



**MEDICINE MOUNTAIN**  
SCOUT RANCH & ADVENTURE BASE

**2020 HIGH ADVENTURE SECTION**

**SUPPORT & HELP**

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# 2020 HIGH ADVENTURE SECTION

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## 2020 HIGH ADVENTURE SECTION

### EXPLORE THE BLACK HILLS

Adventurers,

The Hills are alive with adventure and it is just waiting for Scouts and Scouters to take ahold of it! Your most experienced Scouts can set their own adventure at the Medicine Mountain Scout Ranch & Adventure Base. Our high adventure programs are open to both youth and adults.

All of our high adventure programs are two days in length; either Monday and Tuesday or Thursday and Friday. This means participants can experience two different programs in one week or they can do a high adventure program half of the week and enroll in merit badges for the rest of the week. Scouts and Scouters truly do have the opportunity to craft their own adventure at Medicine Mountain.

In total, our High Adventure Program offers 6 options for Scouts and Scouts to choose from:

- New Heights Program (Natural Rock Climbing)
- Wheels & Gears Program (Mountain Biking)
- Centennial Trail Trek – PAHA SAPA
- Spelunking Program (Caving)
- Trails & Dust Program (ATVs)

Remember, that Scouts can choose up to two of the above programs to participate in during one week of camp. Each program costs an additional fee of \$75 per participant. The fee for the Centennial Trail Trek is \$125 per person. This covers equipment, insurance, government permits, and trained guides.

The Black Hills of South Dakota is a prime location to take part in High Adventure. Don't miss out the opportunities that Medicine Mountain has to offer.

In Scouting,

Stewart Smith  
Program Director  
Black Hills Area Council



# 2020 HIGH ADVENTURE SECTION

## THE DETAILS

### Pricing

For each two-day high adventure program, the cost is \$75 per person. The fee for the Centennial Trail Trek is \$125 per person. These fees will be added to the base price of attending camp. For details and information on the base price, please refer to the Administrative Section of the Camping Guide.

Pricing for high adventure programs covers insurance, equipment, government permits, maintenance, and trained guides.

### Dates

**All high adventure programs are offered during each week of our Boy Scout resident camp Session Dates**

<b>Week 1</b>	June 14 – 20, 2020
<b>Week 2</b>	June 21 – 27, 2020
<b>Cub Resident Camp</b>	June 28 – July 1, 2020
<b>Week 3</b>	July 05 – 11, 2020
<b>Week 4</b>	July 12 – 18, 2020
<b>Week 5</b>	July 19 – 25, 2020

### Participation Requirements

1. Participants of any high adventure program must be 14 years old by the time of participation.
2. All participants must complete an Informed Consent Agreement for High Adventure Activities form.
3. Each program will hold a briefing on Sunday evening. All participants must attend their program briefing.
4. All participants must be able to meet the same medical requirements of Philmont Scout Ranch. These requirements are found at <http://www.philmontscoutranch.org/Camping/WhoCanCome/HealthMedicalRequirements.aspx>
5. The Spelunking (Caving) program participants must fit thru a 8" x 20" opening.

### Risk Advisory

Our high adventure programs have an excellent health and safety record. We strive to minimize risks to participants by emphasizing proper safety precautions. If you decide to participate, you should be physically fit, have proper clothing and equipment, be willing to follow instructions and take responsibility for your own health and safety. High adventure programs offered by the Medicine Mountain Scout Ranch & Adventure Base are not "risk free"; therefore, you should be willing to listen to safety instructions carefully, follow directions from our high



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### THE DETAILS

adventure staff and take appropriate steps to safeguard yourself and others. Leaders and participants of high adventure programs are advised that these programs can involve exposure to an accident, illness and/or injury associated with high elevation and is a physically demanding high adventure program in a remote mountainous area. Medicine Mountain Scout Ranch's elevation is about 6200' above sea level. Participants, in some of the High Adventure Programs, may be exposed to occasional severe weather conditions such as lightning, hail, flash floods, extreme heat / cold or may change elevation of over 1000 feet.

Other potential problems include: injuries from tripping and falling, motor vehicle accidents, worsening of underlying medical conditions such as diabetes or asthmas, heart attack and heat exhaustion. The high adventure staff is trained in first aid and CPR to assist in recognizing, reacting and responding to accidents, injuries and illnesses. They work with the High Adventure Director to determine if someone can participate in our programs. Remember, response times can be affected by location, weather or other emergencies. Each unit leader is encouraged to use the "Philmont Weight Limits for Backpacking and Hiking" as a guide for determining who should participate. WE STRONGLY RECOMMEND that participants that fall outside these levels be counseled not to participate in high adventure programs.

### Camp Program Schedule

Medicine Mountain utilizes a block schedule for all of its merit badge, high adventure, adult training, and specialty programs. Programs will either be assigned (1) one or multiple blocks.

For example; if a Scout chooses to take the canoeing merit badge in block A, the Scout will attend his class Monday & Tuesday 9:00AM to 11:00AM for a total instruction time of 4 hours. He/she will earn the merit badge, provided all the pre-requisites are completed, in this time frame.

**High Adventure programs will span across two or more blocks;** typically, either blocks A&B or blocks C&D. Our Paha Sapa high adventure program (backpacking) will depart camp Monday after flags and will return Tuesday evening (Blocks A, B, & E).

**ATV PROGRAM SCHEDULING** – The ATV program runs on a special schedule due to course requirements. The schedule has been designed to ensure Scouts have the opportunity to work on a merit badge for the other half of the day. Here is the ATV course schedule:

**Course 1** | Monday & Tuesday 9:00AM to 12:30PM

**Course 2** | Monday & Tuesday 1:00PM to 4:30PM

**Course 3** | Thursday & Friday 9:00AM to 12:30PM

**Course 4** | Thursday & Friday 1:00PM to 4:30PM

A sack lunch will be provided to participants in courses 1 & 3.



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## PROGRAM SELECTIONS

### Program Blocks

BLOCK	DAY	TIME SLOT
A	Monday & Tuesday	9:00AM-11:00AM
B	Monday & Tuesday	2:00PM-4:00PM
C	Thursday & Friday	9:00AM-11:00AM
D	Thursday & Friday	2:00PM-4:00PM
E	Monday	7:00PM-9:00PM
F	Tuesday	7:00PM-9:00PM
G	Thursday	7:00PM-9:00PM

### PHILMONT WEIGHT LIMITS FOR BACKPACKING AND HIKING:

Each participant in a trek must not exceed the maximum acceptable limit in the weight for height chart shown below. The right hand column shows the maximum acceptable weight for a person's height in order to participate in a trek. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks. Philmont recommends that participants carry a pack weighing no more than 25-30% of their bodyweight.

Height	Recommended Weight (pounds)	Maximum Acceptance	Height	Recommended Weight (pounds)	Maximum Acceptance
5'0	97-138	166	5'10	132-188	226
5'1	101-143	172	5'11	136-194	233
5'2	104-148	178	6'0	140-199	239
5'3	107-152	183	6'1	144-205	246
5'4	111-157	189	6'2	148-210	252
5'5	114-162	195	6'3	152-216	260
5'6	118-167	201	6'4	156-222	267
5'7	121-172	207	6'5	160-234	274
5'8	125-178	214	6'6	164-234	281
5'9	129-185	220	6'7 and over	170-240	295

This table is based on the revised Dietary Guidelines for Americans from the US Department of Agriculture and the Department of Health and Human Services.





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### PROGRAM SELECTIONS



#### Wheels & Gears Program (Mountain Biking)

Our Wheels & Gears is designed to show some of the prime biking trails in the Black Hills. Participants will receive instruction of bike repair, planning, and safety...and a lot of riding. Each day, participants will leave from camp to bike permitted US Forest Service trails. Bikers will have lunch out on the trail with their guide for both days. Participants will be in camp for both breakfast and dinner. Participants are welcomed to bring their own bike or utilize a bike provided by the camp at no additional charge. Participants are encouraged to bring their own helmets that they are comfortable with.

Bring a small day pack capable of carrying a first aid kit, water, rain gear, repair kit, and lunch. Participants should possess the ability to ride a bike, 5 miles up and down hills, with elevation changes of 1,000 to 1,500 feet. Participants should meet the same Health & Medical requirements that Philmont Scout Ranch has. The link to these requirements can be found on p. 4.

**Program Capacity** – 8 participants per two-day program



#### New Heights Program (Natural Rock Climbing)

Experience climbing, Black Hills style! With the world famous Needles in Custer State Park a short drive away and a permitted natural rock climbing near camp, Medicine Mountain is in a prime location to deliver a world class climbing program to participants. Participants will not only have a mountain-top adventure but will also earn requirements toward the climbing merit badge. Scouts and Scouters will learn or define their climbing skills, experience different techniques, and most importantly have a blast with the New Heights Program.

Climbers do not need to be experienced. All climbers need to bring sturdy shoes to climb with. Camp can provide shoes if necessary. The climbing program utilizes our 40-foot climbing tower for initial training. Our climbing program utilizes the needles at Custer State Park and the Buckhorns as natural rock climbing locations. Both locations feature 60 to 70ft climbing routes. Routes vary from beginner to advance. We can match routes with the experience of the climber. A sack lunch will be provided each day to participants. Participants will be in camp for breakfast and dinner.

**Program Capacity** – 12 participants per two-day program



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## PROGRAM SELECTIONS



### Spelunking program (Caving)

Medicine Mountain's Spelunking Program is a rare and exciting opportunity to spend time underground within a scouting program. All participants must successfully complete the Caving Orientation and meet the physical size requirements (**Fit thru a 8" x 20" opening**) prior to entering any cave. Orientation and instruction cover topics such as: safety, environmental concerns, "White Nose Syndrome", cave conservation, geology and hydrology. Access to caves is provided under a special use permit from the U.S. Forest Service.

Participants should bring 2 sets of clothes that they will not worry about getting dirty or torn. Medicine Mountain provides military style jackets and pants to wear over cloths. We also provide helmets and headlamps for all cavers. A sack lunch will be provided each day to participants. Participants will be in camp for breakfast and dinner.

**Program Capacity** – 10 participants per two-day program



### Trails & Dust Program (ATV)

In partnership with Polaris and ASI, Scouts and Scouters can participate in Medicine Mountain's ATV program. This course will instruct participants in the safe and proper operation of an ATV for 5 hours. Please be aware that an additional release form will need to be signed to enroll in this high adventure program.

No prior experience in ATV riding is required to enroll in this program. Participants will be in camp for breakfast, lunch, and dinner.

**Program Capacity** – 8 participants per course.

**ATV PROGRAM SCHEDULING** – The ATV program runs on a special schedule due to course requirements. The schedule has been designed to ensure Scouts can work on a merit badge for the other half of the day. Here is the ATV course schedule:

**Course 1** | Monday & Tuesday 9:00AM to 11:30PM

**Course 2** | Monday & Tuesday 1:00PM to 3:30PM

**Course 3** | Thursday & Friday 9:00AM to 11:30PM

**Course 4** | Thursday & Friday 1:00PM to 3:30PM

**EXPERIENCED RIDERS** – We would not recommend this course for experience ATV riders, because this course focuses its time on the techniques of riding and ATV safely. **We would recommend** that experienced riders enroll in an ATV trail ride offered in Blocks F & G. That trail ride is for riders who currently hold an ASI certificate or has currently completed one of the camp's ATV programs.