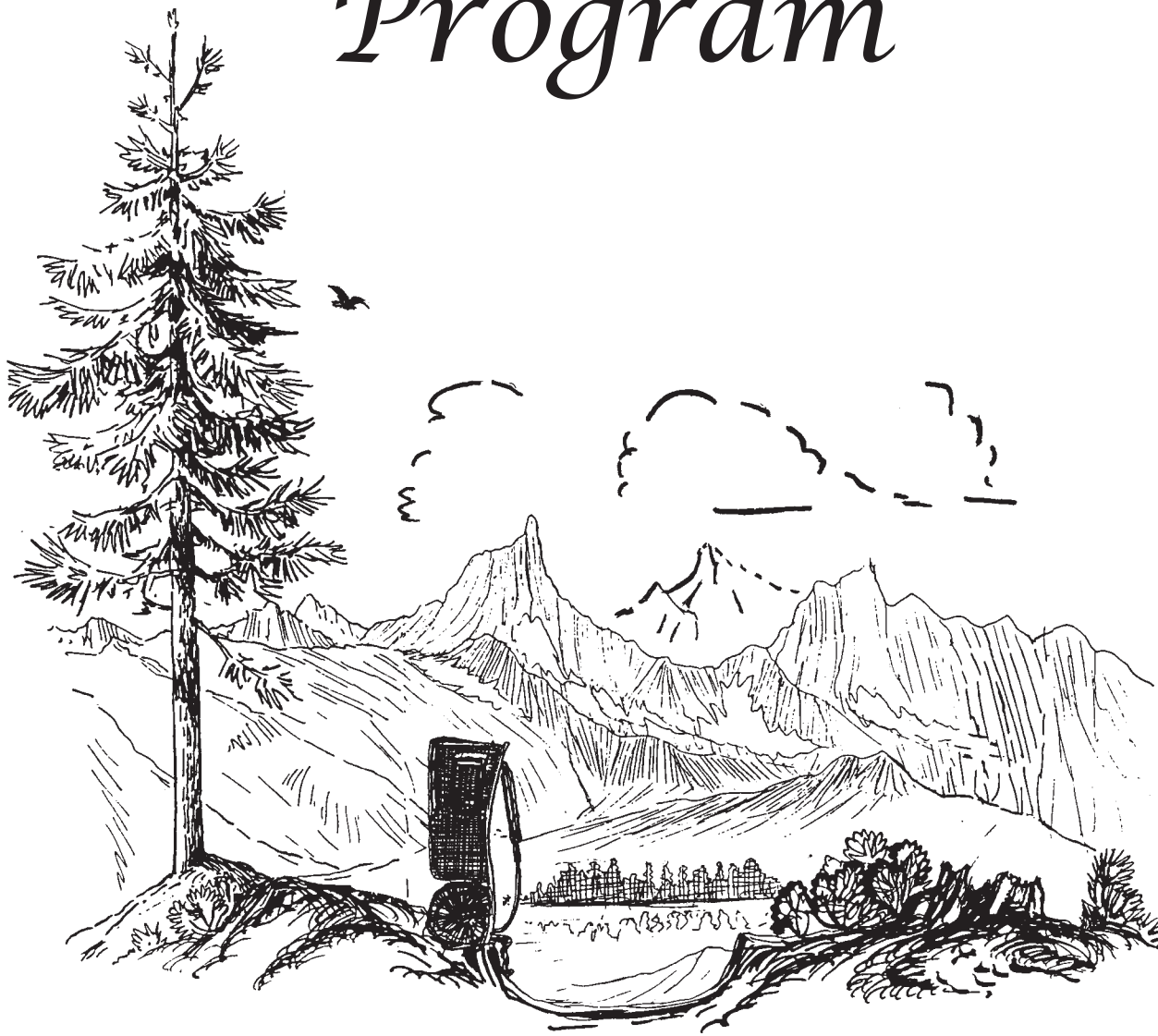


High Adventure Backpacking Program



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Offered by the
HIGH ADVENTURE TEAM
Los Angeles Area Council
Boy Scouts of America

The High Adventure Team of the Los Angeles Area Council-Boy Scouts of America is a volunteer group of Scouters which operates under the direction of the LAAC-Camping Department. Its mission is to develop and promote outdoor activities within the Council and by its many Units. It conducts training programs, sponsors High Adventure awards, publishes specialized literature such as Hike Aids and The Trail Head, and promotes participation in summer camp, in High Adventure activities such as backpacking, peak climbing, and conservation, and in other Council programs.

Anyone who is interested in the LAAC-HAT and its many activities is encouraged to direct an enquiry to the LAAC-Camping Department. The LAAC-HAT meets on the evening of the first Tuesday of each month (except July) at the LAAC Service Center. These meetings are open to all Scouters.



This Hike Aid all prior editions, the latest dated Decenber 2001.
The content is essentially unchanged, but with corrections and updates.



High Adventure Backpacking Program

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of the
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If you don't survive for the next five minutes, it hardly matters how things will be after that.

Introduction

By now you should have read some of the other Hike Aids, specifically Hike Aid 4, "High Adventure Procedures and Guidelines", you may have attended Adult Leaders Backpack Training, and you are probably aware of the wealth of published material about backpacking and other outdoor activities. You are faced with how to integrate all of this material and apply it to the Unit's High Adventure Program.

The first phase of this integration happens when Unit Leadership does its planning, as is discussed in Hike Aid 4. The second phase occurs when the Unit goes on High Adventure backpack trips and actually experiences what is discussed in the literature and the training sessions. This transition from the abstract to reality is both challenging and fun.

The purpose of this Hike Aid is to highlight some of the more important features of a High Adventure backpacking program and, as appropriate, add a Scouting perspective. It is intended to not duplicate the very suitable material on backpacking which is to be found in other BSA and commercially available books.

As the Unit experiences the diversity of wilderness locations that are available, each person's conduct is very important. We are members of the Boy Scouts of America, a nationally recognized youth organization. Its reputation is determined by, and dependent upon, our courtesy and competence. It is possible to meet these tests and to have fun. And, it will bring the added satisfaction of knowing that at all times the Unit obeyed the rules and did the right thing.



"Nature is man's teacher. She unfolds her treasures to his search, unseals his eyes, illumines his mind, and purifies his heart; an influence breathes from all of the sights and sounds of her existence."

Alfred Billings Street

Where To Go

The information contained in this section provides the Unit Leadership with guidance as to the wealth of possibilities that exist for its High Adventure backpack program. While some of the most challenging and rewarding hiking experiences in the world are to be found in the neighboring Sierra Nevada Mountains, the local mountains and desert regions offer extensive and varied opportunities. By just hiking a few miles, the Unit will enter an environment that is totally different from the busy highways and congested drive-in campgrounds. Your Scouts will see and experience things that they have probably only imagined. They will gain the confidence and maturity that comes with knowing that they can carry what they need, and survive and enjoy a challenging High Adventure.

Rushing streams, waterfalls, peak climbs, and wild animals are all close-by. National Forests, National Parks, State parks and beaches are virtually at our doorsteps. Altitudes range from sea level (or below it) to over 10,000 feet, with an exciting variety of terrain, vegetation, and wildlife. There is certainly no lack of challenge. This variety requires preparedness, knowledge, and continuous caution by all persons who use the trails and campsites. Because of these conditions and of the possibility of changes in regulations and in the manner in which these locations are administered, the Unit Leadership must learn as much as possible about a location as a part of its planning for a trip. Quite often one of the numerous hiking guides that are now available, and other publications of the various administrative agencies for public lands, will provide this information. These sources will also provide ideas for different trips and open new opportunities for High Adventure to the Unit. Included in the syllabus for the LAAC-HAT conducted Adult Leaders Backpack Training is a bibliography to backpacking guides and instructional books. It, however, represents only a selected portion of the materials in print. The more popular ones can be purchased off-the-shelf at any backpacking store. These books are not high profit, fast selling items, so check the shelves and then ask what else might be in print for the location of your interest. Store personnel may be able to order the book or direct you to another source. The quality of these books continues to improve as to accuracy and usefulness.

Topographical maps for the more popular locations in California can be purchased at these same stores. However, there are two local sources for a complete selection of all of the maps for California.

- ◇ Allied Services (714) 532-4337
966 North Main Street, Orange, CA www.alliedmaps.com

- ◇ Ace Blueprint Co. (562) 424-0468
1399 East Burnett, Signal Hill, CA

The agency which administers a particular location may not always be apparent. A backpack into some locations, such as San Jacinto, may involve several agencies. Start by contacting the one that seems most likely, and go from there. As different agencies often have different permits and rules, it's important that you deal with the correct ones. The Unit Leadership must make all of the reservations and obtain all of the permits for its outing - and then carry them while backpacking. They must be in your possession.

Not to be overlooked in this matter of deciding “where to go” are other Scouters. Ask members of the District Camping Committee, High Adventure Team, and Order of the Arrow for suggestions and assistance. One of the primary duties of each of these groups is to promote Unit camping programs. These are valuable resources that are too often unused by Unit Leadership.

The remainder of this section discusses the types of public lands in the local mountains and deserts and identifies the administering agency.

National Forests

“Land of many uses”, that are managed by the U.S. Department of Agriculture - Forest Service (USDA-FS). We are most fortunate for the number that are conveniently available to us and to the variety of backpacking opportunities that they provide. They are different, as the Unit Leadership will find by planning trips into each one. The Angeles National Forest, being the closest for many of us, is the most visited and used public land in the country.

The USDA-FS office for each National Forest publishes literature and maps for it. They are generally nominally priced, or free, and are more up-to-date than topographical maps and commercial guide books. Stop at a Ranger Station or Visitor Center to see what it has. Remember that each is likely to have materials primarily about its Ranger District, so get into the habit of stopping when you see one. Also available at these locations are Fire Permits and Adventure Passes. The Unit will need both when hiking and camping in these locations.

◇ Angeles National Forest

Forest Supervisor(626) 574-5200
701 North Santa Anita Avenue, Arcadia, CA 91006 www.fs.fed.us/r5/angeles

Los Angeles River Ranger District.....(818) 899-1900
Little Tujunga Ranger Station
12371 N. Little Tujunga Canyon Rd., San Fernando, CA 91342

San Gabriel River Ranger District(626) 335-1251
Glendora Ranger Station
110 North Wabash, Glendora, CA 91741

Santa Clara - Mohave River Ranger District(661) 296-9710
30800 Bouquet Canyon Road, Saugus, CA 91390

◇ Cleveland National Forest

Forest Supervisor(858) 673-6180
10845 Rancho Bernardo Road, Rancho Bernardo, CA 92127

Descanso Ranger District.....(619) 445-6235
3348 Alpine Blvd., Alpine, CA 91901

- Palomar Ranger District(760) 788-0250
1634 Black Canyon Road, Ramona, CA92056
- Trabuco Ranger District..... (951) 736-1811
1147 East 6th Street, Corona, CA
- ◇ Eastern Sierra Interagency Visitor Center.....(760) 876-6200
Junction Hwy 395 and SRI 136, Long Pine CA93545
- ◇ Humboldt-Toiyabe National Forest
- Forest Supervisor (775) 331 6444
1200 Franklin Way, Sparks, NV 89431
- Bridgeport Ranger District(760) 932-7070
P.O. Box 1000, Bridgeport, CA 93517
- ◇ Inyo National Forest
- Forest Supervisor(760) 873-2400
351 Pacv Lane, Bishop, CA 93514
- Mammoth Ranger District.....(760) 924-5500
P.O. Box 148, Highway 203, Mammoth Lakes, CA 93546
- Mono Basin Scenic area Ranger Station(760) 647-3044
P.O. Box 429, Lee Vining, CA 93541
- Mount Whitney Ranger Station(760) 876-6200
640 S. Main Street, Lone Pine, CA 93545
- White Mountain Ranger Station(760) 873-2500
798 North Main Street, Bishop, CA 93514
- ◇ Los Padres National Forest
- Forest Supervisor(805) 968-6640
6755 Hollister Avenue, Goleta, CA 93117
- Mount Pinos Ranger District.....(805) 646-4348
34580 Lockwood Valley, Frazier Park, CA 93023
- Ojai Ranger District(805) 646-4348
1190 East Ojai Avenue, Ojai, CA 93023
- Santa Barbara Ranger District(805) 967-3481
3505 Parsdise Road, Santa Barbara, CA 93105

❖ San Bernardino National Forest

Forest Supervisor(909) 382-2600
1824 Commercenter Circle, San Bernardino, CA 92408

Arrowhead Ranger District(909) 382-2782
Rim Forest Ranger Station
P.O. Box 350, 28104 Highway 18, Sky Forest, CA 92385

Big Bear Ranger District.....(909) 382-2790
41397, North Shore Dr. (Hwy 38), Fawnskin, CA 92333

Cajon Ranger District(909) 382-2850
Lytle Creek Ranger Station,
1209 Lytle Creek Road, Lytle Creek, CA 92358

San Gorgonio Ranger District(909) 382-2881
Mill Creek Ranger Station
34701 Mill Creek Road, Mentone, CA 92359

San Jacinto Ranger District.....(909) 659-2117
Idyllwild Ranger Station,
P.O. Box 518, 54270 Pinecrest, Idyllwild, CA 92549

It is important to keep in mind that this is a time of considerable turmoil in the Forest Service. Budget cuts have forced the closure of campgrounds, the elimination of trail and forest conservation programs, and the reduction of other services. To help offset the financial problem (aka, "downsizing government"), user fees have being imposed, or are being considered, for many locations. Make provision for these conditions as the Unit prepares for the outing. Please remember that the local USDA-FS professionals and volunteers are not responsible for these decisions. They would much prefer to develop and expand camping and hiking opportunities and provide other services, all without user fees. That won't be happening soon, so show a little more consideration toward them. It doesn't cost any more, and it will make their, and your, outdoor experience more enjoyable.

National Parks and Monuments

Some of the most scenic locations in the country are to be found in these public lands, which are administered by the Department of Interior-National Park Service (NPS). Most of them require permits for backpacking, and restrict group size. All of them have one or more user fees. Wood fires are prohibited, except in some designated drive-in campgrounds, when firewood has been brought from home.

The NPS provides a free brochure for each Park/Monument and generally publishes other literature that is nominally priced or free. These materials are always current as to rules and restrictions, so the Unit needs to obtain them in advance of its outing.

- ◇ Channel Islands National Park
 Superintendent (805) 658-5711
 1901 Spinnaker Drive, Ventura, CA 93001 www.nps.gov/chis
- ◇ Death Valley National Park
 Superintendent (760) 786-3200
 P.O. Box 579, Death Valley, CA 92328 www.nps.gov/deva
- ◇ Joshua Tree National Park
 Superintendent (760) 367-5500
 74485 National Monument Drive, Twenty-Nine Palms, CA 92277 www.nps.gov/jotr

Permits not required. Dispersed site camping permitted, a mile or more away from roads open to vehicles, except in closed areas. No group size restrictions, except in Campgrounds. Obey all rules for parking vehicles - stay off anything that looks like vegetation.

- ◇ Mohave National Preserve
 Superintendent (760) 255-6100
 2701 Bartostow Road, Barstow, CA 92311 www.nps.gov/moja
- ◇ Kelso Depot Information Center (760) 733-4040
 Intersection of - Kelbaker Road at Kelso-Cima Road
- ◇ Sequoia and Kings Canyon National Parks
 Chief Rangers Office (559) 565-3341
 47050 Generals Highway, Three Rivers, CA 93271 www.nps.gov/seki
- ◇ Santa Monica Mountains National Recreation Area (SMMNRA)
 Superintendent (805) 370-2301
 401 W. Hillcrest Drive, Thousand Oaks, CA 91360 www.nps.gov/samo
- Santa Monica Mountains Conservancy Foundation (310) 589-3200
 3800 Solstice Canyon Road, Malibu, CA 90265

The SMMNRA is a collection of Federal and State lands, interspersed with private land and residential developments. It is generally administered by the NPS, but State Parks and Recreation and the Santa Monica Mountains Conservancy also play a role. Usage of the several State Parks, e.g., Point Mugu, Topanga, etc., is managed by the State. Contact, or visit, the SMMNRA office as the Unit considers an outing in these mountains. They can tell you who to contact for a specific location, the current status of trails and campsites, and what is involved if your hike crosses jurisdictional boundaries.

- ◇ Yosemite National Park
 Superintendent (209) 372-0200
 P.O. Box 577, Yosemite N.P., CA 95389 www.nps.gov/yose

Other Federal Lands

Most of the other local Federal lands are administered by the Department of Interior-Bureau of

Land Management (BLM). Most of it is in the desert, and some of it is of sufficient interest to be under consideration for transfer into the National Park system. There are virtually no restrictions for hiking and camping on these lands; however, the Unit Leadership needs to check with the BLM office that administers the location of its outing, just to be sure.

One warning about these desert areas — some of them are adjacent to Military Reservations or other Designated Closed Areas. The specific boundaries are not always that clear and signs are often removed by vandals. Always stay out of Military Reservations, unless the Unit has written permission from the Base Commander. Military Police patrol for intruders and you definitely do not want to become involved with them. They do not accept ignorance as an excuse.

- ◇ Bureau of Land Management
California Desert District..... (800) 446-6743
6221 Box Springs Blvd., Riverside, CA 92507 (909) 697-5200
- ◇ California Desert Information Center (Barstow Station) (760) 255-8760
831 Barstow Road, Barstow, CA 92311

Wilderness Areas

These are locations within Federal lands that are subject to special regulations, because of their unique, primitive, or sensitive nature. A Wilderness Permit is required for all hiking and camping in them, even just for a day. These permits are issued by the Federal agency which administers the location and may require paying a fee. The applicant for one must indicate the date of entry to and exit from the Wilderness, route to be followed, location of campsites, and number of persons in the group. Group size is often limited. Wood fires are not permitted.

Beside the usual hiking and camping rules, the Unit Leadership must be especially conscious of the following requirements:

- Controlling the group and maintaining courteous behavior.
- Keeping the group together, on the trail and in camp.
- Keeping the members of two or more groups, each with its own Wilderness Permit, separate at all times.

Adult leadership will be cited for failure to adhere to the rules for a Wilderness Area, whether observed by a Ranger or reported by another hiker. A location is designated as a Wilderness because it is truly unique and primitive. It is imperative that everyone who visits it does everything possible to protect and preserve it.

Tribal Lands

There are also Indian Reservations in the local area, which are controlled by the Tribal Councils. The Unit Leadership must obtain written permission from the Council for the location where it desires to hike or camp. Of particular interest are the Indian Canyons near Palm Springs that are a part of the Aqua Caliente Indian Reservation.

- ◇ Aqua Caliente Indian Reservation..... (760) 325-5673
S. Palm Canyon Drive, Palm Spring

State Parks

There are many interesting hiking and camping opportunities within the State's parks and recreation areas. A free brochure, "A Guide to the California State Park System", is available which provides information about the location and facilities at each one. Many of them have user fees and some of them require permits to hike and camp. As with the National Forests, budget problems have caused the State to consider closing or reducing the services at some of these parks.

- ◇ State of California, Department of Parks and Recreation(800) 777-0369
P.O. Box 2390, Sacramento, CA 95811..... www.parks.ca.gov/default.asp
- ◇ Anza-Borrego Desert State Park.....(760) 767-5311
200 Palm Canyon Drive, Borrego Springs, CA 92004
- ◇ Castaic Lake State Park Recreation Area.....(661) 257-4050
32132 Ridge Route, Castaic, CA 91310
- ◇ Cuyamaca Rancho State Park.....(760) 765-0755
12551 Highway 79, Descanso, CA 91916
- ◇ Mount San Jacinto State Park.....(951) 659-2607
P.O. Box 308, 25905 Highway 243, Idyllwild, CA 92549
- ◇ Point Mugu State Park
9000 W. Pacific Coast Hwy, Malibu, CA 90265.....(818) 880-0350
- ◇ Providence Mountains State Recreation Area.....(760) 928-2586
- ◇ Red Rock Canyon State Park
High Desert Area Headquarters(661) 942-0662
1051 West Avenue M, Lancaster, CA 93534
Location:
Hwy 14, 25 miles north of Mohave, CA
- ◇ Saddleback Butte State Park
Information: High Desert Area Headquarters(661) 942-0662
1051 West Avenue M, Lancaster, CA 93534
Location:
17102 Avenue J East (at 170th Street East), Lancaster, CA

County Parks

While primarily suited for drive-in camping and day hiking, there are some opportunities for backpacking in them. These would most likely be of interest to an inexperienced Unit that desires to do a close-in Training Hike. An exception is on Catalina Island, where there are several routes for two and three day backpacks which utilize campgrounds that are administered by Los Angeles County Parks and Recreation. Many County Parks now have one or more user fees for camping and hiking.

- ◇ County of Los Angeles, Department of Parks and Recreation
Main Office (213) 738-2961
433 South Vermont Avenue, Los Angeles, CA 90015

- ◇ Catalina Island
Catalina Conservancy (310) 510-2800
P.O. Box 2739, Avalon, CA 90704

- LA County Parks, Catalina Island Office (310) 510-0688
213 Catalina Street, Avalon, CA 90704

Boy Scout Camps

It is possible to arrange a backpack trip at a number of Boy Scout camps, both entirely within them or in combination with adjacent public lands. Such an outing is worthy of consideration by an inexperienced Unit that wants to do a Training Hike. Arrangements must be made with the Council office that operates the camp. If the Unit intends to hike or camp on adjacent public lands, then it must obtain the permits appropriate to the location. The staff at Log Cabin Wilderness Camp, operated by the LAAC near Tioga pass, will assist a Unit in planning and taking a 3-5 day backpack in the adjacent Sierras, while at the Camp. It will even provide an experienced advisor to accompany the Unit.

Summary

So, the problem faced by the Unit Leadership is not so much, “where to go?”, but rather how to choose from all of the great places that are available in Southern California. As mentioned in Hike Aid 4, the answer to that question lies in the interests and abilities of the Unit’s members. Design the High Adventure Program for them, and they will participate.



Scheduled Hours of Backpacking

Planning for an outdoor activity includes determining the amount of time that it involves. When the activity is a backpack trip, this begins with preparing a Trail Profile/ Trail Schedule (back-side of the High Adventure Application). The estimate of time is based upon the miles covered and the elevation gained along the route, both while carrying a full backpack. The formula is as follows:

$$\text{Scheduled Hours} = \frac{\text{miles}}{2} + \frac{\text{elevation gained in feet}}{1000}$$

Use decimals when making these calculations, i.e., 3.2, not 3 1/4 miles or 1.6 hours, not one hour and 36 minutes. So, for a backpack of 3.2 miles with an elevation gain of 800 feet, the Scheduled Hours of Backpacking are 2.4, or 2 hours and 24 minutes.

$$\text{Scheduled Hours} = \frac{3.2 \text{ miles}}{2} + \frac{800 \text{ feet}}{1000}$$

Note that there is no time allowance for elevation loss. The reason is that gaining elevation adds to the difficulty of the hike, while going downhill generally does not.

In calculating miles and elevation gain, examine the map(s) very carefully. Measuring straight line across a series of switchbacks will result in understating the actual distance to be hiked. The accuracy of the measurement depends upon the care taken. There is a tool (expensive) available at backpacking and map stores for measuring distance. Another technique, used by the author, is to lay a piece of string carefully along the exact route to be hiked. Mark the start and end points on the string. Straighten it out and determine the distance using the mileage chart on the map. Not fancy, but yields greater accuracy than using a ruler.

When the route takes the Unit over several ridges, the elevation gain is the sum of the several climbs, not just the difference in elevation at the start and end points of the route. Intermediate gains, followed by losses, along the route can quickly add up, and are easy to overlook. A classic illustration of this is the Silver Moccasins Trail, Chantry Flat (elevation-2000 feet) to Vincent Gap (elevation-6600 feet), with the high point on the trail being Mt. Baden-Powell (elevation-9400 feet). However, the sum of all elevation gained on this route is 14,000 feet, which is the amount that is to be used to determine Scheduled Hours.

Do not totally rely on the distances shown on maps or other literature, or the distance and elevation gains cited in many guide books. They are often less than specific as to the start and end points used in these measures, and the distances are often rounded off. When this information is available, use it to validate your measurements, rather than as a substitute.

You may wonder at the validity of Scheduled Hours and how they relate to your Unit. They are based upon experience for the "typical" Unit hiking on an established trail (Class 2 stuff), in dry weather. It provides an allowance for brief breaks to rest, have a drink of water, check the map, etc. Some Units may hike a route in less time, some in more - that's why it's called Scheduled Hours. It also provides a standard basis for determining the eligibility for most backpacking awards. The other measure for the Unit Leadership to consider in its planning is the elapsed time of the activity. This involves the Scheduled Hours of Backpacking, plus the time required for any lunch break, for Scouting skills or other activities, and for hiking without backpacks (such as a peak climb). When on a backpack trip, time management is an important factor to success.

Should the backpack trip involve a route that is crosscountry, i.e., not on a trail or on a trail of questionable status or quality, the actual time to hike can easily be twice the Scheduled Hours. Hiking off-trail below 5000 feet in the mountains of Southern California means that the Unit will generally be in chaparral. At a higher elevation in the local mountains, in the Sierras, and in the deserts, the Unit will likely be hiking on a rocky, uneven surface, exposed to the sun. These are extremely difficult hiking conditions. Backpacking trips of this nature are not recommended, especially for an inexperienced Unit. Extreme heat or cold, rain or fog, or snow falling on the trail, will also increase the actual hiking time.

There is no similar formula for determining the time of a dayhike, i.e., hiking without a full backpack. The author has found that using three miles, instead of two, and retaining the elevation allowance provides a reasonable time allowance. Here also, going off-trail, even on a "short" scramble to the summit of a peak, can take considerably longer.

Take copies of the Trail Profile/Trail Schedule and use it as you hike. Check the Unit's progress against the Scheduled Hours. After a few trips, the Unit Leadership will be able to cali-

brate the relationship between actual time and Scheduled Hours. However, Scheduled Hours are always used on the Trail Profile/Trail Schedule and in determining eligibility for back-packing awards.



Assessing Risks

In 1994, the National Outdoor Leadership School (NOLS) and Outward Bound held their first Wilderness Risk Management Conference. The purpose was to develop methods for understanding and reducing the incidence of accidents during outdoor activities and high-risk sports. Those persons convening the conference felt that most accidents were not acts of God, that they were preventable. They also determined that most of them follow a predictable pattern. One of the tools used at the conference for analyzing the accidents under discussion was a set of factors titled “Potential Causes of Accidents in Outdoor Pursuits”, that was initially published in 1979 by Outward Bound. These factors are grouped in three categories:

Unsafe Conditions

- Falling rocks/objects: avoidance of potential hazards.
- Weather: unprepared for conditions, changes.
- Swift/cold water: beyond the person’s or Unit’s ability.
- Area security: unstable terrain conditions.
- Equipment/clothing: inadequate; failures; over-reliance on an item, e.g., cell phone, GPS.
- Animals/plants: inability, unwillingness to acknowledge, deal with them.
- Physical/psychological profile: inexperience; inappropriate attitude; misplaced motivation.

Unsafe Acts

- Protection: failure to take, set, or use; lack of or no training in use.
- Instruction: unclear; incorrect; incomplete; not given.
- Supervision: insufficient; derelict; unskilled.
- Unsafe speed: driving and hiking, eg,. running.
- Food/drink.
- Position: improper technique; lack of experience or background.
- Improper technique: not doing something as taught; shortcutting.

Errors in Judgment

- Pleasing others: peers; supervision.
- Schedule: not prepared; not followed; not adjusted to changed/changing conditions.
- Misperception: environmental conditions; condition of participants; hazards.
- Disregarding instincts.
- Fatigue: the more tired you become, the more likely you are to have an accident.
- Distraction.
- Miscommunication.
- New or unexpected situation.

Accidents are usually a result of a failure involving several of these factors, often in several categories. Of course, the greater the number of failures, the more likely an accident. The value of understanding them should be readily apparent to the leader of a Unit with a High Adventure Program. The nature and extent of that program must rest on a realistic assessment of the ability of all of the participants to successfully deal with the factors listed above.

Just because something happens that you don't want to happen does not make it an accident.



Reducing the Risk of High Adventure

- ◆ Plan, plan, plan.
- ◆ Get trained to match the type and extent of the Unit's program.
- ◆ Have trained, backup leadership - adult and boy.
- ◆ Select your High Adventure activities based on the level of skill and interest of your Scouts.
- ◆ Know and accept the limits and constraints of yourself, your Scouts, and the other adult leaders.
- ◆ Remember that all High Adventure is neither necessary nor desirable for all Scouts and Scouters.
- ◆ Ensure that all adults who participate in the High Adventure Program and all Scouts who participate in a long-term activity have had a physical examination within the last year.
- ◆ Ensure that all participants are in good health and in adequate physical condition prior to each activity.
- ◆ Take the plans and maps with you; refer to them as you hike.
- ◆ "Bad weather" can and will occur anytime and anywhere - provide for it.
- ◆ Use quality equipment, in good repair, appropriate to the activity.
- ◆ For a location new to Unit Leadership, consider visiting it before the outing, or discuss it with someone who is familiar with it.
- ◆ Decide in advance the conditions or types of incidents that will cause the Unit to turn around or abandon the trek and immediately proceed to a trailhead or point of safety.
- ◆ Identify bail-out points on the route as you prepare your plans.
- ◆ Be constantly aware and alert to potential sources of risk as you hike.
- ◆ Identify bail-out points on the route as you prepare your plans.
- ◆ Avoid areas of unnecessary risk, in your planning and during the activity.
- ◆ Never take or plan to use equipment (technical climbing gear, ice axe, etc.) that all members of the group are not fully trained to use, except on a training exercise with a qualified instructor.
- ◆ Provide constant adult supervision.
- ◆ Know and enforce the rules - Safe Swim, Ski Patrol, boating, rock climbing, etc.
- ◆ Horseplay, harassment, etc., bring unnecessary, unacceptable risk to High Adventure.
- ◆ Stop an activity when the potential for risk approaches your ability to handle the risk.
- ◆ Keep the Unit (hiking party) together at all times; do not allow members to proceed on their own.
- ◆ If you have a problem, keep your composure - don't panic. Take charge, develop a plan, and act promptly.
- ◆ If you have a medical problem (injury, illness, heat, cold), get help immediately; unnecessary delay will only aggravate it.
- ◆ When you get tired, take a break; fatigue increases the risk of having an accident.
- ◆ Keep all cross-country and off-trail travel to a minimum to achieve a planned objective, such as a summit.
- ◆ Practice Mountain Manners at all times.
- ◆ Have fun; when it stops being fun, it isn't worth doing any more.

- ◆ It is far better to stop before you have a problem, than afterward.
- ◆ Never totally rely on someone else's planning - check it out.



The Local Fauna

Wild Animals

You must accept that any animal, not on a leash, that you encounter in the out-of-doors is wild, and is a threat to your health and, potentially, life. This applies whether it's a cute little chipmunk or the big bad bear. Close contact with such an animal must be avoided. All participants on an outing need to understand this rule and follow it. Any animal can have ticks, lice, fleas, and other carriers of infectious diseases; their teeth and claws make nasty gashes.

Most generally, other animals will try to avoid humans; however, there will be occasions when you will come upon them and when they will seek you out. You can minimize the chances of meeting an animal that is unaware of your presence by being watchful and by listening to the sounds around you. You can also "walk hard", that is, make a small amount of noise as you hike. This is not to be confused with screaming and shouting or carrying electronic noise makers. Normal conversation, or even singing, will alert animals and help pass the time. Use the opportunity to talk about what you are seeing, hiking techniques, map and compass use, orienteering, etc.

Some rules for an encounter with an animal, particularly a predator:

- ◆ Don't go any closer.
- ◆ Don't make any rapid or sudden movements.
- ◆ Don't turn your back - be watchful, but avoid direct eye contact.
- ◆ Don't run - you can't outrun it and any predator will chase you.
- ◆ Don't approach an apparently hurt or sick animal - there is nothing that you can do for it and it can injure you.
- ◆ Don't approach a baby animal or get between the baby and its mother - the mother will immediately attack you.
- ◆ Talk calmly to the animal.
- ◆ Remain standing.
- ◆ Back away slowly and allow the animal to leave.
- ◆ Keep your group together.
- ◆ Pick up any small children.

If a predatory animal comes at you:

- ◆ Scream and shout - make lots of noise.
- ◆ Throw rocks, sticks, anything at hand.
- ◆ If you have food in your hand, pockets, etc., throw it away.
- ◆ Act threateningly; fight back.
- ◆ Do not turn and run, but back away quickly.

To avoid attracting an animal to your campsite:

- ◆ Camp away from water, trails, stoves, fire rings, etc.
- ◆ Keep a clean campsite.

- ◆ Always bag and hang all food and trash away from where you are sleeping (practice the Philmont Triangle).
- ◆ Never store food or eat inside a tent, except in the most extreme weather conditions; rig a dining fly.
- ◆ Clean all Unit and personal utensils after every meal.
- ◆ After eating, have everyone wash their hands in the soapy cleanup water, especially at night.
- ◆ An open fire will not scare off animals and may attract an angry Forest Ranger.

If an animal comes into your campsite:

- ◆ Act threateningly - the animal is now in your space.
- ◆ Make lots of noise - scream, bang pots, blow whistles.
- ◆ Throw rocks, sticks, etc.
- ◆ If at night, shine flashlights.
- ◆ If an animal gets into your food, let it have it. Never use any food in a package that is damaged by an animal.

Black bears, cougars, coyotes, and wild dogs are predatory animals to be found in the local mountains. If you are threatened by one of them, report it as soon as possible to the Forest Service. Never underestimate the danger represented by a pack of wild dogs.

Rattlesnakes are a special subset of this discussion. However, the same general rules apply, i.e., be observant, watch where you put your hands and feet, make some noise when walking, back off slowly, keep a clean campsite (dirty campsites attract small animals, which attract snakes). Do not throw rocks or sticks, or attempt to kill it; allow the snake to leave.

Remember that animals can be active at any time during the day, during any season, and in any weather. You may encounter them in any location in the local mountains and deserts. A hiking staff and a police whistle are useful items when you meet a wild animal. Make them a part of your regular High Adventure gear, if you have not already done so.

Observing an animal in the wild is an interesting and enjoyable experience. Just do so with care; you and the animal will both be better off for it.

Insect, Bugs, and Other Unfriendlies

You will encounter them, they are all a nuisance, and some of them can be life threatening. However, there are numerous actions which you can take to avoid them, independent of using an insect repellent.

- ◆ Wear long pants and light colored clothing.
- ◆ Keep a clean campsite.
- ◆ Camp away from ant hills, wasp nests, etc.
- ◆ Avoid hiking through, and camp away from, tall grasses, weeds, and brush.
- ◆ Look before moving rocks and branches.
- ◆ Camp away from water.
- ◆ Keep netting on tents zipped closed at all times.
- ◆ Mend holes and tears in tents at once.
- ◆ Don't wear smelly lotions or creams.
- ◆ Wash your hands after handling food.

- ◆ Keep away from wild animals, dead or alive.

Doing these things should reduce the frequency and quantity of insects encountered.

Use insect repellent sparingly on exposed skin. It can also be put on the cuffs of pants and shirts to keep bugs out. However, use care, as some repellents can affect the waterproofing or other characteristics of a material. For this reason, never put it on tents or other items of equipment. Stick or lotion form is preferable to an aerosol spray, in that:

- ◆ you can put it exactly where you want, in the amount that you want.
- ◆ you are less likely to get it into inappropriate places, such as eyes, ears, nose, mouth.
- ◆ it is less bulky, lighter, and less costly.
- ◆ you can tell how much is left in the container.

When using an insect repellent, always follow the manufacturer's directions. Members of a Unit that are especially susceptible to bugs should be encouraged to wear a hat with mosquito netting attached to the brim. It may not look "rad", but it does keep the critters off.

Boys are to be instructed in the dangers of fleas and ticks. Everyone needs to be watchful and to brush them off immediately. If a tick is found embedded in the skin, remove it at once (refer to first aid literature for the proper method). Save it in a small ZipLoc-type bag for possible medical evaluation later.

The sting of a bee, wasp, scorpion, or similar insect carries a risk beyond the local skin irritation. Many more people die each year from a bee sting than from snake bite. Boys must be told to always report being stung by one of the aforementioned insects. Carry insect lotion and ampules in your Unit first aid kit to provide relief from the irritation (after properly removing any stinger). Any symptom of shock by the person stung represents a medical emergency; proper medical care must be obtained immediately. Upon returning home, the parents of a boy who was stung by a bee, wasp, or scorpion, or bitten by a tick or flea are to be told of the incident. Also, they should be told if a boy has been extensively bitten by any insect or has exhibited any reaction, other than a local skin irritation, to any sting or bite.

Other Persons

Everyone has an equal right to use and enjoy our public lands. Each of us also has an equal responsibility to protect the environment and to respect the rights of others. People go into the local mountains and deserts for many different reasons and with many different expectations. These differences, coupled with different attitudes about rights, responsibilities, and uses of public lands can create a potential for conflict.

As you meet other persons, your own and their enjoyment will be enhanced by following a few basic guidelines.

- ◆ Be friendly - smile, say "howdy", etc.
- ◆ Set a good example: obey the rules; control your group.
- ◆ Give the other person the benefit of the doubt.
- ◆ Where the situation warrants, offer aid or assistance. Most people that you will meet will be poorly equipped and will have no idea of how to care for themselves in the backcountry. If you encounter someone whose behavior you consider inappropriate, back off. The USDA-FS instructs its volunteers to do only three things in such a situation: observe, record, and report. To attempt to do anything more could create a risk to you and to your Unit. Even in doing

these things, use discretion. Above all, don't be confrontational, make threats, or, in general, sink to their level of behavior.

It is unfortunate, but true, that the most dangerous animal that you may meet in the out-of-doors is another person.



The Local Flora

Southern Californians can enjoy marvelous diversity as to trees and plants, ranging from desert to sub-alpine in nature. As with the animal life, there are certain cautions to be observed when your Unit is out among them. In most instances, the best advice is to look, but not to touch. Many of the local plants, or their seeds or berries, are very poisonous. Two obvious examples are mistletoe and oleander. Unless you are with an expert who knows the local varieties, consider all mushrooms and fungi to also be poisonous. Even acorns, which were used as a food by the Indians, are edible only after proper preparation.

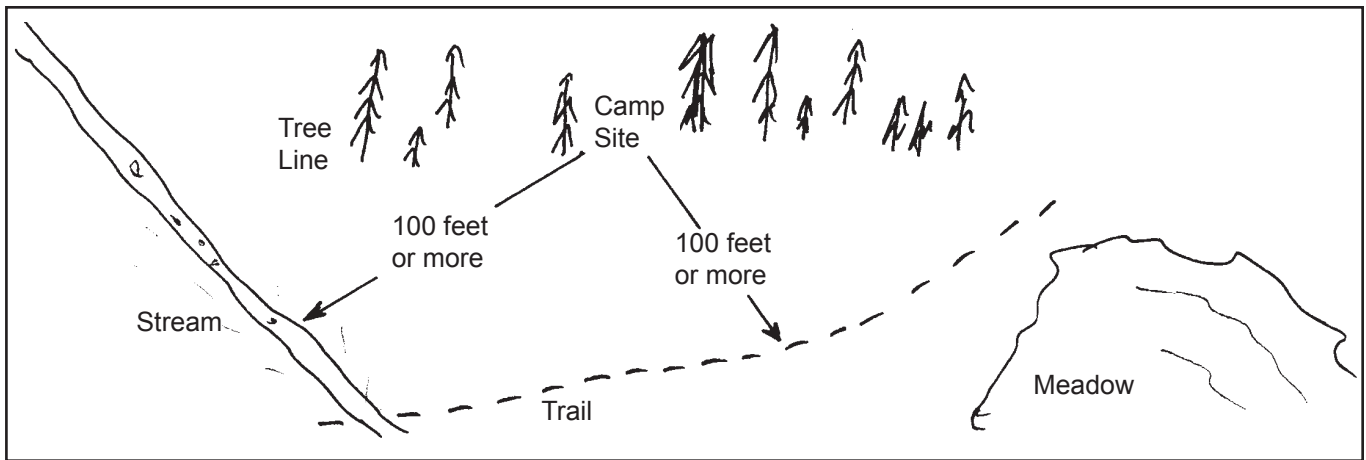
Poison oak and stinging nettle usually grow in the vicinity of water, at elevations up to 6000 feet. Instruct your Scouts on their appearance, and mention it as you see them on your outings. Wash the skin as soon as possible after coming into contact with it. Most first aid lotions or sprays will help relieve the irritation. Clothing that has brushed against it must be changed before going to bed.

Much of the brush, or chaparral, that covers the lower elevations of the local mountains have thorns and leaves that are covered with an oily resin. Each is a nuisance, and together they can cause a nasty, infected scratch. Within this plant community, yucca is also to be found. The points on its fronds penetrate deeply, even through a leather boot, with little pressure. If someone comes into contact with one of these shrubs, remove any thorn, wash the wound, and apply a lotion or spray. Carry a quality tweezers in the Unit's first aid kit for this purpose. The best advice is to stick to the trail when hiking. Most desert plants have spines or thorns. It usually takes only one encounter for a person to learn to treat them with respect. A cactus won't jump at you, but you must use some care as to where you put your hands and feet. At all times and places, never allow anyone to be bare footed.

The final concern about the local flora, regardless of location or time of year, is that most of it burns very readily and with great ferocity. Treat a fire of any type with great care and know and obey all of the rules.



Dispersed Site Camping



Any campsite other than in a designated Campground or Trail Camp is considered a dispersed site. Most land management agencies permit dispersed site camping, provided that the campsite is a minimum of a mile from any road open to vehicular traffic. Other rules and restrictions are dependent on the agency and the location. Contact the agency before the outing and get a copy of them.

- ◆ Camp only in a location where it is permitted; many environmentally sensitive or wilderness locations are closed to it, e.g., the Santa Ana River in the vicinity of Barton Flats. If you have any doubts, ask the agency that administers the location.
- ◆ Never camp in a meadow - they are very sensitive.
- ◆ Stay out from under tall trees, if possible.
- ◆ Be observant for "widow makers" - dead branches, pine cones, etc., that may fall on your campsite.
- ◆ Absolutely follow all fire rules; never have a wood fire.
- ◆ Camp away from water sources, trails, other campers.
- ◆ Make no alterations to the area.
- ◆ Follow good sanitation practices.
- ◆ Use your backpack stove (if permitted) in a location free of brush and weeds.
- ◆ Strictly adhere to a no-trace camping ethic.
- ◆ Respect the "space" and privacy of other campers.
- ◆ Other considerations being equal,
 - higher up a slope will be warmer than lower down or in a gully.
 - away from water will be warmer and have fewer bugs than close to it.
- ◆ Never set up a tent in a gully or depression that could be flooded.
- ◆ Never trench around a tent - look for a site with natural drainage to carry water away from it.
- ◆ Avoid camping on the top of a ridge or other location exposed to wind.
- ◆ You may be out there alone, but keep the noise down, control your Unit, and at all times set a good example.
- ◆ Do not bury (or burn) your garbage and trash; pack it out.
- ◆ Remove all ropes and string that you have tied in trees.
- ◆ Restore the site when you leave; the next passer-by should not be aware of your campsite.



Sanitation Practices

The disposal of human waste and water from the cleaning of Unit and personal cooking and eating utensils requires special care in the backcountry. Any facilities provided in Campgrounds or Trail Camps must always be used for these purposes. All persons beginning the Unit's High Adventure backpacking program need to be instructed in proper sanitation practices when facilities are not available, and everyone needs to be reminded from time to time. This should also cover the need to wash one's hands with soap and water after body functions.

While a healthy person's urine contains no bacterial or viral materials, persons are to relieve themselves away from water sources, the campsite, and trails. This is not to be done against the side of a tree, as deer are attracted by it and will chew the bark. This, of course, can damage the tree.

Feces require greater care in their disposal, to avoid potential environmental pollution and an unsightly mess. A small trowel or shovel is to be carried as a piece of Unit equipment, with which a person can dig a "cat hole". This is a small hole, 6-8 inches deep, into which the feces are deposited. Cover the fecal material with the dirt that was removed. Bacteria in the soil will cause it to decompose. This should be done as far from water sources as possible, and never less than 150 feet. Persons must also avoid locations of water runoff, as it may wash away the loosened soil. Never dig a common latrine for all members of the Unit to use; this is an unacceptable practice. Each person is to carry a ZipLoc-type bag and place used toilet paper in it. Carry it out and dispose of it properly back home. Never bury or attempt to burn it.

Remove any garbage and other solids from the water used to wash utensils, before disposing of it. These materials are to be carried out with the other garbage and trash. This water is to be dispersed ("broadcast") over an area, rather than dumped in a single spot. Do this well away from water sources and your campsite. Carry a large, waterproof stuff bag and several plastic trash bags (and ties) to use as a liner for carrying the Unit's garbage and trash.

Following these few simple practices will help prevent pollution and keep the environment clean and attractive.



Staying "Unlost"

The Unit Leadership has selected the outing, traced the route on its maps, read about it in the guide books, and prepared a set of plans. Take a copy of that plan and the maps with you and use them as you hike. Monitor the Unit's progress and watch for the indicated checkpoints. This is extremely important when hiking in a location that you don't know and when hiking off-trail or cross-country. The goal is to know all times where you're at, and to minimize the uncertainty, if you're not sure. The purpose is to keep from becoming lost. You keep from being lost by not allowing the Unit to get lost.

Besides the maps and planning, other tools that are useful to this purpose are a compass, altimeter, pedometer, and watch. But they are only useful when you take and use them. They are also much better for keeping the Unit from becoming lost than for getting unlost. A final observation is that the Unit is more likely to over-estimate its progress than to under-estimate

it. Don't reject your planning just because you feel that you should have arrived at a certain point, and you don't seem to be there. Most likely it's not because you are in the wrong place or have missed it, but that you still have a way to go.

Prepare a plan, take it, and use it. Don't become lost just because you've failed to use what you have.



Disabled/Disoriented/Lost?

You can't get there from here; you're not sure how to get there from here; you've no idea where there is. Well, you wanted High Adventure; now you've got it in spades.

- ◆ Overnight, it rained a little. Now that stream that the Unit crossed coming in appears to be 3-4 feet deep, and there is no other way to get out. Or, it snowed and the trail is impassable without snowshoes (which you don't have). These, and other possible incidents, can cause the Unit to be disabled, that is, unable to proceed or get out of its present location. You know where you're at and where you want to go, you just can't get there for some reason or other.
- ◆ The Unit has been hiking for several hours, but it doesn't seem to be where it should be. Or, the Unit has come to a trail that doesn't appear on the map; or the trail location doesn't match the map. You're disoriented; you know where you were, and how to get back to a known reference point, but you're not quite sure where you're at and how to get to where you want to be.
- ◆ The Unit is behind schedule and the Leadership decides that it can pick up the time by going cross-country. Or, you leave the trail to do some impromptu peak climbing and don't know how to get back. You are lost. The map (you did bring it?) doesn't show anything that looks like what you see around you; you've no idea of how to get to a known point, much less how to get to where you want to be.

These are some of those "Unexpected Incidents" that are discussed briefly in the [Hike Aid 4](#), "High Adventure Procedures and Guidelines". Those comments generally apply to these situations, but some additional guidance is offered.

Everyone recognizes a medical emergency as an immediate problem; denial is often a part of these other situations. The Unit Leadership must accept that it has a problem and stop, before it becomes worse. Get everyone together; now is not the time to lose someone. The advantage that the Unit has in these situations, versus a medical emergency, is that there is probably not the urgency of doing something immediately. Determine your resources, develop alternatives, select a plan, and then do it. In the case of being disoriented, that plan may be to return to a known point and to proceed from there. In the case of being disabled, a plan to wait a few hours may allow conditions to improve so that the Unit can safely proceed.

In all three situations, the plan may be to stay put and wait to be found. Even if you are lost, you are probably not that far from your planned route. Being rescued may be embarrassing, but there are worse things that can happen.



Medical Emergencies

"Billy tripped and hit his head real bad." Words to strike terror in the Unit Leadership, especially if you're twenty miles from the trailhead, on the third day of a long-term backpacking trip.

What you are carrying- your supplies, your knowledge, your ingenuity - are what you have to use. The book, Mountaineering First Aid, published by The Mountaineers of Seattle, contains excellent guidance on the handling of these incidents. It also contains a form, "First Aid Report Form", which you will want to copy and carry in the Unit first aid kit. Of major importance is how the Unit Leadership deals with the incident, independent of how it handles the specific injury or illness. Hike Aid 4 provides a summary of some of its material in the section "Unexpected Incidents". Hike Aid 9, "Risk, Health and Safety", discusses the several types and actions to be taken to avoid them.

The LAAC-HAT offers Mountain-Oriented Accident Response as a module in its "Full Dimension High Adventure Training". Its purpose is to train Scouters and to demonstrate how to handle a medical emergency, while participating in a High Adventure activity. The ability of the Unit Leadership to properly deal with the totality of the incident may be of equal or greater significance to the health and welfare of the victim, and the balance of the Unit, than the quality of the first aid. In that context, your collective knowledge and ingenuity are of equal importance to the first aid and other supplies that you are carrying.



Feet

Them that got you there have got to get you back, so you must give them proper care. For most of the Unit's High Adventure trips, the only medical problem that anyone is likely to have will involve their feet. Proper fitting boots, well broken-in and in good condition, and good socks, well fitting and without holes, are necessary to keeping this from happening. Participants on backpacking trips need to be reminded periodically to keep their toe nails carefully trimmed, with no sharp corners that could cut into the adjacent toes. Wearing two pair of socks, a light-weight inner sock and a heavier wool outer sock, will help to prevent blisters. Changing to a clean pair each day also aids in blister prevention.

Take care of hot spots and blisters immediately, as they only get worse. This is an individual responsibility, but the Unit Leadership must encourage the participants to do so, even when it seems to cause an unnecessary delay. Never leave a person, or split the Unit, while he/she attends to a problem.



Water

In the backcountry, water is a necessity and a hazard; it's like you can't live without it and you can't live with it. One way or the other, the Unit Leadership must understand what it's about, as basic to a High Adventure Program.

You will need water to drink, to cook, and to clean up. Determining how much the Unit will need

on an outing, and how to satisfy that need, is a necessary part of its planning. In the desert and in some mountainous locations, the Unit will have no choice but to carry everything that it needs. In most of the mountains, and especially in the Sierras, surface water will be available most of the year. The Unit Leadership must decide where to obtain it and how to purify it.

All water from backcountry sources, be it spring, lake, stream, or pipe coming out of the ground, must be purified. There are basically three methods, heat, chemical, and filtration, for accomplishing this. Each is effective, when properly done. The Unit must carry the equipment and supplies to purify sufficient water to meet its needs.

Whatever method, you may want to strain the water through a clean cloth or bandana before purification. This will remove any large particles that the boys might find objectional and that might clog a filter. It is recommended that water be collected in a Unit container and then transferred to personal containers or cooking utensils, once it is safe to use. A water bag is well-suited for this. Purify water in advance of need, or as you use it, rather than waiting until you run out.

◇ Heat: The simplest and, arguably, the most effective method. A rolling boil for 5 minutes or more (a bit longer at higher elevations, because of the lower boiling point) is mandatory. Let the water cool before transferring to personal water bottles. Carry sufficient backpacking stove fuel and, probably, an extra stove just for this purpose. This is a fine method once the Unit has reached its campsite, but awkward when in-route. The Unit is out of luck when in a location where a fire of any type is not permitted.

◇ Chemical: A major factor with this method is to allow the water to sit a sufficient time, between adding the chemical and using the water. If you use a commercial preparation, read and follow the manufacturer's instructions. If you are using the iodine crystal/solution method, let the water sit a minimum of 20 minutes. The longer the wait, the better. Some commercial products have a specific shelf life and are to be discarded when they expire.

◇ Filtration: Buy a quality unit, use per manufacturer's directions, and service or replace the filtration material regularly. As you are trusting the health and welfare of the Unit to this item, this is no place to cut corners. New items continually become available, so you need to check around before you buy.

These purification methods are fine for killing or removing bacteria and viruses. However, they do absolutely nothing to chemical pollutants that may be in the water. Such a pollutant need not be from illegal dumpings; other sources are pesticides, herbicides (good old agent orange), fertilizers, automotive fluids, abandoned mines, etc. As there is nothing that you can do about these pollutants being in the water, you must use good judgement in selecting water sources that are unlikely to be exposed to them. Look closely at your maps and the drainage of the streams and rivers along your hiking route. Whenever possible, avoid taking water from those that flow through residential developments and farms, and that flow alongside roads and highways. Fortunately, this is generally a concern only in the lower elevations of the local mountains.

Always use purified water for cleaning all cooking and personal utensils and for washing hands. Heat the water and use a small amount of biodegradable soap. The soap will help remove any grease and oils, and kill any germs; don't bother with really hot water for clean-up

chores. The only additional thing that it will do is cause burns or blisters. It is not wise to put food or food containers in a stream to cool, as they may then be contaminated. If any food items come into contact with unpurified water, flush them with purified water before using.

Water as rain, and in a rushing stream, is the hazard. Carry clothing and equipment to deal with both, on a year-round basis. Tents and rain gear are obvious; hiking staves and the bear bag rope may not be. Pick your stream crossings carefully. Rocks and logs are notoriously unstable and slippery. Better to have wet feet than to slip and fall. For just that reason, have everyone always unbuckle his/her waist belt at every stream crossing. If there is any element of risk, instruct all participants on an outing to wait until the total group is present, before beginning to cross. Use the entire group and all of its resources to make a safe crossing.

One last thing about all water in the backcountry. Everyone needs to understand that it may be drunk by someone else, later on. Treat all of it with consideration and respect. Follow proper sanitation practices. Don't allow wading or swimming, there are risks to the person, as well as in the water.



Weather

Weather can change very quickly in the mountains, both local and Sierras, any time of the year. The weather here in the Los Angeles basin cannot be taken as a guide to how the weather is, or will be, in the mountains or the desert. Finally, the local newspapers, radio, and television are very poor in their coverage of it in those locations, so they are of little use for planning a backpacking trip.

Your selection of the location for each trip should consider the likely weather conditions for the time of year. Carry equipment and clothing appropriate to the potential temperature ranges. Provide for the possibility of rain on every outing into the mountains and during the winter in the deserts (the deserts actually have more storms and rain during the summer). Plan on bad weather; that way you won't be surprised, or have a problem, when it happens.

While on the outing, be alert to changing weather patterns, such as a buildup of clouds or an unusual drop in temperature. Also, pay attention to what the birds and insects are doing. They tend to disappear just before the weather goes bad. Anticipate the need for protective clothing, rather than react. It is also a lot easier to deal with adverse weather when you are in camp, rather than on the trail. This is especially true where lightning is involved. Modify your hiking times, or your pace, as needed to avoid bad weather on the trail.

Bad weather can cause trail problems that add a risk to an outing. Trails, rocks, etc., become slippery when wet. Your footing becomes less certain, increasing the possibility of falls and ankle injuries. Extended rain can cause trail washouts or blockages. Water levels in streams may rise to unsafe levels. Snow covers trails and adds another dimension to route finding. All of these conditions will cause an increase in the time required to hike a given distance, as compared to favorable conditions.

The tendency is to assume that bad weather means cold, rain, or snow. Wrong - a hot, dry, windy day can create just as many problems, just as quickly. The things to watch for and the

actions to be taken are very similar to those for cold weather: proper clothing, frequent breaks, extra water, attention to any sign of distress or dehydration, modifying the hiking times or pace. Proper clothing means a hat with a brim, dark glasses, light colored, light weight, long sleeved shirt and long pants. Short pants, short sleeved or no shirt, and no hat may sound cool, but the result is skin exposed to direct sunlight. This increases body heat and the rate of perspiration loss, and leads to sun burn. Avoid hiking during the hottest part of the day; start early in the morning and resume hiking in the early evening.

An unexpected change in weather can provide an additional challenge to the Unit's High Adventure Program. The Unit's ability to deal with it is as much dependent upon planning for the possibility as it is on its actions when it happens. The possibility of adverse weather does not necessarily mean that an outing should be cancelled or taken in a different location. Judgment is required and there will be circumstances when the Unit Leadership should cancel or go to Plan B. How much will the weather increase the level of risk or reduce the level of fun? Don't get caught up in the attitude that the Unit always goes, regardless of the weather. There is a difference between being foolhardy and being a fair-weather camper. Manage the risk and maintain the fun; the two should be worked together.



First Aid Kit

There are two types to consider for the Unit's High Adventure backpacking program. They are a Unit first aid kit and a personal kit for each participant. The Unit kit will include those supplies as appropriate to deal with the backcountry emergencies that you hope will never happen. Each participant will carry a kit that has items for routine problems, personal medications or prescription drugs, and for chronic physical conditions.

The book, Mountaineering First Aid, has some excellent suggestions for the contents of the Unit's first aid kit. They will not be repeated here, except as incidental in these supplemental comments about one.

- ◆ Put the items in a single kit or container, rather than scattered in one or several backpacks. This kit must go everywhere with the Unit.
- ◆ The first aider is not a substitute for a qualified medical provider. Do not carry items that you may not legally administer or use.
- ◆ Carry the signed "consent to obtain emergency medical treatment" forms in this kit. You will have them at hand when you need them.
- ◆ A quality pair of small, blunt-end scissors and a needlepoint tweezers are essential.
- ◆ Paper, pencil, change (quarters), and matches; non-first aid items, but appropriate in this kit.
- ◆ A small container of iodine tablets for water purification as a backup.
- ◆ A small first aid guide. First Aid Fast, issued by the American Red Cross or Mountaineering Medicine, by Fred T. Darvell, M.D., are excellent for this kit. The Unit Leadership may feel that they are sufficiently skilled to make this an unnecessary item. However, there are at least three good reasons for taking one and using it anyway.
 - It is always possible to forget or overlook something in a medical emergency.
 - It provides emotional comfort to the patient, and the first aider, that appropriate actions are being taken.

-- Its use constitutes "due diligence"; going by the book helps demonstrate having done the right thing.

- ◆ Blank copies of the "First Aid Report Form" shown in Mountaineering First Aid, or in the syllabus for LAAC-HAT conducted Mountain-Oriented Accident Response.
- ◆ A list of items in the kit. In an emergency, it is not unusual to overlook the resources available.

Put small items, e.g., adhesive strips, butterfly bandages, moleskin, in small, plastic bags. This will keep them clean, dry, and together. Replace items promptly as they are used; do an inventory of contents before each long-term backpack. Everyone should know the location of this kit and should be encouraged to have any problem treated immediately. There is no such thing as a minor first aid problem on a backpacking trip. Left untreated, it can quickly become major.

Each participant must carry those items necessary to his/her personal needs. For most of them, this will be little more than some moleskin, adhesive bandages, lip balm, insect repellent, and sun screen. Some may need to carry a medication or prescription drug; the adult leaders should be informed when this happens. In a similar fashion, each participant must expect to carry whatever is needed to deal with an existing physical problem, such as a "trick knee". The Unit first aid kit is for emergencies. If its limited resources are used by persons with a pre-existing condition, they will not be available when needed for an emergency.



Tents

When I was a Boy Scout, a tent consisted of two canvas shelter halves and a separate ground-cloth. It was heavy, smelled bad, and came in one color - olive drab. You trenched around the edges and didn't touch it when it rained. Nowadays, a tent is high-tech and high fashion; its purpose, however, remains the same. In its expanded list of "ten essentials", The Mountaineers of Seattle includes a personal shelter. Carrying sufficient tentage to protect all participants in "bad weather", regardless of location or time of year, is prudent backpacking practice. The obvious reason for taking a tent is protection against rain and snow. However, a tent also provides protection against wind and insects. It provides privacy and a feeling of security, matters of some concern to younger Scouts.

Tents are expensive, but invaluable when you need them. Your first concern is function, not fashion. A double-walled, dome tent of early design is as serviceable as this year's high-tech creation. Just so it is "3-season" and waterproof. It doesn't need to be "expedition quality", unless you expect to do Sierra treks in mid-winter, but it must be able to endure twelve hours of driving rain without soaking through the fabric. A tent which is described as water repellent won't hold up in those conditions (which you can experience in the local mountains, even in mid-summer). This generally means that the inner surface of the bottom and the rain fly will be of coated nylon fabric. This plastic coating is what keeps the rain out; it is also what keeps the moisture from respiration in, in a single-walled tent. The backpacking tent (Philmont Backpacker) sold through BSA-National Supply is a very durable, serviceable shelter for a High Adventure Program. It may not be high-tech or high fashion, but it will meet all of your needs. Its one disadvantage, which is common to all tents made in the "pup tent" style, is that it is not free-standing, as are the many mutations of dome tents. A free-standing tent makes life so much simpler when it is being erected on snow, loose sand or a rocky surface, or in a confined

space. However, they are heavier and more expensive than a single wall tent.

Which illustrates that there are a number of factors to consider when buying a tent. Look at the various types that are offered by local backpacking stores and through suppliers' catalogues. Some of these stores rent tents, which can provide you the opportunity to try something before buying. While many suppliers offer new designs each year, your concern should always be the same - the adequacy of protection that the tent provides as the Unit conducts its High Adventure Program.

A tent is a major investment, so it deserves proper care. Many of them require the buyer to waterproof the exposed seams, and provide the material to do it. Follow the manufacturer's directions diligently, as a surprising amount of water will seep through an improperly sealed seam. Also follow the instructions on caring for and using it. Allow a tent to air and dry after each use and before storage. Inspect the fabric, zippers, tie-lines, hardware, etc., regularly and make needed repairs at once. Remind the members of the Unit to report any problems as they occur.

Nylon backpacking tents are fragile. Horseplay in and around them cannot be permitted. Backpacks and boots do not belong inside them. They will also burn very quickly, another good reason for not having an open, wood fire. The other action which will extend the life of a tent is to carry and use a groundcloth with it. This can be a piece of 4 mil polyethylene, cut slightly smaller than the floor of the tent. This will help keep the bottom clean and protect it from small stones, sticks, and weeds. Make your own; it's cheaper than those that are commercially available. Also, don't bother with those poncho/groundcloth combinations; you'll soon ruin it, as a poncho.

As to a tube tent, it is the opinion of the author that its only potential value is as an emergency shelter. It is not satisfactory as a primary shelter, any time of the year or for any location. As an emergency shelter, a large sheet of 4 mil polyethylene and several pieces of nylon cord may be just as effective, at a lower cost.

The members of the LAAC-HAT have had vast experience with tents and other pieces of backpacking equipment. As the Unit considers buying, or recommending that its members buy, a tent, seek them out and ask for their advice and opinions. They represent a resource to aid the Unit Leadership in making a decision about this important item of High Adventure Program equipment.



Cooking

One or more meals on each backpack trip are likely to involve cooking. There are numerous BSA and commercial publications on this subject, and the matter of menus is discussed in [Hike Aid 4](#), "High Adventure Procedures and Guidelines". The topic is included here only to emphasize a couple of points.

- ◆ All cooking must be in compliance with the current, applicable fire regulations. At certain times and in certain locations, regulations may prohibit a fire of any type.
- ◆ When fires are permitted, most cooking will be on backpack stoves. Use of these stoves is

cleaner, faster, safer, and more environmentally sensitive than a wood fire.

- ◆ Select an area for cooking that is clear of weeds and brush, and away from tents. Never make any permanent physical alteration to the location.
- ◆ Instruct all Scouts and adults in the use of all stoves and cooksets before using them on a backpack trip.
- ◆ Never light a stove or cook inside a tent. If the weather is bad, or expected to be bad, carry a dining fly and cook under it.
- ◆ Never transport stove fuel on a commercial boat or airplane, as it is prohibited by Federal law. When you go to Catalina, arrange in advance to use butane stoves and buy the canisters on the Island. Discard unused or partially used canisters before returning.
- ◆ Carry a one-foot square of 'insolite' and place it under the stove and/or attached fuel canister. This will greatly enhance the stove's performance, especially in cold weather.
- ◆ Consider carrying a 12" x 18" (or sized to fit inside of the large pocket on a backpack) sheet of 3/16" plywood, on which to set the backpack stove. By setting it on several rocks of equal size, you can do your cooking off the ground, snow, etc.
- ◆ If you do cook on an open wood fire, smear some liquid soap on the outside bottom and sides of the pots, before putting them on the fire. It will aid in the cleanup.
- ◆ Plan a menu that includes something hot to eat and/or drink for each dinner and breakfast. These hot items are to be considered as mandatory during the winter months, regardless of the location of the backpack trip.
- ◆ Keep a pot of water or water bottle and a small shovel handy by a fire of any type. A mis-handled backpack stove can cause a forest fire just as readily as an open wood fire.
- ◆ Clean and inspect all stoves and cooksets after each trip and before the next one.
- ◆ Never attempt to re-fuel any stove that is lit, or excessively hot from use.
- ◆ Follow manufacturer's instructions and use extra care when removing expended canisters; always carry them out for disposal.
- ◆ Carry stove fuel in quality containers; fuel the stoves when you reach camp.
- ◆ Have persons who carry stoves and/or fuel containers not carry Unit food, to prevent contamination in the event of leakage. Keep stoves and fuel away from all food, at all times.
- ◆ Plan your stove and fuel needs to match the menu, number of meals, and number of people on the outing. Better to have a little too much fuel than not enough.
- ◆ Never dump excess white gas, etc., on the ground, as it is a contaminant. Carry it out.
- ◆ Never use white gas, etc., as a fire starter for a wood fire. It doesn't work well, and it can be dangerous.

Cooking on a backpack trip can be a great learning experience for the members of the Unit; for some of them, it may be the only time that they will do their own cooking. Everyone should participate in the different tasks, i.e., fire and water, meal preparation and cooking, and cleanup. A duty roster, formal or informal, helps assure equity in performing the various tasks.



Backpacking Awards

The following tables summarize the requirements for Backpacking Awards which are sponsored by Southern California Boy Scout Councils. The purpose is to provide an overview in planning an outdoor program which includes awards for your High Adventure achievements. The requirements are more completely discussed in literature issued by the sponsoring Council; you must refer to it to ensure that you have satisfied all of them. Any deviation from any of

those requirements must be approved in advance by the sponsoring Council.

All of these awards share common requirements:

- ◆ Obtain all permits needed for the type and location of the trip.
- ◆ Comply with all rules and regulations which apply to taking the trip (being cited for a violation will generally disqualify a Unit from receiving an outdoor award).
- ◆ Be familiar with the materials contained in Guide to Safe Scouting, issued by the BSA-National Council and in Hike Aids and Trek Aids, published, respectively, by the Los Angeles Area and Desert Pacific Councils' High Adventure Teams.
- ◆ Apply for only one of these (or any other) Backpacking Awards, per participant, for any single outing (certain other awards or peak-climbing credits may be earned concurrently, as stated in the requirements for those awards).
- ◆ Have a minimum of two registered adults (one of whom must be 21) and three Scouts on each outing.
- ◆ Carry all food and equipment, unless the award permits a "food drop".
- ◆ Count only backpack miles/hours to earn the award, with each participant carrying his/her own equipment.
- ◆ One adult must have completed BSA-conducted backpack training; one must have valid Red Cross Community First Aid and Adult CPR Certifications.

Certain awards are indicated as having other special requirements. Please refer to the sponsoring Council's literature to learn them.

The Councils of Southern California sponsor many, many outdoor awards to encourage backpacking, peak climbing, bicycling, rafting, and other High Adventure activities. The awards are recognized by the Los Angeles Area Council and may be ordered through its Scout Shop*. The booklet, "High Adventure Awards for Scouts and Explorers", published by the Orange County Council, is an excellent reference source for them. All of them involve outings to locations that fall within coverage of a Local Tour Permit. Hike Aid 6, "High Adventure Awards Program", contains the requirements for all awards that are sponsored by the LAAC.

Those who would like to go further afield should consider the unique awards that are offered by the Councils for Southern Utah, Southern Nevada, and the Grand Canyon area. You should contact those Councils directly to learn the requirements and to order the awards. Most of those are for hikes in locations greater than 500 miles from Los Angeles, which requires a National Tour Permit.

*Certain awards must be approved by, and obtained from, the sponsoring Council. The Scout Shop or LAAC-Camping will advise you as to how to apply for one of them. In order to receive an award sponsored by another Council, you will normally be expected to have an approving signature of a member of the High Adventure Team on the Award Application.



Awards by Category

	Sponsoring Council	Minimum Requirements					Location of Hike	Other Special Requirements
		Miles	Hours	Nights	Training Hikes	Weekend Hikes		
<u>Basic</u>								
Training Hike	LAA	5		1			General	
Polar Bear	LP		4	1			General	yes
Snow Camper	SD1			1			General	yes
<u>Weekend</u>								
San Bernardino National Forest	CIE		7	1	2		San Bernardino Peak	yes
National Park/Monument	LAA		7	1	2		National Forest	
Snow Hike	LAA	5		1	3		General	yes
State/County Park	LAA		7	1	2		State/County Park	
Tahquitz Trails	LBA			1			San Gorgonio Wilderness	yes
Los Padres Trails	LP		12	1	2		Los Padres National Forest	yes
Sierra Nevada Backpack	LP		6	1			Sierras	
Historic Trails	N			1			General	yes
San Gabriel Trails	OB						Angeles National Forest	yes
◇ Cucamonga			5	1	2			
◇ East Fork			5	1	2			
◇ Bear Canyon			5	1	2			
◇ Santa Anita Canyon			5	1	2			
◇ Mt. Lowe			5	1	2			
◇ Switzer Falls			5	1	2			
◇ Buckhorn			5	1	2			
◇ Little Jimmy			5	1	2			
Desert Backpack	SD1		7.5	1		2	Desert	yes
El Camino Real	SD1		7.5	1		2	El Camino Real	yes
Mt. San Gorgonio	SD1			1	2	2	Mt. San Gorgonio	yes
Mt. San Jacinto	SD1			1	2	2	Mt. San Jacinto	yes
Pacific Crest Backpack	SD1						Pacific Crest Trail	
◇ Basic			7.5	1				yes
◇ Footprint			7.5	1				yes
U. S. Morman Battalion	SD1		7.5	1		2	Anza-Borrego Desert	yes
Mt. Pinos	VC							
◇ Basic				1	2		Mt. Pinos	yes
◇ 3-Falls segment				1			Camp 3-Falls	yes
<u>Multiple Weekend</u>								
De Anza Trail	CIE	35		2		2	Anza-Borrego Desert	yes
Broken Arrow	LBA	20		3			San Gorgonio Wilderness	yes
Camelback	SD1	30		2	2	1	California Hiking and Riding Trail	yes
5-Peaks	SGV			5			San Gorgonio Wilderness	yes
<u>Intermediate Hike</u>								
9-Peaks Honor Award	CIE			2	2	1	San Gorgonio Wilderness	yes
Gabrielino	LAA		12	2	2	2	Angeles National Forest	
Golden Eaglet	LAA		16	3	2	2	General	yes

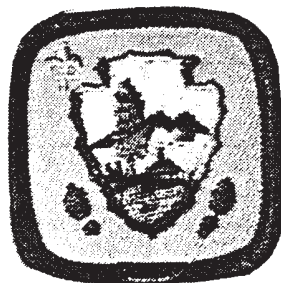
Awards by Category
(cont.)

	Sponsoring Council	Minimum Requirements					Location of Hike	Other Special Requirements
		Miles	Hours	Nights	Training Hikes	Weekend Hikes		
Minarets Wilderness	OC		12	2		2	Minarets	
3-day Backpack	OC		12	2		2	General	yes
Domelands	SS	31		2	2		Domelands	
Mt. Whitney Trail	SS	25		3			Mt. Whitney	
Condor	VC		25	4	2	1	Ventura County	yes
14,495 Club	WLAC	31		2		2	Mt. Whitney	yes
<u>Long-Term Backpack</u>								
Explorer Mountaineering	LAA		25	5	2	2	General	yes
High Adventure	LAA		25	5	2	2	General	yes
John Muir	LAA		25	5	2	2	Sierras	yes
Sierra North	LAA		25	5	2	2	Sierras	yes
Sierra South	LAA		25	5	2	2	Sierras	yes
Silver Moccasins	LAA							
◇ Award - Angeles N.F.		50		5	2	2	Silver Moccasins Trail	yes
Sequoia Area			25	5	2	2	Sequoia/Kings Canyon Nat'l Park	yes
◇ Medal							Angeles National Forest	yes
Far West Adventure	LP		25	5	2	1	General, excluding Sierras	
50-miler	N	50		5			General	
High Sierra segments	SD1		30	5			Sierras	yes
Golden Trout Trail	SS	52		5			Sierras	
Kern Plateau	SS	53		5			Sierras	
Monarch Trail	SS	50		5			Sierras	
Paiute Trail	SS	55		5			Sierras	
Topa-Topa	VC				2	1	Ventura County	yes
Backpacking Experience	VH	25		5	2	1	General	yes
Dinky Lakes Loop	VH			5	2	1	Sierras	yes
Silver Fur Trail	VH			5	2	1	Sierras	yes
Back Country Explorer	WLAC		15	5	1	2	General	yes
Cross Country Backpack	WLAC		25	5	1	2	General	yes
Golden Arrowhead	WLAC	50		5	3		General	yes
Golden Boot	WLAC		25	5			General	yes
Silver Bear Paw	WLAC		25	5	1	2	Sequoia	yes
Silver Cloud Trail	WLAC		25	5	1	2	Sequoia	yes
Silver Knapsack	WLAC			5			Sequoia	yes
<u>Extended Hike</u>								
High Sierra Trail	LAA						John Muir Trail	yes
◇ Giant Forest		44		6	2	2		
◇ Mineral King		56		8	2	2		
Powderhorn Trail	WLAC	65		6	1	2	General	yes
Sequoia Trail	WLAC	100		9	1	2	Sierras	yes
Trans-Sierra Trail	WLAC						Sierras	yes
◇ West to East		50		9				
◇ East to West		50		9				
Whitsett to Whitney	WLAC	90		9			Sequoia	yes

Southern California Councils

- CIE -- California Inland Empire
- LAA -- Los Angeles Area
- LBA -- Loong Beach Area
- LP -- Los Padres
- N -- National-BSA (awards sponsored by National and offered by local Councils)
- OB -- Old Baldy
- OC -- Orange County
- SD1 -- San Diego Imperial
- SGV -- San Gabriel Valley
- SS -- Southern Sierra
- VC -- Ventura County
- WLAC -- Western Los Angeles County

The current address and telephone number for each of these Councils are to be found in "High Adventure Awards for Scouts and Explorers", or may be obtained from the Los Angeles Area Council (213) 413-4400.



Keys to Success

The things that you do, or don't do, beforehand are major determinants to a safe and enjoyable High Adventure outing. Here are HAT's suggestions as to the keys to success.

Lead Time

- ◆ Short-term outing.
 - At least a month, depending upon the kind of permits required.
 - Ideally, as you finish the planning for the next outing, you are beginning it for the following one.
 - Longer, if it's a new activity, a new location, new leadership.
- ◆ Long-term outing.
 - A year. As you finish this year's activity, you should begin planning for next year's.
 - Longer: this is your first one; this is a new type of activity; you want to go to a BSA High Adventure Base.

Planning

- ◆ What type of activity?
- ◆ Where is it going to do it?
- ◆ When is it going to do it?
- ◆ What special skills, equipment, training are required?
- ◆ Who may participate? Specific, relevant, clear criteria, announced on a timely basis.
- ◆ Paperwork: permits; reservations; trip profiles; schedules; menus; personal clothing and equipment lists; medical forms; releases; other?

Preparation

- ◆ Unit equipment: acquisition, inspection.
- ◆ Food: acquisition, re-packaging
- ◆ Participant actions: clothing, equipment, food, medical checks.
- ◆ Long-term outings:
 - Weekend/short-term outings to develop hiking and camping skills.
 - Conditioning program for at least two months before outing, especially for adults.
 - Pack checks.

Training

- ◆ BSA-required: Safe Swim Defense, etc.
- ◆ Activity skills: swimming, canoeing, etc.
- ◆ ARC Community first aid and CPR: ideal situation, all adults have current Certifications.
- ◆ HAT-offered: Adult Leaders Backpack Training, etc.

Communication

- ◆ Promote the activity.
- ◆ Keep participants informed as to what is happening and what each needs to be doing.

Once the outing begins, success is primarily a matter of careful execution of the planning and preparation, and sufficient, trained adult leaders. Unexpected incidents that are beyond the scope of these plans and preparation activities can, and do, occasionally happen. However, actions taken before the trip will go a long way to helping the Unit overcome them. They will also give you a sense of confidence that you have exercised reasonable and prudent leadership.



Outdoor Courtesy

Everyone's enjoyment of the out-of-doors is enhanced by courteous behavior. For members of the Boy Scouts of America, its observance is imperative; it is the Fifth Scout Law.

- ◆ Observe all posted rules and regulations.
- ◆ Keep the noise down. Leave all electronic gadgets at home.
- ◆ Be friendly; speak and smile when you meet someone.
- ◆ Yield the trail to on-coming hikers, even when you have the right-of-way.
- ◆ Ask for the trail and say thank you when passing another hiker who is going in the same direction.
- ◆ Ask for permission before entering another person's campsite.
- ◆ Stay out of any campsite where the person is absent.
- ◆ Leave other persons' equipment and other belongings alone.
- ◆ Camp away from trails, water, and other person's campsites.
- ◆ Use established trails, where they are available, and never cut switchbacks.
- ◆ Never throw rocks or other objects, except at a threatening animal.
- ◆ Respect all of the wildlife that you encounter; you are a visitor in their home.
- ◆ Do not litter trails, campsites, or streams.
- ◆ Follow good sanitation practices at all times.
- ◆ Dispose of waste water properly, away from other groundwater.
- ◆ If you carried it in, carry it out.
- ◆ Never make a physical alteration to your campsite.
- ◆ Leave a clean campsite – remove your own and other persons' trash.
- ◆ Set a good example of outdoor behavior.
- ◆ Learn and follow "The Outdoor Code".

The BSA is a national youth organization that stresses citizenship, conservation, and morality. Our reputation is dependent upon everyone, at all times and places, practicing the highest levels of outdoor courtesy and campcraft. Strive to meet these goals as your Unit engages in a safe and enjoyable High Adventure Program.





"How great the advantages of solitude! How sublime is the silence of nature's ever active energies! There is something in the very name, Wilderness, which charms the ear, and soothes the spirit of man. There is religion in it!"

Eastwick Evans, 1818.