



Scouting America

Adventure West Council

ELKHORN HIGH ADVENTURE BASE

On behalf of The Adventure West Council, it is our honor to welcome you to the Elkhorn High Adventure 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! Backpacking in Northern Colorado is truly a once in a lifetime experience in one of the most beautiful and ecologically unique areas of our country.

The Elkhorn High Adventure Base provides a 5-day, 4-night backpacking adventure in the backcountry of Roosevelt National Forest and Rawah Wilderness with additional activities like natural rock climbing, repelling, & black powder shooting. Scouts typically hike between 5-10 miles a day and complete a 30 to 50-mile backpacking trek. Along the journey, you will encounter a variety of wildlife that often includes elk, deer, big horn sheep, coyotes, and moose. You will learn about the local ecology, view the stars with almost no light pollution, view scenic mountain vistas, wade in the mountain streams, and fully experience Colorado's backcountry wilderness.

BEN DELATOUR SCOUT RANCH:

Elkhorn High Adventure Base is operated from Ben Delatour Scout Ranch which is just north of Rocky Mountain National Park and surrounded by Roosevelt National Forest. This famous camp is a once in a lifetime destination full of beauty, wildlife, and adventure!

Ben Delatour Scout Ranch
2331 CR 68 C
Red Feather Lakes, CO 80545
970-881-2144

ELEVATION & WEATHER:

Elkhorn basecamp sits at 7,200ft. Mornings are chilly, sometimes dipping to 30°- 50° F. Afternoons can get as high at 90°. The air is very dry and hydration is essential.

www.awbsa.org

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.

Elkhorn Director – Gwen Holton

Camping Department – Jeanene Gage

970-584-2202 | Jeanene.gage@scouting.org

Director of Support Services – Billy Riley

970-518-5479 | Billy.riley@scouting.org



ELKHORN HIGH ADVENTURE – ADVENTURE WEST COUNCIL

SESSION DATES:

- Week 4: July 5-11
- Week 5: July 12-18



ADVENTURE FEES

EARLY BIRD: \$575 (*Paid by April 15th*)
REGULAR: \$600

TREK REQUIREMENTS

Youth must be 14-years of age or 13-years of age and have completed the 8th grade to participate in the program. 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 physical fitness requirements and must attend the trek with the group.

PHYSICAL FITNESS

Participants must be physically fit, able to carry 25% of their own body weight and able to hike 5-12 miles per day in mountain wilderness at high elevations. 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.

SELF-TRANSPORTATION

We do not provide transportation to trailheads, across camp, etc. Adult leaders should have vehicles available throughout the week to transport their group.

1 TREK RESERVATION

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



GROUP SIZES: 8-11 Individuals
Including both youth & adults

2 PAYMENT SCHEDULE

1. Feb 15th – 50% of remainder is due
2. Apr 15th – 100% of remainder is due.
(*If not paid in full by April 15th, 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 our office 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 the trek. The log sheet is submitted to the camp medic upon returning. All medications must be in the original pharmacy containers.

CPAP

Participants needing CPAP must be prepared to carry their equipment and extra batteries for the entire week. There is no way to re-charge batteries mid-trek.

SATURDAY ARRIVALS

There is a \$100 unit fee for units that need to arrive a day early and camp on the property Saturday night. Please select early arrival in your registration and contact our office to confirm. No services are available, including food.

ELKHORN HIGH ADVENTURE – ADVENTURE WEST COUNCIL

BOTH ADVENTURES INCLUDE:

- **High-alpine backpacking** in areas above the tree line with **alpine lakes, amazing views, and animal watching.**
- The exact area of your trek will be determined upon arrival based on a variety of factors which include snowpack, permits, elevation, and participant health.
- **Mountainous backcountry** experience in a wilderness area with **lightly used trails, no campsites or other people.**
- Scouts will learn about the local ecology, experience mountain vistas, and wade in the streams and rivers.
- Fishing is allowed with your own gear and fishing license. Fishing is ok in camp, but not good on the treks.
- **Whitewater Rafting** is an option on Monday. Units must pay for and set this up on their own with a local vendor.



ELKHORN TREK

- This is a 5-day, 4-night backpacking trek and is our most popular trek.
- The trek is **strenuous difficulty** with elevation beginning at 7,500 ft and rising to 13,000 ft.

Schedule:

- Sunday – Arrive at Camp / Shakedown / Dinner at dining hall at BDSR / Campfire program
- Monday – Acclimation overnighter at Ashley’s Grange with evening rock climbing.
- Tuesday – Return to basecamp to resupply / Travel to trailhead to begin your trek.
- Thursday – Return to basecamp Thursday night.
- Friday – Activities including Rappelling / Black Powder Shooting / Steak Dinner & Closing Program
- Saturday – Depart from Camp.



ELKHORN 50-MILER

- This is a 5-day, 4-night backpacking trek that includes traveling over 50 miles.
- The trek is **very strenuous difficulty** with significant miles traveled each day at elevations beginning at 7,500 ft and rising to 13,000 ft.
- Participants will earn Scouting’s 50-miler Award.

Schedule:

- Sunday – Arrive at Camp / Shakedown / Dinner at dining hall at BDSR / Campfire program
- Monday – Travel to trailhead to begin your trek.
- Friday – Return to basecamp / Afternoon activities based on arrival time / Steak Dinner & Closing Program
- Saturday – Depart from Camp.

ARRIVAL DAY

- Please arrive on time, Sunday afternoon between 12pm – 2pm.
- Arrive & Check-in directly at the Nicol Building at Elkhorn High Adventure Base
- Check-In Items: 2 copies of the official roster from my.scouting.org / 3 copies of Medical Forms / Signed Waivers
- SHAKEDOWN includes:
 - Meeting your Guide. Reviewing your trek plans. Gear review. Food packing. Physical Evaluation. Q&A.
 - Using the Patrol Method, the SPL will designate leadership roles for each day of your adventure.

ELKHORN HIGH ADVENTURE – ADVENTURE WEST COUNCIL

PRE-CAMP LEADERS MEETING

Our EHAB director will contact you after registration to answer any additional questions that you may have to prepare for your trek.

FISHING

Fishing is allowed with your own gear and a Colorado fishing license. The high-altitude mountain lakes are very hard to backpack into, so no beginner or novice crews. Please contact us if this is an activity you want to include.

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: Black 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. Group travel usually scares off any bears. If sighted, keep away and do not approach.

Mountain Lion and Moose: Make noise so that the animals know you are approaching. If a lion is encountered, stand your ground- never run- and make yourself appear as big as possible. Moose are stronger & faster than they appear. Always keep your distance.

Rattlesnake: The Western Rattlesnake is common in the area. Always be aware of your surroundings, watch where you step, and never place hands or feet on rocks or rock ledges without looking first. If encountered, move away as quickly as possible and simply make a wide path around it to continue your journey.

Ticks: Ticks are potentially dangerous critters that can carry several diseases. They are very common in early spring and have a special knack for climbing up pant legs and dropping onto heads & down necks. When ticks are removed, the bite areas should be cleaned properly to avoid infection.

LAUNDRY

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

INTERNET

There is no internet or cell phone service at basecamp. Trek leadership will need to travel to the BDSR office to access any wifi needed.

ELECTRONIC DEVICES

Electronic devices such as cell phones are allowed but will not be practical for much besides taking pictures and as an alarm clock. There will not be anywhere to charge during the trek.

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

Elkhorn High Adventure Base and Ben Delatour Scout Ranch 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. EHAB guides carry Garmin InReach communication devices for use in case of an emergency while not at basecamp.

ELKHORN HIGH ADVENTURE – ADVENTURE WEST COUNCIL

PREPARING FOR CAMP

PRE-TREK SHAKEDOWNS

Please have at least two shakedown campouts with as much hiking as possible prior to your trek. Test your equipment and make sure the group can work together. 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 EHAB.

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- CO Immunization form & CO Additional Information form for youth participants
- Paperwork – Climbing consent & waiver

GROUP GEAR (*shared in 4-person cooking group*)

- Medication container (for entire unit)
- Tents – shared among hikers
- A compass / Basic first-aid kit/ tarp
- Trowel Kit (TP, baggies, sanitizer)
- Shareable hygiene products (toothpaste, sunscreen spf >15, biodegradable soap, insect repellent, etc.)
- 2 disposable lighters / flint & Steel
- Small cooking pot per cooking group

GEAR WE WILL PROVIDE

- Communication/Hike Ranger
- Food issue (2-person meals)
- Fuel bottles, white gas, isobutane cans (as needed)
- Bear bags and rope
- Group medical kit & Maps of the area

GEAR AVAILABLE TO BE BORROWED

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

- Tents / Ground Pads
- Cooking stoves, sets & utensils
- Water treatment devices / collapsible water jugs

SCOUT – WHAT TO BRING

CAMPING GEAR

- Ground pad (with patches if inflatable)
- Sleeping bag (20° degrees)
- Silk/Synthetic Sleeping bag liner (adds 10° if cold)
- Backpack (60+liter capacity)
- Headlamp/small flashlight with 1 new set batteries
- Waterproof pack cover and stuff/compression sack for sleeping bag
- 1 roll of athletic tape, 1-inch wide, Moleskin

TREK CLOTHING "*I can get by with less*"

- 1 Hiking Long Sleeve Shirt (No Cotton)
- 1 Hiking Long Pants (No Jeans/Cotton)
- Hiking Boots (Waterproof, ankle high, broken-in)
- 3 pairs of wool/synthetic Socks (No Cotton)
- 2-3 pair underwear (synthetic/wool advised)
- Sleepwear (gym shorts & t-shirt)
- Waterproof rain gear with hood (No lightweight ponchos)
- Fleece or puffy jacket
- Closed-toe water shoes (for river crossings)
- Synthetic or wool long underwear top & bottom
- Brimmed Hat / Sunglasses / Stocking cap (night)

NON-TREK CLOTHING & ITEMS

To be stored at camp while you are out.

- Scout Uniform
- Spare set of clothes for trip home
- Deodorant / Antiperspirant / Shaving Products/Shower products for night before departure

SMELLABLES

- Spork and Bowl
- Water Bottles (Hard sided or bladder style, 3+liters total, one liter must be a hard bottle)
- Lip Balm, Toothbrush, Feminine Products, etc.

OPTIONAL ITEMS

- Trekkin' Poles, Camp Chair, Battery Pack, Camera
- Slippers, Light gloves for night temps.
- Pack of cards, book, etc.
- Toilet Paper (*must be packed out after use*)
- Money for Trading post
- Fishing tackle & license
- Head net for mosquitos

Elkhorn High Adventure Risk Advisory to Health-Care Providers and Parents

Council Phone: 970-330-6305

www.awbsa.org

Elkhorn High Adventure Base Experience.

The EHAB 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 EHAB experience. All participants should review all materials related to the experiences they are planning to have at EHAB. For questions, please call 970-330-6305.

Risk Advisory. Participants at EHAB 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 EHAB is characterized by significant shifts in temperature. Elevation varies from 7,200 to 13,000 feet, 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 25% of their own body weight and be able to hike 5-12 miles per day over mountain wilderness at high elevations.

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. All medication must be in the original pharmacy container.

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

Diabetes Mellitus. Participants with diabetes can have a successful EHAB 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 EHAB should be contacted in advance of participation. Permission is not guaranteed.

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

- The use of a rescue inhaler (albuterol) fewer than two times per week (except use 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 backpacks 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 individual registration. We cannot plan for dietary restrictions that we are not aware of at least 2 weeks before you come to EHAB.

Weight Limits. Each participant in a EHAB 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.