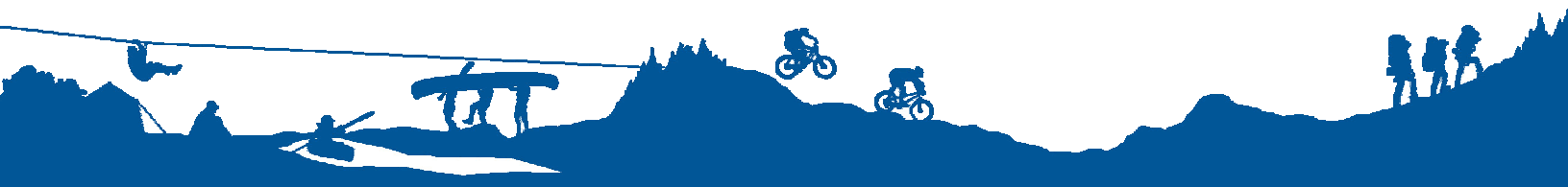


# Ridgeline High Adventure



Leaders Guide 2017

Great Salt Lake Council

Boy Scouts of America

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# Welcome to Ridgeline

Welcome to Ridgeline High Adventure! Thank you for choosing Ridgeline. You are about to embark on an adventure like you have never before experienced. Ridgeline's program options all provide EDGE-method exposure, enabling you to try new experiences, and refine skills you already have.

Ridgeline is like no other high adventure camp, located on the beautiful Hinckley Scout Ranch in the Wasatch-Cache National Forest. Whether a Team, Crew, or a religious group, an over the top experience awaits for all youth and adults involved.

## Non-Discrimination Clause

Ridgeline and the Great Salt Lake Council does not discriminate against anyone on the basis of race, color, national origin, religion, age, sex, disability, or other delineation of peoples.

## Ridgeline's Fee

	Youth	Leaders
Base Camp	\$130	\$60
Ranger Trek Backpacking	\$300	\$300
Ranger Trek ATV	\$350	\$350

\* All camp fees include eating at the dining hall.

# General Information

## **Medical Forms**

All participants (youth and adults) must have a current physical form signed by a medical provider and the participant's legal guardian. LDS Young Women, LDS Youth Conference, and other youth group participants must only complete parts A&B of the BSA health form.

## **Troop Insurance**

Each troop is required to carry adequate activities liability and health insurance. Please verify that each camper is protected with insurance— ensure that policy numbers are listed on each medical form.

## **Swim Check**

Campers that plan to swim or participate in boating activities must complete the BSA swim check. We recommend that units do their swim check prior to arriving at camp.

## **Tour Plans**

Units within the Great Salt Lake Council are not required to submit a BSA tour plan. Out-of-council units, contact your local Scout office for the proper forms and further information.

## **Leaders Meeting**

There will be leader meetings on **April 20, 2017** for all Base Camp participants. Ranger Trek participants will meet **February 23, 2017** and **May 11, 2017**. All meetings will be at the council office and will start promptly at 7:00pm.

## **Dining Hall** (Included in camp fee)

This service includes three balanced meals prepared by our cooks every day. Reservations for guests must be made and paid for it advanced. Units will be on a rotation for after meal cleanup.

## **Refund Policy**

All refund requests must be processed and reviewed through the council Camp Desk.

## **First Aid**

Our health lodge is designed to meet the emergency needs of our campers. All injuries must be reported and properly recorded.

# **Ridgeline Program Options**

## **Base Camp**

Base Camp is designed to give youth a number of over-the-top adventures held at the beautiful Larson Lodge and Rendezvous Meadow. Teams, Crews, and youth groups will choose up to six activities with most activities being scheduled in three hour blocks. Almost all of the activities are on property except for a few hikes to surrounding lakes and waterfalls.

## **Ranger Trek Backpacking**

The Ranger Trek program is for Varsity and Venturing scouts. It is designed to be a mentally and physically demanding course helping the youth work towards the Ranger Award.

Participants will constantly be on the move with full packs, hiking an average of 8 to 12 miles each day. Youth and leaders will experience training in Mountaineering, Shooting Sports, GPS and Land Navigation, Wilderness Survival, Fly Fishing, High-tech cooking, Remote Wilderness First Aid, Communications, team leadership/development, and other high adventure activities. Adult leaders participate in the same manner as their youth.

## **Ranger Trek ATV**

Participants will have the opportunity to experience the beauty of nature in a rugged and exciting adventure. Youth and leaders will experience training in mountain biking, all-terrain vehicle (ATV) riding and safety, watercraft (canoes and kayaks), GPS/Land Navigation, Wilderness Survival, Fly Fishing, High-Tech Cooking, Remote Wilderness First Aid, Communications, Team Leadership Development, and other High Adventure activities and training. We look forward to seeing you at **Ridgeline**, one of the best high adventure programs in the BSA!

## **Youth Conference/Retreats**

If you are a leader of a youth group and are interested in using Ridgeline's facilities, please contact Dakota Jacobson at (801) 244-7330 or at [dakota.jacobson@scouting.org](mailto:dakota.jacobson@scouting.org)

# Base Camp

## (3-day program)

Base Camp is designed to give youth a number of over-the-top adventures in a rugged and beautiful mountain setting. The activities provide EDGE-method exposure, enabling you to try new experiences, and refine skills you already have. We know that many of us have busy lifestyles and need flexibility in scheduling summer high adventure experiences. Base Camp offers an intense 3-day program (Monday-Wednesday or Thursday-Saturday) for all Varsity and Venturing aged scouts and leaders.

Participants will sign up on-line for six of our awesome activities. The month before camp, the council will make a schedule for your unit and send it to your provided email address. Please understand that we will do everything in our power to give you your desired schedule but we do have some limitations on the number of participants we can have in one session. Registration for activities opens on March 1, 2017.

All meals will be provided for participants and the fee is included in the registration price. If you have a youth with food allergies, we are able to accommodate for most, but please feel free to contact the camp director with specific questions.

### Base Camp Activities

Teams or Crews will choose up to 6 Activities to participate in. Most activities are scheduled in 3-hour blocks.

- **Archery:** Action Archery course with archery instruction and various available scoring methods. This will complete one of the five requirements to earn your Shooting Sports Outstanding Achievement Award.
- **Climbing/rappelling:** Take on the Hinckley Climbing Wall with more than four routes differing in intensity and a 55-ft rappel off the tower. We have some opportunities to climb at night so don't forget your headlamps!

- **Mountain Biking:** Instructions on riding and maintenance, plus great single track trails and amazing scenery. We highly recommend bringing your own equipment if capable but if not, we will provide bikes and protective gear for all participants.
- **Mountain Boarding:** Do you like skateboarding or snowboarding? If so, come try our Mountain Boards. After a safety tutorial, you'll jump on the trail and ride at your own pace or enjoy racing your friends! *Activity may be combined with Mountain Biking.*
- **Shooting Sports:** We have Shotguns, Rifles, Pistols, and Black Powder Rifles available to shoot. Come try your marksmanship with our "Top Shot" style competition either within your unit or against others. Participants will also have the opportunity to earn the Venturing Shooting Sports Outstanding Achievement Award.
- **Survival Challenge:** What if your car broke down in a remote area without phone service or any other services? Would you be able to make it through the night? What if you were stranded even longer? This adventure will prepare you to be able to survive a night or much longer using the skills you will learn and practice.
- **Water Sports:** Kayaking, Stand-up Paddle boarding, Canoeing, and more in the refreshing water of our beautiful high-mountain lakes!
- **C.O.P.E.:** Come experience the thrill of challenges like the Cat Walk, Vine Cross, Ninja Walk, Multiple Zip-lines, and more while 30 feet above the ground!
- **Scout Falls Trail:** Enjoy a beautiful scenic hike through Ashley National Forest to the historic Scout Falls. We recommend a change of shoes because of possible river crossing!
- **Over Night Backpacking:** Come out and sleep under the stars. Trek certified instructors would teach basic backpacking practices and take you on an awesome overnight trip. No backpacking equipment is required but if you have your own we recommend you bring it.

- **ATV:** A brand new program at Ridgeline that is sure to excite. This program provides an exciting experience while teaching safe and responsible ATV use. Participants successfully completing the program will earn their ATV Rider Course card from the ATV Safety Institute.
- **POW:** A challenge course designed to encourage groups to work as a team to successfully navigate 6 obstacles. Teams will be timed and scores will be based upon time and other rules given at the event.

## Base Camp 3 Day Sample Schedule

	Monday or Thursday	Tuesday or Friday	Wednesday or Saturday
0600		Quiet Time	
0730		Flag Ceremony	
0800	Unit Check-in & Camp Registration	Breakfast	
0900		Morning Activity Session 9am - 12pm	
1200	Lunch		
1300	Afternoon Activity Session 1pm - 4pm		Check Out
1600	Unit Time		
1700	Dinner		
1800	Night Activity Session 6:00pm – 9:00pm		
2230	Quiet Time		

*\* Schedule is subject to change.*



# Ranger Trek Backpacking/ATV

## What to Expect at Ranger Trek:

The Ranger Trek program for Varsity & Venturing Scouts and their Leaders is designed to be a *mentally and physically demanding course filled with high adventure and fun.*

Participants in the **Ranger Trek** programs will constantly be on the move. Youth and leaders will experience training in mountaineering, firearms, GPS land navigation, Wilderness Survival, High-Tech Cooking, Remote Wilderness First Aid, Communications, Team Leadership Development, and other High Adventure activities and training. Adult Leaders are privileged to participate in the same manner as their youth.

**Pre and post camp efforts will be required to complete the ranger award.**

## Payment Structure

Total Fee for each participant is \$300.00 for Ranger Trek Backpacking or \$350.00 for Ranger Trek ATV. A deposit fee of \$100.00 for each participant is required to hold his or her spot. **Final payment must be made 90 days prior to your Ranger Trek, or you will forfeit your early deposit!** There are a limited number of participants we can take each week, so early sign up is recommended, and **THE \$100.00 DEPOSIT PER PARTICIPANT IS REQUIRED TO HOLD YOUR DESIRED RESERVATION.**

**Full Payment: Required 90 Days prior to start of Ranger Trek or you will forfeit your reservation and deposit.** There are no exceptions to the above as the GSLC incurs a significant Cost of Goods per participant in this time frame.

## **ARRIVAL AND DEPARTURE SCHEDULES**

If you want to arrive early, we can accommodate you at our Ranger Trek Base Camp on Sunday evening. Please contact the camp director to make arrangements for a Sunday evening arrival.

Ranger Trek begins at 8:00 am sharp on Monday morning of each week Ranger Trek is held. If you plan to arrive on Sunday contact the directors to notify them of your early arrival. Check-in will begin at 7:00am on Monday morning, and will end at 7:45am. Departure will occur no later than 10:00am Saturday, depending on camp cleanup. Pack shakedown will take place upon arrival, and any gear not deemed necessary by the Ranger Instructors will be placed in plastic bags and left in respective leader vehicles.

*Schedule your transportation to arrive and depart on schedule. No transportation will be provided to and from the Hinckley Scout Ranch. (Any exceptions will be handled on a case-by-case basis).*

## **PRE-REQUISITES TO BE COMPLETED PRIOR TO RANGER CAMP:**

### 1. First Aid

Complete a standard first-aid course or the American Red Cross Wilderness First Aid Basics or equivalent course. (Please contact the camp desk for additional resources.)

### 2c. Communications

Read at least two books approved by your Advisor on a communications subject of interest to you. Prepare to have a discussion at camp about what you learned and how you think you can apply these principles to improve your communications.

### 4. Emergency Preparedness

Discuss potential disasters and emergency preparedness with your family and then set up a family emergency plan. Build a family emergency kit.

### 7. Wilderness Survival

Write a risk management plan for an upcoming crew high-adventure activity. Make a list of items you would include in a wilderness survival kit. Using your list, make a wilderness survival kit.

### 9a. Backpacking

Develop a personal exercise plan and follow it for at least three months, exercising at least three times a week. Set your goals with backpacking in mind and write them down. Keep a daily diary.

## SAMPLE SCHEDULE

### MONDAY:

•7:00am-9:00am

- Welcome, and go over paperwork
- Pack shakedown and Ranger T-Shirts given to each person
- Leave No Trace Core
- Backpacking Core
- Food Handling and Cooking Core Training

•9:00am-12:00pm

- Mountaineering Class/Climbing/Rappelling
- Common gear overview
- Navigation: GPS/Compass
- Depart for Backpacking Adventure
- Trail Lunch

•12:30pm-4:30pm

- Training on the trail
- Effective Communication

•Arrive at 1<sup>st</sup> night camp

- Set up camp
- Team Development and EDGE
- Continuation of Backpacking, Cooking, and Leave No Trace
- Dinner
- Development in Faith, Self, and Others

### TUESDAY:

•7:00am

- Breakfast
- Depart for Day 2 Backpacking Adventure
- Land Navigation
- Compass and GPS with maps

•9:00am-12:00pm

- Wilderness Survival
- Search and Rescue (SAR) techniques
- Communication in the outdoors
- Lunch

•1:00pm

- Campsite selection
- Emergency Preparedness

•5:00pm

- Proper camp set-up
- Cooking area, water purification, tent set-up

•6:00pm

- Dinner
- Ethical Controversy

WEDNESDAY:

- 7:00am
  - Breakfast
- 8:00am-11:00am
  - Conservation Project: Trail/Campsite Improvements
  - Compass and GPS with maps
  - Lunch
- 11:00am-3:00pm
  - Training on the Trail: Ranger/Values and Making Ethical Decisions
  - Communications
  - Application of Leave No Trace
- 6:30pm
  - Dinner
  - Night navigation GPS/Compass

THURSDAY:

- 6:00am-7:00am
  - Breakfast
- 7-9am
  - Depart Day 4 Backpacking Adventure
- 9:00am-12:00pm
  - Land Navigation
  - Wilderness Survival
  - Training on the Trail: Ethical Controversy
  - Lunch
- 1:00pm-5pm
  - Arrive back at Ridgeline
  - Conservation Project
  - SHOWER!
- 5-6pm
  - Mountaineering Elective

FRIDAY:

- 7:00am
  - Breakfast
- 8am-3pm
  - NRA Course and Gun Range: Pistol/Rifle
  - Lunch
- 4:00pm-8:00pm
  - Dutch Oven Dinner
- Campfire
  - Reflection on the week: Personal Reflection/Goal setting

SATURDAY:

- 7:00am
  - Breakfast
  - Course Evaluations
  - Departure

## EQUIPMENT LIST FOR RANGER TREK:

Please bring only the gear on this list. If you desire additional gear, we will look over your equipment and discuss what is appropriate upon your arrival Monday morning.

- 1. Backpack:** Most people like internal frames, but external frames are fine. **Make sure you have enough space to carry a considerable volume of food.** This is one area where considerable weight can be saved, as backpacking foods, which will be provided, are lightweight.
- 2. Pack cover:** A waterproof cover that fits over your pack. No pack by itself is completely waterproof. Heavy-duty garbage bags do well too, and have multiple uses.
- 3. Sleeping bag:** Any good down or synthetic bag is suitable. We recommend about a 0 to 20-degree rating. It should come with waterproof stuff sack, which doubles as a pillow with cloths placed in it. Down bags can conserve weight.
- 4. Tent, Hammock, or Tarp:** Any lightweight mountain style is suitable. It should definitely have a fly for adverse weather. Footprints are also recommended. Weight should be around 6 pounds or less for a two-man and should have two participants splitting the weight. An alternative to consider would be to bring only a tarp to be used for shelter, and would help cut on weight.
- 5. Mess Kit, Stove & Fuel, and Utensils:** Propane stoves are the only type permitted on the trip. Mess kits should be shared with tent buddy; two cups, two plates and/or two bowls, and two “sporks” are perfect. **Note:** Jet boils, stoves and fuel will be provided, but Scouts may bring their own if they would like to do so.
- 6. Sleeping Pad:** Any lightweight foam/air pad is fine.

(Tent and mess kits/gear should be split between two people)

### PERSONAL GEAR

You will be given a class B Ranger T-shirt upon arrival. Remember to pack

- 7. Hiking Boots/Shoes:** Light weight with firm type soles. However, it is not unusual to hike in low ankle trainer type shoes that are well broken in. Your choice! Best fitted with two pair of wool or polypro socks or, one lightweight liner and a heavier sock. **Water resistant or water proof** are highly recommended, as many of the trails go through wetlands caused by the snowmelt. **Cotton socks mean blisters and discomfort.** Tennis shoes, flip-flops, sandals, or crocs might be good camp shoes, keep in vehicles until return.
- 8. Pants:** You will need the pants you will wear, and rain pants. The best hiking pants are ones that come with zip off legs. Pants are worn alone most of the time, they keep off the bugs and are great to wade in, as the bottoms can be zipped off. A lightweight pair of **shorts** is nice (some of the time).
- 9. Long Johns:** Optional, only to be brought if weather looks blustery that week, or you get cold easy.
- 10. Underwear:** One set to wear and one set in reserve.
- 11. Upper insulating layers:** Two layers—You should have your class B T-shirt, with one long-sleeve shirt, and one light sweatshirt or jacket. Your rain jacket can serve as your jacket. Frog Togs are a favorite. All to fit loosely.
- 12. Cotton Shirt Above:** Should be light, and long-sleeved to keep off bugs and protect from high altitude sun.
- 13. Hat:** Something with a wide brim to keep the sun and rain off, and stocking cap for sleep if you get cold easy.
- 14. Socks:** Wool or polypropylene preferred. Two sets, one you wear, and one as a back-up if your feet get wet.
- 15. Gloves or mittens:** Optional: Wool, polypro, and/or bunting only. Only needed for those who are extremely cold blooded. Fingerless are fine.
- 16. Raingear:** Jacket (with hood) **AND pants.** No ponchos or plastic. Should bring waterproof, breathable kind.
- 17. Sunglasses:** These are very important and preferably **polarized** for spotting fish. However, any sunglasses are better than “no” sunglasses.
- 18. Day/Camel Pack:** These are great for the drive, but the only thing **you will take in your pack is the 3-liter bladder inside of it.** This bladder needs to sit in the top compartment of your pack with hose dangling down.

### FISHING GEAR (Required for Ranger Trek ATV)

Keep in mind that this will add weight to your pack, and you are trying to aim for 35 lbs. or less.

**A valid Utah fishing license is required if you plan to fish while participating in this program!**

**19. Spin Rod:** Pack rods are best. 6' or longer. Any pole will work. It does not have to be expensive.

**20. Reels:** Anything light weight with 6lb. test is best.

**21. Fly Rods:** At your discretion.

**22. Flies:** Check with the local fishing gear outlets such as Sportsman's Warehouse for the types of flies that are giving the best results.

**23. Fishing Lures:** Crocodile type lures in most colors: Gold with red, Silver with red. Small weights. Swivels too!

### GROUP GEAR

**24. First Aid:** Small and light weight. Should include Band-Aids, anti-biotic ointment, pain relievers, anti-histamine, tweezers, scissors, itch ointment, etc.

**25. Toilet Paper:** One roll should hopefully do it! Use your best judgment!

**26. Bug Repellant:** Should contain Deet, and be in a plastic container.

### MISCELLANEOUS

**27. Swim Suit:** For showering at camp. A small towel works great to dry off with. Keep in vehicles.

**28. Nalgene type Water Bottle:** Nice for mixing powder drinks. Should have a large mouth. Quart size. **The Ranger Staff will provide water purification**, however, you may bring your own if you wish.

**29. Camera:** Not necessary, but nice to record your trip. Check battery.

**30. Mosquito Head Net:** These are awesome if the bugs are in full glory. Just bring one!

**31. Chap Stick:** A must at high altitude.

**32. Sunscreen:** A must at high altitude.

**33. Bandana:** Blowing your nose, etc.

**34. Small Towel:** To dry off after washing up, or when it's raining.

**35. Flashlight or Headlamp:** Make sure it is very small and light with new batteries, and back-up batteries. Headlamps are the best as it frees up your hands for doing stuff.

**36. Knife or small All-in-One:** A small pocketknife is useful. **No blades longer than 3 inches!!!**

**37. Toothbrush, Toothpaste, and Floss.** Oral hygiene is a must!

**38. Hiking Poles:** with shocks in the handle can help all ages.

**39. Deodorant, travel soap, personal medications:** Small soap bar or the backpacking type in the plastic container. Staff will have basic medications. Please let us know if you do send meds with your youth/adults, type of medications also.

### FOOD

**Food will be provided for all participants. However, additional snacks are permitted, however you have to remember your goal is to pack light!**

## **THINGS NOT TO BRING**

- 1. Do not bring any type of electronic equipment that you are not prepared to have damaged! Be careful with it!**
2. Do not bring any device that uses liquid fuels, such as lanterns or stoves. Matches, lighters, or any fire starting items must be used with caution.
3. Do not bring any tobacco products in any form or chewing gum.
4. Alcoholic beverages, illegal drugs, and firearms are strictly prohibited.
5. Do not bring a duffel bag, footlocker, suitcase, or any other container for backpacking. Limit your gear to what you can carry in your backpack.
6. You are not allowed to carry a knife with you when you are rappelling, leave your pocketknife in your pack. Sheath knives, hatchets, saws, etc. are not allowed.
7. Do not bring personal webbing, harness, carabineer, rope, or other accessories. All climbing gear will be provided.

## **Basic Rules for BSA Ranger Trek**

- 1. Satisfied all necessary paperwork and financial requirements for Ranger Trek at least 90 days prior to camp.**
2. You must be a registered member of the Boy Scouts of America (provide a copy of your membership card or a copy of your application form). Contact your local council for a copy if necessary.
3. You must provide proof of insurance coverage (a copy of personal or family insurance card) and submit a completed Annual BSA Health and Medical Record Form, #680-001 All 3 Parts (copy attached). Signed by a physician. The BSA Health and Medical Form must be current.
4. Include a check for the balance due (\$300.00 for Ranger Trek Backpacking, \$350.00 for Ranger Trek ATV is the fee for each participant) ninety (90) days prior to the start of camp.
5. You must be registered as a Varsity or Venture Scout.
6. Refusing to participate or failure to follow the rules is cause for a participant to be sent home, without refund.
7. All valuable personal items must be left in leader vehicles and locked.
8. The responsible individual(s) will be required to make restitution should any damage occur to governmental, Council, or personal property.
9. Participants are not to leave the assigned training areas, campsites, or buildings without permission of the Ranger Trek Staff.
10. Participants are not allowed to operate vehicles during the Ranger Camp unless designated to do so.