

2025 National Capital Area Council College of Adventure University of Scouting



EAC101

**Panning High Adventure /
Superactivity**

“DON’T PANIC”

(from the hitchhiker’s Guide to the Galaxy by Douglas Adams)

The Questions:

What do you like to do?
Where would you like to do it?
How much will it cost (and what can we afford)?
How will we pay for it?

BSA-Sponsored Activities

Advantages

All you have to do is get there.
Price is well known.
Activities generally very appealing to youth of Venturing age.
Anchored in a Scout theme.

Disadvantages

Not exactly a wilderness experience
Not adapted to the unique vision of your crew

Some BSA-Sponsored High Adventure Camps

Philmont

Council contingent fee \$2100-2400 in 2018.
Unit costs are \$980/person for 12-day trek in 2018
Philmont Cavalcade Fee is around \$805.00 for a 8-day trek in 2019
(8 days total). Crews are 10-15 individuals.
Philmont STEM trek (12 days, prov., individual appl.) is \$940 in 2018,
\$970 in 2019, \$1000 in 2020.
For Cavalcade, must request reservation in email lottery (not online).
For 2020, contact Philmont before January 1, 2019.
For a great guide to Philmont prep, email: CoopWright@aol.com

Seabase

Sailing, desert island, SCUBA – fees typically upwards of \$1000.00 pp.

Northern Tier Canoe Area

Estimated cost for crew of 6 youth and two adults is \$670-\$810 per night.
Prices can vary significantly based on length and trip.

Summit

Both provisional and unit programs available. Programs can include climbing, kayaking, mountain biking, BMX, shooting sports, etc. Prices range from \$799 frksmanship. Fewer programs are being offered as time goes on; the Summit will host the International Jamboree in 2019 from July 22 to August 2, resulting in a short season for some Summit programs. Space is available for some programs in 2018.

In 2018 the Summit is sponsoring VenturingFest from July 1-6. The cost is \$500 per youth member and \$400 per adult if the reservation is made prior to April 30, 2018. Late reservations (after April 30, 2018) will be \$600 per youth member and \$500 per adult. Final payment will be due no later than April 30, 2018. All paid fees are non-refundable.

Council-Sponsored Camps

These are usually a much cheaper alternative, since both the site costs and the transportation costs are lower.

Maine High Adventure (Canoeing)

Maximum cost in 2017 is \$94.00 per person per day, can be as low as \$74.00. Space is available for 2018.

Adirondack High Adventure

Kayak, Canoe, Backpacking, etc. Typical fees are around \$500 per participant. Several councils run programs, and there are private outfitters if you want to plan your own trip.

Blue Ridge Mountains Scout Reservation

Claytor Lake (\$350.00 or \$575.00 for SCUBA)

Voyageur (50 miler canoe on New River) - \$320.00

New River Adventure (various activities) - \$350.00

(These were 2017 fees; 2018 fees not determined as of this writing)

Goshen

Lenhok'sin (for youth \$360 early bird [7 day trek], \$225/adult). Early bird discount ends 4/13/2018.

Cradle of Liberty Council (Paddle-Rama, formerly Boot and Paddle)

70 miles on the Delaware river - \$445.00

These are only some examples. There are great high adventure opportunities available at council camps throughout the BSA. Use the web!

International Scouting:

Kandersteg – ~57 CHF/night, including meals (~\$57 on 1/08/2018) (www.kisc.ch)
Activities typically 0 to 30 CHF per full day
Rail from Zurich to Kandersteg and return: 83.40 CHF (1/09/2018)
Airfare about \$812 (Google Flight Search) as of 1/08/2017, for 2 weeks
Estimated cost for 12 day trip: \$2047.00 plus passport fees and meals enroute!
As of 1/8/2018 1CHF – 1.02USD.

A spectacular (and fiscally competitive) Scouting destination is the Kandersteg Scout Reservation. It is in a spectacular part of Switzerland, and can be reached easily by train from either Zurich or Geneva. A traveler's knowledge of the German language can be helpful in getting around (as will French if flying to Geneva). The book "German in 10 Minutes a Day" will be adequate if studied for a few months (there is also a French version, but I have not used it), although English is widely spoken in all major cities.

All international Travel (including Canada) requires a passport. I recommend you allow 6 months for this. If traveling to exotic locations, such as South America, Africa, or South Asia, immunizations are mandatory and should be checked out at least six months prior to departure. Some countries require visas to be issued in advance; many destinations require that the return be scheduled 3-6 months before expiration of passport.

An excellent guide to international travel is available at

<http://www.troopcrew180.org/international/inat-travelguide.htm> .

You will need to submit your tour plan for review with plenty of time to spare. You may also want to ask for an International Letter of Introduction, which is carried by individual Scouts and Scouters and by Scout groups when traveling to other countries.

Travel Costs

Arranging travel is the hardest part of any trek, as it is often the most expensive component and fares may vary wildly over time. I tend to use www.kayak.com, Google Flight Search, and Hipmunk for fare comparisons; there is a "fare tracker" that may help you know whether to hold on for a better fare, or buy now. However, some airlines, such as Southwest, may offer lower fares, and may not be represented on this site. To get some idea of the costs of travel to various locations, I sampled a group on 1/08/2017, for a departure from one of the Washington area airports on June 27 with a return on July 10. Both dates were selected to optimize midweek fares, and all fairs are roundtrip; I report the least expensive trip that does not have unreasonable layovers. Some of the

fares are lower than in 2017, and some are higher! I ignored many of the “discount airlines” because by the time one adds baggage fees, there was no savings.

	2018
Albuquerque:	\$280
Glacier National Park :	\$508
Jackson WY:	\$684
Reykjavik, Iceland	\$617
Hilo, HI	\$942
Zurich, CH	\$712
Geneva, CH	\$920
Frankfurt, DE	\$895
Anchorage, AK	\$744
Gustavas, AK:	\$808 (June 26 – July 11, long travel)
Bonaire:	\$948 (June 30 -- July 10)
Freeport, Bahamas :	\$505
Maui, HI	\$895
Denver, CO	\$281 (incl checked bag and carry-on)
Colorado Springs, CO	\$281 (incl checked bag and carry-on)
Cusco, Peru	\$895

*All priced 6/28-7/10/2017, maximum of one stop (except Bonaire, Gustavus, Cusco).

Shuttle service from Colorado Springs or Albuquerque to Philmont is about \$200/pp roundtrip. I personally find Colorado Springs to offer nice opportunities for acclimatization and outdoor activities (Pike’s Peak and Garden of the Gods).

As you can see, travel to Philmont is among the least expensive travel options, excluding the camps that are within a day drive from DC. However, there are other destinations that are nearly as inexpensive when one figures in reduced program costs. One should consider trips that do not come under the prepackaged Boy Scout / Venturing plans. However, trips to some of the more “exotic” locations can take nearly a full day of flying, which can be quite uncomfortable.

Travel to some locales, such as South Africa is expensive (~\$1500-\$2000) and time consuming, but low lodging, food and fees can keep trip costs nearly competitive with Philmont!

One of my personal favorites is Grand Teton National Park, reached from Jackson, WY. The hikes are spectacular. It is possible to make llama treks here, but the cost is ridiculous. Backcountry camping is very popular, so reservations are required.

Another favorite is Rocky Mountain National Park. The scenery is spectacular, as are the wildlife, including abundant elk and Big Horn sheep; airfare to Denver is cheap!

Alaska – Denali or Glacier Bay

For Denali go to Anchorage
For Glacier Bay, go to Gustavas

Denali

Minivan rental: \$153.00 per day (for 5 people, that works out to \$30.60 each).
Or Rail Fare to Denali: \$171 (each way)
Or bus to Denali: \$90 (each way)
Backcountry Camping: Free

Glacier Bay

Glacier Bay National Park – Free camping
Kayak – expedition doubles - ~\$65.00/day
Kayak Drop Off (Round Trip) ~\$225.00

Special equipment may be needed in Alaska; for example, sea kayaking in glacier bay requires raingear and boots that may be rented for \$40/pp per day, or must be brought on the trip (probably less expensive). It also requires the use of bear canisters, which may be checked out at the park ranger station (free). Camping permits may also be required, and camper orientations are a must! Denali and Glacier Bay are true wilderness experiences, and require a much higher degree of preparation and planning than do most experiences in the “lower 48.” Crews that take on one of these challenges should have some less aggressive wilderness experience under their belts already.

Scuba

Typical Prices:

Weeklong live-aboard scuba diving: ~\$1000.00 (20 dives);
\$150.00-\$200 equipment rental.

Consider enrolling each individual diver in the Divers Alert Network, for insurance (\$40.00/year and up, depending on coverage).

In general, most of us do not dive enough to safely supervise scouts. PADI or SSI dive centers can provide certified instructors or dive masters on each dive.

From the Guide to Safe Scouting: Scuba training programs may be a part of troop/team activities for participants who are 14 years of age or older. Members who meet the age requirement and are properly certified may participate in group dives under the supervision of a responsible adult who is currently certified as a

dive master, assistant instructor, or any higher rating from NAUI, PADI, or SSI. Student divers must be under the supervision of a currently certified NAUI, PADI, or SSI instructor. No exceptions to the BSA age requirement are permitted. Scouts with a junior diver certification may dive only when accompanied by a buddy who is a certified open-water diver at least 18 years old. Scuba programs may be a part of Venturing activities for participants who are 14 years of age or older. Members who meet the age requirement and are properly certified may participate in group dives under the supervision of a responsible adult who is currently certified as a dive master, assistant instructor, or any higher rating from NAUI, PADI, or SSI. Student divers must be under the supervision of a currently certified NAUI, PADI, or SSI instructor. No exceptions to the BSA age requirement are permitted.

Youth and Leader Certifications

- First Aid
- ARC Standard & CPR (minimum)
- Wilderness First Aid (WFA, SOLO, others – check BSA web site for providers)
- Leave No Trace
- Specialized training
- Safe Swim Defense, Safety Afloat
- Climb On Safely
- Trek Safely
- Youth Protection Training (mandatory for advisors)
- Back Country Outdoor Leader Skills

First Aid

Each Philmont crew must have at least two persons trained in American Red Cross Wilderness First Aid Basic or the equivalent. However, Philmont has accepted the following advanced levels of training with a copy of the license or certification must be shared with Philmont during the registration process; it is likely that other organizations will accept the same equivalence.

Wilderness First Responder
EMT Basic, Intermediate, or Paramedic
Registered Nurse
Physician's Assistant

Outdoor Emergency Care
Military Corpman or Medic
Nurse Practitioner
MD or DO

However, even if you find that an alternative certification is acceptable, I strongly recommend Wilderness First Aid training. Physicians and nurses do not usually practice in the wilderness. While their training and skills give them the ability to handle unusual situations, the additional exposure to the material in a Wilderness First Aid course will assure that they are truly prepared. I recommend reviewing

the curriculum a few days before leaving on a trip. It can be found at:
<http://www.scouting.org/filestore/pdf/680-008.pdf>.

Staying in Touch, and Getting out of Trouble

Check cell phone coverage maps before relying on this device. If traveling internationally, see if your cell phone works (many GSM phones will work abroad). Cell phones are not that helpful in many “wilderness” locations.

Personal locators range from \$130.00 (plus \$165/year subscription fee) to \$500 (REI). The subscription fee version is monitored by a private group, rather than government, but also provides a check-in service. Alternatively, can be rented for about \$40.00 per week at www.plbrentals.com. A wide variety of prices and plans are available, but most groups will probably find renting the least expensive option.

There is a good review of these devices at
<https://www.outdoorgearlab.com/topics/camping-and-hiking/best-personal-locator-beacon>.

Satellite phones are another option for the wilderness. Phones cost \$600 to \$1100, prepaid sim cards of limited duration add significantly to cost. Purchase probably not a good idea for most scout units!

Spot global phone: \$550. Service plans \$480/year and up. Various companies provide rental options. Roadpost.com rents Iridium for about \$8/day. \$79.00 gives you 50 minutes of airtime. The Roadpost site gives a good comparison of the two available sat phones in common use:

http://www.roadpost.com/compare_satellite_phones.aspx#gsc.tab=0

Leadership Requirements for Trips and Outings (Guide to Safe Scouting)

(advice – always review the Guide to Safe Scouting before planning any trip, since these requirements may change!)

It is the responsibility of the chartered organization of any Cub Scout pack, Boy Scout troop, Varsity Scout team, or Venturing crew or ship to inform the committee and leadership of the unit that sufficient adult leadership must be provided on all trips and outings (coed overnight activities require both male and female adult leaders).

1. **Two-deep leadership.** Two registered adult leaders, or one registered leader and a parent of a participating Scout or other adult, one of whom must be 21 years of age or older, are required for all trips and outings.

There are a few instances, such as patrol activities, when the presence of adult leaders is not required and adult leadership may be limited to training and guidance of the patrol leadership. With the proper training, guidance, and approval by the troop leaders, the patrol can conduct day hikes and service projects. Appropriate adult leadership must be present for all overnight Scouting activities; coed overnight activities—even those including parent and child—require male and female adult leaders, both of whom must be 21 years of age or older, and one of whom must be a registered member of the BSA. The chartered organization is responsible for ensuring that sufficient leadership is provided for all activities.

2. **During transportation to and from planned Scout outings.**
 1. Meet for departure at a designated area.
 2. Prearrange a schedule for periodic checkpoint stops as a group.
 3. Plan a daily destination point.
 4. A common departure site and a daily destination point are a must. If you cannot provide two adults for each vehicle, the minimum required is one adult and two or more youth members—never one on one.
3. **Safety rule of four:** No fewer than four individuals (always with the minimum of two adults) go on any backcountry expedition or campout. If an accident occurs, one person stays with the injured, and two go for help. Additional adult leadership requirements must reflect an awareness of such factors as size and skill level of the group, anticipated environmental conditions, and overall degree of challenge.
4. **Male and female leaders must have separate sleeping facilities.** Married couples may share the same quarters if appropriate facilities are available.
5. **Male and female youth participants will not share the same sleeping facility.**
6. **Single-room or dormitory-type accommodations for Scouting units:** Adults and youths of the same gender may occupy dormitory or single-room accommodations, provided there is a minimum of two adults and four youths. A minimum of one of the adults is required to be Youth Protection-trained. Adults must establish separation barriers or privacy zones such as a temporary blanket or a sheet wall in order to keep their sleeping area and dressing area separated from the youth area.
7. **When staying in tents, no youth will stay in the tent of an adult other than his or her parent or guardian.**
8. **If separate shower and latrine facilities are not available, separate times for male and female use should be scheduled and posted for showers. Likewise, youth and adults must shower at different times.** The buddy system should be used for latrines by having one person wait outside the entrance, or provide “Occupied” and “Unoccupied” signs and/or inside door latches. Adult leaders need to respect the privacy of youth members in situations where youth members are changing clothes

or taking showers, and intrude only to the extent that health and safety require. Adults also need to protect their own privacy in similar situations.

9. **Two-deep adult leadership is required for flying activities.** For basic orientation flights, the adult licensed pilot in control of the aircraft is sufficient for the flight, while two-deep leadership is maintained on the ground.

Coed Overnight Activities Policy

All Venturing activities shall conform to the ideals and purposes of the Boy Scouts of America. In order to ensure that all coed overnight activities for Venturers and invited guests at crew, district, council, regional, or national levels meet proper moral standards, the national Venturing Committee has established the following policy:

1. The crew Advisor (or Skipper) or council Scout executive must give careful consideration to the number of adults necessary to provide appropriate leadership for both male and female participants. The number of adult leaders required by the hosting facility or organization (such as a BSA national high-adventure base) must be provided.
2. Adult leaders must be 21 years of age or older and be approved by the committee chairman and chartered organization.
3. Separate housing must be provided for male and female participants.
4. An adult male leader must be housed with the male participants. An adult female leader must be housed with the female participants.
5. Written parent or guardian approval is required for each Venturer or guest under 18 years of age.

Organizing the Trip (from a powerpoint by Cooper Wright)

Trek Budget

- Developed by the advisors and shared with the crew's parents and committee
 - Transportation
 - Lodging
 - Meals enroute and on the trail
 - Training
 - Use fees
 - Insurance
 - Equipment purchase or rental
 - Side trips and tours
 - Crew shirts
 - Contingency

Crew Committee

- Consists of parents/guardians of all crew members
- Spreads out the work
- Assures engagement from critical players

Commitment

- Individual
- Family
- Crew

Crew Concept

- The Crew Leader *leads*
 - Organizes the crew (may have Ass't and QM)
 - Develops the duty roster
 - Seeks consensus from crew, but makes decisions
- The Crew Advisor *advises*
 - With the crew leader, develops the training program for backcountry skills and building crew unity
 - Should only step in when there is a health or safety issue
 - Daily “one-on-one” with Crew Leader
- Build crew unity by e.g., designing a distinctive crew shirt

Shakedown

- Develop crew dynamics and unity, teach skills, and build physical and emotional stamina
- Train at home prior to shakedowns, then practice what you have learned in the backcountry
- Build in duration and difficulty
- Insist on full participation right from the start
- I personally recommend at least 3, and ideally 5-6 shakedowns. If a youth is not “pulling his weight” it is time to get him off the crew.

Trek Plan

- Written document that includes
 - goals of the trek
 - transportation and route to the trail heads
 - Time Control Plan for the trek
 - required permits
 - crew members including any special qualifications
 - first aid and personal medication requirements
 - specialized training requirements
 - personal and crew equipment and food
 - emergency phone numbers
 - bailout plan
- Is more than a Tour and Activity Plan (formerly Tour Permit)!
- Is shared with all the parents

- Is left with one responsible adult at home who is designated as the Emergency Contact Person who is available to be called by the adult advisors while on the trip or parents at home

A nice prototype parental release may be found at <http://www.scouting.org/filestore/pdf/430-125.pdf> . I advise finding an attorney that can look over your release “pro bono.”

Transportation Plan

- Start early - plane tickets, van rentals, etc. – **One year in advance.**
- Weighs options - time, expense, etc. against car, van, plane etc.
- If going by car
 - Limited to no more than 10 hours per day of driving
 - Recommend having two adults per vehicle to drive
 - Cars should be mechanically checked & safe
- Consider for overnight lodging
 - Military bases – not usually an option any more
 - BSA Council camps
 - Federal, state and local parks
 - Youth hostels
 - Churches
 - YMCAs
- Be sure to thank your hosts when you get home

Permits

- Backcountry permits required for most land management areas
- Define size of group, camping locations, food storage procedures, emergency POCs
- Requires early coordination with backcountry management agencies
- Use the online Tour and Activity Plan at MyScouting.org!

Medicals

- High adventure activities require Class III physicals completed within 12 months preceding the activity
- Advisors must be aware of all existing preconditions and medications for all crew members
- Review specific requirements for each location (Philmont)
- SCUBA requires a special medical clearance

Consent Forms & Insurance

- Develop a consent form specifically designed to cover the activity
 - Include a duration, locations, and expected activities
 - Have permission or not to administer OTC drugs
- Carry copies of all medicals, insurance forms, and consent forms with you at all times (training & trek)

Other Things to Consider

- Activity briefing/open house
- Parents and crew meetings
- ***An early parents' meeting helps "get everyone on the same page"***
- Fund raising activities
- Communications (newsletter, email, etc.)
- Social activities
- Crew photography
- Crew log

Resources

- National BSA Website
 - Passport to High Adventure –
www.scouting.org/boyscouts/resources/18-075/index.html
- Discover Adventure Directory of Council Operated High Adventure Bases – www.scouting.org/boyscouts/directory/index.html
- Leave No Trace - www.scouting.org/boyscouts/resources/21-105/index.html
 - Teaching Leave No Trace – www.scouting.org/resources/21-117/index.html

Resources

- US Scouting Service Project
 - High Adventure –www.usscouts.org/usscouts/highadventure.asp
 - High Adventure links – www.usscouts.org/netresources/ha.asp
 - E-mail Discussion Lists (Canoe, Philmont, Seabase, Treks)–
<http://usscouts.org/lists>
- Guide to Safe Scouting – <http://usscouts.org/safety/g2ss.html>

PLANNING HIGH ADVENTURE



Months Before HA

- 12 During last HA, survey members to see what kind of HA they want.
- 11 Research possibilities and clear 3 best HA with committee.
- 11 Present 3 best HA to members and select one by vote, present to committee and Bishopric for approval, present to parents for approval
- 11 Make reservations for HA
- 10 Make Preliminary Plans for HA and publicize to include payment schedule
- 10 Get member and adult leader commitments and deposits; pay HA deposit
- 10 Determine HA training/conditioning needed and work into schedule
- 9 Publish individual equipment needs for HA
- 9 Go to committee with unit equipment needs for HA
- 9 Do a HA site survey/visit if you can and check it out.
- 8-5 Conduct first shake down and preparatory training/conditioning
- 4 Begin process to get medical physicals
- 4 Finalize detailed plans (schedule, transportation, communications, maps, unit equipment and supplies, costs, permits, insurance, safety requirements, bail out plans, emergency phone numbers and POCs, medical support, religious requirements, plus)
- 3 Send in final HA payments
- 2 Get physicals and permission slips
- 2 Get transportation secured (vehicles w/ enough seat belts and drivers)
- 2 Get permits as required for camping, hiking, fire, use, etc.
- 2 Apply for BSA Tour Permit

- 2 Conduct final shake down and training and correct any discovered deficiencies
- 1 Conduct final administrative inventory (copies of plan and schedule, permits, permission slips, medical powers of attorney, physicals, medications, maps, money, checks, credit cards, calling card, auto club, sun glasses, emergency phone numbers, CBs for vehicles, first aid kits, camera, batteries, film, etc.)
- 1 Buy food and supplies as required
- 0 Conduct load inventory and shake down, conduct vehicle inspections
- 0 Get a good night's sleep
- 0 Your Off on your high adventure
- 0 Be vigilant for safety, morale, discipline, and good experience
- 0 Keep records and take pictures
- 0 Evaluate
- 0 Start planning next year's HA
- +1 Report back to committee and parents and media

Resources:

- BSA The Adventure Plan (TAP):
<https://www.scouting.org> > Menu (upper right corner) >
 Outdoor Programs Overview > The Adventure Plan
- Cell Phone App – "Camp Scout" for information and links to National and Council High Adventure bases

NOTES:

Send your comments and any suggestions [here](#).