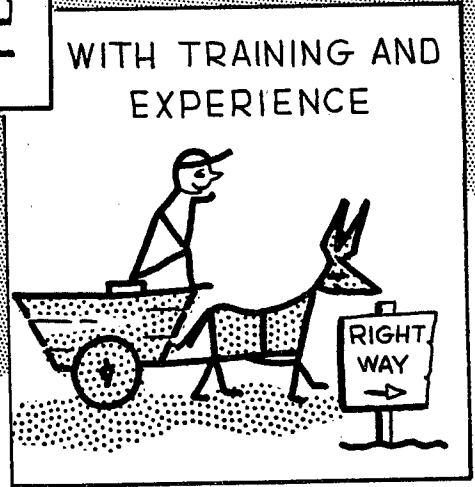


LEADERSHIP FOR HIGH ADVENTURE TRIPS



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LEADERSHIP FOR HIGH ADVENTURE

Treks, climbs, canoe trips and other high adventure expeditions are strenuous and demanding. Successful leadership of a group of volunteers of varying ages and experience is difficult. This TREK AID, prepared for training and review of Trek Leaders (Trail Guides) conducting eight day back-packing treks along the John Muir Trail in the High Sierra, contains basic information on leadership that is applicable to any Explorer High Adventure expedition.

TREK LEADERSHIP

A MOUNTAIN TREK involves many choices and continually demands decisions. Without good leadership strong groups can become paralyzed with inaction; but good leadership can inspire a weak group to "perform miracles".

EXPERIENCE in High Adventure is important. An inexperienced and untrained leader starts out with two strikes against him. Experience enables a leader to plan realistically from know-how, to counsel the Crew Leaders and to act promptly in a crisis. Most of all it builds confidence. The Trek Leader without Explorer leadership experience is placed in an almost impossible position. He must know Explorer leadership - Explorer Advisor's methods and the Scout Patrol Method because these are basic to all high adventure expeditions.



THE TREK LEADER should have volunteer leadership experience, common sense, good judgement; be decisive and firm and should have a personality that inspires confidence. As an individual, he is expected to be human, tolerant, tactful, impartial, courteous, thoughtful, sympathetic, energetic and enthusiastic. The Trek Leader should plan ahead for all contingencies so that reaction in a crisis is immediate, correct and reassuring. Hesitancy and indecision destroy leadership and can cause almost complete disintegration of even a strong group. He cannot "pass the buck"; "Committee leadership" is not for the High Country. He must be a stabilizing influence, working through Crew Leaders, rather than an autocrat. In an emergency the Trek Leader makes the decisions.

EXPLORERS are young men and must be so treated. Our purpose is to give young men a challenging high adventure, largely under their own leadership. The Trek Leader makes maximum use of Crew Leaders, frequently consulting with them and giving them considerable latitude within clearly defined limits of safety and trailmanship. He does this to both determine the wishes of the Explorers and to help prepare them for leadership. Trek Leaders, Advisors and their assistants should be familiar with "The Explorer Parents' and Leaders' Guidebook" (B.S.A. #3151) particularly: "What do boys think?", "This is Exploring", "What Explorers Do", "Leadership Methods", "The Advisor's Place", "Leader of Leaders", "Know Your Explorers", "Helping Explorers Feel Useful and Important" and "Recognizing Committee Chairmen" and how it applies to Crew Leaders. A competent Advisor will give the impression that the decisions are made by the Explorers, that he merely confirms them.

IT IS, however, the Trek Leader's inescapable responsibility to make the final decision. All of the members of a Trek may vote to climb a nearby peak; but if he believes the climb to be beyond safe capabilities of the members he must say "NO".

TREK LEADERS are referred to Chapter 16, "The Climbing Party and Its Leadership" of Mountaineering, Freedom of the Hills (Seattle Mountaineers); much is pertinent to Trek Leadership. The Trek Leader is the leader of a mountaineering expedition, which, although smaller in scope, parallels the training, logistics, objectives and survival of a Himalayan Expedition. Our Treks may climb only the "highest mountain" in California. Still Trek Leaders have an important two-fold objective: first to trek about 60 miles through high wilderness beyond normal lines of communication with only back-packed food and equipment; and secondly to provide a challenge to individual Explorers by placing them in a position where they can grow enjoyably both physically and mentally. Like the expedition leader, the Trek Leader is responsible for the well being (survival) of the Trek from departure to return. He must be trained and may be either a "temporary employee" of the Council or the Advisor of a unit on the trail.

STRENGTH AND MORALE

The character of a group is the sum of the members' morale, experience levels, individual strengths and weaknesses. Every person has a distinct personality which must be respected and which can be used by a good leader. A "loner", however, no matter how brilliant, has no place on a trek as all must contribute to the group. A successful trek must be a team of individuals, each using their particular talents to support the group.

The physical weakness of a single individual can destroy time schedules and upset the entire Trek. It is usually soon apparent and should be detected on the Shakedown Hike at the latest.

Mental weakness, or immaturity, is sometimes difficult to spot in routine situations. It soon shows up in the wilderness as a failure to obey trek rules, disregard of mountain safety, wandering off alone, the unconscious or willful disregard of instructions; the apparent inability to act in a logical and responsible manner. The "lost boy" problem illustrates that: the boy who will not remain with his fellow trekkers on the trail, who wanders off by himself, who tries shortcuts or who hampers his fellow trekkers by failing to "stay put" if separated from the group.

Pre-trek planning of food and equipment must be tops; it is too late after you hike in. Poor food or inadequate equipment can turn even a week-end high adventure into a dismal failure.

A strong, experienced, group will have little difficulty even under adverse conditions. Experience has made them wise in wilderness lore and know-how. They have learned the value of alertness: alert to see, to hear, to act, to be present in mind as well as body, alert to stay on the trail, to trail safety and to help others. Proficiency is developed only through training and experience.

There must be free and complete communication between members during planning and preparation as well as on the trek. This develops agreement in values, mutual understanding and respect. It is as vital to morale as good equipment and good food. Good communications between members develops the spirit of ONE FOR ALL AND ALL FOR ONE.

MARGIN OF SAFETY

The margin of safety for an Explorer expedition must necessarily be much greater than that of a small group of experienced rock-climbers. The experience level may be low, with over 50% on their first trek. Parents demand a high safety factor. We, as Scouters and Trek Leaders, must insist on a realistic margin of safety compatible with Explorer high adventure. We realize, and should ensure that parents understand, the health and safety hazards of the High Country. Undoubtedly, this is not as hazardous as a crowded highway, but the dangers are there and must be accepted as we accept highway dangers every time we get in a car.

A large margin of safety is maintained by careful attention to Mountain Health and Safety (TREK AID #5) and by emphasizing the use of common sense. Overcautiousness and excessive restrictions can kill the challenge of High Adventure; carelessness and unnecessary risk can kill!

HEALTH

Sickness can wreck a trek. Particular care must be taken to see that mess gear is thoroughly cleaned and scalded each time used. Food must be well cooked (it takes longer at high altitudes), appetizing in taste and appearance. Breakfast should be hot, easily digested and energy producing. Lunch can be spread from lunch to dinner - light, energy building snacks. Supper is the "heavy" meal as there is all night for digestion. See TA #3 and TA #5.

MEDICINE

The Trek Leader must control all medicine, even aspirin. Nothing should be taken without his knowledge. Young men, and adults, tend to minimize injury or sickness. An aspirin-eased headache can mask the start of an illness that could be suppressed if caught immediately. Trekkers may be authorized to carry specific prescription medicine if requested by their family doctor.

LOST!

Some of us have experienced the disheartening report: "We haven't seen Joe since mid-afternoon and we think he's lost". Prevention has failed through inattention, carelessness, disobedience and "the nature of young men"; not only the missing trekker; but also of his buddies. Trek Leaders and other outing leaders must realize that, in spite of all advice, rules, regulations, exhortations, reminders, "brain washing" and training, some young men will violate enough "staying on the trail" precautions to get themselves lost. All should have, and understand, compass and topographical maps; each hiking group must have them. It is possible, but not always fair or practical, to keep a group closed up. It is more effective and trailwise to keep individuals fully informed of TRAIL and NEXT CAMPSITE. Mark the trail clearly. Insist on keeping in groups of three or more at all times.

Special activities and side trips have accounted for most "lost boy" cases; rules must be enforced here too. Those going on side trips must also check back-trail frequently and locate landmarks that will help them return to camp. All "lost" cases have resulted from violations of one or more mountain safety rules.

Trekkers separated from companions (i.e. "lost"): Trek Leaders must realize that boys (and adults) frequently will not admit, even to themselves, that they are lost. They try to return before being missed, take shortcuts and try to beat search parties into camp. They must be made to realize that failure to "stay put" seriously hampers their fellow trekkers and may delay the trek. For example: an experienced trekker covered about 35 miles in 24 hours wandering on and off trails and completely circled the camp. He became separated trying a shortcut, made a wrong turn crossing the main trail and became completely lost. He rationalized deliberate violations of mountain safety by refusing to admit to himself that he was lost. He crossed and recrossed trails, repeatedly trying shortcuts to "get back sooner". He "knew where camp was"; it was always "just a little further". This self-delusion is typical. The carrying of emergency articles, particularly warm clothing and matches, and the "stay put" rule must be thoroughly impressed on both young men AND adults.

The psychology of instruction should be: "It is possible to become separated or to get off the trail in strange surroundings." "Only a tenderfoot tries a shortcut." "Anyone can wander around making it tough for his fellow trekkers; but a real mountaineer helps by staying put and, if necessary, making a smudge fire." FINALLY: "If you are missing, we must start looking for you, so stay put, so we won't lose any of the searchers." Teach it the PREVENTION PLUS way:

Prevention is 99⁴⁴/100% of the cure

- 1 - Always travel in threes or more.
- 2 - No shortcuts, stay on the trail!
- 3 - Study the topographical map, locate prominent features such as streams, canyons, ridges, peaks, saddles, etc.
- 4 - Orient yourself by compass.
- 5 - Sun ALWAYS rises in the East, is due South at noon and sets in the West!
- 6 - Crew Leaders keep track of crew members.
- 7 - On the trail: if unsure of retracing trail: STOP*RIGHT THERE and WAIT. NEVER wander around "trying to find the way back".
- 8 - Limit side trips to reasonable distances; return well before dark.
- 9 - No one leaves camp without the specific permission of the Trek Leader (or his designated assistant).
- 10 - Fishing, hiking, mountain climbing, side trips: check back trail for landmarks, use trail markers if advisable. Orient yourself frequently.
- 11 - ALWAYS carry matches, map and compass, knife, food, warm clothing and First Aid kit.
- 12 - IF AT ALL UNCERTAIN OF POSITION or IF SEPARATED FROM OTHERS: to expedite search that MUST start when you are missed STAY PUT! Listen for other trekkers, make a smudge fire (remember Fire Safety here too).
- 13 - NEVER, NEVER take a shortcut.
- 14 - Before sunset make yourself comfortable for the night (no search at night). At sunrise make a smudge fire and keep it going. STAY PUT!!

SEARCH

Search only during daylight hours. Night search is extremely difficult, hazardous and usually much less effective than day search. The Sierra Club, with well over 50 years of experience with all ages and levels of experience in all kinds of terrain, has a standard policy of "No search from sunset to 8 a.m. the next day". It may sound harsh; but night search and floundering around in the dark can, and does, result in injury and more lost persons. Using a flashlight limits visibility to a narrow beam of light - a serious disadvantage. ADVANTAGES in waiting until 8 a.m.: missing person, if only late, knows he has about 2 hours of daylight to return and will not risk night travel; missing person can build a smudge fire to show position; searchers have a chance to get a warm breakfast and to get thoroughly organized; Search Director can orient searchers on visible landmarks. Keep searchers together - three or more always in sight of each other (the "three together rule"). Fast hikers can cover all nearby trails. Off trail search depends entirely on circumstances and must be so organized. There is no "regular pattern". Our experience has shown lost trekkers heading downhill along easy trails, fighting uphill through heavy brush, going above timberline, following canyons, crossing steep ridges, etc. You name it - they've done it!

OUTSIDE ASSISTANCE

The amount of outside assistance necessary depends entirely on individual circumstances. The Trek Leader must consider all factors and determine needs, if any. He must weigh the possibility of injury, the probable mental and physical condition of the lost trekkers (is he likely to panic with the possibility of injury or only suffer effects of hunger, cold and embarrassment). A Trekker with his pack is well equipped to survive in most weather. Most trekkers will suffer no ill effects if "lost" for a day or so, even if stupid enough to wander off without matches or warm clothing. An "all out" search requires the time of many busy men and expensive equipment; but it may be necessary to locate an injured boy. The final decision is up to you, the Trek Leader.

TRAIL COMMUNICATIONS

TRAIL COMMUNICATIONS is the art and science of keeping all hands informed. It commences with the first planning meeting in the Post and especially includes Parent's Meetings at Post level. The Trek Organizational Meeting and the various briefings are important communication points. Crew Leaders (and Advisors) on the trail are kept informed by daily conferences and must pass on this information to their Crews. Crew Leaders' reports to the Trek Leader are important and necessary communications to keep him informed.

The route laid out on the topographical map and the trail markers are vital communications marking the trail, trail junctions and the turn-off into camp. To indicate the trail, colored surveyors' tape in 18" lengths is placed 6 to 10 feet before a junction or turn-off, at the intersection and a few feet beyond the intersection. It may be tied to trees, bushes, grass or held down by a rock. The tapes must be clearly visible with at least one marker low enough to be seen by a tired hiker with his head down.

The Trek Leader submits a diary-type report with comments and recommendations to the Trek Committee. The Golden Log, kept by Explorers, is a much read day-to-day story of the Trek; interesting, personal, informative and humorous.

EMERGENCY COMMUNICATIONS

Sound or visual signals in groups of three is the universal call for help. It is used only in an emergency and must always be answered. When sending a message ALWAYS WRITE IT DOWN. The spoken word frequently gets awfully fouled-up. For requesting outside help WRITE IT DOWN. See this TREK AID for example.

TRAIL CITIZENSHIP

Most of us know what to do and how to act; it is only a question of remembering to do it. Practical Trail Conservation is covered in TREK AID #4. It is also a vital part of Trail Courtesy and Trail Customs. Practical trail conservation is a well established custom among experienced back packers. It is: maximum fire safety, burning or carrying out all trash, the protection of all living things and the protection of the trail itself. It is also considered to be common courtesy to help keep trails and camps clean for our fellow back packers.

Consider our Parks and Forests to be outdoor museums, to be protected and enjoyed by all. Trail Courtesy is the Golden Rule, the Scout Oath and Law and the Explorer Code.

TREK ORGANIZATION

Divide large groups into crews of 6 to 8 Explorers with an adult Crew Advisor. The Advisor should, if possible, be from the same Post; but he may be Council appointed.

CREW ADVISOR

CREW ADVISORS are, in effect, assistants to the Trek Leader and they assist with the general activities. They have the authority of a Post Advisor (which may vary with sponsoring institutions) strengthened by the exigencies of a wilderness trek. Qualified Advisors advise (lead) special activities. Crew Advisors must be thoroughly familiar with the duties, responsibilities and leadership methods of a Post Advisor. The Advisor must take care not to dominate his Crew and particularly not to supplant the Crew Leader. He should work through the Crew Leader with unobtrusive advice and help, remembering that these treks are for the young men. Unrequested advice should be limited to essential health and safety items and should be given in private. Explorers will make some mistakes; that is their privilege. There is no substitute for experience gained in "the freedom of the hills". See this TREK AID for Crew Advisor's job card.



Whenever possible the adults on a trek should form their own "adult crew", leaving the Explorers to run their own crews with their own leadership.

CREW LEADER

Explorers are organized into Crews for better use of junior leaders and for mutual help and enjoyment of the Trek. Crew Leaders are approved by the Trek Leader and may be replaced by him. A Crew Leader is in charge of and responsible for his Crew, assisting the Trek Leader in Trek administration by directing the day-to-day operations of his Crew. He sees that they follow Trek routine and the instructions of the Trek Leader. See this Trek Aid for job card.

PROVISIONAL CREW ADVISOR

A Provisional Crew Advisor is a trained "temporary employee" of the Council with responsibility for his assigned group of individual Explorers and for welding them into a team under their own Explorer leadership. He takes training offered by the Council. He starts before the Trek Organizational Meeting organizing assigned provisionals into a crew and determining suitable leaders. He advises and assists in food planning, purchasing, packaging and distribution. He conducts week-end back-packing trips prior to the Shakedown. On the Trek both unit and provisional Crew Advisors have the same duties and responsibilities. See this TREK AID for Crew Advisor's Job Card.

TRAIL LEADERS

TRAIL LEADERS are Explorers who hike at the head of the Trek guiding it along the trail. They are appointed by the Trek Leader on the basis of known performance (reliable and fast hikers) with recommendations from Crew Leaders and Advisors. No member of the Trek passes the Trail Leaders. See this TREK AID for job card.

PUBLIC RELATIONS

As representatives of the Boy Scouts of America, their community and sponsor, Trek Leaders and Advisors must know and practice good public relations. Generally this simply means using the Golden Rule, courtesy and friendliness. The best, and one of the most important "P.R. gimmicks" is the easiest, a sincere "THANK YOU". Use it often yourself and impress your Explorers with its importance.

BUSINESS ESTABLISHMENTS (SERVICE STATIONS, RESTAURANTS, STORES, ETC.): Many cafes and "gedunk stands" in smaller communities can not serve a trek-sized group at once - give them a break. Most service stations are independently owned and operate under a franchise; the owner pays for maintenance, including toilet facilities. Some, particularly cafe and service station owners, object to non-customer groups using their toilet facilities. Ask permission first, give way to "cash customers" and always express "thanks" when finished. A business is the owner's livelihood: respect it.

IF YOU MUST ENTER PRIVATE PROPERTY: Ask permission first. Respect the property and express thanks afterwards. Trespassers may be subjected to civil and criminal penalties.

NATIONAL FORESTS, COUNTY, STATE AND NATIONAL PARKS: Even if no specific campfire permit is required, inform the District or Park Ranger of your itinerary. Instruct trekkers to always greet Rangers and to respect them. Trek Leaders always check in with Rangers. In case of emergency they are your best, and sometimes ONLY, friend.

THE PRESS is overwhelmingly friendly to the Boy Scouts of America and most reporters try to "get the facts". However, there are some who prefer sensationalism to truthfulness. Use a positive approach; stay away from "keeping them off the streets" and the overburdened "juvenile delinquency" by stressing high adventure, volunteer leadership, character building, self-reliance and duty to God and Country.

IN CASE OF ACCIDENT, lost trekker, injury, etc. stick to the bare facts of "who" and "what" plus "when" and "where". Leave the "why" and the suppositions to the Trek Leader's report. Keep it in low key, avoiding sensationalism as you would poison oak. Be sure to give credit to all who help. WRITE IT DOWN so there can be no mistakes and no misquotations. See suggested press release in this Trek Aid.

SPECIAL ACTIVITIES

Many Explorers particularly those who have completed several Treks, want a greater challenge than trail hiking. Those who go into the mountains want to climb them. Some want to leave the trail for better fishing; some will brave the cold to see the sunrise from a peak; some even want to hike in the moonlight. These, and other special or non-scheduled activities have a definite place on a trek. They must be within the known capabilities of the group, should not delay the trek, and must be within the normally acceptable mountain safety standards. They usually require qualified adult leadership (an accompanying Advisor). The general "rules" for such activities should be thoroughly discussed at the Trek Planning or Organizational meeting. Parents should be present so that they understand the type of proposed activity and the probable hazards. The Advisor should be recruited before the Trek leaves.



CLIMBING

Climbing is divided roughly into six general classes by exposure, or inherent danger. FIRST CLASS: hiking on a trail or across country. SECOND CLASS: "rock scramble" using hands to assist in climbing (the "rock pile" on San Jacinto Peak is an easy 2nd Class Climb). THIRD CLASS: a relatively easy climb, but somewhat exposed to falling danger, where climbers should be roped up. FOURTH CLASS: moderate climbing, very exposed, where a fall would mean serious injury; roping up and belaying is essential. FIFTH CLASS: difficult, exposed climbing requiring pitons and anchors to protect the leader. SIXTH CLASS: extremely difficult, requiring pitons, etc. for direct aid of all climbers. First and Second Class Climbing is well within the normal capabilities of most Trek groups; but Third Class Climbing is beyond the NORMALLY safe capabilities of most Advisors and Explorers.

Prospective climbs must be thoroughly discussed and planned prior to the Trek. The Explorer Climb Leader and the Advisor should be selected early in the planning. Topographical maps and climbing guides, such as the Sierra Club's "CLIMBING GUIDE TO THE HIGH SIERRA" must be studied by all climbers.

REGROUPING

A lost hiker can ruin a Trek. The whereabouts of every member of a Trek is of great importance to the Trek Leader. However, it is generally impractical and unfair to keep a Trek closed up and herded down the trail like a string of pack mules. It is certainly damaging to morale and can turn an exciting experience into an ordeal.

A Trek is made up of individuals, therefore, the Trek Leader must consider the age, experience, mental maturity and physical stamina of each Trekker in order to impose adequate mountain safety controls and to delegate proper responsibility. In general the inexperienced, and younger (14 and below), hikers should be under the control of an adult or competent Explorer and should either be kept together or frequently regrouped. The older and more experienced hikers can be given more latitude (responsibility) and allowed to travel in minimum groups of three (NEVER less than three) with less frequent regrouping.

Members of a Trek will usually form into natural groups the first day or two. This self-grouping is usually by friends who like to hike together or those who hike at the same speed. This is natural and should be encouraged; otherwise the Trek Leader may assign groups according to his determination.

Typically, a Trek usually consists of four general trail groupings with some interchange between adjacent groups (with hikers moving up as they gain experience or dropping back as they want to slow down). These are:

1. SPEED DEMONS - the older, more experienced and physically more mature individuals, who like to dash ahead. They are Trail Leader material.
2. STEADIES - older individuals plus some younger ones, varied in physical maturity and experience. Some are equal to the Speed Demons; but prefer a more leisurely pace. This group is the largest and is the backbone of any Trek.
3. YOUNGFOOTS - the younger individuals with limited experience and who may be physically immature.
4. ROCK SITTERS - usually the youngest individuals with very limited trail experience, physically immature, sometimes also mentally immature, lazy or lacking in motivation. These are the bane and burden of Tail-end-Charlie.

Adults also fall into these classifications. Those in poor physical condition who end up with the Rock Sitters can be quite a problem to the Trek Leader.

Each of these groups require special handling on the trail. Everyone must be given detailed information on each day's hike; destination, trail junctions, difficult trail sections, etc. The Trek may be regrouped by these "trail groups" rather than by crews.

The adults usually spread themselves through the groups. Full utilization of the adults and Explorer officers will increase flexibility.

Flexibility is the key to successful regrouping plans. They should neither restrict a Trek nor permit it to become spread out too far along the trail. The primary requirement is mountain safety, then, within safe limits, to allow the widest possible latitude for individual enjoyment of the Trek.

Regrouping points should be at trail junctions (keep the Trek on the right trail), lakes or streams (fishing or swimming while waiting), tops of passes (scenery; but usually cold and windy) and other easily recognizable landmarks. Each day and every section of the trail is different, requiring different plans. The frequency, the type, and the location of regrouping points are determined by the trail, its condition, trek experience level, individual experience level, individual physical and mental ability and even the weather.

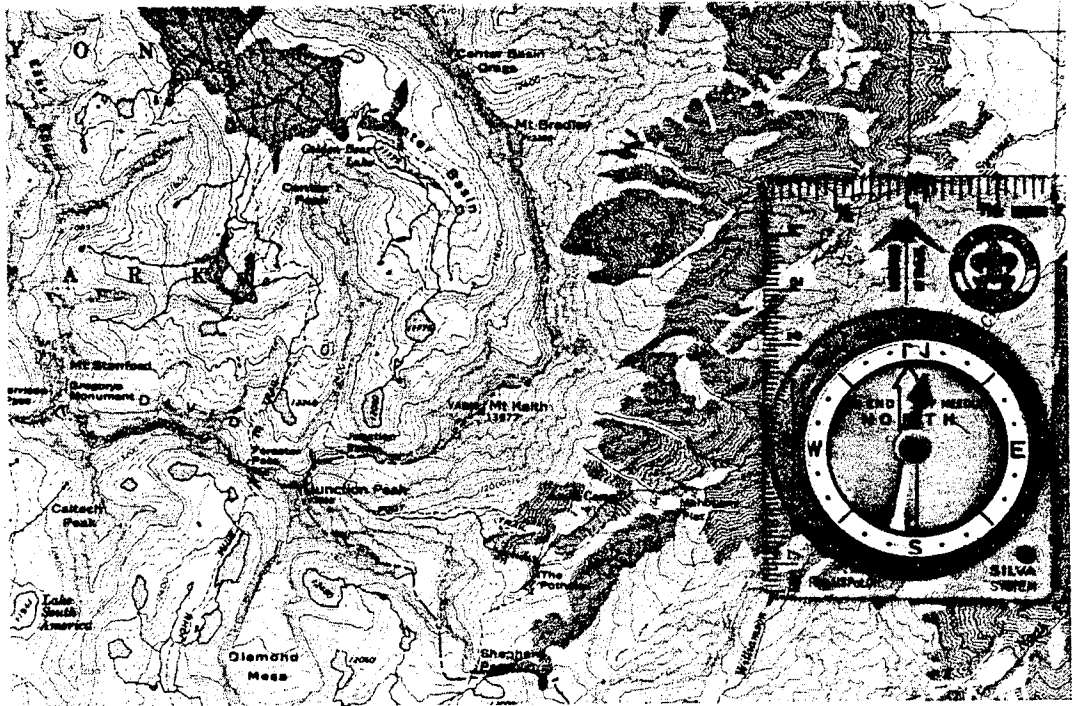
Sometimes the Speed Demons can be turned loose with the Trail Leaders to continue into camp without regrouping on days with short hikes. Even Speed Demons can get off the trail, however.

After you have developed your regrouping plan and put into effect; cross your fingers and hope for the best! No plan is foolproof; particularly one with the aim of encouraging a boy to grow into a mature and responsible man by giving him responsibilities on the trail. Errors will happen and mistakes will be made, for this is how we learn.

Regrouping plans, sometimes referred to as "controlled disorganization", are divided into three general types:

1. FULL REGROUPING - Trail Leaders hold the entire Trek at a given point until everyone has arrived and checked in with the Trek Leader. Used at critical junctions and on rare occasion when it is necessary to assemble the entire Trek.
2. PARTIAL REGROUPING - regrouping by Crews, or more practically, regrouping by Trail Groups (Speed Demons, Steadies, etc.). An assigned leader holds a group at a designated point until all of that group has checked in then passes the "all present" to the Trek Leader by the next Group Leader. Slower groups never pass faster groups and always regroup behind them. It is frequently used at critical or difficult junctions or difficult sections of the trail.
3. ACCORDIAN REGROUPING - Trail Leaders hold Trek members until the arrival of an adult who checks off those present and sends them on their way. The adult then holds all behind him until the next adult arrives, giving the new arrival his list. The second, and successive adults repeat the process until Tail-end-Charlie arrives. This method has limited use because it does not provide effective communications and does not provide a positive count until Tail-end-Charlie has arrived. It is for critical trail junctions, group support of individuals in difficulty. It, or partial regrouping, will give support to Tail-end-Charlie, if he is overburdened with Rock Sitters, with minimum inconvenience to the faster groups.

FIT THE REGROUPING TO THE PERSONNEL AND TO THE SITUATION!



TREK PLANNING

ANNUAL PLANNING MEETING: Include, in the Post's written annual program, a High Sierra Trek as the August Super-activity.

OCTOBER: Post President appoint a Trek Committee to plan Post participation. Invite a member of the John Muir Trek Committee to a regular Post meeting to show slides of a John Muir Trail High Sierra Trek, show backpacking equipment and to discuss the Treks.

NOVEMBER: Recruit Crew Advisors (adults) for the Trek.

DECEMBER: Select a Trek and make reservations with deposit at the Scout Service Center.

JANUARY: Plan a Backpacking Equipment meeting, invite a qualified backpacking equipment consultant. Write to suppliers (See list in Trek Aid #2) for catalogs to compare equipment and prices. Investigate possibility of making much of own equipment.

Commence signups and fund raising.

FEBRUARY: Plan a weekend backpack in desert or snow. Crew Advisors meet with Trail Guide (Trek Leader).

MARCH: Parents' meeting to discuss Trek with parents. Invite backpacking consultant.
Weekend backpack in desert or California Riding & Hiking Trail.

APRIL: Check individual and crew equipment; make necessary corrections.
Collect registration fees.

MAY: Commence conditioning in earnest. See Trek Aid #4.
Weekend backpack along California Riding & Hiking Trail or consider "long weekend" backpack and climb over Memorial Day weekend.

JUNE: Organize Crews and select Crew Leaders.
Crews plan Trek menus (see Trek Aid #3).
Weekend backpack and mountain climb.
Explorers, Parents and Advisors attend Trek Organizational meeting (see Trek Aids 4 & 6) on date designated by Trek Leader.

JULY: Order special foods for Shakedown and Trek. Purchase other foods locally. See Trek Aid #3.
Make final check of personal and crew equipment.
Pay balance of Trek fees.
Consider three-day weekend backpack and climb (Dragon Peak, "Nine Peaks, Mt. Whitney, etc.)."

JULY-
AUGUST: Two weeks before Trek take Shakedown Backpack as designated by Trail Guide. Shakedown is mandatory regardless of previous experience.

Get Tetanus booster and Typhoid booster.

All Trekkers, including adults, have physical exam. (BSA Form 4410) about Shakedown time.

Saturday before the Trek: Repack and distribute food (Trek Aid #3) as planned.

Make up telephone lists to call for transportation from Scout Service Center on return.

AUGUST: Our Trek!

SEPTEMBER-
OCTOBER: Plan for and attend Trek Reunion Potluck. Select slides and narrator (narrate by pre-recorded tape if possible) and select "Story-teller". Trail Guide will coordinate for each Trek. Select next year's Trek or other High Adventure Expedition.

This part of TREK AID #6 contains job descriptions for adult and Explorer Trek Officers and the various lists and check-off sheets prepared to help Trek Officers in the planning, preparation and administration of a Trek.

Trek Leader's Job Card

- a. Orient all members of the Trek, conduct a Trek Organizational Meeting which parents are urged to attend.
- b. Give guidance in training, equipment and logistics.
- c. Be thoroughly familiar with the Trek through studies of topographical maps, Starr's Guide, Golden Logs, Trek Leader Reports, etc.
- d. Organize and lead the Shakedown Hike.
- e. Conduct orientation and briefing on bus travel and at the roadhead.
- f. Hold orientation meeting at the Saturday night campfire and on Sunday before Divine Services.
- g. Keep all members fully informed on trail, trail junctions, regrouping points, camp location for the night and other items of interest through regular briefings.
- h. Maintain high standards of Exploring, camping and conservation, working through Crew Leaders.
- i. Appoint and brief Trail Leaders.
- j. Maintain health and safety standards of Trek.
- k. Maintain Trek schedule.
- l. Maintain good fellowship and morale.
- m. Maintain spiritual values by arranging for, or conducting, Sunday Service and by encouraging blessings or grace before meals.
- n. Keep a diary and make a complete report, with recommendations, to the Council Trek Committee.
- o. Bring up the rear, carrying the Trek First Aid Kit, picking up trail markers and getting stragglers into camp; or assigning another adult to perform these duties.

Crew Advisor's Job Card

- a. Assist and advise Crew, working through Crew Leader, advising him in private.
- b. Advise Crew Leader in personnel matters.
- c. Advise Crew Leader in matters of health and safety, watching health and physical condition.
- d. Know route of Trek and possible "escape routes" for use in emergency.
- e. Be prepared to take over duties of Trek Leader in an emergency.

Crew Leader's Job Card

- a. Keep track of members of Crew. Report immediately to Trek Leader known or suspected absentees.
- b. Report injury or sickness to Trek Leader when it occurs.
- c. Pay particular attention to food preparation and mess gear cleanliness.
- d. See that Crew follows Trek routine.
- e. Insure compliance with Trek rules and Trek Leader's instructions.
- f. Help Crew follow Trail Courtesies and Customs and the practice of Trail Conservation.
- g. Report to Trek Leader when fires are out and hand-tested, area clean and Crew ready to hit the trail on hike days. Report Crew in upon arrival in camp in the evening.
- h. Brief Crew on day's trail, junctions, difficult sections, regrouping points and night's camp. Be sure they understand.
- i. Represent Crew and discuss with Trek Leader conduct of Trek and requests for special activities.

Trail Leader's Job Card

- a. Working with Trek Leader study topographical maps and trail descriptions.
- b. Mark trail junctions and difficult trail.
- c. Set a steady pace, slow enough to keep on and properly mark the trail.
- d. Keep all members of the Trek behind them.
- e. Halt Trek at designated regrouping points.
- f. Trail Leaders are authorized to halt the Trek and hold all Trekkers for the arrival of the Trek Leader.

Trek Organization Meeting

Check-off List

1. Opening Ceremony.
2. Introductions: Trek Leader introduces himself and calls for self-introductions by name, unit and position.
3. Complete Crew organization. Crews, including provisionals, should already be partially organized and should have good ideas on Crew leadership. Small groups should be consolidated by area. Keep members of the same unit together.
4. Crew lists:
 - a. Trek Leader obtain copies of Crew lists (name, address, phone, unit, rank, age, experience, parents' name and business phone).
 - b. Blue Cards: issue and explain (emergency contact, medical information and religious preference).
5. Awards available: Trek, San Jacinto, San Gorgonio, 50 Miler, etc.
6. Duties of Crew Officers (Job Cards in TREK AID 6B).
7. Trail Leaders, who and what (Job Card in TREK AID 6B).
8. Trail conservation, courtesies and customs.
 - a. Brief review.
 - b. Brief of "why" of trail discipline.
9. Equipment, brief review with emphasis on rain gear and light weight.
10. Trek First Aid Kit:
 - a. What, who prepared and who carries.
 - b. Does not replace personal First Aid kit.
 - c. No one uses any medicine, not even aspirin, without Trek Leader's permission.
11. Chow:
 - a. Review TREK AID 3.
 - b. Money for snacks and Sunday lunch.
 - c. Meltables in cooler, not in pack (not even in "leakproof" containers. Why? Who brings cooler?).
 - d. Going:
 - Leaving Friday night: dinner at home, cold breakfast Saturday morning, sack lunch Saturday.
 - Leaving Saturday morning: breakfast at home, sack lunch.
 - e. Returning: cold breakfast in camp Sunday and lunch in town after church.
12. Special Activities: What? Authority? Mountaineering Safety? Experience level (equate with known activity) required? Effect on Trek? Qualified Advisor?
13. Conditioning preparation:
 - a. Why regular exercise, what recommend.
 - b. Mile jog in boots.
 - c. California Riding & Hiking Trail (Camelback), San Gorgonio, San Jacinto, 9 Peaks, etc.
14. Shakedown Hike
 - a. What and why. All must complete.
 - b. Menu
 - c. Transportation by units.
 - d. Review TREK AID 4.
 - e. Review information on climb location.
 - f. Organize Sunday Services.
 - g. Meet at _____, at foot of _____ Trail at 8:00 a.m., Saturday July/August _____.
15. Medical Forms:
 - a. What and why.
 - b. Trek Leader MUST HAVE before Trekker can board bus.
16. Telephone lists: Crew mobilization lists and calling for transportation on way home.
17. Loading:
 - a. When and where, be specific of time and location of pickup points.
 - b. Packs securely tied. Cameras, fishing poles, etc. inside the bus.
18. Questions and answers.
19. Notices:
 - a. Shakedown reminder.
 - b. Equipment: hiking shoes, rain gear and waterproof tentage.
 - c. If you need information, advice, help: don't hesitate to call me _____.

Emergency Communications

FOR REQUESTING HELP: WRITE, repeat, WRITE IT DOWN!

1. Describe the situation, injury or illness that requires help. Make a brief complete description as far as known. Be sure to indicate which are FACTS and which are ESTIMATES as necessary for clarity.
2. Who: name, address, home phone, father's business phone, emergency contact (EXAMPLE: "William T. DOOR, Jr., 1313 13th St., SAN DIEGO 131-1313, father William T. DOOR, CONVAIR 177-3344 X987. Emerg. contact grandmother Mrs. Marie TABOR 222-1313).
3. Time of incident.
4. Location: easily identified description (EXAMPLE: "Use MT ABBOTT 15 min. quad USGS Topo map. Injured boy near entrance 3rd Recess about ½ mi. 295 True from MONO ROCK. Three guides in red parkas waiting for you on MONO CREEK TRAIL about ½ mi. EAST of 3rd Recess Trail").
5. Type of terrain: (EXAMPLE: "About ½ mi. through thick underbrush across rain swollen MONO CREEK to rock slide below cliffs").
6. Type of evacuation: (EXAMPLE "Evacuation by pack animal believed OK").
7. Estimate of equipment needed.
8. Who will be there to assist, approximate number and ages (EXAMPLE: "2 adults, 6 experienced 17-18 year old boys will assist").
9. Name and phone of THREE Council contacts.
10. See PUBLIC RELATIONS for press information and press release form.

Press Release Accident or Injury

KEEP IT LOW KEY!! WRITE IT DOWN!!

The local Press will be informed as soon as you ask for help. Assist them (and be assured of better accuracy) by making a written statement.

1. Who: name, address, position, unit, parents or nearest relative.
2. What and where: bare facts in "low key" description (EXAMPLE: "- - -broke his left ankle yesterday afternoon when he slipped on wet rocks at the foot of Mono Rock while returning to camp from fishing in the Third Recess").
3. Note name and identification of outsiders who help (EXAMPLE: "He was given first aid by fellow trekkers and evacuated on horseback by Bill WHITE, wrangler for XYZ Packers of San Creek, and Mono County Sheriff Mike Black"). Be sure to get the names spelled right!
4. Indicate disposition and notification of parents (EXAMPLE: "- - -was taken to the County Hospital. His parents have been notified and will meet him there").

Trek Leader's Check-off List

1. PRIOR TO DEPARTURE DATE:
 - a. Blue Cards for all hands.
 - b. Medical forms for all hands.
 - c. Typed roster.
 - d. Typed special medical roster with information from Blue Cards and Medical Forms (if Blue Cards are not carried).
 - e. Council Emergency Phone numbers.
2. DEPARTURE
 - a. Trek Leader has:
 - Trek First Aid Kit
 - Complete Roster
 - Blue Cards of Medical Notes
 - Council Emergency phone numbers
 - Maps
 - Fire Permits
 - National Tour Permit
 - Emergency Cash
 - Trail Markers
 - Golden Log
 - b. Collect Medical Forms (Must be turned in before boarding bus).
 - c. No meltables in packs (not even in "leakproof" containers).
 - d. Packs properly made up, secured, loaded and lashed down.
 - e. Final Roll Call.
 - f. Turn in corrected Roster and Medical Forms to Council representative or mail in from last pickup point.
 - g. Explain conduct on bus (See Briefing in TA 6B).
3. ENROUTE: Observe courtesy and the Golden Rule.
4. ARRIVAL AT ROADHEAD:
 - a. Unload and clean Bus.
 - b. Trek Leader's Briefing (See Briefing, TA 6B).

TREK LEADER'S BRIEFINGS

The check-off lists for the Trek Leader's Briefings are divided into four main parts in order of occurrence: "ENROUTE", "AT THE ROADHEAD", "MAIN TRAIL BRIEFING" and "DAILY BRIEFING". The "MAIN TRAIL BRIEFING" is subdivided into eight sections for better organization by subject. The other two trail briefings follow the same subdivision plan.

ENROUTE

1. Permission of the Trek Leader must be obtained before leaving the bus.
2. Keep view from rear vision mirror clear through the bus.
3. Remain seated as much as possible.
4. All parts of the body should always be inside the bus.
5. The drive is LONG AND TOUGH - we try to make it as easy as possible for the driver.
6. Loud noise and skylarking distract the driver.
7. COURTESY is the key-word: to each other, to the driver, to all we meet.

AT THE ROADHEAD

CREW LEADERSHIP

1. Each day, before hitting the trail, Crew Leaders report to me when their Crew is ready. Let's start that now. Crew Leaders report when your Crew is ready to hit the trail.
2. Crews camp together and within sight of other Crew camps when possible.

CONSERVATION

1. Stay on the trail - this includes switchbacks.
2. No smoking on the trail.

TRAIL COURTESIES AND CUSTOMS

1. Always hike in groups of three or more; NO EXCEPTIONS. If one stops the others MUST wait.
2. Stock has the right-of-way; get at least 6' off the trail on the uphill side. Keep quiet, stock spook easily up here.
3. Be courteous and friendly to all we meet.

HEALTH AND SAFETY

1. Take it easy, there's plenty of time and we're not used to the altitude.
2. Watch your step.

TRAIL INFORMATION

1. These colored streamers are our trail markers; watch for them at Trail Junctions and where they make the turnoff into camp.
2. We camp tonight at _____, about _____ miles from here. It is _____ (description) _____.
3. I'll be Tail-end Charlie and carry the First Aid kits. No one drops behind me.
4. Trail Leaders are _____, _____ & _____. Everyone stays behind the trail leaders.

STAYING ON THE TRAIL

1. Stay on the trail, no shortcuts.
2. If you are in doubt about the trail or a junction stop and wait.
3. If you get off the trail or become separated STOP AND WAIT.

MAIN TRAIL BRIEFING

It is important that the instructions contained in the MAIN TRAIL BRIEFING be given as soon as possible. It is too long for a single briefing and should be broken into two sessions such as the Saturday night campfire and Sunday before Divine Services.

CREW LEADERSHIP

1. I expect you Crew Leaders to run your Crews.
2. I expect you Crew Leaders to know where your crew members are at all times.
3. Each day, before hitting the trail, Crew leaders report to me when their Crew is ready; campsite cleaned up, fires drowned out and hand tested.

CONSERVATION

1. Before we leave all fires must be drowned out and hand tested.
2. Keep soap and garbage out of lakes and streams; wash well back from the bank so soap will not run back into the water. Rinse mess gear well back from the banks.
3. Leave all camps better than you found them. Burn all paper and garbage. Repack and carry out all non-burnables such as tin, glass, foil and plastics.
4. Campsite cleanup is an all hands job. No one leaves camp until after cleanup and fires are out.

TRAIL COURTESIES AND CUSTOMS

1. Always travel in THREES or more - NO EXCEPTIONS, repeat NO EXCEPTIONS!
2. Stock has the right-of-way at all times. Clear the trail at least 6' on uphill side. Keep quiet - stock spooks easily.
3. Keep your packs off the trail - a courtesy to others and to keep them from being damaged by stock.
4. Stay clear of the trail when you stop.
5. Close all gates that you opened to prevent stock from straying.
6. Rock throwing can hurt people and can cause fires from sparks.
7. In camp or on the trail make your toilet behind a bush or rock. Emulate the cat - bury under natural soil.

HEALTH AND SAFETY

1. No medicine, not even aspirin, is to be carried or used by anyone without my specific permission. Several of you have been authorized by me to use special prescription medicine - see that you maintain the schedule your doctor gave you.
2. I MUST know of any condition, no matter how insignificant, that requires medication. Even a "simple headache" may hide something we can stop while still a headache. Report any illness or injury, no matter how small. This means EVERYTHING: headache, upset stomach, diarrhea, constipation, cuts, blisters, pains and aches.
3. Keep your bowels open, eat regularly, drink plenty of water and try to keep a regular schedule of bowel movements even if you don't feel like it.
4. Take it easy, particularly for the next few days. We're not used to this altitude. Slow down and enjoy the scenery.
5. Cleanliness is next to Godliness - KEEP CLEAN! Wash yourself, your sox and your skivvies daily. Wash one - wear one.
6. Remember that cooking takes longer up here, sometimes you can almost drink boiling water. Cook chow longer, much longer. Have plenty of hot water for drinks and cleanup.

TRAIL INFORMATION

1. Watch for the trail markers and look at signs at trail junctions.
2. Crew Leaders be sure all Crew members know where we're going.

STAYING ON THE TRAIL

1. Stay on the trail, including switchbacks. No shortcuts!
2. Always hike in groups of three or more in immediate contact. More OK, never less. In case of injury one goes for help and one stays with victim. Three can always do better than one watching trail.
3. Use your eyes! Watch for trail markers, signs at junctions. Look at the topo to get the general layout - creeks, canyons, saddles, peaks and other features. Sun ALWAYS rises in East, is South at noon and sets in the West.
4. If you are doubtful about a trail junction or a trail, STOP and WAIT.
5. It IS possible, even for experienced mountaineers, to get off the trail in strange country. If you do get separated from the rest of the Trek, use your head and help your trekmates. Retrace if you can, never but NEVER attempt shortcuts. It will be much easier to locate you a short distance off the trail if you stay put than if you wander for miles looking for the camp. If you are missing we MUST look for you, so help us and stay put where you are.
6. There will be no search from sunset to 8 a.m. the next morning. If you are caught by darkness just relax and take it easy. STAY PUT WHERE YOU ARE! Wandering around in the dark can get you lost or badly hurt. At first light make a smudge fire (remember fire safety here too).

DAILY SCHEDULE

1. For hike days: All Hands up at 6 a.m. and hit the trail before 8 a.m.
2. Start cooking supper by 4:30 p.m. Clean up as you go.
3. Clean everything before you secure for the night; gear left dirty overnight is much harder to clean, delays breakfast and causes stomach cramps and diarrhea.
4. After dinner cleanup, prepare for breakfast; gather plenty of firewood, make jello, mix dehydrated foods (easier, faster and improves the taste).
5. In the morning use teamwork. Some get the breakfast going, others make up packs. Cleanup is an all hands job; try to do MORE than your share. Teamwork gets things done and leaves more time for fishing and enjoying the mountains. ONE FOR ALL AND ALL FOR ONE.

SPECIAL INFORMATION

1. The Golden Log will be kept by Trekkers and rotated among the Crews. Keep it interesting, humorous and informative; it will be read by many.
2. Fishing is for after arrival in camp - after camp has been made and firewood gathered.
3. Specific permission is required to leave camp - see me.

SPIRITUAL

1. All trekkers should be guided by the Oath and Law, Courtesy and the Golden Rule.
2. Remember to give thanks to Almighty God and to ask His blessings before each meal. As you see His wonders in these magnificent mountains, this great "Range of Light", take a few seconds to think of His part in this super-adventure and to thank Him for His help and guidance.

DAILY BRIEFING

CREW LEADERSHIP.

1. Crew Leaders check out with me when your Crew is ready to hit the trail.
2. Crew Leaders be sure every man in your Crew knows where to camp tonight/tomorrow night and is informed about the trail.

CONSERVATION

1. Remember to leave it better than you found it. All fires drowned and hand tested.

TRAIL CUSTOMS

1. Always hike in groups of three or more in close contact. If one stops, the rest wait.

HEALTH & SAFETY

1. Any headache, upset stomach, blisters, anything else? Caution your Crews to practice trail safety.

TRAIL INFORMATION

1. Review trail, destination (camp), in general, junctions and difficult parts.

2. Regrouping - where and how.

3. Trail Leaders _____ & _____

4. Tail-end Charlie will be _____; he has the First Aid Kit.

5. I will be _____.
- Got it OK? Any questions? Now be sure and give your Crews the word.

STAYING ON THE TRAIL

1. If you are doubtful about trail or junction, STOP and WAIT.
2. If you get off the trail or become separated, STAY PUT!
3. STAY ON THE TRAIL!



This Trek Aid is one of six Trek Aids developed by the John Muir Trail Committee of the San Diego County Council, Boy Scouts of America, to aid you in planning and preparing for the John Muir Trail treks and for similar trips. The six Trek Aids are:

- (1) Trek Aid #1 - Guide to the John Muir Trail High Sierra Treks for Explorers.
- (2) Trek Aid #2 - Equipping Yourself to Enjoy the High Sierra Treks.
- (3) Trek Aid #3 - Menu Planning for High Sierra Treks.
- (4) Trek Aid #4 - Planning and Preparation for Your High Sierra Trek.
- (5) Trek Aid #5 - Health and Safety on Your High Sierra Trek.
- (6) Trek Aid #6 - Trek Leadership.

Comments and suggestions are welcome. Please address them to: John Muir Trek Committee, San Diego County Council, Boy Scouts of America, 1207 Upas Street, San Diego, Calif. 92103.