & Misc Stations



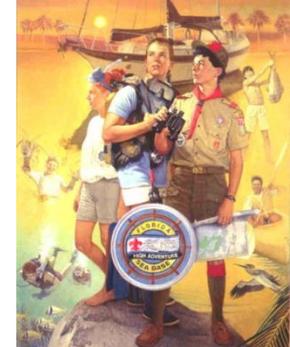
Seabase





Florida Sea Base

www.bsaseabase.org



Sea Base is a unique Scouting program that offers aquatics programs found nowhere else. Whether your interests lie in sailing, scuba diving, rustic camping on an undeveloped barrier island, fishing or a combination of all, this is the place for you! Sea Base serves around 16,000 participants annually.

- **Several locations!**

- Florida Sea Base Islamorada, Bahamas Sea Base, St. Croix Sea Base USVI, St. Thomas Sea Base USVI, Brinton Environmental Center, Summerland Key

- **Many different adventures!**

- Coral Reef Sailing, STEM Eco Sailing, Sea Exploring, Key West Sailing, SCUBA Adventure, SCUBA Certification, SCUBA Live Aboard, Out Island Adventure, Keys Adventures, Marine STEM, Fishing Adventure, Bahamas Adventure, Bahamas Tall Ship, St Thomas Sailing, St Thomas STEM Eco Sailing

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Florida Sea Base

Islamorada, Florida

<https://www.youtube.com/user/BSASeaBase/videos>

<https://blog.scoutingmagazine.org/2023/10/23/high-adventure-week-explore-the-ocean-at-sea-base/>

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Philmont Scout Ranch

Cimarron, New Mexico



“Philmont. A magic word in the world of high adventure. A special place that has a special place in the hearts and the memories of those who have been here.”

- Today’s Philmont Scout Ranch is a bustling center for high adventure and training.
- 34 staffed camps and 55 trail camps provide an unforgettable adventure in the high country along hundreds of miles of rugged, rocky trails.
- Philmont is not all backpacking. Wide variety of programs are offered at different campsites.
- www.philmontscoutranch.org

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Philmont Scout Ranch

Cimarron, New Mexico

- Archaeology
- Archery
- Astronomy
- Atlatl (Dart-Throwing)
- Baldy Mountain Hike
- Black Powder Rifle
- Blacksmithing
- Burro Packing
- Burro Racing
- Cantina
- Challenge Events
- Chuck wagon Meals
- COPE
- Cowboy Action Shooting
- Fly Tying and Fishing
- Geocaching
- Gold Mining and Panning
- Homesteading
- Horse Rides
- Jicarilla Apache Life
- Kit Carson/Rayado Rancho
- Land Navigation, GPS
- Lodge/Cabin Tours
- Low Impact Camping
- Mexican Homestead
- Mexican Dinner
- Mine Tour
- Mountain Biking
- Mountain Man Rendezvous
- Post Civil War Settlers
- Railroading
- No Trace Camping
- Philmont Story Campfires
- .30-06 Rifle Shooting
- Rock Climbing
- Rocky Mountain Fur Co.
- Ropes and Challenges
- Search & Rescue
- Shotgun (12 Gauge)
- Spar Pole Climbing
- Tie Making, Crosscut Saw
- Tomahawk Throwing
- Tyrannosaurus Rex Track
- Western Lore/Branding
- Wildlife Conservation

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Philmont Scout Ranch

Cimarron, New Mexico

Program in the Summer AND Winter!

<https://www.youtube.com/user/philmontscoutranch/videos>

<https://blog.scoutingmagazine.org/2023/10/26/high-adventure-week-lets-go-back-to-philmont/>

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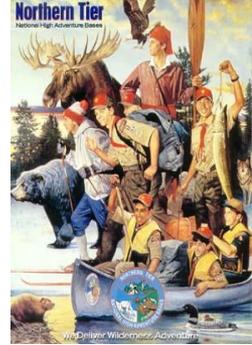


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Northern Tier

Ely, Minnesota



“Travel and live like the hardy voyageurs, a colorful band of fur traders that were crucial to the historic fur industry in early North America.”

- Established in 1923, NT is the **ONLY** BSA-sanctioned outfitter in the North America’s Boundary Waters Canoe Area.
- In addition, some of the best weather, snow conditions, facilities, and terrain for cold-weather camping in North America.
- OKPIK provides a highly trained staff to help you learn cold-weather camping skills.
- www.ntier.org

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Northern Tier

Ely, Minnesota

Programs in Summer and Winter!

<https://www.youtube.com/c/NorthernTierBSA/videos>

<https://blog.scoutingmagazine.org/2023/10/24/high-adventure-week-grab-your-paddle-and-head-to-northern-tier/>

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Paul R. Christen National High Adventure Base at The Summit New River Gorge, West Virginia

Get ready for the next century of Scouting. With incredible facilities and amazing outdoor programs, The Summit is a place that takes kids to the limits of what they think they can do, and then pushes them further.

- SBR is the newest high-adventure base in Scouting
- Permanent home of the national Scout jamboree
- Site of the 2019 World Scout Jamboree
- Outdoor action sports and experiential learning programs at world-class facilities
- 10,600 acres adjacent to the New River Gorge National River area, incredible outdoor terrain in the Appalachian Mountains.
- Some of the world's best whitewater rafting, rock climbing, and mountain biking.
- www.summitbechtelreserve.org

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The Summit New River Gorge, West Virginia

<https://www.youtube.com/c/TheSummitBechtelReserve/videos>

<https://blog.scoutingmagazine.org/2023/10/25/high-adventure-week-go-whitewater-rafting-at-the-summit-bechtel-reserve/>

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QUESTIONS on National High Adventure Bases?

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Awesome! Let's Do That!

The good

- **Pre-planned treks**
- **Most of the planning is done for you**
 - Where to be
 - When
 - Logistics on food
- **Backcountry activities**
- **Ideal for the more inexperienced**

The bad

- **Pre-planned treks**
- **Most of the planning is done for you**
- **Not ideal for those ready to undertake their own planning**
- **Cost**
- **Up to an 18-month lead time**

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Is Your Unit Ready?

- **Are the leaders on-board to support? (SM/ASMs or Crew Advisors)**
- **Is the Troop/Crew Committee ready to Support?**
- **Are Scouts Interested?**
 - Can you form a complete Crew or can you work with neighboring Troops/Crews?
- **Trained Adult Volunteers? Need a High Adventure coordinator / advisor to drive the effort**
 - Skills needed?
- **Trip participants and costs...**
 - How is it to be funded?
- **What training?**
 - Time and planning to do so...
- **Practice activities?**
 - How extensive?

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What Are My First Steps?

- **Trained Adults**
- **Trained Scouts**
- **Decide what the high adventure will be!**
 - National High Adventure Base? Four to choose from.
 - There are other council high adventure programs around the country as well
-- OR --
 - Your own self-supported high adventure?
- **Put together a plan**
 - Think long term.
 - Some of these adventures may take 12 – 18 months to organize and plan
- **How will you fund this adventure?**

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What are the Physical Requirements for the National High Adventure Camps?

- **Physically Fit**
- **Maximum weight requirements**
- **Age requirements**
 - Minimum of 14
 - OR 13 by time of trek and completed 8th grade

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Physical Limitations

Recommended Weight (lbs.)			
Height	19-34 Years	35+ Years	Maximum
5'0"	97-128	108-138	166
5'1"	101-132	111-143	172

So if I am 14 yrs old 6 foot 2 inches tall and 165 lbs, I meet the Physical Requirements



6'2"	148-195	164-210	252
6'3"	152-200	168-216	260
6'4"	156-205	173-222	267



Be Physically Prepared



©Dennis Holmes Designs * illustrationsOf.com/43134

- **Conditioning and Training**
 - Hikes, backpacking, bike rides, canoe outings
- **Appropriate merit badges/awards**
 - Hiking, Backpacking, Canoeing, Bicycling, etc.
 - National Outdoor, 50-miler, Whitewater Rafting, Kayaking, Scuba, Snorkeling, etc.
- **Personal gear shakedown**
- **Group gear discussions**





Strict Medical Requirements

If the Scout (or adult) has a history of medical problems, additional medical documentation is required

- **STRICT MEDICAL REQUIREMENTS for SCUBA**
- **Insulin-Dependent Diabetes Mellitus**
- **Seizure Disorders or Epilepsy**
- **Asthma**

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Forms

- **Medical Forms**

- & copy of insurance cards!

- **Permission Slips**

- BSA Health History Form should have it
- Traveling internationally? Youth may need a permission letter from parents/legal guardian if they are not on trip.

- **Wilderness First Aid and CPR, AED**

- Good for 2 years





Big question: how to get there from here?

- This is really what differentiates a normal outing from a SUPER OUTING!!
- Higher cost of outing
 - Transportation
 - Equipment fees
 - Participation fees
- Realistically, maybe not every year?
- Requires long range planning



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Traveling Best Practices

- **Full Field Uniforms**
 - “Full” means BSA shirt, BSA pants (short or long) and BSA socks.
- **Photo ID for all crew members.**
- **Medical forms for all crew members.**
- **Insurance card (photocopy) for all crew members.**
- **Metal detectors - Check (crew leader) and re-check (crew advisor) that no one is carrying any questionable items!**





Budget

- **Travel + Meals + Camping Fees + Other**
 - Allow for Contingency
- **Camp fees vary between Adventures, but generally between \$700 and \$1100 per person**
- **Track Money Collected and Costs - Treasurer's job**
- **All Adventures have Minimum and Maximum number of People**
- **Camperships, Fundraisers**
- **PLAN EARLY!**

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Questions/comments on planning/prep?

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What Resources Are Available to Help Me?

- **This class is a great start!**
- **Ask for guidance from another unit who is doing it**
- **Passport to High Adventure**
 - Find it, download it, go through it
- **The BSA TAP (The Adventure Plan)**
 - tap.scouting.org
 - Provides a one-stop set of tools to help adult and youth leaders envision, plan, prepare and conduct safe, exciting and successful outdoor Adventures.
- **Attend a Powder Horn course!**
 - Always 1-2 in our NST-1 Territory.

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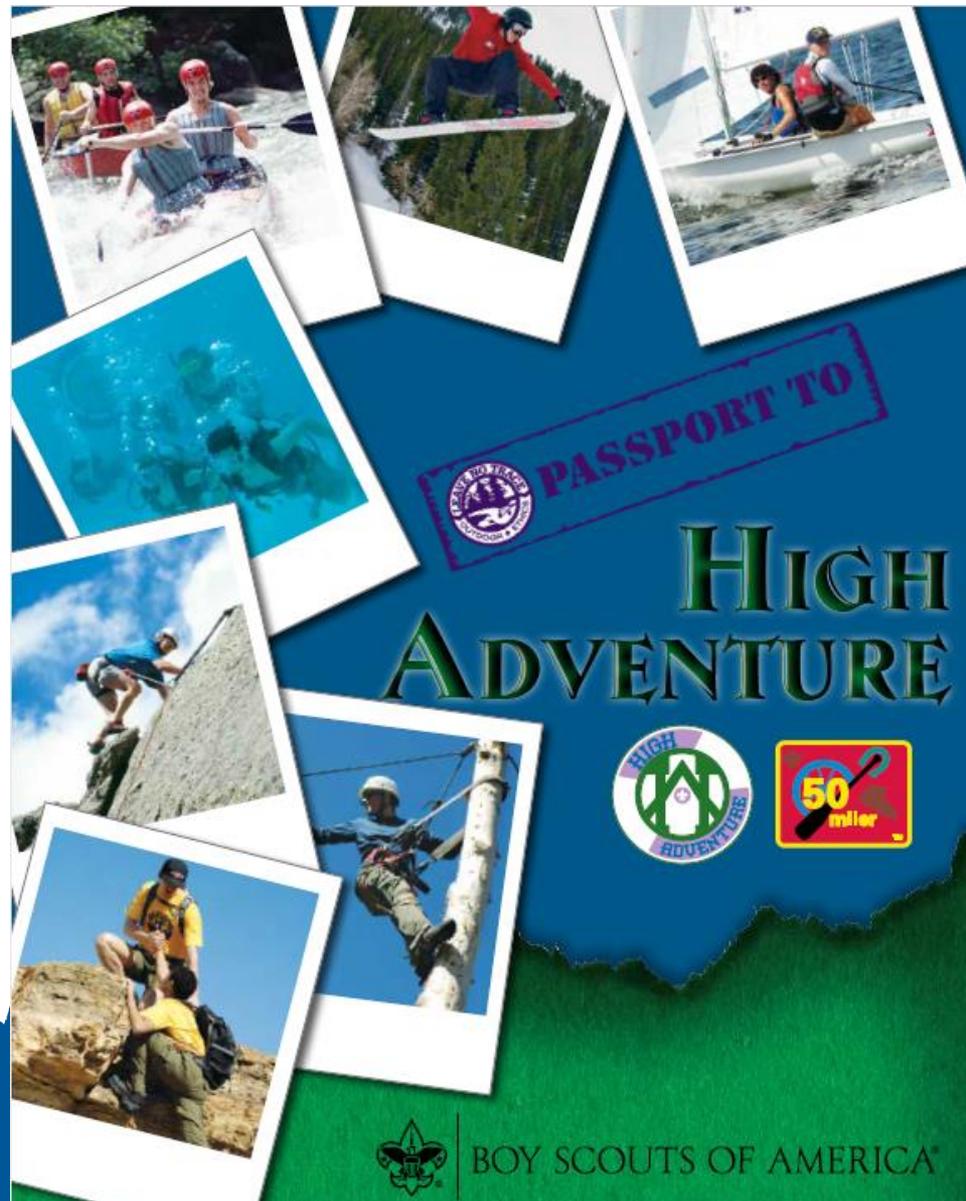


What is Passport to High Adventure?

A guidebook to enable older Scouts and Venturers, with guidance from their adult leaders, to plan and safely carry out unit high-adventure treks using Leave No Trace techniques.

(Google the guidebook)

- Who will go?
- Travel, budget and insurance
- Equipment
- Trail procedures
- Leave No Trace
- Trip planning
- Promotion and preparation
- Skills practice
- Trek safety
- Wrapping up your adventure





What Resources Are Available to Help Me?

- **The BSA TAP (The Adventure Plan)**
 - Comprehensive, a GREAT online resource
 - tap.scouting.org
 - Provides a one-stop set of tools to help adult and youth leaders envision, plan, prepare and conduct safe, exciting and successful outdoor Adventures.

<https://tap.scouting.org>

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Sign Me Up!!

- **Adventures in BSA High Adventure Camps are competitive to get into**
- **Slots for the Summer typically pulled from a lottery**
 - Enter Lottery 18 months prior (depending on base)
 - If selected, pay \$100.00/person deposit
 - Pay half of total by August, 12 months prior
 - Deposit is transferable but not refundable
- **Plane Reservations**
 - Check into using the airline group reservations agent
- **Campsite reservations**

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Other Council high adventure camps too! Here are some programs located in our Territory:

ALASKA

- Alaska Ultimate High Adventure – Trek Camp
<https://www.akultimatehighadventure.org>
- Lost Lake Camp – High Adventure
www.midnightsunbsa.org
- The Denali High Adventure Scout Base
<https://www.scoutingalaska.org/dhasbboyscouts>

IDAHO

- Salmon River High Adventure Base – Specialty Camp
<http://oreidascouting.org/camping/salmon-river-high-adventure-base-srhab/>
- Salmon River Whitewater Base – Specialty Camp
www.tetonscouts.org
- Camp Bradley – Specialty Camp
<https://www.mountainwestcouncil.org/cbhomepage>

OREGON

- Camp Baldwin Horse Trek – Cascade Pacific Council
<https://cpcbsa.org>

WASHINGTON

- Canoe/Kayaking Trek – Camp Parsons High Adventure Base
<https://www.seattlebsa.org/venturing-camping>
- SSS Odyssey – High Adventure Sailing Program
www.sssodyssey.org, www.charlesncurtis.org

***There is a list of US BSA Council
High Adventure camps on the TAP web site!***

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Or you can do your own... Hiking the Chilkoot Pass in Alaska



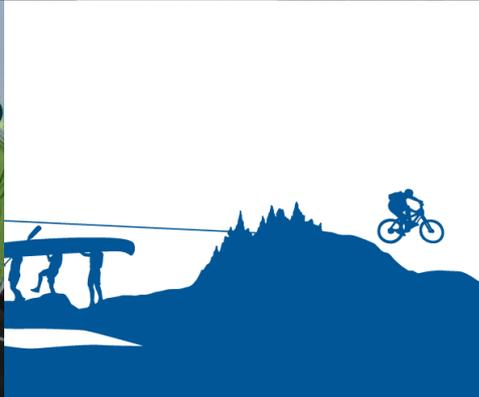


Or mountaineering, like ...Climb Mt. Adams



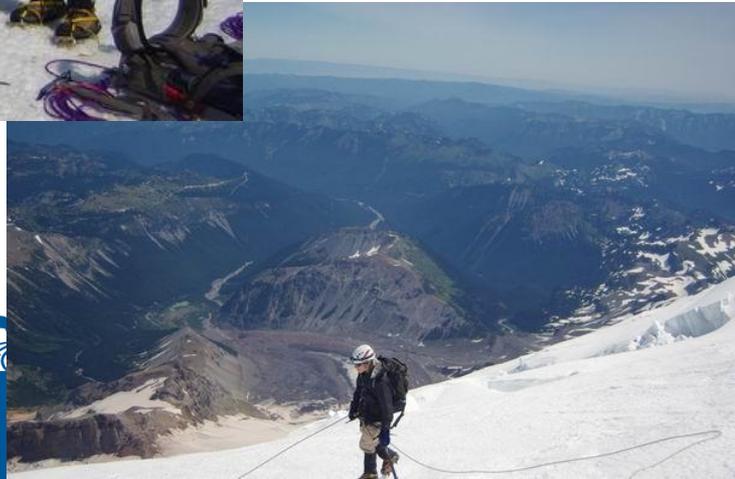
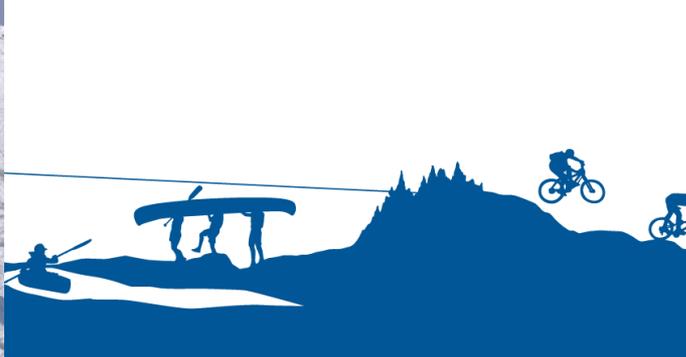


...Climb Mt. Baker





...or climb Mt. Rainier



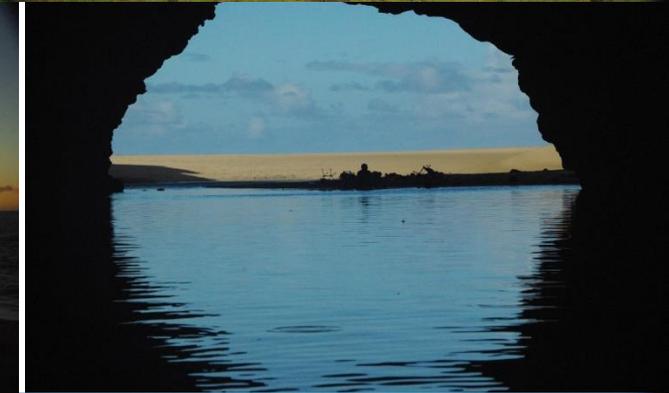


How about a 5-day whitewater rafting trip?





Or backpacking the Na Pali Coast in Kauai?





A trip to Peru?







Other ideas? Only limited by your imagination!

Canoeing/kayaking

- Ross Lake, North Cascades National Park
- Bowron Lakes in British Columbia
- Canadian Coast of British Columbia
- San Juan Islands
- Deception Pass Islands
- South Sound

Backpacking outside of Washington

- High Sierras, maybe climbing Mt. Whitney
- Yellowstone and Grand Tetons
- Alaska, Oregon, Colorado, Hawaii, Yukon Territory
- New Zealand, Australia, Germany, Austria, Switzerland, Peru

Cycling

- San Juan Islands, Coast to Coast, Hawaii, Europe

Whitewater Rafting multi-day trips

- Deschutes, Salmon, Snake, Tieton, Methow, Wenatchee

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Questions/comments on doing your own?

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Powder Horn!

What is it? How can that help my unit?



- A high adventure resource management course
- Supports the mission of strengthening units
- Not a certification event
- Goal is for the participants to leave course with ideas to help their program
- Hands on!
- Chief Seattle is hosting another course in 2024!
 - August 8 to 12 at Camp Fife!

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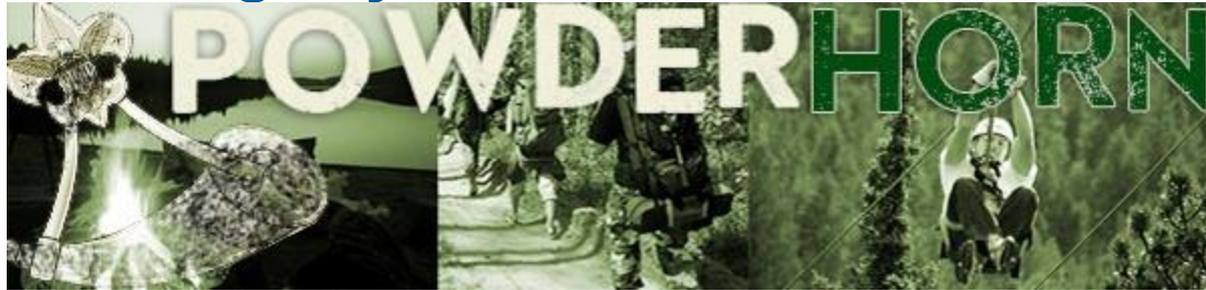


Powder Horn!

What is it? How can that help my unit?



- Open to any adult registered in the BSA.
- Open to any registered youth in the BSA who is at least 14 by starting course date
- May attend multiple times!
- Some activities may be somewhat strenuous, but you are not required to participate. Can observe and learn. “Challenge by choice”



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Questions/comments on Powder Horn?

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Other Resources

Visit the Exhibition Hall!

- **Cascade Challenge**
 - <https://www.cascadechallenge.org/>
 - COPE
 - Wilderness First Aid
 - Mountaineering, Rafting, Sea Kayaking
- **Karl Kohagen**
 - Mountaineering, Rafting, Sea Kayaking



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High Adventure Facts and Myths

- **MYTH** - To lead a High Adventure Trip I have to become a highly trained expert.
- **FACT** - You do not have to be an expert to lead a High Adventure Trip but you'll need some important training (Weather, Safety, First Aid, etc.). You'll also need to plan your trip to be slightly below your estimated skill level. High Adventure does not need to be dangerous to be challenging. Rely on the experience of others to educate yourself -- talk to them, read their books, practice your skills.

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High Adventure Facts and Myths

- **MYTH** - High Adventure trips are dangerous and risky.
- **FACT** - The most dangerous part of your trip (statistically at least) will be driving to/from the location you choose. Risk must be carefully assessed, and proper steps taken to assure everyone's safety.

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High Adventure Facts and Myths

- **MYTH** - High Adventure trips require expensive equipment.
- **FACT** - Some trips (like canoeing or kayaking) do require expensive equipment, but this equipment is commonly offered for rent in the locations they are likely to be used. Backpacking is a great low-cost option. Equipment manufacturers have done a good job of equating comfort and safety with expense, but this is only partially true. A little research will reveal viable, inexpensive alternatives to high-priced gear

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High Adventure Facts and Myths

- **MYTH** - High Adventure is expensive.
- **FACT** - Stay closer to home, plan a challenging but attainable outing, make reasonable choices about gear and you can have a great High Adventure trip. You may find that a trip like this could be the catalyst that motivates your Scouts to work towards planning and financing more ambitious trips the next time.

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Getting High on Adventure!

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And...we are done!

**Do you have any final
questions or comments?**



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Thank you!

Please fill out evaluation – feedback is a gift!

Lots of documents up on Council website

<https://seattlebsa.org/ptc>



Getting High on Adventure!

PTC Class 114



Dale Rae

Assistant Scoutmaster, Troop 570

Associate Advisor, Crew 310, Crew 65

Cascade Leadership Challenge

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