



# Scouting America

## Adventure West Council

### YHAO – ROCK & RIVER

On behalf of The Adventure West Council, it is our honor to welcome you to the Yellowstone High Adventure Outpost Experience! We are thrilled that you have chosen to spend an exciting and memorable week with us. We have been hard at work ensuring that your experience is amazing! Our Rock & River adventure is truly a once in a lifetime experience in one of the most beautiful and ecologically unique areas of our country.

The YHAO Rock & River Adventure is a 5-day experience exploring climbing and whitewater activities.

One day is devoted to training for both activities. Participants will then spend 2 days climbing outdoors, exploring the Shoshone National Forest or High Desert climbing ecosystem and 2 days rafting on the North Fork Shoshone River. Scenic mountain vistas and wildlife sightings round out this multi-discipline adventure.

#### CAMP BUFFALO BILL:

The Yellowstone High Adventure Outpost is operated out of Camp Buffalo Bill. The camp is within Shoshone National Forest, America's 1<sup>st</sup> National Forest, and is just 8 miles from Yellowstone National Park's east gate. This famous camp is a once in a lifetime destination full of beauty, wildlife, and adventure!

Camp Buffalo Bill  
870 North Fork Hwy  
Cody, WY 82414  
**307-587-5885** (*Summer Only*)

#### ELEVATION & WEATHER:

The camp sits at 6,400ft. Mornings are chilly, sometimes dipping to 30°-50° F. Afternoons can get as high as 90°. The air is very dry, and hydration is essential.

#### ADVENTURE WEST COUNCIL:

The Adventure West Council serves Northern Colorado, Western Nebraska, and most of Wyoming. We operate 5 camping properties and have 3 service centers.

#### YHAO Director – Ian Squires

307-709-1081 | [ian.squires@Scouting.org](mailto:ian.squires@Scouting.org)

#### Camping Department – Jeanene Gage

970-584-2202 | [Jeanene.gage@scouting.org](mailto:Jeanene.gage@scouting.org)

#### Director of Support Services – Billy Riley

970-518-5479 | [Billy.riley@scouting.org](mailto:Billy.riley@scouting.org)

[www.awbsa.org](http://www.awbsa.org)

# YHAO ROCK & RIVER – ADVENTURE WEST COUNCIL

## YHAO SESSION DATES:

- Week 0: June 7-13
- Week 1: June 14-20
- Week 2: June 21-27
- Weeks 3-5: Rock & River is not available due to low river water levels.



## ADVENTURE FEES

EARLY BIRD: \$700 (Paid by April 15<sup>th</sup>)  
REGULAR: \$750

## TREK REQUIREMENTS

Youth must be 14-years of age or 13-years of age and have completed the 8<sup>th</sup> grade to participate in the program. All participants must have currently passed the BSA swimmer test. Mature participants strongly encouraged.

## ADULT LEADERSHIP

Two registered adult leaders 21 years of age or over are required. A registered female adult leader 21 years of age or over is required if female youth are participants. Adults must meet the skill and physical fitness requirements and must attend the trek with the group.

## PHYSICAL FITNESS

Participants must be physically fit, able to carry at least 30 lbs., hold a dead-hang for 1 minute, and do several pull-ups. Please see the Risk Advisory section of the leader's guide.

## CAMPERSHIPS

Our Council offers campership opportunities for in-council units that are attending merit badge summer camp at Camp Buffalo Bill and BDSR. We **do not** offer camperships for our High Adventure Programs.

## REFUNDS

Planning and purchasing for camp happen long before camp begins and is based on pre-registration. If the unit or a Scout cannot attend, please review the Council's refund policy found at <https://awbsa.org/refunds/> and submit a refund request through our online portal.

## 1 TREK RESERVATION

Reserve your adventure by submitting your registration with a non-refundable unit deposit of \$100 online at <https://awbsa.org/yhao/>. The direct link is found on our website. After Sept 30<sup>th</sup>, non-refundable individual deposits are \$50 a person. Trek reservations are first-come, first-serve.



**GROUP SIZES:**  
4-12 individuals  
per crew

## 2 PAYMENT SCHEDULE

1. Feb 15<sup>th</sup> – 50% of remainder is due
2. Apr 15<sup>th</sup> – 100% of remainder is due.  
(If not paid in full by April 15<sup>th</sup>, then registration is the regular fee amount.)

## 3 DIETARY & SPECIAL NEEDS

Special food requests beyond normal menus may be provided and may have additional costs. Vegetarian and gluten-free alternatives are normally available. Please limit dietary requests to medical and religious needs. Please submit all special food requests in the online reservation system AND contact the YHAO director to discuss the need.

## MEDICATIONS

An adult leader from your group must keep any medications in a secure, protected container under their control. A medication log sheet will be provided and must be filled out during your stay. The log sheet is submitted to the camp medic at check-out.

## CPAP

There is no electricity in campsites. Participants needing CPAP must be prepared with sufficient batteries for the entire week.

## SATURDAY ARRIVALS

We realize that some units are unable to arrive at camp during our standard check-in beginning 1:00pm on Sunday afternoon. We are pleased to offer early arrival but **have firm policies due to Forest Service restrictions**. Unit's must arrive between 5pm & 7pm on Saturday evening and must bring a pre-cooked/prepared meal. No storage is available, and all food must be disposed of that night. Purchase of breakfast and lunch are required (\$10/ meal). Breakfast is continental. Lunch is at 12:45pm.

# YHAO ROCK & RIVER – ADVENTURE WEST COUNCIL

The YHAO Rock & River Adventure is a 5-day combined experience featuring whitewater rafting and outdoor rock climbing. Participants spend one day training and learning about safety, and then spend two full days paddling and two full days climbing. Perfect for newcomers to high adventure, this course offers nonstop adventure through a variety of activities. We depart from camp daily at 9:00am and return before dinner each evening.



## YHAO ROCK CLIMBING

- Learn a variety of tools and techniques that are applicable to climbing worldwide and prepare yourself for self-led adventures in the future.
- Challenging and fun climbing experience for individuals of all skill levels.
  - Outdoor top-rope routes from 5.7 to the 5.12's (high beginner to low advanced)
  - Outdoor boulder problems from V0 to V10 (beginner to advanced)
- Learn leadership and risk management skills that apply to all situations, not just climbing.
- Experience a mix of different climbing styles on granite, sandstone, and limestone.
- Learn from experienced instructors with over 50 years of combined experience.



## YHAO WHITEWATER

- Learn about local ecology and history and experience the Shoshone National Forest from a unique perspective. There are NO other commercial rafting trips on the section of river that we paddle.
- Raft up to 32 miles of the North Fork Shoshone over a course of 2 days.
- Learn about basic river rescue techniques such as defensive swimming, throw bagging, boat-based rescues, and basic pulley systems.
- Learn and apply whitewater boating techniques such as ferrying, eddy-turns, and the WORMS method.
- Scouts gain practical experience utilizing risk management, judgement, and leadership skills.
- Rafting is determined by water levels and various safety/risk factors. We cannot control how much water is in the river and appreciate your understanding when and if plans change. If the river is un-boatable, we will attempt to paddle in other locations.

---

## ARRIVAL DAY

- Please arrive on time, Sunday afternoon between 1 pm – 4:15 pm.
- Please park in the parking lot and back into your parking spot.
- Scouts can use the restrooms and visit the Trading Post. The adult leader will check in at the camp office.
  - Check-In Items: Official Roster from [my.scouting.org](http://my.scouting.org) / 3 copies of Medical Forms / Signed Waivers
- After check-in, everyone will complete a camp tour and then head to the YHAO briefing on the back porch of the Tate-Daniels building (trading post).
- At the briefing, you will meet your instructors and fellow scouts and learn about the itinerary for each day of your adventure. This is your chance to ask questions, check gear, and get to know your group before your adventure begins.
- 5:15 pm is Flags & Dinner, followed by an evening campfire which is optional for YHAO participants.
- We recommend going to sleep at a responsible time, you have a fun adventure that begins in the morning.

# YHAO ROCK & RIVER – ADVENTURE WEST COUNCIL

## PREPARING FOR CAMP

### PRE-TREK SHAKEDOWNS

Please have at least two shake-down campouts with as much >>>> as possible prior to your trek. Activities should include mature listening & following directions. Establish a duty roster and practice low impact camping. Complete an evaluation of what worked and what didn't work and what needs to be improved prior to your arrival at YHAO.

### UNIT ITEMS - WHAT TO BRING

- Paperwork – Official Unit Roster exported from my.scouting.org. Please mark all youth and adults that are attending the Trek.
- Paperwork – **3 copies** of each participant's medical forms, parts A,B, & C. (2 copies will be collected and not returned)
- Paperwork – Whitewater Release, Climbing release

### GROUP GEAR

- Medication container
- Tents – shared among participants
- Basic first-aid kit

### GEAR WE WILL PROVIDE

- Neoprene booties, helmet, splash jacket
- Ropes, harnesses, helmets, climbing hardware
- Climbing shoes (sizes 5-14)

### GEAR AVAILABLE TO BE BORROWED

If you need to borrow something, please contact us early. We have **limited supply** of these items.

- Tents / Ground Pads
- Water Bottles / Ponchos
- Compass / Hats
- Sunglasses / Sleeping Bags
- Backpacks / Dry bags

### SCOUT – WHAT TO BRING

#### PERSONAL CAMPING GEAR FOR BASECAMP

- Sleeping bag (20°-30° degrees)
- Ground pad/mattress/cot
- Sleeping clothes/pajamas
- BSA Uniform for flags at breakfast/dinner
- Heavy jacket/sweatshirt
- Brimmed Hat
- Hiking boots
- Large Pack or duffel bag

- 2-3 changes of clothing for camp
- Underwear for entire trip (no cotton)
- Flashlight (headlamp most convenient)

#### DAILY WEAR RIVER CLOTHING

*Synthetic fabrics, wool or neoprene only. NO COTTON. Packing list assumes participant is wearing/air drying one dedicated set of water clothing throughout the week.*

- Long sleeve shirt
- Socks- 2 pair (heavy synthetic/neoprene/wool)
- Long underwear- wool/fleece/synthetic to wear under your trunks/shorts
- Swim trunks or shorts (male),  
Leggings/running shorts, sports bra/shirt (female)
- Camp or Water close-toed shoes

#### DRY BAG CLOTHING

- Long sleeve shirt/long pants
- 1 pair dry socks (heavy synthetic/neoprene/wool)

#### PROTECTIVE GEAR

- Sunscreen (water resistant, high SPF, broad spectrum)
- Sunglasses (non-polarized)/ retainer strap
- Small drawstring bag for dry bag clothes
- Wool/fleece stocking cap
- 1 roll of athletic tape, 1 inch wide (climbing)

#### PERSONAL GEAR

- 2 -1qt water bottle with carabiner (clip to boat)
- Extra contacts/glasses
- Day pack (for climbing days)
- Athletic (loose fitting) clothing for climbing

#### SMELLABLES

- Insect Repellent (NO DEET or Permethrin, picaridin highly recommended alternative)
- Toothbrush/Toothpaste
- Soap/Shampoo/Comb/Hairbrush
- Towel/washcloth
- Other sanitary items

#### OPTIONAL ITEMS

- Trekkin' Poles, Camp Chair, Battery Pack, Camera
- Pack of cards, book, etc.
- Money for Trading post (\$100 suggested)
- Fishing Gear/Licenses for basecamp (see page 5)
- OA Sash
- Raincoat or poncho

# YHAO ROCK & RIVER – ADVENTURE WEST COUNCIL

## PRE-CAMP LEADERS MEETING

We will hold a pre-camp leader orientation meeting on Wednesday April 8<sup>th</sup> at 7:00 pm and Thursday April 9<sup>th</sup> at 5 pm (MTN). We will answer any additional questions that you may have. Information for the meeting will be sent out in advance.

## FISHING

Fishing is allowed on the Shoshone river while at Camp Buffalo Bill and we have limited fishing supplies available. A Wyoming fishing license is required for anyone over the age of 14.

- Fishing is NOT allowed while you are away from basecamp climbing and rafting.

## WILDLIFE

The wildlife in the area is amazing and we know that you will enjoy the experience. Please be aware that wildlife should be considered dangerous and to keep your distance.

**Bears:** The local ecosystem is home to the largest grizzly bear population in the lower US. Bears can smell food, deodorant toothpaste, shampoo, soap, and soda from long distances. We call these things “smell-ables” and they must be stored in bear proof containers or vehicles. Food and beverages are NEVER allowed in campsites. Violations of bear safety rules which include staying 100 yards away from a bear, are enforced by the National Forest Service and can result in individual fines of up to \$5,000.

**Moose:** We often have moose in and around camp. They are stronger and faster than they appear and can become aggressive if you intrude on their space. Please keep your distance.

**Bison:** American Bison, commonly known as Buffalo occasionally wander through camp. They can be unpredictable and easily agitated if you intrude on their space. They are capable of charging at high speeds. Stay clear and remember “Don’t pet the fluffy cows”.

## LAUNDRY

There are limited access laundry facilities available that can be used by campers for emergency situations.

## INTERNET

Internet service is available at basecamp in and around the dining hall for adults. There is no cell service in the area.

## ELECTRONIC DEVICES

Electronic devices such as cell phones are allowed but a Scout may be asked to not use their device during program time.

## ALCOHOL, TOBACCO & DRUGS

Alcoholic beverages and controlled substances are **absolutely prohibited**. Possession or use will be reported to local law enforcement. BSA Camps are smoke-free. This includes the use of electronic cigarettes, vaporizers, or systems which simulate tobacco smoking.

## PROHIBITED ITEMS:

- Pets (Service animals must be pre-approved)
- Fireworks and pyrotechnic devices
- Personal Firearms, Air-Pistols, Bows, Ammunition, Slingshots
- Bikes / Unicycles / Skateboards
- ATV’s, UTV’s, or ORV’s

## ADDITIONAL POLICIES

- Behave in a Scout-like manner (Scout Oath & Law)
- Do not throw rocks.
- Shoes must be worn and must be closed-toed. (*sandals are allowed at the showers*)
- No clothing with inappropriate graphics.
- Items which are in violation of BSA policy.
- See Guide to Safe Scouting for all policies.



## EMERGENCY PROCEDURES

Camp Buffalo Bill and YHAO have written plans for emergency response such as severe weather, fire, or a lost Scout, etc.

Details will be shared at check-in. Adult leaders should always carry a unit roster and vehicle keys on them while in and out of camp in case of an emergency or evacuation. YHAO guides carry SpotX communication devices for use in case of an emergency.

# Yellowstone High-Adventure Risk Advisory to Health-Care Providers and Parents

Council Phone: 307-234-7329

[www.awbsa.org](http://www.awbsa.org)

## **Yellowstone High Adventure Outpost Experience.**

The YHAO experience is not risk-free; however, by taking responsibility for one's own health and safety, and cooperating with staff, it's expected that most participants will have an enjoyable, safe YHAO experience. All participants should review all materials related to the experiences they are planning to have at YHAO. For questions, please call 307-234-7329.

**Risk Advisory.** Participants at YHAO should be physically fit, have the proper clothing and equipment, be willing to follow instructions, work as a team with your crew, and take responsibility for your own health and safety. Each crew is required to have at least two members trained in CPR.

Staff members are trained in Wilderness first aid and CPR. They can assist participants in recognizing and responding to accidents, injuries, and illnesses. However, response times are affected by location, terrain, weather or other emergencies and could be delayed for hours or even days in a wilderness setting.

**Weather.** The weather at YHAO is characterized by significant shifts in temperature. Elevation varies from 6,400 feet to 11,000 ft, depending on your adventure. Mornings can be chilly, sometimes dipping to 30°F, and afternoons can get as high as 90°F. Afternoon thunderstorms are possible. The air is very dry and many experience dry skin and chapped lips. Staying hydrated is essential.

## **Physical Fitness:**

- Each participant must be able to carry at least 30 lbs. (boat/equipment, ropes, hardware, safety gear).
- Participants should be able to hold a dead-hang (support your body weight) for 1 minute and do several pull-ups.
- Participants need to be strong swimmers with a basic knowledge of boating and be physically able to self-rescue.

**Allergy or Anaphylaxis.** People who have had an anaphylactic reaction from any cause are required to have appropriate treatment (i.e. at least one unexpired epinephrine auto-injector) in sufficient quantity to last the entire trip. All members of the crew should know how to administer the auto-injector.

**Medication.** Each participant who needs medication must bring enough medicine for the duration of the trip. Be aware that altitude/heat/exertion etc. can affect a medication's efficacy. It is not uncommon for participants to use more medication (particularly insulin and albuterol) than anticipated due to unfamiliar conditions faced on the trek.

**Seizures (Epilepsy).** The seizure disorder must be well-controlled by medication. **A well-controlled disorder is one in which 12 months have passed without a seizure.** Individuals with seizure conditions should familiarize others with signs and symptoms in the event that a seizure occurs in the backcountry.

**High Blood Pressure.** Upon arrival at YHAO, all adult participants may have their blood pressure checked. People diagnosed with hypertension should have controlled blood pressure before attending YHAO and should continue their medications to keep the blood pressure at or near normal levels. Those individuals with blood pressure consistently greater than 160/95 at YHAO may be kept off the trail.

**Diabetes Mellitus.** Participants with diabetes can have a successful YHAO experience by good planning prior to their trek. Both the person with diabetes and others in their crew or group need to be able to recognize signs of excessively high or low blood sugar. An insulin-dependent person who was diagnosed with or had a change in delivery system (e.g., insulin pump) or dosage in the last six months is advised to consult with their physician before participating. A person with diabetes who has had frequent hospitalizations or who has had problems with low blood sugar should not participate until better control of the diabetes has been achieved.

**Recent Musculoskeletal Injuries and Orthopedic Surgery.** Participants will put a great deal of strain on their joints. Individuals who have significant musculoskeletal problems (including back problems) or have had orthopedic surgery or injuries within the last six months must have a letter of clearance from their treating physician to be considered for approval, and YHAO should be contacted in advance of participation. Permission is not guaranteed.

**Asthma.** Asthma must be well-controlled before participating at YHAO. Well-controlled asthma is defined as:

- The use of a rescue inhaler (albuterol) fewer than two times per week (except usage for the prevention of exercise-induced asthma); awakened by asthma symptoms less than two times per month.
- Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair.

You may not be allowed to participate if:

- You have asthma not controlled by medication; or
- You have been hospitalized/gone to the emergency room to treat asthma in the past six months; or
- You required treatment by oral steroids (prednisone) in the past six months.

All members of the crew should know how to assist in administering the rescue inhaler and where the inhaler is located. Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler on the trek. If you do not bring a rescue inhaler, you must purchase one before you will be allowed to participate.

**Psychological and Emotional Difficulties.** Parents and advisors should be aware that no high-adventure experience is designed to assist participants in overcoming psychological or emotional problems. Experience demonstrates that these problems frequently become worse when a participant is under stress from the physical and mental challenges of a remote wilderness setting. Medication must never be stopped prior to participation and should be continued throughout the entire experience.

**Cardiac or Cardiovascular Disease.** Adults or youth who have a history of chest pain, myocardial infarction (heart attack), a family history of premature heart disease, or heart surgery including angioplasty may consider a physician-supervised stress test. Even if the stress test results are normal, the testing is done without portage packs or canoes and does not guarantee safety. If the results are abnormal, the individual is advised not to participate.

**Food.** If a participant has dietary needs or restrictions, it is critical that this information is provided in the dietary restrictions and allergies portions of their registration in Black Pug. We cannot plan for dietary restrictions that we are not aware of at least 2 weeks before you come to YHAO.

**Weight Limits.** Each participant in a YAHO trek should not exceed the maximum acceptable weight for height in the table shown in Part C of the Annual Health and Medical Record. Those who fall within the recommended weight limits are much more likely to have an enjoyable trek and avoid incurring injuries and other health risks. Due to the risks and logistics of backcountry rescue, no participant's weight can exceed 295 pounds.

