

Ridgeline High Adventure



Leaders Guide 2018

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 provide EDGE-method exposure, enabling you to try new experiences and refine skills you already have.

Whether you are a Troop, 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	\$135	\$80
Backpacking Trek	\$300	\$300
ATV Trek	\$350	\$350

* All camp fees include meals 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 water 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 **Thursday, March 29, 2018** for all Base Camp and Trek participants. All meetings will be held at Camp Tracy and will start promptly at 6:30pm.

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. Troop, 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.

Backpacking Treks

All backpacking treks are designed to be a mentally and physically demanding course helping the youth have a safe outdoor experience while increasing their outdoor skills.

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.

ATV Treks

Participants will have the opportunity to experience the beauty of nature in a rugged and exciting adventure. Youth and leaders will experience training on all-terrain vehicle (ATV 's) riding and safety, 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.

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 those who participate.

New this year, Base Camp will offer open schedules. You have the flexibility to attend multiple activities during specific program sessions. When you arrive you will receive a schedule of when specific activities are offered. Your group then can attend whatever activity desired. We no longer register for activities before camp.

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 most needs, however feel free to contact the camp director with specific questions.

Base Camp Activities

- **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 if desired.
- **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 socks and shoes because of possible river crossing!
- **Over Night Backpacking:** Come out and sleep under the stars. Trek certified instructors will teach basic backpacking practices and take you on an unforgettable overnight trip.
- **POW:** A challenge course designed to encourage groups to work as a team to successfully navigate six obstacles. Teams will be timed and scores will be based upon time and other rules explained at the activity.

Base Camp 3 Day Sample Schedule

	Monday or Thursday	Tuesday or Friday	Wednesday or Saturday
6:00am		Quiet Time	
7:30am		Flag Ceremony	
8:00am	Unit Check-in & Camp Registration	Breakfast	
9:00am		Morning Activity 9:00am – 12:00pm	
12:30pm	Lunch		
1:30pm	Afternoon Activity 1:30pm – 4:30pm		Check Out
4:30pm	Unit Time 4:30pm-5:00pm		
5:00pm	Dinner		
6:00pm	Evening Activity 6:00pm – 9:00pm		
10:30pm	Quiet Time		

** Schedule is subject to change.*

Backpacking/ATV Treks

What to Expect on Trek:

Participants in our 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.

Payment Structure:

Total Fee for each participant is \$300.00 for Backpacking Treks and \$350.00 for ATV Treks. **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.

Arrival Schedule

If you desire to arrive early, we are able to accommodate you at our Base Camp on Sunday evenings. **Please contact the camp director to make arrangements for a Sunday evening arrival.**

All Treks will begin at 9:00 am sharp on Monday morning of each week. Check-in will begin at 8:45 am on Monday morning. Pack shakedown will take place upon arrival, and any gear not deemed necessary by the guides will be placed in plastic bags and left in respective leader vehicles.

SAMPLE SCHEDULE (Backpacking Trek)

MONDAY:

- 9:00am- 12:00pm
 - Welcome, and go over paperwork
 - Pack shakedown
 - Backpacking 101
 - Common gear overview
 - Leave No Trace Training
 - Food Handling and Cooking
 - Mountaineering Class/Climbing/Rappelling
 - Navigation: GPS/Compass
- 12:30pm- 1:30pm
 - Lunch
 - Depart on Backpacking Adventure
- Arrive at 1st night camp
 - Set up camp
 - Team Development and EDGE
 - 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
- 7:00am- 9:00am
 - 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 Base Camp
 - Service Project
 - SHOWER!
- 6:00pm- 7:00pm
 - Mountaineering Elective (climbing)

FRIDAY:

- 7:00am
 - Breakfast
- 8:00am- 2:00pm
 - NRA Course and Gun Range: Pistol/Rifle
 - Lunch
- 2:30pm- 8:00pm
 - Dutch Oven Dinner
- Campfire
 - Reflection on the week: Personal Reflection/Goal setting

SATURDAY:

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

Equipment List For Treks:

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 clothes 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 should be split between two people along with other common gear.)

PERSONAL GEAR

- 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 easily.
- 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 (Not required)

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.

Camp Guides will provide some 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: A small pocketknife is useful for many tasks.

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

38. Hiking Poles: With shocks in the handle it 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. Additional snacks are permitted, however you have to remember your goal is to pack light!