

CAMP LOLL

HIGH ADVENTURE PROGRAM



# TREK PREP

The Journey Begins **Today!**

*Yellowstone*

# BECHLER



"Its the **Journey** that makes the memories."



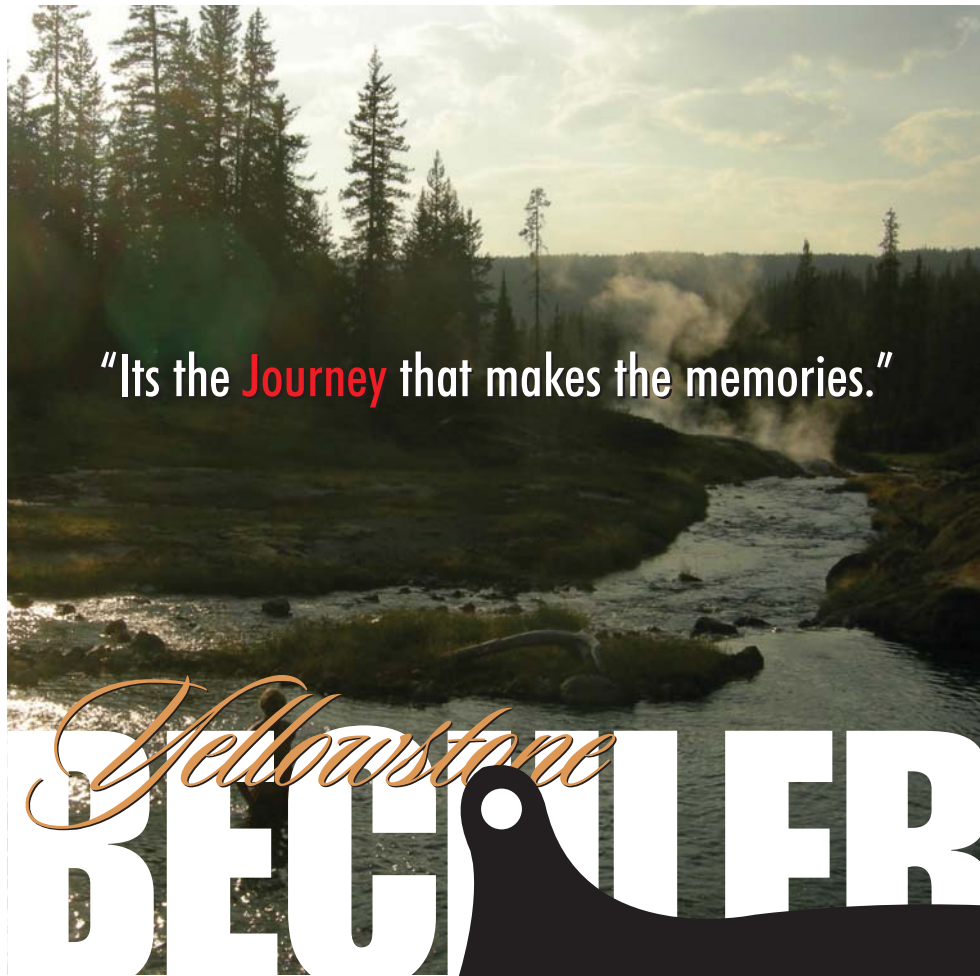
Welcome to one of the most incredible journeys your young men will ever participate in. As with any journey, there are steps along the way that guide and prepare you. The purpose of this kit is to lay out those steps of preparation. Take time to review these materials. They are a basic resource and not all inclusive. Follow the monthly outline and you will find that your experience on the trail will be much more enjoyable. The kit contains:

- Trek Prep Program
- Trek Chek List
- Trek Skill Sheets

For assistance and pictures to excite your boys, check out our web site at [www.camploallumni.org](http://www.camploallumni.org)

*Yellowstone*  
**BECHLER**





"It's the **Journey** that makes the memories."

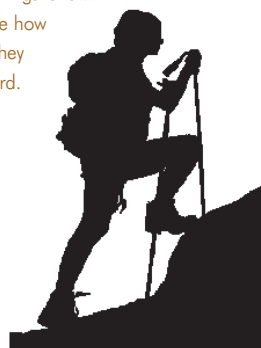
# Yellowstone BEGINS HERE

**G**et started today on this amazing journey. Your early preparation and conditioning will not only make you physically and mentally prepared, but also you will find the crew/team will become united. Each crew/team is to have a majority of youth participants, and the maximum number of adults (over 21) is four per trek. The Scout Oath and Law should serve as the guide in all interactions with other participants and staff. The chart to the right provides a basic outline for your preparations.

You can start any time along this path. The earlier you begin, the better prepared you'll be and the greater the impact on your young men.

Once the plan is in place, special care should be taken to ensure the plan is consistently followed, even when attendance at some activities and meetings is low.

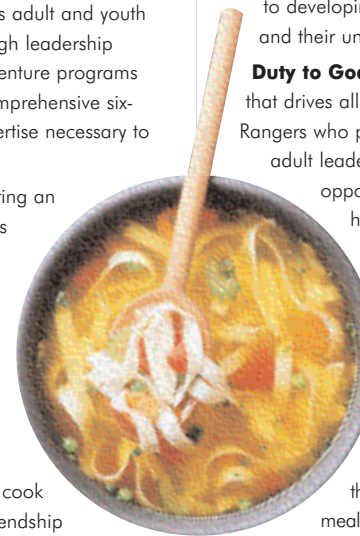
As the boys realize how serious you are, they will come on board.



## GET ORGANIZED *Shadow leadership*

**A** High Adventure trek serves many purposes. Some of them are: building friendships that will last a lifetime by sharing a wonderful common experience; developing self confidence by tackling and accomplishing a challenging task; learning about God by experiencing, first hand, the wonders of the world He has made; coming to appreciate the privilege of being an American by experiencing the wilderness which is every citizen's birthright; finding a positive role model in the unit's adult and youth leadership and in the Ranger provided by Camp Loll; tasting the joy of service through leadership opportunities and through providing support for one's fellows. Camp Loll's High Adventure programs seek to maximize these and a multitude of other chances to grow by providing a comprehensive six-month program for your unit, the finest in-staff support, and the equipment and expertise necessary to ensure success.

**Team and Crew Leadership and buddy system** are essential elements in ensuring an experience that will change lives for the better. Upon registration, Camp Loll provides units with valuable support materials that will give the adult leaders of teams and crews program ideas to provide a number of truly meaningful training experiences. Simple suggestions will guide unit leadership. Team Captains and Crew Leaders will find ample opportunity to lead the young people who they represent in meaningful experiences both in the months leading up to the High Adventure and during the "Big Event." Camp Loll staff will function in a support mode, ensuring that a unit's own leaders will grow to fill its responsibilities, not only for a week in the wilderness but for years to come. A special opportunity presents itself as each youth is given a chance to share responsibilities with a buddy from his unit. Buddy pairs will not only cook and do chores together, but will be given the opportunity to produce a synergy of friendship that can only be found in working together for a worthy cause. We ask you to consider having your unit youth leader buddy up with the staff Ranger in order to provide added support for his success.



**Ranger Guides** are provided for each unit. The guide will meet the unit upon their arrival at Camp Loll and will work with them throughout the week. These fine young people represent the highest standards of scout values, are carefully trained and are experienced in all the adventure activities that will face the group. The guide will work through the unit's leadership, supporting the adults and giving special attention to developing the leadership skills of the Captain, Crew Leader, and their unit leadership structure.

**Duty to God** is the first point of the Scout Oath, the value system that drives all activities in the Scouting Program. Camp Loll provides Rangers who proudly do their duty to God and Country. Coupled with the adult leadership of each unit, the High Adventure experience provides an opportunity to demonstrate to youth that the best time he has ever

had in his life was through an activity that's purpose, in the words of Scouting's founder, is to bring about God's Kingdom here on earth. Working with the Camp Loll Chaplain, each High Adventure group's chaplain, unit leadership, and Ranger will be provided with materials to remind each participant that the entire universe speaks of the glory of God. Camp Loll High Adventure's Heroes Program will give the group opportunity for daily reflection and teach them of the spiritual commitment of those whose example they should seek to follow.

**Food** is essential for success of any camping activity. Camp Loll will provide quality food that is both tasty and convenient. While weight and waste will be considered, the quality of the meal is paramount. Participants will be trained and equipped to make good meals in wilderness conditions. Equipment and knowledge will come along with the provisions. As all High Adventures are in bear country, proper food and sanitation handling will be taught. In all activities, the Leave No Trace outdoor ethic will be taught. The High Adventure experience will provide a lifetime of good habits for wilderness use and enjoyment.



## BE PREPARED *If you are prepared you will enjoy.*

### February

#### Organize

• **Who is going on the Trek?** (This is not a last minute "add a boy" program.) Identify and contact those boys who will be of age at the time of the trek and invite them to be a part of the pretrek preparations. Set March 1st as the date for a final count for leaders and youth.

• **Organize your youth leadership** It is best if they will be the same leaders as at the time of the trek. A Chaplain will be required on the trek. Let these young men take ownership of this event.

• **Hold a Parents' Open House.** The trek plans should be presented by the crew/team officers to parents and committee to gain their needed support for the entire schedule of activities.

#### Physical/Mental

• **Organize a fitness program.** This should prepare the crew for hiking long distances and up steep climbs.

#### Equipment

• **Distribute a checklist to each boy** (skill sheet 1). Encourage them to earn their own money for this trip. Identify and prioritize the items they will need to purchase over the next several months.

#### Skills

• **Boots** (skill sheet 2). Discuss the different types of hiking boots and socks. Take the boys to try them on. Stores like REI have qualified sales people that can teach you about fit, etc. Discuss how to avoid and treat blisters. Everyone should have the boots they are going to wear on the trek by the end of this month.

• **Layering** (skill sheet 3). Be prepared for cold, hot, and wet weather conditions.

### March

#### Organize

• **The final count is in** These boys are committed. A partial yet significant financial commitment may be requested of the young men (nonrefundable). This often helps solidify their commitment.

#### Physical/Mental

• **Take a hike!** Take a day hike and try out those new boots and socks.

• **Plan your 1st Trek Prep backpack trip** Let the boys take charge of this one. Set a date in April and stick with it (rain or shine)! Focus on the skills of packing and unpacking, hiking with a pack, setting up and taking down their tents. Cooking skills will be taught at Camp Loll.

#### Equipment

• **Boots.** Everyone should have their boots for the trek. Getting these early is a must. This will allow ample time to break them in.

• **Review Check List.** See how the boys are coming along on getting their gear together. You may want to buy some things as a group.

• **Backpacks.** Take a trip to the sports store for an evening to learn about the different types of backpacks. Most stores have experienced sales people who can teach you about the different types and styles. Try them on with weight in them. Even if the boys already have one, they may learn something new.

#### Skills

• **Backpacks** (skill sheet 4). Types and sizes (for this trip, 4200 cubic inch is good). Learn how to load your pack for good weight distribution.

• **Tents** (skill sheet 5). It is best to use lightweight backpack tents for two. Take an inventory of what your group has. Set them up and check out their condition and quality. Look at buying, borrowing, or renting any additional tents.

### April

#### Organize

• **Transportation.** Finalize your transportation to and from Camp Loll. Put in for your tour permit.

• **Tent and Cooking Buddies.** Organize your crew/team into tent and cooking buddies. Set this up for your first backpack trip. This will help these boys to work together and rely on one another.

#### Physical/Mental

• **Medical Forms.** Collect physicals for boys and leaders.

• **Trek Prep backpack hike 1.** This will be the first of three trek prep backpack trips. Your crew/team may not have all their equipment yet but that's OK. They will discover areas they are lacking and can work on those in the future. Experience is a great teacher in backpacking and life.

• **Plan your 2nd Trek Prep backpack trip.** Review the things that went right on the first trip and what didn't. Make corrections and move forward. Set a date in May and stick with it (rain or shine)!

#### Equipment

• **Status.** By now everyone should have a good pair of hiking boots. They should know the type of backpack they want and have a financial goal to purchase it by May. How is the tent situation?

• **Sleeping bags and pads.**

#### Skills

• **Sleeping bags and pads** (skill sheet 6). Look at the types of fill in sleeping bags. Discuss how, with layering, you can use a lightweight sleeping bag and remain warm when the temperature drops unexpectedly. Look at natural and synthetic fill. Discuss the different types of pads. The first purpose of a pad is to keep the cold away from your body. The next is comfort. The ground isn't as hard when you're young.

### May

#### Organize

• **Money is due.** Final payment to the Scout Council is due.

• **Review the status of your preparations with crew/team leaders.** This is a chance to discuss how each boy is doing and how the buddy teams are working out. Identify any concerns and make modifications if necessary. It's easier to fix things now than on the trail.

#### Physical / Mental

• **Trek Prep backpack hike 2.** This will be the second trek prep backpack trip. Your crew/team should be getting familiar with their equipment. They should be able to pack, unpack, and repack their own gear and set up a camp site. They should understand the rules of personal sanitation. Buddy teams should be forming a team spirit.

• **Plan your 3rd Trek Prep backpack trip.** Review the things that went right on the second trip and what didn't. Make corrections and move forward. Set a date in June and stick with it (rain or shine)!

#### Equipment

• **Status.** Review the checklist again. The boys should have all of their gear by now and know how to use it. Each boy should have a good lightweight sleeping bag and pad. They should understand how they can use existing layers of clothing to increase the warmth of their bag.

#### Skills

• **Rain Gear.** Discuss the different styles and what would be best for their trek. Talk about staying dry and keeping your gear dry.

• **Hydration** (skill sheet 7).

• **Kitchen and Sanitation** (skill sheet 8).

• **First Aid and Safety.** Review all first aid skills. Discuss how to enjoy bear country.

### June

#### Organize

• **Final Plans.** Meet and review the agenda for the trip.

#### Physical/Mental

• **Trek Prep backpack hike 3.** This should be the best of the three prep trips. Final buddy teams are assigned. All equipment should be purchased. Everyone should know what they are doing. The boys are on their own for this one.

#### Equipment

• **Review checklist and hold a final shakedown.** See that the boys know how to use all of their equipment. Make modifications to the checklist if needed, based on weather forecast.

#### Skills

• **No Trace Camping** The principles of No Trace Camping are crucial in preserving this great land.

• **Food and Bear Safety** (skill sheet 9).

### July

If your trip isn't until August, add a fun day hike to a nearby peak or some other activity that will build physical strength and unity.

#### Options

Participate in the Kodiak leadership training course.

#### Resources

- Skill sheets
- Scout Field Book
- Web sites such as [www.abc-of-hiking.com](http://www.abc-of-hiking.com)
- Camp Loll High Adventure Comm. Kim Bott 801-497-9426

# TREK PREP

## TREK DESCRIPTION *Bechler*

**Monday** Units arrive at Camp Loll on Monday afternoon. They will be met by their Ranger Guide and, under the direction of Camp Loll's High Adventure Director, helped to their camp to set up for the night. All participants will have a swim check in Lake of the Woods. Monday provides an opportunity for units to be trained in important backcountry ethics and safety. Preparation for the adventure ahead will be supported by the Rangers and High Adventure Staff. Supper on Monday night will be a practice meal (with some tasty supplements) for the trek meals to come. Training in equipment use and meal preparation will make Monday dinner an enjoyable learning experience. After dinner, Adventurers will prepare for the next morning's departure. Monday night the Camp Loll Staff will provide an inspirational Flag ceremony and a Campfire Program overlooking Lake of the Woods. Then to bed.

**Tuesday** Bechler Canyon Groups will be accompanied by their guide and a Loll Staffer to the trail head at Bechler Ranger Station. Groups will have an early breakfast and head out by 7:00 a.m. so they can be on the trail early to reach their first night's camp spot with plenty of time to explore the Yellowstone wilderness from their base camp.

**Wednesday and Thursday** are full days of hiking and adventure in Yellowstone. Activities include meal preparation, hiking, swimming, nature study, reflection, and endless opportunities for participants to get to know each other and themselves in challenging and rewarding experiences. Every step will bring new vistas of beauty, new opportunities to learn, and a shared experience that will forge lifelong friendships. The wonders of America and the glory of God will be constantly on display. The opportunities to serve others and build one's own physical, mental, and moral character will be everywhere.

**Friday** will bring the group back down Bechler Canyon. You will think that the best was truly saved for the last. Adventures will arrive at the Ranger Station with memories that will be theirs forever. They will arrive at the trailhead at lunchtime, where a meal will be waiting for them. After lunch it's back to Camp Loll for a hot shower, full use of camp program facilities, and another great meal at supper time prepared by our camp chef, a flag ceremony, and campfire program.

**Saturday** brings the adventure to a close. After breakfast, up groups will pack up and head home, their lives forever richer for the wonders they shared and the challenge they met on a Camp Loll High Adventure.

## EQUIPMENT *Weight, Volume, and Distribution*

Become familiar with your gear. Each person will need to leave room in his pack for shared gear provided by Camp Loll. Shared gear for cooking buddies includes a bear vault for food, backpack stove, fuel, pot, and a No Trace trash bag. Shared gear for the group includes first aid kit and water pump. Watch the weather.

You can get a weather forecast by going to [www.nws.noaa.gov](http://www.nws.noaa.gov) and clicking several times on the map to zoom in on the area you want. Watch for the elevation reading at the bottom of the map. This information will help you determine the weather conditions the week of your camp and at the elevation you'll be at. The checklist you received is a guide. If it is cold and raining, adjust your layering.

### Rental equipment

You can rent packs, sleeping bags, tents, etc. from some retail stores like REI in Salt Lake City. Also most universities have Recreation Center's where the community can rent equipment.



If you need help with your preparations or just have questions, contact:

**Camp Loll Director**

Delose Conner (801) 544-3376

**High Adventure Committee Chairman**

Kim Bott (801) 497-9426