



HIGH ADVENTURE REQUIREMENTS

High Adventure can mean high risk so Troop 121's High Adventure Team has established requirements focused on safety through proper training, to minimize risk and insure the enjoyment of every Scout involved. When the right training is in place it can be a safe calculated risk that is properly gage and planned.

Troop 121 High Adventure Training or HAT requirements were established based on previous BSA experience to insure that a scout is properly trained and prepared for an event. When a scout is not properly trained he can put others at risk along with himself.

The policies established by Troop 121's HAT Team are in place to protect everyone involved in an event and though there are many requirements necessary to insure proper training some exceptions can be made by contacting the Scoutmaster or a hat team member for clarification and exceptions to certain requirements.

Troop 121's High Adventure Team is made up of adults trained by the Boy Scouts of America Council High Adventure Team and carry a card with a registration number. Each member is trained in one or all areas of backpacking and water treks that include Basic, Desert, Winter and Long Term Backpacking as well as Canoeing and White Water Rafting.

Proper training insures that the following areas are not a concern:

- 1) Stamina and the ability to gage ones self
 - a) Hydration - Keeping fluids going
 - b) Heat Retention - Knowing when to cool down
 - c) Environment - Animals, vegetation (poison oak), sun exposure
 - d) Feet - Hot spots for blisters and what to do
 - e) First Aid - The understanding of how to apply and when
 - f) Ability - Resting and not over doing it
 - g) Strength - Ability to carry the needed weight for the distance involved

- 2) Maturity
 - a) Safety - Putting safety first and not what others might think
 - b) Buddy System - Checking on your buddy and others
 - c) Communication - Talking about possible issues or problems
 - d) Timing - Knowing when to have fun and when to be serious
 - e) Leadership - Being able to take the initiative
 - f) Following Directions - Being able to follow specific directions immediately

- 3) Knowledge and skills
 - a) Independence - Being able to survive alone in the outdoors
 - b) Safety - Knowing what to do when something goes wrong
 - c) Self Sufficient - Being able to operate in normal conditions without direction

Every scout is different and training can be obtained in many different ways. Example a ten mile hike does not have to be done with the troop. Highly athletic scouts (like cross country runners) could bypass this area upon making a request. Other requirements like cooking on a camp stove are a must, but the training can be done at a regular camp out.

This is an earned participation level with the troop. Most boys in scouting are 13 before they go on their first backpacking outing and 14 before they go on their first snow outing.

See below for requirements to participate in HAT events.

See you at the peak!

Michael Pennington

Scoutmaster - Troop 121

High Adventure Team Member

Stonecreek Christian Church

QUALIFICATIONS FOR HIGH ADVENTURE PROGRAMS:

Basic Training for backpacking qualifications

Basic Requirements – Phase I

- 1) Five mile hike - First Class Requirement
- 2) Ten mile hike - See Scoutmaster for alternative events
- 3) Earn the First aid merit badge
- 4) Earn the Swimming merit badge
- 5) Cook on a camp stove on a camp out
- 6) First Class Rank
- 7) Come to a meeting with backpack properly packed
- 8) Come to a meeting properly dressed for a backpack event
- 9) Complete Class three physical form Doctor or PA signature required
- 10) Attend a troop class on layering and backpacking
- 11) Attend Troop Orienteering Class and prove ability with a map and compass

Backpack Training over night – phase II

- 1) Complete Backpacking Basic Training Phase I
- 2) Backpack a minimum of 2 miles in one day
- 3) Pitch a tent that you will sleep in
- 4) Demonstrate the use of a Bear Bag or Bear Box
- 5) Demonstrate how to make an in ground latrine
- 6) Cook for yourself on your camp stove and/or your patrol
- 7) Properly stow your gear
- 8) Demonstrate Leave no Trace Principles
- 9) Demonstrate the outdoor code
- 10) Demonstrate map and compass use

General Backpacking – Phase III

- 1) Complete overnight training phase II
- 2) Submit request to SPL and secure approval
- 3) Submit request to Scoutmaster and secure approval
- 4) Have backpack inspected prior to event
- 5) Pass a dress inspection prior to heading out

You are now ready to backpack on trails with the troop.

Desert Training for backpacking qualifications

Desert Backpacking:

- 1) Have attended at least two backpacking outings with the troop – One can be the training outing
- 2) Obtain the rank of Star Scout
- 3) Earn the Camping merit badge
- 4) Earn the Wilderness Survival merit badge
- 5) Weigh at least 105 lb. or be 13 years old
- 6) Attend a troop class on desert backpacking
- 7) Submit request to SPL and secure approval
- 8) Submit request to Scoutmaster and secure approval
- 9) Have backpack inspected prior to event
- 10) Pass a dress inspection prior to heading out

You are now ready to backpack on and off trails with the troop.

Winter Training for backpacking qualifications

Winter Mountaineering/Backpacking:

- 1) Have attended at least two backpacking outings with the troop – train does not qualify
- 2) Obtain the rank of Star Scout
- 3) Earn the Camping merit badge
- 4) Earn the Wilderness Survival merit badge
- 5) Weigh at least 130 lb. or be 14 years old
- 6) Attend a troop class on mountaineering
- 7) Show that you know and understanding proper layering for low temperature camping
- 7) Submit request to SPL and secure approval
- 8) Submit request to Scoutmaster and secure approval
- 9) Have backpack inspected prior to event
- 10) Pass a dress inspection prior to heading out

You are now ready to backpack with snow shoes and use an ice axe.

Long Term Trek Training for backpacking qualifications

Long Term Backpacking - 5 or more days:

- 1) Have attended at least two backpacking outings with the troop
- 2) Obtain the rank of Star Scout
- 3) Earn the Cooking merit badge
- 4) Earn the Camping merit badge
- 5) Earn the Wilderness Survival merit badge
- 6) Weigh at least 110 lb. or be 14 years old
- 7) Attend a troop class on long term backpacking
- 8) Submit request to SPL and secure approval
- 9) Submit request to Scoutmaster and secure approval
- 10) Have backpack inspected prior to event
- 11) Pass a dress inspection prior to heading out

You are now ready to backpack on and off trails and live off the land with the troop.

Canoe or White Water River Trek Training for water trek qualifications

Water Trek Basic Training – Phase I

- 1) Five mile hike - First Class Requirement
- 2) Ten mile hike - See Scoutmaster for alternative events
- 3) Earn the First aid merit badge
- 4) Earn the Swimming merit badge
- 5) Earn the Canoeing merit badge
- 6) Cook on a camp stove on a camp out
- 7) First Class Rank
- 8) Come to a meeting with backpack properly packed
- 9) Come to a meeting properly dressed for a backpack event
- 11) Complete Class three physical form Doctor or PA signature required
- 12) Attend a troop class on layering
- 13) Attend Troop Orienteering Class and prove ability with a map and compass

Backpack Training over night – phase II

- 1) Complete Water Trek Basic Training Phase I
- 2) Backpack a minimum of 2 miles in one day
- 3) Pitch a tent that you will sleep in
- 4) Demonstrate the use of a Bear Bag or Bear Box
- 5) Demonstrate how to make an in ground latrine
- 6) Cook for yourself on your camp stove and\or your patrol
- 7) Properly stow your gear in tent
- 8) Demonstrate Leave no Trace Principles
- 9) Demonstrate the outdoor code
- 10) Demonstrate map and compass use

General Backpacking – Phase III

- 1) Complete overnight training phase II
- 2) Submit request to SPL and secure approval
- 3) Submit request to Scoutmaster and secure approval
- 4) Have backpack inspected prior to event
- 5) Pass a dress inspection prior to heading out

You are now ready to water trek and backpack with the troop.