

Introduction to High Adventure Program Literature



H
I
K
E

A
I
D

2

Offered by the
HIGH ADVENTURE TEAM
Los Angeles Area Council
Boy Scouts of America
June 2005

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 HAT and its many activities is encouraged to direct an inquiry to the LAAC-Camping Department. The HAT meets on the evening of the first Tuesday of each month at the LAAC Service Center. These meetings are open to all Scouters.



This Hike Aid revises the edition dated January, 2002, to identify new Hike Aids and Program Announcements, plus other minor changes.

Assembled and published by the
HIGH ADVENTURE TEAM
of the
Los Angeles Area Council
Scout Way
Los Angeles, CA 90026
Lyle N. Whited
June 2005
Composed by
John Hailey

Introduction To High Adventure Program Literature

The Los Angeles Area Council-High Adventure Team (LAAC-HAT) prepares specialized literature as a means of achieving its mission of developing and promoting outdoor activities. Of paramount importance to this effort is providing the Unit Leadership with materials that bridge the gap between BSA-National Council and commercially available literature about outdoor programs and the local conditions, opportunities, and regulations, as they apply to areas visited by our Units. This may be done by selecting and condensing materials from these sources and editing them into a brochure appropriate to this particular location. Or, it may be by preparing a specialized brochure which covers a specific feature of outdoor activity, in greater depth and with emphasis on the local area. The goal of the LAAC-HAT is to meet the needs of Unit Leadership for current information which it can use to build a High Adventure Program.

Literature published by the LAAC-HAT includes Hike Aids, Training Syllabuses, Program Announcements, HAT HiLites, and The Trail Head. Each type has a specific purpose to the mission of the LAAC-HAT. A notification of the issuance or revision of it will normally appear in *Scouters' News* and *The Trail Head*. This Hike Aid is your introduction to this literature.

Hike Aids

These brochures provide both basic information about High Adventure outdoor activities, and specific information about the LAAC-HAT and its various programs. They supplement books and other literature which are available from other sources by adding the framework of Scouting and local outdoor conditions. They are also expected to complement the Training Syllabuses used in LAAC-HAT training programs.

In recognition of the dynamic nature of outdoor activities, the LAAC-HAT has adopted a policy to review its Hike Aids on a three-year cycle and to revise and reissue them when necessary to remain current and relevant. They are offered for sale through the Scout Shop at the LAAC Service Center.

0. Hike Aids

This is a cover and index for this material.

1. This Is Your High Adventure Team

This Hike Aid discusses the organization and mission of the High Adventure Team and its relationship to the Los Angeles Area Council. It contains its "Procedures and Practices" and a statement of duties of the Chair, Vice-Chairs, and District Representatives. Its purpose is to inform the Unit Leadership of the role of the LAAC-HAT and of how it can help the Unit bring High Adventure into its outdoor program.

2. Introduction To High Adventure Program Literature

This Hike Aid is your introduction to the specialized literature of the LAAC-HAT.

3. Full Dimension High Adventure Training

This Hike Aid describes the many training programs that are offered for adults and Scouts by the LAAC-HAT. Completion of Adult Leaders Backpack Training is required of the adult leadership of a Unit for its members to earn LAAC sponsored long-term backpacking awards. Adults who complete the prescribed set of programs are recognized as High Adventure Leaders.

4. High Adventure Procedures and Guidelines
Learn the basics of planning and taking a High Adventure outing. This Hike Aid leads you through the process, planning, and paperwork. The several forms to be prepared are included and their purpose, preparation, and use are explained. Unit Leadership will use it to learn the fundamentals of a High Adventure Program and as a reference guide for doing outdoor activities.
5. High Adventure Backpacking Program
“And away you go.” This tells you where, what and how. It highlights the more important features of a backpacking program and, as appropriate, adds a Scouting perspective. The address and telephone number for the administrative agencies for most of the public lands in Southern California are included.
6. High Adventure Awards Program
The LAAC sponsors forty plus backpacking, peak climbing, conservation, and special awards. This Hike Aid provides the Unit Leadership with information about the nature and purpose of each award and the requirements for earning it. The application forms for obtaining them are included, as are samples of suggested forms for keeping track of individual participation in the Unit’s outdoor program.
7. Forest and Trail Conservation
This Hike Aid challenges the Unit Leadership to make conservation work an on-going part of its outdoor program. It provides information on how to become involved in this LAAC-HAT sponsored program, and what is expected of the Unit. The many outdoor awards to be earned are discussed and their requirements are listed. It is the guide for Unit participation in this important community service program.
8. Scouts Own
This Hike Aid suggests religious activities that are suitable for the Unit’s outdoor program. These are non-denominational in nature, with the intent of evoking a sense of reverence in an outdoor setting.
9. Risk, Health, and Safety
Everything that we do involves elements of uncertainty, if not risk. The health, safety, and enjoyment of the participants in a High Adventure Program are dependent upon the Unit Leadership’s understanding of these conditions. This Hike Aid identifies many of the sources of risk and specifies the actions that are to be taken to avoid them.
10. A Parent’s Guide to High Adventure
A guide for the parent who’s son is entering a Unit with a High Adventure Program. Clothing and equipment are discussed, both in terms of what is needed and places where it might be acquired. The parent’s responsibilities to talk with the boy about risk, conduct and manners, and personal safety on outings are presented. The importance of the parent’s awareness and participation in the program is stressed.
11. Bicycling to High Adventure
Why not? Changes in bicycles in the last 20 years have been just as dramatic as those for hiking and camping equipment. Cyclists can now seek High Adventure on many of the same trails that are used by backpackers. Let this Hike Aid be your guide to getting started.

12. More Backpacking Ideas

A collection of papers, with over half about backpacking techniques and concerns. The balance briefly discuss locations for taking long-term treks. The purpose is to provide ideas and information for the Unit Leader who is looking to extend the scope of its High Adventure Program.

13. The Rae Lakes Loop

A trail guide to a very scenic and popular High Sierra route. It was initially prepared by the Trails and Awards Committee in 1967, and has long been out of print. A day-by-day narrative about the route and its features is the main component. Also included are general comments about the Sierras, a Trail Profile/Trail Schedule, and a map.

14. Aquatics in High Adventure

Lots of good materials on this subject are available, including several by the BSA-National Council that the Unit with an aquatics program must have. This Hike Aid ties it all together at the local level. It covers types of activities, where to go, where to get instruction and equipment, guide services, etc. Sample plans for a weekend canoe trip on the Lower Colorado River and a long-term outing in the Boundary Waters Canoe Area Wilderness are included.

15. Long-term Trekking – Program and Awards

Over 50 years ago, members of Units in the LAAC inaugurated long-term backpacking with a trek from Big Pines to Chantry Flats. The Silver Moccasins Trail Award was initiated to recognize those who completed that strenuous journey – the first of the now numerous long-term trek awards. This Hike Aid identifies and discusses the differences and additional requirements of long-term versus weekend backpacking trips. Included are the requirements and other materials for four LAAC-sponsored long-term trek awards that were formerly in Program Announcements 1, 4, 5, and 15. Basic information about other LAAC and local Councils' awards is also provided.

16. Peak Bagging – Program and Awards

Among the awards that were established by the Trails and Awards Committee, predecessor to the High Adventure Team, in the 1960's were the two programs for peak bagging. The objective of these programs was to promote peak climbing as an integral part of the Unit's High Adventure program, to draw Scouts further into the wilderness and to its highest points. That remains the objective today, and the popularity of the awards attests to the wisdom of the Trails and Awards Committee. This Hike Aid identifies and discusses some of the unique requirements and concerns to engaging in peak bagging. Included are the requirements and other materials for the two LAAC-sponsored award programs that were formerly in Program Announcement 2 and 3. Basic information about other local Councils' climbing awards is also provided.

Training Syllabuses

Each one contains the materials used in a training program conducted by the LAAC-HAT. Their purpose is to provide the participant with documentation of the essential points covered in that training. They may be supplemented by Hike Aids, which provide a more detailed discussion of certain of these points. Each Syllabus is, typically, reviewed prior to the training seminar and revised as appropriate. They are provided free to the participants.

Program Announcements

These fliers provide detailed information about specific LAAC sponsored activities and awards, both on-going and special or limited duration. They may be stand-alone or provide additional detail and background to material to be found in a Hike Aid or other publication. The following ones are currently available:

6. TrailSaver Program
7. ForestSaver Program
10. Jim Spencer Conservation Award
11. Gabrielino Award
12. Golden Eaglet Mini-Long Term Award
13. Conservation Program Awards
16. Full Dimension High Adventure Training (annual calendar)
18. Leave No Trace (LNT)
19. Ten Essentials-Plus
20. High Adventure Literature
21. Conservation Project Reservation
22. Backpacker Award Application
23. Philmont 200X
24. First Aid and CPR Training Requirement
25. The BSA Climbing/Rappelling Program
26. The Trail Boss Program
27. Grand High Adventure Maker-200X
28. Master Trail Builder-200X
30. High Adventure E-mail Service
31. Communications Program
32. High Country Gateway-Trek 200X
33. Long-Term Trekking-200X
34. Pacific Crest Trail Adventure
35. Lyle N. Whited Hiking Award
36. Quest Beyond the Eagle

When a Program Announcement is prepared or revised, it is distributed at District Roundtable and on the e-mail messaging service, and is posted on the web site. Your HAT-District Representative is the source for getting a copy of a specific one. Announcements not listed, (1-5, etc.) have been withdrawn and are no longer valid.

The Trail Head

The regularly published newsletter of the LAAC-HAT. It contains information about its meetings, activities, and programs. Each issue has several articles related to High Adventure, with emphasis on local conditions, opportunities, etc. Scoutmasters of Units in the LAAC receive it at no charge. Subscriptions are available to others on an annual fee basis, by contacting the editor, Bob Beach, 310-375-0898, rabeach4@juno.com.

HAT HiLites

A companion flier to The Trail Head, begun in 1995 and issued monthly, providing a one-page summary of dates, mountain conditions, and activities related to outdoor programs. It is distributed at District Roundtables and on the e-mail service and is posted on the web site.



A Basic Reference Library

Carline, Jan D., et al., Mountaineering First Aid, A Guide to Response and First Aid Care, The Mountaineers Books, Seattle, WA, 2004.

Kjellstrom, Bjorn, Be Expert with Map and Compass, The Orienting Handbook, Charles Scribner's and Sons, New York, NY, 1994.

Manning, Harvey, Backpacking, One Step at a Time, Random House, New York, NY, 1985.

Robinson, John W., San Bernardino Mountain Trails, Wilderness Press., Berkeley, CA, 1999.

Robinson, John W., Trails of the Angeles, Wilderness Press, Berkeley CA, 2003.

Stermer, Dugald, Atlas of the Biodiversity of California, California Department of Fish and Game, Sacramento, CA 2003.

Viehman, John, Trailside's Trail Food, Rodale Press, Emmaus, PA, 1993.

Fieldbook, Boy Scouts of America, Irving TX, 2004.

Guide to Safe Scouting, Boy Scouts of America, Irving, TX, 1999.

Hike Aids (Lyle Whited - editor), LAAC-High Adventure Team, Los Angeles, CA.

Knots and How to Tie Them, Boy Scouts of America, Irving, TX, 1978.

Trek Aids (Bob Niderost - editor), San Diego-Imperial Council-High Adventure Team, San Diego, CA.

An extensive bibliography of books and magazines that are applicable to a Unit's High Adventure Program is included in the Training Syllabus for Adult Leaders Backpack Training. Specialized bibliographies are to be found in most Syllabuses for the other training seminars conducted by the LAAC-HAT.

"...knowledge that doesn't lead to new questions quickly dies out. It fails to maintain the temperature for sustaining life. This is why I value that little phrase, 'I don't know', so highly. It's small, but it flies on mighty wings."

Wislawia Szymbalska
Polish Poet Nobel Laureate, 1996.



MOUNTAINS

*Some hear the mountains and couldn't care less.
Some see the mountains and turn away in fear.
Some sense the power of mountains and begin to climb.
And then there are those who, having climbed the mountains,
invite and inspire others to do the same.*

Father Ron Meyer, OMT
Philmont Training Center