



YOU'RE INVITED!

**TAHOSA'S 80th
ANNIVERSARY**

**2018 TAHOSA TREK
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 **Leaders 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.bsacoloroadventure.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. For the first few days, we'll be discussing and learning some of the skills needed to have an enjoyable and safe trek. Then we hit the trail! 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 Leaders 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 7am. 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.

Tahosa Trek

Tahosa Trek programs provide a true backpacking experience where participants prepare and pack in all their own meals, select their own campsites, endure all types of weather, terrain, and practice extreme Leave No Trace and the Outdoor Code. Additionally, all participants learn about backpacking basics, including required gear, packing a backpack, clothing and footwear choices, map reading and routes, pacing, selecting a campsite, weather, and emergency procedures. At the end of the program, participants will have the skills and confidence to tackle larger trips like Philmont, or return to the troop to help prepare younger Scouts for similar experiences. **All participants MUST adhere to the REQUIRED Gear List found later in this Guide. NO TENNIS SHOES!!!**

Tahosa Trek is 3-day, 2-night trip, this is designed as an **introduction to backpacking**, and for at least the second year Scout and older or for troops/crews that are just getting started as backpackers. Participation is limited to 12 people; this number includes 1-guide and 1-adult from the troop. Routes vary and are somewhat customizable based on the group's experience and needs. The trek does not have a lot of elevation gain and is approximately 15-20 miles in length. The schedule for those Scouts and Scouters, on Monday and Tuesday mornings, you be learning Leave No Trace, Outdoor Code, revisiting orienteering and basic First Aid, along with reviewing First Aid, the Staff will be introducing you to some basic Wilderness First Aid skills. In the afternoon, you will attend a food dehydration class to learn how to prepare some of the backpacking food that you will be taking with you on the trail and Low COPE. Wednesday participants will do a pack check, pack their food, eat lunch and then hit the trail. While on the trail participants will spend time learning how to look for an appropriate campsite, cook on backpacking stoves, use water filters, bear bags, and other backpacking fundamentals. On Friday, the Scouts will arrive back on camp after lunch. A Scout going on Tahosa Trek will be able to fulfill the majority of the Camping Merit Badge, and some of the requirements for Backpacking and Cooking Merit Badges. **All participants MUST adhere to the REQUIRED Gear List found later in this Guide. NO TENNIS SHOES!!! If you do not have hiking boots you will not be able to attend and there is NO REFUND!** Participant will then stay in camp.

Merit Badges While on Tahosa Trek

Participants in Tahosa Trek will be working towards the Camping Merit Badge. Participants will have the opportunity to work on all requirements except 9 and 10. Full participation is required to earn the requirements from the merit badge.



Tahosa Trek Schedule

Sunday

| | |
|--------------|--|
| 1:00 pm | Check in |
| 3:30-5:30 pm | Meet with Trek Guide |
| 6:00 pm | Flags (Field uniform) |
| 6:15 pm | Dinner (Dining Hall - ALL CAMPERS) |
| 7:15 pm | Safety and Security Talk (ALL CAMPERS) |
| 7:30 pm | Chapel Service |
| 8:00 pm | Opening Campfire |
| 10:00 pm | Lights Out |

Monday-Tuesday

Mornings Working on Leave No Trace, Outdoor Code, orienteering
First Aid and beginning Wilderness First Aid.

Afternoon Learn to dehydrate food and Low COPE.

*****There is a \$5 required fee for Food Dehydration*****

The exact schedule will be set by your Trek Guide at camp.

Wednesday

| | |
|---------|---|
| 8:30 am | Meet with your Trek Guide for Orientation and Gear Shakedown |
| | <ul style="list-style-type: none">• Bring full pack• Team gear issued & divided• Food |

| | |
|---------|------------------------------|
| 1:30 pm | Hit the Trail! (After lunch) |
|---------|------------------------------|

Thursday

| | |
|---------|---|
| All Day | On Trek. Schedule is determined by your Trek Guide at camp. |
|---------|---|

Friday

| | |
|---------|---|
| 1:00 pm | Tahosa Trek Return to Camp |
| | <ul style="list-style-type: none">• Gear cleaning-up & check in• Putting Trek gear away• Shower |

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 will work for the Scouts and should remain in the background. This is used if an adult is on the trek.

Trek 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 Trek Guide will advise the youth crew leader on the route and travel plans. In emergency situations, the Trek 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.

Required Individual Gear for Tahosa Trek

*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
- 10 Essentials**

- Small camp towel
- Sunglasses
- Sunscreen and lip balm
- Personal first aid kit
- 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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