



## CENTRAL WYOMING COUNCIL

The Yellowstone High Adventure Outpost provides three, unique, five-day high adventure experiences each week for campers at Camp Buffalo Bill. Yellowstone High Adventure Outpost participants must be at least 14, or have completed the eighth grade and be at least 13 years of age prior to participation.

High Adventure Participants **must** have parts A, B and C of their physical form completed entirely. Each camper's physical condition will be reviewed by the High Adventure Director and Camp Medic using Philmont's hiking standards to insure all hikers are physically prepared. Please refer to the [Philmont webpage](#) if you have questions about the standards.

Participants will check into the Yellowstone High Adventure Outpost at the beginning of the week and will stay at YHAO basecamp for the entire week. YHAO is an exclusive program. Participants will not have time to take merit badge classes outside of those specifically offered through high adventure.

The Yellowstone High Adventure Outpost has three core areas: Rock Climbing, Whitewater Rafting and Wilderness Trekking. Participants will choose one of the three areas to participate in for the week.

**High Adventure participants should come equipped as noted in the gear checklist for all three activities in case their first choice is not available or is full.**

**Participants must read and return a signed risk advisory statement found below. Parent/guardian approval is required if the participant is under age 18.**

## **Rock Climbing**

Climbers will participate in an intensive program that takes scouts on climbing routes and boulder problems ranging from 5.0 to 5.12 in difficulty on granite, limestone and dolomite throughout the Shoshone Canyon. Our indoor rock wall is also utilized in the beginning stages of the program or during inclement weather. Additional climbing time on the wall may be scheduled in the evenings. Participants will complete the requirements for the Climbing Merit Badge and most of the requirements for the Venturing Ranger Mountaineering elective. In addition, participants will be introduced to anchor building and placing natural and artificial protection.

Climbers are most comfortable in loose fitting, athletic type clothing and must have rain gear, two-1 quart water bottles, a day pack, and sunscreen. Participants may bring their own climbing harness and shoes. YHAO supplies harnesses, shoes, helmets and all climbing hardware.

## **Whitewater Rafting**

Rafters will explore the entire 40 runnable miles of the North Fork of the Shoshone River including an overnight on the river. In addition, rafters will float the Red Canyon of the Shoshone below Buffalo Bill Dam. These rivers range from Class II to IV in difficulty. Topics covered will include raft rigging, whitewater paddling, water rescue, reading the water and scouting rapids, river camping and river Leave No Trace. This program covers most of the Whitewater Merit Badge and Venturing Ranger Watercraft elective.

\*Rafting is river flow dependent and may not be available after mid-July. Participants in the rafting program must have passed their swim test and be classified as a “swimmer”

Rafters will want to wear shoes or secure sandals (no flip-flops, closed toed sandals are preferred), shorts, and a T-shirt or swimwear and a brimmed hat for this activity. They will get very, very wet. Participants should also bring a second “dry” pair of shoes for time off the river. If you wear eyeglasses or sunglasses, a retainer strap is highly recommended. Rafters also need to come equipped for a night out on the river. YHAO provides splash jackets, PFD’s and helmets.

## **Wilderness Backpacking**

The trek program was developed around Leave No Trace. Trek participants hike between 7-10 miles a day through the 704,529 acres of the Washakie Wilderness or the 350,488 acres of the North Absaroka wilderness. These areas range in elevation from 6400 to more than 13,000 feet. Our treks have a distinct wilderness flavor that is not found in other high adventure programs.

**Trek participants must arrive on Sunday afternoon as they leave for the trail first thing Monday Morning.** Come prepared with all the gear listed in the table below. Our staff will conduct a shakedown on Sunday afternoon. Those who aren’t properly equipped will not be allowed on the trek.

Scouts should bring a small personal first aid kit for minor cuts and scrapes. A large, crew first aid kit will be provided by YHAO. The weather on this hike can vary greatly. Morning can be below freezing and afternoons can be as high as 90 degrees. Rain, snow, and hail are possible. The air is quite dry and many hikers experience dry skin and chapped lips.

Each camper's physical condition will be reviewed by the High Adventure Director and Camp Medic using Philmont's hiking standards to insure all hikers are physically prepared. Please refer to the [Philmont webpage](#) if you have questions about the standards.

### YHAO Personal Equipment Checklist

	Check	Double Check		Check	Double Check
<b>Packing</b>			<b>Personal and Miscellaneous</b>		
Large Pack (5000+ cu. in if internal frame)			2 disposable lighters		
Lash Straps			SMALL pocket knife		
Day Pack (2000 cu in)			Headlamp/small flashlight w/ 2 sets new batteries		
Waterproof Nylon Pack Cover			Bandanna		
<b>Sleeping</b>			Bug Repellant (unscented)		
Sleeping Bag (20 degree)			Sunglasses		
Sleeping Bag Stuff Sack/ Compression Sack			Glasses Retainer Strap		
Sleeping Pad			Sunscreen (unscented) < 15 SPF		
Sleep Clothes (t-shirt and gym shorts)			Lip Balm (unscented)		
<b>Clothing</b>			Small bottle unscented hand sanitizer		
Broken in Hiking Boots (above the ankle)			Toothbrush and paste (small)		
3+ pair wool/ synthetic socks			Personal Toiletries- travel size		
Sandals/old shoes for river			Prescription medications		
Lightweight Camp Shoes			Glasses or Contacts		
Light Fleece Jacket			Towel		
Swim Suit or non-cotton shorts			Money for trading post		
Stocking Cap and light gloves			Watch		
Brimmed Sun Hat			Small Notebook and pens/pencils		
Waterproof Rain Gear with hood			<b>Optional</b>		
Synthetic Long Underwear Top and Bottom			Lightweight camera		
2-3 pair underwear			Foot powder		
<b>Eating</b>			Mosquito headnet		
Two 1 quart water bottles			Gaiters (highly recommended)		
Small plastic bowl with sealing lid			<b>NO radios, MP3 Players, or Cell Phones</b>		
Small insulated mug with lid					
Spoon					

## **Conditioning**

Conditioning before your high adventure experience is important for your safety and the safety of others. It will also add to your enjoyment and your ability. For more conditioning, see the Boy Scout Fieldbook.

A YHAO trek is physically demanding. Even if you are able to pass a physical examination with flying colors, you will need to get in shape for YHAO. Steep, rocky trails or no trail at all with 2000 foot climbs are typical. Also, there is 20 to 30 percent less available oxygen at YHAO elevations than at sea level. Remember, you will be carrying a pack that weighs 35-60 pounds. Breathing will be labored, especially at the start of your trek.

*Start your conditioning program now.* If you are already in good shape, keep it up. If not, consult with your physician and get started as soon as possible. Increasing your muscle strength, flexibility and aerobic fitness will enable you to focus on the curriculum and activities of the trip.

*Schedule a time for your fitness activities.* Make a commitment to improving your fitness level prior to your YHAO trek, and don't let it take second place to other activities, or let long hard days at school or the office get the better of you. Exercise individually or with other members of your crew. Plan to be in top physical shape when you arrive at YHAO. You will enjoy your experience more and be less likely to have a medical problem.

*Select training activities you enjoy.* If you enjoy what you are doing, whether it be swimming, bicycling, jogging, hiking, Nordic skiing, aerobics, or weight training, you are more likely to continue with your program. You may find that varying your activities helps to keep you interested and motivated.

*Build strength and aerobic fitness.* YHAO treks require both strength (lifting packs, paddling boats) and stamina (long days on the trail, on climbs or in boats). In addition to doing strength training such as sit-ups and weight lifting, be sure that you are doing endurance activities to help you through the long days. A program of regular aerobic exercise, started three months or more before you come to YHAO is highly recommended. Jogging, hiking, swimming, Nordic skiing, stair climbing, rowing, cycling, walking at a brisk pace, or aerobics- anything that gets your heart working hard- will help build your aerobic fitness level.

*Exercise at least three times a week.* Exercise for at least 30 minutes 3 to 4 times a week at an intensity that boosts your heart rate to about 75% of your maximum. An average maximum heart rate is 220 minus your age. If you are older than 40, or have not been very active, consult your doctor before beginning an exercise program. Gradually increase length and frequency. A typical YHAO day involves all types of movements using all the muscle groups. Warming up and stretching before an activity will increase flexibility and reduce the chances of injury.

*Get Inspired.* We want to encourage, not intimidate you. YHAO treks are strenuous, but they are within the limits of a person of good physical fitness. Being in shape will not guarantee you an easy time on your trip but it will allow you to focus on learning skills, gaining experience, and enjoying the natural beauty of the wilderness and the companionship of your fellow expedition members. Get energized, be enthusiastic, condition as much as possible, and come to you course

ready to learn and excited about the experience. We look forward to seeing you!

### **Skill Training and Experience required**

We recommend going on at least two shakedown trips before your YHAO Trek. These trips allow you to find and eliminate problems with your equipment and to increase your fitness and skill levels. Remember, if you are on a backpacking trek, you have to carry everything you pack for four days. Take only what you need to be comfortable, clean and safe.

Specific skills that you may want to brush up on before your trek include map and compass, cooking over a camp stove, basic whitewater skills, and climbing knots and commands. The Backpacking, Whitewater and Climbing Merit Badge pamphlets and the Boy Scout Fieldbook are good resources for more information.

YHAO participants should be mature enough and have the basic camping skills to take care of themselves for the duration of their trek. Any additional required experience for a particular trek is noted in the trek description.

### **Participant Expectations**

Participants in high adventure are expected to:

- Follow the safety practices and policies described in the leader's guide, basecamp and trek orientations, and throughout your trek. You are responsible for your own safety and for contributing to the safety of the group.
- Participate fully in the trek- take part in classes, camp chores, activities, discussions, leadership, conflict resolution and the building of a safe learning environment for all.
- Respect the values and beliefs of other expedition members.
- Live by the Scout Oath, Law and Venturing Oath

## Risk Advisory Statement and Parent/Guardian approval

Print Name \_\_\_\_\_  
(Participant)

Troop/Crew # \_\_\_\_\_ YHAO Start Date \_\_\_\_\_  
(Circle one) (mm/dd/yy)

In consideration of the services of The Yellowstone High Adventure Outpost, its agents, employees, trustees, officers, contractors and all other persons or entities associated with it (collectively referred to as "YHAO"), I agree as follows:

Although YHAO has taken reasonable steps to provide me with appropriate equipment and skilled staff for the course so I can enjoy an activity for which I may not be skilled, I acknowledge that this activity has risks, including certain risks which cannot be eliminated without destroying the unique character of this activity. The same elements that contribute to the unique character of this activity can be causes of loss or damage to my equipment, accidental injury, illness or in extreme cases, permanent trauma, disability or death. I understand that YHAO does not want to frighten me or reduce my enthusiasm for this activity, but thinks it is important for me to know in advance what to expect and to be informed of the activities' inherent risks. The following describes some, but not all, of those risks.

YHAO treks live, camp and travel out of doors, where they are subject to numerous risks, environmental and otherwise. Activities vary from course to course, and include hiking and backpacking, mountaineering, climbing and descending glaciers and rock and ice cliffs, whitewater and sea kayaking, rafting, canoeing, skiing, fishing, and caving.

YHAO treks occur in remote places, many days from medical facilities. Communication and transportation are difficult and sometimes evacuations and medical care may be significantly delayed.

Meals are prepared over gas stoves and open fires. Water often requires disinfection before use. Camping risks and hazards include burns, cuts, diarrhea and flu-like illness, and falling timber.

Travel is by vehicle, raft, canoe, kayak, sail and other boats, skis and on foot and by other means, over rugged unpredictable off-trail terrain, including boulder fields, downed timber, rivers, rapids, river crossings, high mountain passes, snow and ice, steep slopes, slippery rocks, and steep crevassed glaciers. Attendant risks include collision, falling, capsizing, drowning and others usually associated with such travel, as well as environmental risks.

Environmental risks and hazards include rapidly moving, deep or cold water; insects, snakes, and predators, including large animals; falling and rolling rock; lightning, avalanches, flash floods, and unpredictable forces of nature, including weather which may change to extreme conditions without notice. Possible injuries and illnesses include hypothermia, frostbite, high altitude illnesses, sunburn, heatstroke, dehydration, and other mild or serious conditions.

Decisions are made by the instructor and participants in a wilderness setting, based on a variety of perceptions and evaluations which by their nature are imprecise and subject to errors in judgment. Throughout the trek, participants are responsible for their own safety and for the safety of other members of their course.

I am aware that YHAO treks include risks of injury or death to myself. I understand the description above of these risks is not complete and that other unknown or unanticipated risks may result in property loss, injury or death. I agree to assume responsibility for the inherent risks identified herein and those inherent risks not specifically identified. My participation in this activity is purely voluntary, no one is forcing me to participate, and I elect to participate in spite of and with full knowledge of the inherent risks.

I acknowledge that engaging in this activity may require a degree of skill and knowledge different from other activities and that I have responsibilities as a participant. I acknowledge that the staff of YHAO has been available to more fully explain to me the nature and physical demands of this activity and the inherent risks, hazards, and dangers associated with this activity.

I possess at least the following qualifications, which are prerequisites to my participation in this activity:

I have read and understand the following: The General and Safety Information in the YHAO section of the leader's guide, the General Information, and the Physical Conditioning information.

I have verified with my physician and other medical professionals that I have no past or current physical or psychological condition that might affect my participation in the course, other than as described on the BSA Annual Health and Medical Record

I represent that I am fully capable of participating in this activity, without causing harm to myself or others. Therefore, I, and my parent(s) or guardian, if I am a minor, have read, understood the risk advisory statement.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
(Student)

If the participant is under 18, I am signing as a parent or guardian to reflect that I have also read and understand the risk advisory statement and give my permission for my child to participate in the programs of the Yellowstone High Adventure Outpost

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
(Parent or Guardian)

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
(Parent or Guardian)