Tahosa Trek

Soar with the Eagles at
Tahosa High Adventure Base
2020 Leader and Program Guide
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The Adult Leader(s) attending camp need to read this section to make sure that you understand all of the camp policies and procedures.
Welcome to Tahosa High Adventure Base

Welcome to the 2020 EaglePoint Program Guide. In the coming months leading up to your summer camp stay, there will be many meetings, new Scouts, new skills learned, and a build-up of excitement. All of this will lead to the highlights on many of your Scout’s year; a week at summer camp with their friends, making new friends, and the making of lifetime memories.

“A week of camp life is worth six month of theoretical teaching in the meeting rooms”

-Lord Robert Baden-Powell-

We are a Nationally Accredited Camp by the Boy Scouts of America. Tahosa was also recognized as one of the top eight camps to attend in the 2017 Boy’s Life magazine. Here Scouts can excel in furthering their Scouting ideals, embodying enthusiasm, and receive the best program possible. These traits, paired with the scenic Colorado landscape, create countless, and memorable adventures for Scouts and Scouters.

Tahosa is a small camp which allows us some flexibility in helping with your summer camp experience. To help you prepare your Scouts and leaders for this great experience, we have put together this EaglePoint Program Guide. Please read the guide to answer many of your questions about Tahosa.

My name is Tonia Lyman and I am pleased to return as your 2020 Camp Director. I have a Masters in Curriculum Design with 30 years of teaching 6-8 grade science and math. I have been a Scouter since my son was a Webelo. Since becoming a Scouter, I have worked or helped with Okpik (winter outdoor Program), Klondike, instructor for American Red Cross and ECSI Wilderness First Aid, attended Outdoor Leaders Training, served as the Tahosa Camp Director in 2016, 2016 and 2019, planned week long canoe trips and served as Scoutmaster for summer camp and troop outing. My husband, Marc and I have the privilege to live and take care of the Tahosa property year-round for the past 11 years. The camp staff and I are looking forward to working with you and your troop this summer at Tahosa High Adventure Base.

Thank you for you and your troops decision to join the Denver Area Council and Tahosa High Adventure Base family for your summer camp experience. We are proud to be a part of your troop’s summer plans and we look forward to seeing you in our little piece of paradise.

See you at Tahosa!

Tonia “Toni” Lyman
Camp Director
Tonia.Lyman@Scouting.org
303-440-4040
Tahosa High Adventure Base Additional Contacts:

**Tahosa High Adventure Base:**
- Tahosa Office: 303-440-4040
- Camp.Tahosa@Scouting.org
- 173 County Road 96
- Ward, CO 80481

**Tahosa High Adventure Base:**
- Camp Ranger
- Marc Lyman
- Marc.Lyman@Scouting.org
- 303-440-4040

**Registration:**
- Camping Registrar
- MaryAnn Romero
- MaryAnn.Romero@Scouting.org
- 720-266-2111

**Camping Department Support:**
- Camping Specialist
- John Braselton
- John.Braselton@Scouting.org
- 720-266-2128

Send Mail to Your Scout at Camp!
- Scout Name, Troop #, Week #
- Tahosa High Adventure Base
- 173 County Road 96
- Ward, CO 80481

Driving Directions to Tahosa High Adventure Base:

To access Camp from Denver. Drive northwest to Boulder, Colorado. Take Canyon Boulevard or Arapahoe Avenue west, the streets eventually merge into CO 119. Continue west into Nederland. In Nederland, turn north on CO 72. You will pass the outskirts of Ward, Colorado. 4.5 miles beyond Ward, turn off CO 72 west onto county road to Camp Tahosa. There is a sign for Camp Tahosa on CO 72, but it appears quickly so be on the lookout for the sign. Drive time: 1-½ hours.
History of Tahosa High Adventure Base

Tahosa High Adventure Base is located on the Front Range of the Rocky Mountains at nearly 9,000 feet in elevation, making it among the highest Scout camps in the United States. The land of Tahosa, is on the edge of a life zone that supports permanent habitation, but as one passes above timberline, man and other wildlife are only infrequent visitors. The camp consists of 320 acres of mountain terrain, and sits northwest of Boulder, Colorado and about 60 miles northwest of Denver, Colorado and 2.5 miles north of the town of Ward. Driving into the entrance of Camp Tahosa, one senses a change, passing through a boundary between city life and the great outdoors. The Tahosa sign marks this transition, proudly hanging in grand style atop a large log gateway. Five unique programs run out of Tahosa High Adventure Base during the summer months: EaglePoint, Tahosa Trek, Alpine Adventure, Tahosa Mountaineers for Provisional Scouts and National Youth Leadership Training.

Legend has it that long ago a Ute Chief, Ogallala, sent his only son, Tahosa in search of new lands. He discovered the magnificent peaks and valleys that today we know as the Indian Peaks Wilderness Area. The Utes inhabited this region for a long time with very little interference other than the occasional trapper or settler.

The first owners of our parcel were Frances M. Edmondson and Silas T. Tumbleson, who purchased neighboring parcels in 1899. In 1917, Tom Hussie purchased the property from Martha Tumbleson for one dollar including the water rights, lake, and all buildings. The Hussies continued running the fishing resort until August 1929 when they sold it to Mel Gelwicks. Mel Gelwicks built the first stone buildings on the property. In May 1931, Stoney Point Lodge on Tumbleson Lake became a mountain resort that included fishing, a dance hall, dining room, and rental cabins. However, the great depression was a tough time to be running a recreational resort and Mr. Gelwicks sold Stony Point Lodge back to Lulu Hussie in 1933.

In May 1938, the Denver Area Council purchased the property, and Stony Point Lodge became Denver’s Rocky Mountain Scout Camp. During its first decade of operation as a Scout camp, the property went through a variety of changes. First construction of the rustic campsites, as well as the first campfire ring. Then building of the different program areas, and finally in 1942 the name of the camp changed from Denver’s Rocky Mountain Scout Camp to Camp Tahosa. During the decade between 1948 and 1961, Camp Tahosa grew dramatically. This was a great time in the history of the camp. By 1955, Tahosa had exceeded the stated capacity of 1,600 boys per season, out growing the available space. In 1961, the Denver Area Council purchased the land for Peaceful Valley Scout Ranch in Elbert County and began slowly relocating the primary summer camp operation to the larger camp. This process continued steadily through 1981, when the last summer of a traditional summer camp was held at Tahosa. From 1981 until today, the Denver Area Council has changed the nature and scope of programs at Tahosa. Our goal has been to maximize the use of the land, while at the same time giving it time to rest and rejuvenate. Camp Tahosa is used for summer camp, weekend camping, training sessions, and high adventure operations including COPE and Okpik during the off-season.
Guiding Principles of the Denver Area Council

Boy Scouts of America Mission Statement

The mission of the Boy Scouts of America is to prepare young people to make ethical and moral choices over their lifetime by instilling in them the values of the Scout Oath and Scout Law.

Boy Scouts of America Vision Statement

The Boy Scouts of America will prepare every eligible youth in America to become a responsible, participating citizen and leader who is guided by the Scout Oath and Law.

Denver Area Council Camping Mission Statement

The mission of the Denver Area Council summer camping program is to provide each Scout with a memorable and challenging outdoor experience. DAC camps enriches the fundamentals of Scouting through unique opportunities for leadership and educational growth.

The Scout Oath & Law

These principles have served Scouting well for over 100 years. They are the basis for everything we do at camp, and we ask that you help your Scouts and leaders use these as a guide in camp.

Scout Oath

On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

Scout Law

A Scout is: Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind, Obedient, Cheerful, Thrifty, Brave, Clean and Reverent

Scouting 10 Essentials

All Scouts and leaders attending Denver Area Council camps need to be prepared! Scouts and leaders must bring a daypack that is large enough to carry the “10 Essentials” while in camp. The “10 Essentials” should always be carried since you never know when the weather may change, or an emergency will occur.

If an emergency occurs at one of our camps (Lockout, Lockdown, Evacuate Area or Shelter) your day pack will most likely be the only thing you have or can bring. For this, all Scouts and leaders will be required to have their “10 Essentials” with them at all times.

In addition, adult leaders should also have in their daypack; their wallet, identification, cell phone/charger, car keys, and their personal medications. The Unit Scoutmaster should also include a unit roster in their daypack. It is the responsibility of the troop’s adult leaders to ensure that everyone in their unit have the necessary equipment with them.
## IN AN EMERGENCY

WHEN YOU HEAR IT. DO IT.

<table>
<thead>
<tr>
<th>LOCKOUT! SECURE THE PERIMETER!</th>
</tr>
</thead>
<tbody>
<tr>
<td>RADIO/STAFF ANNOUNCEMENT ONLY. NO SIREN.</td>
</tr>
<tr>
<td>• Hikes/Cycling return to main camp area.</td>
</tr>
<tr>
<td>• Do not travel between upper and lower camp.</td>
</tr>
<tr>
<td>• Nobody can leave the property.</td>
</tr>
<tr>
<td>• Property gates are locked.</td>
</tr>
<tr>
<td>• Business as usual.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LOCKDOWN! RUN! HIDE! FIGHT!</th>
</tr>
</thead>
<tbody>
<tr>
<td>SHORT WAVY SIREN. (Flat “Evacuate Area” siren for all clear, assemble)</td>
</tr>
<tr>
<td>• If possible, attempt to move away from threat by running into woods with a buddy or small groups.</td>
</tr>
<tr>
<td>• If running is not possible, find a place to hide. Lock doors, turn off lights, stay silent and out of sight.</td>
</tr>
<tr>
<td>• As a last resort and only if your life is in danger, do what you can to protect yourself.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>EVACUATE AREA! REPORT TO ASSEMBLY POINT! FLAT LONG SIREN.</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Gather nearest personal belongings.</td>
</tr>
<tr>
<td>• Report to the Upper Parking Lot. If unavailable, secondary location: Lower Parking Lot</td>
</tr>
<tr>
<td>• STAY OFF THE ROADS. USE TRAILS.</td>
</tr>
<tr>
<td>• Group with unit.</td>
</tr>
<tr>
<td>• Remain silent and follow directions.</td>
</tr>
<tr>
<td>• UNIT LEADER take roll of unit, report using card system.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SHELTER!</th>
</tr>
</thead>
<tbody>
<tr>
<td>HEAVY RAIN/HAIL – RADIO/STAFF ANNOUNCEMENT – No Siren.</td>
</tr>
<tr>
<td>• Take shelter in nearest building or tents. Stay inside, or undercover.</td>
</tr>
<tr>
<td>• Do not walk in open areas.</td>
</tr>
<tr>
<td>LIGHTNING/THUNDERSTORM - RADIO/STAFF ANNOUNCEMENT – No Siren.</td>
</tr>
<tr>
<td>• Take shelter in nearest building. Stay inside, or under cover.</td>
</tr>
<tr>
<td>• Do not walk in open areas –return to main camp area.</td>
</tr>
</tbody>
</table>

**REQUIRED: Safety and Security Training Sunday Night**
Camperships
Requests for camperships (scholarships to attend camp) must be in writing to the Council Camping Committee detailing why a Scout needs financial assistance. You may request a campership application from the Frederic C. Hamilton Scout Headquarters, or you may find it on the Council website www.DenverBoyScout.org/camps. All requests should be submitted in prior to May 1, 2020. A Scout may not receive or apply for a campership after attending summer camp. Only Scouts from the Denver Area Council are eligible for camperships.

Refunds Prior to Attending Camp
Campers who cancel before May 6, 2020 will be refunded full amount of payments less the $50 non-refundable deposit. Swapping of Scouts is allowed, and the Denver Area Council will not penalize for swapping a Scout for another, provided that the count does not decrease. A Refund Request Form can be found online, and the participants will receive a full refund, less the $50 non-refundable deposit less for the following reasons after the deadline if:

- physician provides a letter stating the reason the participant cannot attend is medical,
- death in the immediate family, the participants will receive a full refund, less the $50 non-refundable deposit.
- The Scoutmaster or Camp Contact person should request all refunds.

Refunds After May 6, 2020 or at Camp
Scouts cancelled after May 6, 2020 will NOT be refunded their camp payment, as by that time, planning and purchases have been made. Swapping of Scouts is allowed, and the Denver Area Council will not penalize for swapping a Scout for another, provided that the count does not decrease.

- physician provides a letter stating that the reason the participant cannot attend is medical,
- unit leader provides a note stating that there was a death in the immediate family, the participants will receive a full refund, less the $50 non-refundable deposit.

“No Show” Scouts: If you have “No Show” Scouts at your 2020 Summer Camp check-in, causing your overall number to decrease from your preregistration numbers, your unit may be subject to a $100 fee per “No-Show” Scout in addition to the full camp fee. Please keep us posted with your current participation numbers.

If a Scout or participant becomes ill or has an injury while attending camp and is sent home by the Health Officer prior to Wednesday a 50% refund will be granted. After Wednesday, no refund will be granted.

Scouts Sent home for behavioral issues will NOT receive a refund.

For a refund, a “Refund Request Form” must be submitted by August 16th to the Camping Registrar. This form can be found at www.DenverBoysScouts.org/Camps.
Scouts BSA Camp Paperwork Submission:
The State of Colorado Child Care Facility requirements, all paperwork for youth and adult campers **MUST** be turned to Tahosa High Adventure Base 11-days prior to the camper’s arrival at the camping facility. Paperwork must be submitted via CampDoc or mailed (or dropped off) to the Council Headquarters office. **When providing hard copies, please submit a copy not the original.**

**A Camp Leader’s Meeting will be held online on Wednesday, May 20, 2020. Information to join us online will be emailed out. This will be the only Leader’s Meeting before camp.**

Links to all forms can be found on [www.DenverBoyScouts.org/Camps](http://www.DenverBoyScouts.org/Camps).

**Youth Camper Paperwork Checklist (Each Camper)**
- □ BSA Medical Form Parts A, B and C
- □ Copy of health insurance card (Front & Back)
- □ Colorado Addendum: Immunizations All records must be on a state form or have the Colorado seal on the immunization record
- □ Colorado Addendum: Contract to Carry (for those that carry emergency medications)
- □ Colorado Addendum: Additional Information
- □ Medication Administration chart filled out (if applicable)
- □ Special Diet Request form (if applicable)

**Adult Camper Paperwork Checklist (Each Camper)**
- □ BSA Medical Form Parts A, B and C are required for **ALL or ANY** adult who will be at camp. If you are on property for any length of time medical forms A, B, & C are required except for dropping off or picking up a scout
- □ Copy of insurance card (Front & back)
- □ Respective camp Adult Leader Reference Form
- □ Special Diet Request Form (if applicable)
- □ A valid copy of your Youth Protection Training Certification

**Whole Unit Paperwork Checklist**
- □ Swim Classification Record (if done prior to camp)
- □ Unit roster for youth and adults attending
- □ Check (made out to Denver Area Council) for any unpaid registration fees.

CampDoc

Mailing Paperwork:
Hamilton Scout Headquarters
Attn: Tahosa Summer Camp Paperwork
10455 W 6th Ave
Denver, CO 80216
Camp Policies

Campsite Accommodations

Tahosa DOES NOT PROVIDE TENTS! Most campsites have a latrine nearby. Showers are in the dining hall for adults, and in a portable shower house for youth. Water is limited at Tahosa and showers will be scheduled for twice a week for youth. Adults may shower every day if they desire. Buildings (lodges) are provided to store smellable. This is shared with other units. Campers may NOT sleep in the lodges. The lodges are common area or used for weather shelter.

Dining and Food Service

Our dining hall provides breakfast, lunch, and dinner for EaglePoint participants as well as Tahosa Trek and Alpine Adventure participants while they are in camp. You have the option to eat in the dining hall, cook in your own campsite, or do a combination of dining hall and campsite cooking. If eating in the dining hall, units are expected to help with clean-up. For campsite cooking, the unit must provide supplies including cleaning materials. The camp only provides food for campsite cooking. There is no campsite cooking on Sunday, Friday dinner or Saturday morning.

Special Diets: For those with special diets, please fill out the “Special Diet Request Form” and submit at least three weeks prior to arriving at camp to Jara@KandleDining.com. The form is online at www.DenverBoyScouts.org/Camps.

Participant Requirements: All Scouts, leaders and adult volunteers need to be registered with the Boy Scouts of America. This membership could be through a Scouts, BSA Troop, Venturing Crew, district or council level position. All Scouts participating in Alpine Adventure or COPE-High Ropes at Tahosa activities must be at least 13 years old and First Class by June 1st of the participation year. Expectation is that all participants are in good physical and mental health for any of the camp programs and conform to the BSA height and weight requirements for high adventure programs.

Uniforms: Campers are requested to wear full Field Uniforms to evening flags and dinner. Activity Uniforms or Scout-appropriate clothing is appropriate for breakfast and daytime activities.

Registered Adults: Following the policy from the Boy Scouts of America: All adults (including parents) visiting camp must be registered members of the Boy Scouts of America. This includes visitors staying overnight.

Damage to Camp Equipment and Facilities: Each unit is responsible for taking care of camp equipment assigned to them and leaving the campsite better than found. The unit is responsible for all costs for repairs or replacement of damaged equipment. You and your campsite host will jointly inspect all equipment when you arrive and when you leave. Vandalism is a criminal offense and a fine will be assessed. Charges will be based on the repair or replacement costs estimated by the Camp Ranger.
**Adult Leadership:** The Denver Area Council requires “two-deep” adult leadership for all units. Two deep leadership is for the protection of both youth and adult participants. Both adult leaders must be 21 years of age or older by the time the unit arrives. Per Colorado law regarding Child Care, there must be one adult for every ten youth with a minimum of two adults. Additionally, all youth must be supervised 24/7 by a fingerprinted/background checked staff member. Staff tents will be in each campsite. Parents can supervise their own children, but not other children. Please help us in following the policy and ensuring youth are always being supervised by camp staff.

**Youth Protection Training:** All adult participants, including your volunteer parents, are required to be current in Youth Protection Training. Please bring a valid Youth Protection Training certificate to check-in. You can complete Youth Protection Training online through the Online Learning Center at my.scouting.org.

**Anti-Harassment Policy:** Denver Area Council Camps enforces a zero-tolerance policy. Denver Area Council and Boy Scouts of America prohibit language or behavior that belittles or puts down any person. This policy includes: unwelcome sexual advances, racial slurs, chastisement for religious or other beliefs, and any derogatory actions or comments. Any form of hazing, initiations, ridicule, or inappropriate teasing is prohibited. The consequence for any of these actions will result in but are not limited to immediate removal from camp property and possible involvement of local law enforcement.

**Sleeping arrangements:** Youth and adults must sleep in separate tents. A parent may share a tent with his/her son or daughter, but not with other youth. All youth must have at least one tent mate per state law and Youth Protection guidelines. Please remember youth can only be 2-years different in age to share sleeping accommodations.

**Showers:** All youth and adults must shower separately. Males and Females must shower separately. Separate shower schedules should be established for the campsite or the shower facility. Schedules must be posted outside of the showers.

**Language:** Verbal abuse, discriminatory or derogatory remarks, belittling, extreme sarcasm, and off-color conversation or jokes are not tolerated, from youth or adults.

**Discrimination:** Facilities owned and operated by the Denver Area Council, BSA, are equal opportunity facilities that do not discriminate on basis of age, sex, color, race, creed, sexual orientation, gender identity or expression, disability, national origin or religion. All participants shall observe this code while on property.

**Leader Conduct:** Scouters should avoid unnecessary or inappropriate physical contact with Scouts and staff. Two-deep leadership is required. If you feel a one-on-one meeting is needed, please hold it in a public setting. All leaders must be aware and follow the Youth Protection Guidelines.

**Discipline and Treatment:** Corporal punishment or intimidation tactics are strictly prohibited. Campers will not be handled roughly, struck, or shaken. Separation will be brief and appropriate to the age and circumstance, and in a safe and comfortable place within hearing distance of an adult. You may not deny a camper a meal as a form of punishment.
Abuse Reporting: Colorado law requires all Scouts and Scouters to report any good faith suspicion of child abuse or neglect. Inform the Camp Director and/or Camp Ranger/Superintendent immediately. They will proceed in accordance with legal requirements and BSA policies and assist you in reporting to proper authorities.

Tobacco: Denver Area Council camps are a tobacco free environment. Scouters are prohibited from smoking, using smokeless tobacco, or e-cigarette devices in the presence of Scouts and on camp property. If you do use tobacco you must go off property. Youth under 18 years of age may not use tobacco products at any time.

Do Not Bring to Camp: Please do not bring firearms, ammunition, archery equipment, alcoholic beverages, illegal drugs, marijuana or marijuana products, animals/pets and fireworks. Additionally, do not bring expensive items that may be damaged due to the nature of summer camp.

Removal from Camp: Denver Area Council reserves the right to remove any person from BSA property for violation of camp rules, DAC policies, BSA policies or local, state and federal laws. In some cases, local law enforcement may be contacted. All decisions are final, and no refunds will be granted.

Guest Policy: Guest visits are encouraged, but staff will need to plan for their arrival. Please email camp.tahosa@scouting.org ahead of time. All visitors must park in the lower parking lot. Additional fees apply to those guests who stay for meals. All guests staying on camp property overnight must provide Parts A, B, and C Health Form, Youth Protection Training Certification and must be a registered member of the Boy Scouts of America. Please bring these forms when you check in at the Welcome Center or the Health Lodge. Day visitors - a person who is on property from the hours of 8:00 a.m. to 9:00 p.m. must be a registered member of the BSA, Youth Protection Training Certification and have health form Parts A & B. Meals for Visitors: $6 Breakfast, $7 Lunch, $8 Dinner. Day visitors must be off camp property no later than 9:00 p.m.
Vehicle Policy

During check-in or checkout, **one vehicle per unit** will be allowed to drive on the service roads to the campsite to drop a trailer or any oversized gear. All other vehicles must remain in the lower parking lot. Absolutely no non-camp vehicles are allowed to drive into the campsites or off the main roads at any time.

**If a Scout or adult leader has special mobility needs, a permit can be obtained from the camp Health Officer to drive the individual around camp. In order to receive a permit, you must have a state issued handicap placard or a doctor’s note, NO EXCEPTIONS!** The driving rules are below, and any violation of these may result in your permit being revoked and may result in fines to your unit.

- Vehicles must stay on roadways and MAY NOT be driven directly into the campsite.
- Each occupant of a vehicle should have a proper seat and use a seat belt.
- Drivers of vehicles must be at least 18 years of age, with a current driver’s license.
- Follow all posted speed limits. At all times, use caution for the safety of campers.
- Scouts and leaders are prohibited from riding in the back of pickup trucks or trailers, riding on bumpers, top of vehicles, etc.

Vehicles that have received a permit for a mobility need should only be used for the persons with that need (and a buddy if necessary, for YPT compliance). It is not appropriate for unit leaders to provide a shuttle service for Scouts at camp. Remember, a Scout is physically fit, and driving Scouts around encourages others to do the same which adds unnecessary traffic and risk.

**No vehicles (excluding permitted and camp vehicles) are allowed on the service road outside of check-in and checkout times. This policy also pertains to adults rotating throughout the week.** Please be aware that adults will not be allowed to drive up to their campsite if they are rotating during the week. Anyone checking in late or checking out early must hike their gear between their car and campsite, so please pack accordingly.

Campers and motor homes are not permitted to stay at Tahosa.

Scouts and adults are prohibited from riding in the bed of pickup trucks or on/in trailers. Each occupant of a vehicle must have a proper seat and use a seatbelt.
Youth Protection Information

It is required that all adults attending camp have taken the Youth Protection Training.

Colorado Law and BSA policy mandates that camp staff, adult volunteers and all other members of the Boy Scouts of America are mandatory reporters of suspected child abuse and neglect. Abuse can include adult on youth and youth on youth contact.

While we do not wish or anticipate any abuse to occur at camp, in rare instances it happens. Please follow the guidelines below.

If you suspect child abuse or neglect at summer camp:

You are a mandated reporter as a member of the Boy Scouts of America. You must take the following steps. You may not designate someone else to do this for you. Child abuse or neglect suspicions can be from home (and noticed while at camp) or can occur at camp from adult on youth or youth on youth scenarios.

1. Ensure that everyone is safe before doing anything.
2. Notify the Camp Director and/or Ranger immediately. They can assist you in this process, but you must still make the report.
3. Notify the local Law Enforcement Agency
   - Camp Tahosa: Boulder County Sheriff’s Office 303-441-4444 or 911
4. Notify the Colorado Department of Human Services. 844-CO-4-KIDS
5. Notify the Boy Scouts of America. SCOUTS FIRST Helpline 844-726-8871

The Denver Area Council, Boy Scouts of America operates summer camping programs that are licensed by the Colorado Department of Human Services. The license indicates that the program has met the required standards for the operation of a childcare facility. The current license and most recent inspection are available for review in the camp office at both Camp Tahosa, Peaceful Valley Scout Ranch and the Council Service Center.

Additionally, if you would like to file a complaint about Tahosa High Adventure Base (License #25517) as it relates to Colorado Child Care Facility regulations, please contact the Colorado Department of Human Services, Office of Early Childhood at 303-866-4511.

We all play a role in preventing child abuse and neglect.

1-844-CO-4-KIDS
(1-844-264-5437)
Health Information

Disclaimer: All participants are required to be in good physical condition and mental health. Tahosa Trek and Alpine Adventure are very rugged, and their difficulty should not be underestimated! For the safety and enjoyment of the unit, crew and staff, overweight or out-of-shape individuals will not be allowed to participate. Individuals with back, neck, knee or other similar injuries may also be restricted. Please refer to the “BSA High Adventure Height and Weight Requirements” for more information.

Health and Medical Records Checklist

☐ All youth participants must have a medical form with parts A, B, and C. Additionally, all youth must have the Colorado addendum and the Colorado State Immunization form or Immunization form from a Doctor that has the Colorado state seal. Please attach a photocopy of the youth’s health insurance card. (Forms can be found at www.DenverBoyScouts.org/Camps.)

☐ All adult participants staying overnight must have a medical form with parts A, B, and C. Please attach a photocopy of the adult’s health insurance card and “YPT” certification.

☐ RECOMMENDED: Day visitors should provide a medical form A & B in case of emergency.

☐ Make a copy of all medical forms for both youth and adults. Copies cannot be made at camp, and the Denver Area Council will keep these records for designated amounts of time per Colorado law.

Medications Checklist

☐ All youth who take medications including but not limited to prescribed medications, herbal supplements, vitamins and over-the-counter medications must have these listed on Part B of the medical form.

☐ Part B must be signed by a licensed medical practitioner under the medications list.

☐ Per Colorado law, all medications will be stored and dispensed by camp medical personnel.

☐ All medications must be in original containers, marked with the Scout’s name and unit number. Only send dosages needed for the week.

- Daily pill containers and any other containers are not allowed. All medication must be in the ORIGINAL container!

☐ Medical Marijuana is not allowed and will not be dispensed per the Guide to Safe Scouting.

☐ All youth who need to carry life-saving medications must complete the “Contract to Self-Carry”. This must be signed by a parent or legal guardian.

☐ RECOMMENDED: The “Medication Administration Record” filled out prior to arrival.

Safety & Weather Considerations

Though safety is always emphasized at Denver Area Council Camps, not all accidents can be avoided, especially while in the backcountry on Tahosa and Alpine Adventure Treks. If desired, participants can purchase a Colorado Outdoor Recreation Search and Rescue (CORSAR) Card, which will cover the costs of a rescue from the backcountry if an accident occurs (Tahosa Trek or Alpine Adventure Only). The card may be purchased at any location that sells Colorado Hunting and Fishing Licenses. If you already have a Colorado Hunting or Fishing License, you are covered. (This is for Alpine Adventure and Tahosa Trek Only)
Weather: The Colorado weather will pleasantly surprise you, as most of the days are sunny with a chance of brief thunderstorms in the afternoon. The humidity is low and nights are cool and good for sleeping. Storms are common in the afternoons and it is important to watch the skies because storms often come in quickly. Be careful to avoid being above timberline after noon (treks). Temperatures can range from a high of 80-90 degrees during the day to 40-50 degrees or cooler at night. Be prepared.

Altitude: All participants need to be aware of the additional challenges and dangers, which higher altitudes can create. At 10,000 feet, there is 30% less oxygen in the air than at sea level, and the lungs will have to work that much harder; the rise of 2-4,000 feet in elevation from Denver should not be underestimated. Individuals who are out of shape and/or smoke will notice a pronounced difficulty in breathing after strenuous activity. Also, at higher elevations, UV rays are stronger and exposed skin is much more susceptible to these damaging rays. Sunblock needs to be worn always. Other challenges caused by altitude include slower boil times for water, longer cook times, difficulty sleeping the first few nights, and the possibility of altitude sickness. Mountain or altitude sickness is a condition that affects some hikers at higher elevations (usually above 6,000 feet). Please note that Tahosa’s altitude is approximately 9,000 feet. The most common symptom is a headache, often accompanied by nausea, dizziness and loss of coordination. Victims may also suffer slightly slurred or slowed speech, loss of appetite and insomnia. In its mild form, mountain sickness is not serious and sometimes can be alleviated with aspirin and an increased fluid intake. Descending one or two thousand feet will cause most symptoms to disappear. Please prepare your Scouts with an acclimation and hydration regiment 2-3 days before coming to camp.

Dehydration: Symptoms include nausea, light-headedness, headaches, dizziness, weakness, or muscle cramps. Suggested prevention is drinking plenty of water; at least 4 quarts throughout the day. Water stops should be scheduled, and all are encouraged to drink, even if they are not yet thirsty.

Hypothermia (for Tahosa Trek and Alpine Adventure): Hypothermia is abnormally low core body temperature. As the core temperature drops, vital organs begin to shut down. Symptoms range from shivering in mild cases to unconsciousness in severe cases. Treat by warming the body from the inside with warm fluids to the outside with dry and warm clothing and blankets.
Conservation and Leave No Trace (LNT)
Denver Area Council Camps strives to maintain the land we use by practicing these basic principles:

Outdoor Code
As an American, I will do my best to
Be clean in my outdoor manners,
Be careful with fire,
Be considerate in the outdoors, and
Be conservation minded.

Leave No Trace
While at Camp, as well as in the backcountry, your unit will practice Leave No Trace principles.

1. Plan ahead and prepare.
2. Travel and camp on durable surfaces.
3. Dispose of waste properly.
4. Leave what you find.
5. Minimize campfire impact.
7. Be considerate of other visitors. Visit these websites for more info: www.LNT.org or www.treadlightly.org

Fires at Tahosa: The Tahosa Ranger is responsible for all fires on property. The decision of having a fire ban at camp is based on information received from the Boulder County Sheriff’s Office and U.S. Forest Service.
Tahosa Trek Overview

Tahosa Trek Program provides 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 Alpine Adventure 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. ABSOLUTELY NO TENNIS SHOES!!!**

Tahosa Trek

- 3-day, 2-night trip and is designed as an **introduction to backpacking**
- Recommended for your second year Scout and older or for troops/crew that are just getting started as backpackers.
- Participation is limited to 12 people: this number includes 1- Trek Guide, 1-adult from the troop.
- Participants will stay in the Kiowa campsite and not with their troop.
- Trek Route does not have a lot of elevation gain and is
  - Approximately 15-20 miles in length.
  - Do not have a lot of elevation gain.
  - Treks may go use the Roosevelt National Forest, Indian Peaks Wilderness or James Peak Wilderness.
  - Routes have been pre-planned by the end of December for the following year.
  - Routes still offer an exciting and educational experience.
- A Scout going on Tahosa Trek will able to fulfill some merit badge requirements for:
  - Camping Merit Badge
  - Backpacking
  - Cooking Merit Badges
- **All participants MUST adhere to the REQUIRED Gear List found later in this Guide. ABSOLUTELY NO TENNIS SHOES!!!** If you do not have hiking boots you will not be able to attend and there is NO REFUND! Participant will stay in camp.
Check-In and Check-Out Procedures

Check-In at Camp Tahosa

• Check in
  o Please plan to arrive at Tahosa between 1:00 and 2:00 pm. Please do not arrive before 1:00 pm and if you
    need a different check in time, please email Tonia.Lyman@Scouting.org. Please park in the lower parking
    lot, which is the second entrance on the left. The camp staff will meet you and your Scouts.

• First Day at Tahosa
  o Trek Guide will meet and greet you in the lower parking lot (second left off CR 96) where they will escort
    you to your campsite.
  o Start your campsite set-up and the Trek Guide will be notified of medical recheck time. The Trek Guide
    will escort the Scout to the dining hall, please bring all medications, this includes prescription and over
    the counter, and any other paperwork with you.
  o Med forms will be returned to the Scoutmaster to hand out and then Scouts and Scouters will start their
    medical recheck.
  o Swim checks and a tour of Tahosa will follow.
  o There will be a Scoutmaster and SPL meeting after check-in. Please plan to attend for important
    information.
  o All persons on property are required to attend the Safety and Security Talk on the first day. This talk will
    follow dinner on Sunday so please have the troop stay around the dining hall and they will be instructed
    on what to do.

• Visitors and Late Arrivals
  o All visitors including day-only visitors and merit badge counselors who are only up for the day must check-
    in at the Welcome Center or the Medical Lodge upon arrival. You will receive a visitor’s wristband.
  o Visitors are required to pay for meals during their visit. Payment can be made at the Trading Post and a
    food wristband will be handed out.

• Safety and Security
  o All campers and adults must wear a wristband for identification while they are at Tahosa for their week
    stay.
  o The property gates are secured at night between 10:00 pm and 5:00 am. Nobody can leave or enter
    during this time.

Sunday Check-In Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00-4:20 pm</td>
<td>Meet Trek Guide, Set-Up Camp, Troop Photo, Medical Re-check, Tour of the Camp</td>
</tr>
<tr>
<td>4:30-5:30 pm</td>
<td>Scoutmaster and SPL Meeting</td>
</tr>
<tr>
<td>5:50-7:00 pm</td>
<td>Flags, Dinner</td>
</tr>
<tr>
<td>7:10-7:30 pm</td>
<td>Safety and Security Talk Everyone is to meet in the Upper Parking Lot</td>
</tr>
<tr>
<td>7:30-8:00 pm</td>
<td>Chapel</td>
</tr>
<tr>
<td>8:00-9:00 pm</td>
<td>Opening Camp Fire-Meet by the Flagpole</td>
</tr>
</tbody>
</table>
Check Out

Breakfast will be served at the dining hall between 7:00-8:00 am Saturday morning. Troops can pack up equipment before and after breakfast. Remember that another troop will be using the campsite after you have left, so please be courteous to your fellow Scouts and leave the campsite in excellent conditions. Units will need to complete the following tasks listed below:

Check-out Process:
• Saturday morning **clean** your campsite: Patrol lines, latrine, sweep lodge and close windows and lock them, fill wood box, put fire pan and garbage bags by the road.
• Vehicles may be moved to the campsite for packing of personal and troop equipment.
• Campsite inspection with camp host.
• Camp host will then radio the Camp Director and Program Director for final paperwork availability.

Check-out packet will contain the following:
• Merit Badge completion reports-NCR copies
  o Note-each Scoutmaster should review all records, discrepancies are best corrected by the Area Directors, rather than once you are home PLEASE re-check all your merit badge NCR’s so we can make any corrects up 2 weeks after your week stay at camp.
  o Two weeks after Tahosa’ summer camp ends, All paperwork will be turned in to the Council office.
• Camp patches will be issued.
• Troop medication will be handed out by the Health Officer at the Health Lodge.
• Trading Post will be open during check-out

<table>
<thead>
<tr>
<th>Saturday Check-Out Schedule</th>
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</thead>
<tbody>
<tr>
<td>6:45-7:00 am</td>
</tr>
<tr>
<td>7:00-8:00 am</td>
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<tr>
<td>8:00-9:30 am</td>
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</tbody>
</table>
Family Night

Family and friends are welcome to come and visit on Friday night! **Please inform the Camp Director or designee by Sunday dinner of the number of visitors attending.** Visitors should plan to arrive between 4:00 pm and 6:00 pm and stay through campfire which ends around 9:00 pm. We ask that all family members sign-in at the Welcome Center for security reasons. The cost of dinner is $8.00 per person. Visitor wristbands will be handed out at the Trading Post and is also your ticket for dinner. Color of wristband will let staff know if you are for Friday night dinner only or Friday and Saturday meals. Families that wish to stay overnight are welcome but must bring their own gear. They must also have Medical Form Parts A & B. No camper (rv) or trailers are allowed. If staying overnight, the fee is $20 per person which also includes Friday dinner, Saturday breakfast and camping fee.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00-6:00 pm</td>
<td>Check-in/buy meal tickets</td>
<td>Welcome Center/Trading Post</td>
</tr>
<tr>
<td>6:00-7:30 pm</td>
<td>Dinner</td>
<td>Dining Hall and Waterfront</td>
</tr>
<tr>
<td>7:00-8:00 pm</td>
<td>Trading Post</td>
<td>Trading Post</td>
</tr>
<tr>
<td>8:00-9:00 pm</td>
<td>Closing Campfire</td>
<td>Amphitheater/meet at Flagpole</td>
</tr>
</tbody>
</table>
## Schedule for Tahosa Trek

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:45-7:00</td>
<td>Flags and Camp Information</td>
<td></td>
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<tr>
<td>7:00-8:00</td>
<td>Breakfast</td>
<td></td>
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<tr>
<td>8:00-8:30</td>
<td>Get Ready for the Day</td>
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<tr>
<td>8:30-12:00</td>
<td>Trekking</td>
<td>Trekking</td>
<td>Trekking</td>
<td>Trekking</td>
<td>Trekking</td>
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<tr>
<td>12:30-1:30</td>
<td>Lunch</td>
<td></td>
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<tr>
<td>1:30-2:00</td>
<td>Trading Post</td>
<td></td>
<td></td>
<td></td>
<td>Return to Tahosa, Gear clean-up &amp; Check-in, Showers</td>
</tr>
<tr>
<td>2:00-5:20</td>
<td>Food Dehydration and Low COPE</td>
<td>Trekking</td>
<td>Trekking</td>
<td>Trekking</td>
<td>Trekking</td>
</tr>
<tr>
<td>5:50-6:00</td>
<td>Flags</td>
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<td></td>
</tr>
<tr>
<td>6:00-7:00</td>
<td>Dinner</td>
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<tr>
<td>7:00-7:30</td>
<td>Trading Post</td>
<td></td>
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<tr>
<td>7:30-9:30</td>
<td>Evening Program</td>
<td></td>
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</tr>
<tr>
<td>10:00</td>
<td>Lights Out</td>
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Trek Leadership Structure

While taking part in Tahosa Trek and Alpine Adventure, the use of three levels of leadership will be encouraged. The first leader is the adult leader that is representing the troop or crew. The second leader is the youth crew leader. The third leader is the Trek guide from Tahosa.

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 Trek Guide. They will be expected to establish a duty rooster, manage “smellables” in camp, provide simple conflict resolution, delegate responsibilities, and interact with adult leaders and Trek Guide.

Adult Trek Advisor: With the advice of the Trek Guide, the adult trek advisor 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 advisor will work for the Scouts and should remain in the background.

Trek Guide: (Provided by Tahosa) Acts as a resource for the youth trek leader and adult trek advisor, serving as a teacher and coach. All guides are 18 or older and are trained in low impact camping, navigation, safety and Wilderness First Aid trained. The Trek Guide will advise the youth crew leader on the route and travel plans. Trek Guide is the final decision maker in all situations.

By using these three levels of leadership, it is our goal to not only provide a safe backcountry experience, but one in which all members will have an opportunity to grow in leadership skills as well as camping skills.

Trip Preparation

Any trek into the Colorado Mountains is physically demanding because of the combination of being at high altitude and the elevation gains and losses on each daily hike. The trails are steep and rocky with elevation gains of more than 1,000 feet are not uncommon. If your goal is to bag a few peaks, the elevation gain is higher. Some trips will cross the Continental Divide at least once during the week. Add a pack of 50-60 pounds to your back and the trip is 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 2 month before participating in the Tahosa Trek. Exercise for at least 30 minutes at intensities that raise your heart rate to about 75% of your maximum. If you are over 40 years of age and inactive, consult your doctor before beginning an exercise program. Keep in mind that 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 13,000 feet above sea level.

The best preparation is to hike with a pack. Begin with shorter, flatter hikes and a light pack. Try to work up to 8 miles on steep terrain with a 40-pound pack. Then you will know you are about ready. Carry the pack you plan on using on the adventure and wear the boots you will be bringing. Hike together with your crew and build relationships along with your strength and endurance.
A month or so before scheduled camp:
- Distribute health forms, collect final payments.
- Continue with training hikes.
- File a tour plan.
- Organize a gear list and assign unit gear to be provided by members.
- Schedule a weekend shakedown trip of about 10-15 miles in length.
- Choose a youth leader for your trip.
- Ensure that adult leaders have the necessary Youth Protection, CPR and First Aid training.

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 Alpine Adventure. 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 equipment

Required individual gear:

- Tent (suitable for backpacking)
- Backpack with hip belt (4,500-6,000 cubic inches)
- Pack cover (trash bag is not an ok alt.)
- Sleeping bag – appropriate for high altitude
- Sleeping clothes
- Sleeping pad
- Bowl, spoon, cup for eating
- 2 or 3 one-quart water bottles
- Stuff sacks

Clothing (no cotton):

- Hiking boots, well broken in
- 2 pair of hiking socks
- 3 pair of lighter inner liners (polypro)
- 3 changes of underwear
- Hiking shorts
- Hiking pants (please avoid cotton)
- 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:

- Small pocketknife
- Matches or lighter
- Flashlight or headlamp and extra batteries
- Compass
- 2 bandanas
- Whistle
- Toothbrush and paste
- Biodegradable soap
- Small camp towel
- Sunglasses
- Sunscreen and lip protection
- Personal first aid kit

Optional:

- Camera
- Lightweight shoes for camp
- Foot powder
- Watch
- Fishing equipment and license if required
- Note pad and pen
- Money for Trading Post
- *Do not bring radios, electronic games or CD players

Equipment Issued at Tahosa:

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

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