



YOU'RE INVITED!

**TAHOSA'S 80th
ANNIVERSARY**

**2018 ALPINE ADVENTURE
PROGRAM GUIDE**

Welcome from the Camp Director

Hi! My name is John Braselton and I will be serving as the Tahosa Camp Director for the 2018 camping season! I am excited to come to Tahosa as I have been on staff at Peaceful Valley for the past seven years! As you plan your summer camp experience, should you have any questions, please feel free to reach out to myself via email at john.braselton@scouting.org or the camp at camp.tahosa@scouting.org.

If you haven't had a chance already, please take a moment to review the **Leader's Guide**. The Leader's Guide provides information that is camp specific and relates to check in and other camp policies. This guide, the **Program Guide** focuses on the Program aspect of camp and only touches on a few items that are explained in the Leader's Guide. Additionally, the Leader's Guide has copies of required documents needed for camp. You can find a copy at www.bsacoloadadventure.org or email me and I can send you a copy.

I look forward to having you at one of the Denver Area Council's great camping properties!

See you this summer!

John Braselton

Welcome from the Trek Program Director

Hello! My name is Sarah Larson, and I will be serving as the Trek Director this summer. My staff and I are prepared to offer you an exceptional program. We have extensive training and experience in backpacking and working at camp. Combined, my staff and I have over 17 years of camp staff experience which includes leading thousands of youth in many merit badges, hikes, backpacking trips and other adventures.

The Indian Peaks Wilderness is an amazing place to spend time. While on trek, we'll be learning and applying the skills to have an enjoyable and safe trek. This is your adventure so you will be planning it! I am sure that while you are on the Trek you will be able to enjoy Colorado's beauty and be able to enjoy being in the wilderness.

If you have any questions prior to your Trek, please reach out to Tahosa High Adventure Base at camp.tahosa@scouting.org or by calling 303-440-4040.

See you on the trail!

Sarah Larson

Camp Policy Reminders

Please review the following Camp Policies as a reminder. Please reference the Leader’s Guide for further instruction. If you have any questions, please email camp.tahosa@scouting.org.

- Check In
 - Please plan to arrive to camp between 1:00 and 2:00 pm. Please do not arrive before 1pm and if you need a different check in time, please email camp.tahosa@scouting.org
 - Make sure all youth and adults have medical forms and medications to turn in at check in.
 - **Please make sure to have all the items on the Check in Checklist found in the Leader’s Guide.**
 - Only one vehicle can drop supplies in campsites. All vehicles must park in the parking lot. **NO PARKING IN CAMPSITES EXCEPT FOR TRAILERS ONLY.**
- First Day at Camp
 - There will be a Scoutmaster and SPL meeting after check-in. Please plan to attend for important information.
 - **All persons on property are required to attend the Safety and Security Talk on the first day of camp.**
- Visitors and Late Arrivals
 - All visitors (including day-only adults and visitors) must check in at the Welcome Center or Medical Lodge upon arrival.
 - Visitors are required to pay for meals that they will be attending.
- Safety and Security
 - All campers and adults must wear a wristband for identification at all times during the week at camp.
 - The property gates are secured at night between 12 Midnight and 7 am. Nobody can leave or enter during this time.

Visiting Adult Requirements

Length of Stay	Category	Registered BSA Member	BSA Medical Form	Fee	YPT
Less Than 24 Hours	Visitor	Yes (Effective 2018)	No, but parts A & B recommended.	Must pay for Meals	Yes with the exception of family night
More Than 24 Hours	Overnight Registered Adult	Yes	Yes	\$40.00/day	Yes

Trading Post

Our trading post will be able to help supply you with most of your needs while at Tahosa. We have kits for working on certain merit badges, camping gear, knives, souvenirs, and Tahosa apparel. Most Scouts find \$50-\$100 covers their program fees, souvenirs, and snacks for the week. The trading post accepts most major credit cards, personal checks, and cash. Hours will be posted at camp.

Alpine Adventure

The routes chosen for Alpine Adventure provide a variety of difficulty while giving comparable experiences, challenges and views to the participants. Routes are usually 30 to 35 miles in length and will include elevation gains between 5,000 and 7,500 feet over the course of 5 days with 50-60-pound pack. Our primary routes travel through the Indian Peaks and James Peak Wilderness Areas. We try to match the route to the characteristics and goals of each crew during shakedown at camp on Sunday. Alpine Adventure does use the elevation gain formula which is for every 1000 feet gained 3 miles are added to the overall hike. By using the elevation formula, the hikes are comparable to a 50 mile. This makes the hike comparable to a 50-mile hike in Kansas and Nebraska that has little elevation and altitude gain.

June hikes are about 20-35 miles in length due to the snow conditions. Treks will be using snowshoes and camping on possible snow fields. During this trek, Scouts learn how to **glissade**, which is a control slid down a snow field using an ice axe. Troops that went on a trek with us during this time of the year said it was a great experience and not one that is often offered to Scouts.

July are about 35-40 miles in length and include various elevation changes between 8,000 and 13,000 feet. Primary routes travel through the Indian Peaks Wilderness Area, James Peak Wilderness, and Roosevelt National Forest. Routes are established by permits but may be slightly modified to match the characteristics, experience, and goals of each crew during their pre-trek assessment. Due to snow conditions, early treks may not reach the highest elevations.

The U.S. Forest Service issues backcountry permits to Tahosa High Adventure Base on January 1st of each year. The Tahosa TREK Director and Guides will do their best to match up each individual crew with the most appropriate trek. There are certain routes that we are allocated by the U.S. Forest Service for each week – please do not request a specific route because we may not have it for your week. The maps issued by Camp Tahosa are the National Geographic “Indian Peaks/Gold Hill” for Colorado, USA; Map #102, available at any REI or outdoor store.



Merit Badges while on Alpine Adventure

Participants on the Alpine Adventure Trek will have the opportunity to work on some merit badges while on trek. Full participation is required to earn these requirements.

Hiking: NOT completed: 3, 4, 5, 6

*6 can be completed if the participant journals each day. Must show proof to Trek Guide.

Backpacking: NOT completed: 9a, 9e, 10, 11a, 11b, 11c

*11c can be completed if the participant journals each day. Must show proof to Trek Guide.

Trek Leadership Structure

Youth Trek Leader: Designed to develop the leadership skills of youth in the Scouting program. The youth crew leader will be responsible for organizing the trek, assigning duties, and making overall decisions with the input of the trek participants and the advisement of the adult leader and backcountry guide. They will be expected to establish a duty roster, manage “smellables” in camp, provide simple conflict resolution, delegate responsibilities, and interact with adult leaders and backcountry guide.

Adult Trek Advisors: With the advice of the backcountry guide, the adult trek advisors will be responsible for the safety and well-being of all crew members. The more capable the youth crew leader, the more the adult trek advisors should remain in the background. This is used if an adult is on the trek.

Backcountry Guide: (Provided by Tahosa) Acts as a resource for the youth trek leader and adult trek advisors, serving as a teacher and coach. All guides are 18 or older and are trained in low impact camping, navigation, safety and wilderness emergency situations. The backcountry guide will advise the youth crew leader on the route and travel plans. In emergency situations, the backcountry guide is the final decision maker.

By using these three levels of leadership, it is our goal to provide a safe backcountry experience, but one in which everyone will have an opportunity to grow their leadership and camping skills.



Trek Preparation

Any trek into the Colorado Mountains is physically demanding due to the combination of a high starting altitude, reduced oxygen, and elevation gains and losses. The trails are steep and rocky, with elevation gains of over 1,000 feet. When summiting peaks, elevation gain may be significantly higher. Factor a pack weight of 50-60 pounds, and the trip becomes even more intense.

The time to get in shape for your trek is now, months in advance. All participants need to begin a regular aerobic fitness program at least two months before participating in any Tahosa or Alpine Adventure Trek. Exercise for at least 30 minutes at intensities that raise your heart rate to about 75% of your maximum. Please consult your doctor before beginning an exercise program. Keep in mind that Camp Tahosa sits just below 9,000 feet above sea level, and rarely will the trail drop below this height. Many treks will travel as high as 12,500 feet above sea level.

The best preparation is to hike with a loaded pack. Begin with shorter, flatter hikes, and a light pack. Strive to work up to 8 miles on steep terrain with a 40-pound pack. Carry the pack and break in the boots you plan on using on the trek. Hike together with your troop or crew to build relationships along with your strength and endurance.



A month or so before scheduled camp dates:

1. Distribute health forms.
2. Collect final payments.
3. Organize a gear list and assign unit gear.
4. Schedule a weekend trip of about 10-15 miles.
5. Select a youth leader for your trek.
6. Insure adult leaders have the necessary Youth Protection, CPR, and First Aid training. Wilderness First Aid Trained if possible.

A few days before camp:

1. Hold inspection of personal packs and crew gear.
2. Final check on transportation: going and returning.
3. Inform Scouts of practices and rules while attending treks. Clarify crew's rules on good behavior and expectations.
4. Finalize departure location and time.
5. Collect and carefully review all participants' health forms.
6. Distribute contact names and numbers, as well as the trip plan to parents.

The day you leave for Camp Tahosa:

1. Secure missing gear from pack inspection.
2. Collect missing health forms.
3. Label all medications with name and unit number in accordance to instructions on the health form before coming to camp.

Alpine Adventure Schedule

Sunday

1:00 pm	Check-in
2:00 pm	Orientation and Gear Shakedown <ul style="list-style-type: none">▪ Bring full pack▪ Team gear issued/divided
3:30 pm	Team Building Activities
5:00 pm	Free Time/Journaling
6:00 pm	Flags (Wear field uniform)
6:15 pm	Dinner (Dining Hall)
7:15 pm	Emergency Siren and Safety
7:30 pm	Chapel Service (Optional)
8:30 pm	Opening Campfire
10:00 pm	Lights Out

Monday

6:45 am	Flags
7:00 am	Breakfast (Dining Hall)
8:30 am	Food Handouts/Final Preparations
8:45 am	Hit the Trail!

Tuesday-Thursday

On the Trail

Friday

11:00 am	Return to camp Gear cleaning & check in
12:30 pm	Lunch Finish Gear cleaning, check in & put away Shower
3:30 pm	COPE



Unit Equipment and Personal Gear

Units arriving at Camp Tahosa must be prepared for a mountaineering experience. Depending on the time of the season, expect anything from 8 feet of snow to 80° weather. It is important to ensure your unit comes prepared, so they can fully enjoy a mountaineering adventure. It is highly recommended to call Tahosa at 303.440.4040 a week or two before arriving at camp to check on snow and weather conditions in the backcountry.

It is imperative to bring EVERYTHING on the list. Some items might not be used on the trip depending on your unit's trek and current weather conditions. It is still necessary to bring everything to ensure your ability to adapt to the climate and changing weather conditions. If you do not have the proper equipment, contact Camp Tahosa (camp.tahosa@scouting.org) to see if they can loan/rent it out upon your arrival.

Required Individual Gear for Alpine Adventure

*Tahosa has limited availability to borrow

Required Items:

- Tent (suitable for backpacking) *
- Backpack with hip belt (4,500-6,000 cu. in.)*
- Pack cover (trash bag is not an ok alt.)
- Sleeping bag (appropriate for 20 degrees or below)
- Sleeping clothes
- Sleeping pad*
- Bowl, spoon, cup for eating
- 2 or 3 one-quart water bottles
- Stuff sacks

Required Clothing (non-cotton):

- Hiking boots, well broken in **NO TENNIS SHOES**
- 2 pair of wool hiking socks
- 3 pair of lighter inner liners (polypro)
- 3 changes of underwear
- Hiking shorts
- Hiking pants
- 1 long sleeve shirt
- 2 short sleeve shirts
- Lightweight jacket or fleece
- Sturdy rain jacket (no ponchos)
- Sturdy rain pants (snow pants in early season)
- Hat or cap with brim
- Stocking cap and gloves
- Long underwear, top and bottom
- Gaiters (shin height, not ankle)

Personal Items:

- Small pocketknife
- Matches or lighter
- Flashlight or headlamp and extra batteries
- Compass
- Bandanas (at least one)
- Whistle
- Toothbrush and paste
- Biodegradable soap
- Small camp towel
- Sunglasses
- Sunscreen and lip balm
- Personal first aid kit
- 10 Essentials**

- Buff or neck/head coverage (or purchase at Trading Post \$5-\$20)

Optional Items:

- Camera
 - Lightweight shoes for camp
 - Foot powder
 - Watch
 - Fishing equipment and license if required
 - Note pad and pen
 - Money for Trading Post
- NO radios, electronic games, Ipods, etc.*

Equipment Issued by Tahosa

- Stoves
- Fuel bottles and fuel
- Water filters
- Repair kits
- Cooking kits and utensils
- Hot pot tongs
- Latrine shovel
- Plastic trash bags
- Dish soap, scrub pans
- Plastic strainer
- Rubber scraper
- Water purification chemicals
- Toilet paper
- Bear Bag and rope
- Maps
- Food
- Collapsible water container
 - o (2-1½ - 2 gal each)
- First aid kit
- Spices for cooking

Damage to equipment: Equipment issued by Tahosa is the responsibility of that unit. In the case of damage to this equipment, the unit is responsible for paying for repairs or replacement.

Final Thoughts...

Family Night: Family and friends are welcome to come and visit on Friday night! **Please inform the Camp Director or designee by Sunday at dinner of the number of visitors attending.** The cost is \$8 per person for dinner. Visitors should plan to arrive between 5:00 pm and 5:30 pm and stay through campfire which ends around 9:00 pm. All visitors must check in at the Welcome Center!

- Families that wish to stay overnight are welcome but must bring their own gear. They must also have a Medical Form Parts A & B. **No campers or trailers.** If staying overnight, the fee is \$15 per person and includes Friday dinner and Saturday breakfast.
- **Friday night dinner will be at our Lake Party to celebrate the 80th Birthday of Tahosa! The lake will be open to boating for Blue Swimmers, and other activities will be open for families and those that do not want to go on the lake. The theme of this birthday party is Hawaiian, so bust out those Hawaiian shirts and come hang out!**

Need camping gear for the week but don't want to purchase it? Check out Colorado Adventure Point's Gear Reserve! The Gear Reserve has lots of equipment that you can rent for the week! Call 720-266-2179 or email Lenny at Lenny.yurgin@scouting.org to check it out!

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www.facebook.com/TahosaHighAdventureBase

