

# EXPLORING HIGH ADVENTURE GUIDE



BOYSCOUTS OF AMERICA



**EXPLORING**  
**HIGH-ADVENTURE**  
**G U I D E**



**BOY SCOUTS OF AMERICA**





## OUTDOOR CODE

*As an American, I will do my best to—*

*Be clean in my outdoor manners.* I will treat the outdoors as a heritage. I will take care of it for myself and others. I will keep my trash and garbage out of lakes, streams, fields, woods, and roadways.

*Be careful with fire.* I will prevent wildfire. I will build my fires only where they are appropriate. When I have finished using fire, I will make sure it is cold out. I will leave a clean fire ring, or remove all evidence of my fire.

*Be considerate in the outdoors.* I will treat public and private property with respect. I will use low-impact methods of hiking and camping.

*Be conservation-minded.* I will learn how to practice good conservation of soil, waters, forests, minerals, grasslands, wildlife, and energy. I will urge others to do the same.

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## INTRODUCTION

**T**he last few years have been the most exciting of my life. I have been to some wild places, places that most people only dream about. Along the way, I have made many close friends and shared some incredible adventures.

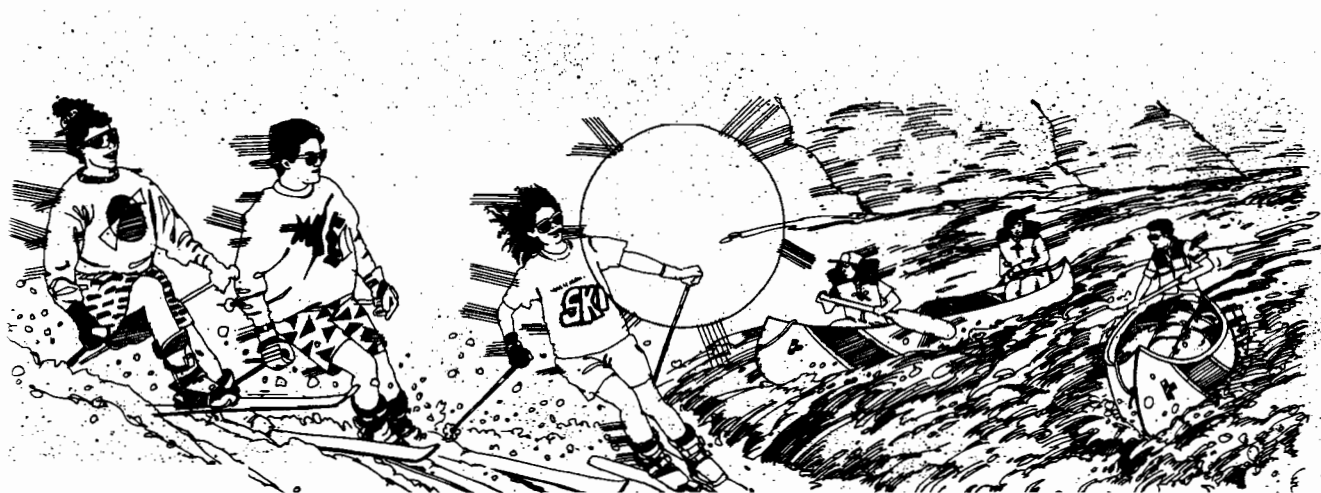
It seems like just the other day that our post returned from a scuba diving trip to the Florida Keys. It's hard to believe that it's been a year since our trip. Our first stop was in the cool, beautiful Great Smokey Mountains where our Explorers floated in a clear, mountain stream on inner tubes. Then we headed south to Key West. Our post chartered a dive boat, and the captain took us out to one of his favorite reefs. We dove among the parrot fish and tuna, chased a lobster, and looked a nurse shark in the eye. The water visibility was 100 feet, and we felt as though we were flying. We made eight more dives, including two night dives, and went deep-sea fishing, too. On the way home we made a dive in a cold, fresh-water spring in north Florida. It was a trip our Explorers will always remember.

In a few days we will leave for Canada. Our post will travel to the Quetico Provincial Park in Ontario for a week of canoeing in the remote wilderness streams and lakes. Our post took this trip four years ago and had such a great time, we put it on our list of must-do-again trips. We plan a long, hard portage the very first day to put the riffraff behind us and we

shouldn't see another soul for a week. I like this park because once you enter, there isn't a single sign, marked trail, or designated campground. It's just you, your map, your friends, and the eagles and the beavers and the moose and the . . .

Summer before last, we went to Colorado. The pace was hectic, but the excitement was nonstop. On day one, we went downhill skiing at A-basin. (The last day of the season, people were skiing in shorts.) We moved on to a backpacking trip through Pike National Forest; a little steep, but seeing the waterfalls was worth it. Day five was spent whitewater rafting down the Arkansas River. The next day we were technical rock climbing at Garden of the Gods Park. What a trip!

As you can see, we have an active we-can-do-any-thing post. We have so many things going on that we meet every week just to keep everything organized. We take at least two weekend trips each month and four or five weeklong trips each year. With so many trips, we have to be sure to keep our costs down. Our weekend trips usually cost less than a night at the movies and our weeklong trips cost under \$15 a day for everything. We drive vehicles that belong to post leaders or Explorer parents. We prepare our own food in quantity (we don't eat fancy, but we eat well) and we use military bases, churches, or Scouting facilities whenever possible. We have enough leaders and parents to support all these activities as well, so no one gets worn out. We have only so much vacation, you know.



These trips and the many exciting things we do are why young people join our post. How did we get here? We didn't just form a post one night and start climbing mountains the next. We started small with only a few members and with simple weekend camping trips. We forgot a few things and ate some really strange food. (No, it wasn't supposed to be strange; that's just how it turned out.) We learned and we grew.

In the beginning, we took mostly weekend trips. The travel arrangements were usually made at the last minute ("Are you going to drive? No, I thought you were driving!"), and everyone brought food. Then we realized we needed some group equipment such as good tents, so we organized a fund-raiser to earn enough money to buy some used tents from a local store. Finally, at one of our program planning meetings, someone read a description about a trip to a BSA high-adventure base. Since we didn't have much equipment or skill we thought that going to one of the bases might be a good way to get into high adventure. All we had to do was get there. We did and it was an incredible trip. We also saw that we could do something ambitious and exciting. We learned so much from that trip that the next year we planned a similar trip on our own. Each year we learned from the mistakes we made the previous year, and our trips became easier to plan and even more enjoyable.

Each time we go on these high-adventure trips, I return with strong friendships and great memories that will be with me forever, and I know I have grown. I know other Explorers did too, and that is what Exploring is all about.

You, too, can have a successful post—a high-adventure or a medical post that does high-adventure activities. It's simple. Have a we-can-do-anything-we-

want attitude, plan well, and use your resources.

This book is not the ultimate resource for your high-adventure planning. It merely opens the door to the possibilities that are available. Technicalities and details you can find in other BSA literature are not included. We hope this book conveys the message that your post can do almost anything you desire and that there are tons of support materials and people to help you.

The first part of this book deals with the important art of planning. There is no doubt that planning is the key to an enjoyable and safe activity. The art of planning is one you always can continue to improve. Planning superactivities is the heart of this book. There is a suggested backdating schedule to help you get ready for your chosen superactivity. The format chosen here is not finite. You could choose to do more than one activity or you might select one that might not be developed into a six-month or yearlong program, such as deciding to go canoeing just one time. What you will find in this book are ideas. However, the book is designed so that you can pull out and copy sheets such as the backdating schedule or activity plan for your activity chairman to use as a start.

You will notice heavy reference to Scouting literature. For more than eighty years, the BSA has been the leading organization in outdoor skills. We have produced ample, high-quality support materials and, since Exploring is part of the program of the Boy Scouts of America, it is logical that we use these great, available resources. Every piece of BSA literature mentioned in this book is available through your local council or through the BSA Supply Division catalog. Your post might want to begin building a high-adventure library to use for its program planning.

**I**f you are just starting a high-adventure post, welcome to one of the most exciting youth programs anywhere. You are joining the most popular form of Exploring. You will have a great time!

Start simple, grow slowly, and use expert consultants whenever possible. Make your first superactivity a trip to a high-adventure base or other similarly outfitted and organized place. By doing this, you can watch how they do it. Find experts and get them to help you prepare for your chosen activity. Have alternate plans. Things might get too difficult and you might not be able to follow through with your original plan.

When forming a new post, the Advisors and some key youth should get together to plan several months of meetings and weekend activities. Arrange it so that there are exciting trips early on that everyone will be able to go on. Make sure your meetings are well planned and have a purpose, such as preparing a skill for an upcoming weekend trip or superactivity. Dull meetings and activities are a sure way of losing new members. (See the *Explorer Leader Handbook*, chapter 3, "Getting Your Post Up and Running.")

If prospective members see an exciting program written in black and white, they will be more likely to join and then come to meetings. If they get to go on an exciting trip right away and have more trips to look forward to, they will be sold on Exploring and your post.

Since young men and women are looking for excitement and fun, make it happen, even if only two Explorers show up. If it really is interesting, they will tell their friends and more will show up next time. If you cancel because of low attendance, you will get into a cycle that is hard to break. Always have a plan-B activity for situations such as bad weather.

After you have had a few meetings and elected permanent officers, the Advisors must concentrate on getting the new Explorers to plan the rest of the trips. Adults should not plan the trips. Deciding who will plan trips should be done in your first post officers' seminar. Check the *Explorer Leader Handbook* for information on this subject.



Meetings should include a variety of things. An initiative game gets everyone loosened up, builds friendships, and encourages cooperation—plus it's fun! These kinds of games can be found in books at the library or in the *Explorer Leader Handbook*. Follow the initiative game with the business part. Announce upcoming trips, have members tell stories or show slides from the previous trip if you have had any, bring up any planning details for upcoming events, and be sure to *sell* the upcoming trips. Finally, spend the bulk of the meeting on a program. A good program might include some skill development for a planned event or trip. You might bring in a consultant who has made some exotic or exciting trip like the one you have planned. You could even invite another post to share their specialty or their superactivity. It's fun and educational to do things with other posts.

The program chapters of this book have suggested meetings and activities that could be useful as you get started.



## SAMPLE

# HIGH-ADVENTURE POST MEETING AGENDA

Using the post meeting agenda worksheet found in the  
*Explorer Leader Handbook* and ideas found  
in various sections of this book,  
an agenda might look like this:

### POST 100

#### Post Meeting Room

February 20 7 p.m.

Call to order

Donna Lester, president

Introduction of guests and new members

David Walls, administrative  
vice president

Opening

Cooperative game—"Slaughter"  
(page A-61, *Explorer Leader Handbook*)

John Humber, program  
vice president

Committee reports

Activity chairman and officers

New business

Fund-raising project for caving equipment

Donna Lester

Details on Mammoth Cave trip

Terri Trout, Mammoth Cave  
activity chairman

Promotion of next two meetings	John Humber
Caving etiquette and conservation	
Cave map reading	
Rope work in caves	
Caving safety	
Registration of new members	David Walls
Program	Bobbie Crane, activity
Caving equipment	chairman, and Larry Davis, National Speleological Association, Calley Grotto
Advisor comments	Lewis Davis, Advisor
Announcements	Donna Lester
(Include time, date, and place of next meeting.)	

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There is no set agenda to follow, but some key elements of any high-adventure post agenda are that the meetings

- ◆ Are run by youth
- ◆ Include one or more activities
- ◆ Include concise, carefully prepared reports by the officers and activity chairman
- ◆ Promote superactivities, other activities, and upcoming meetings

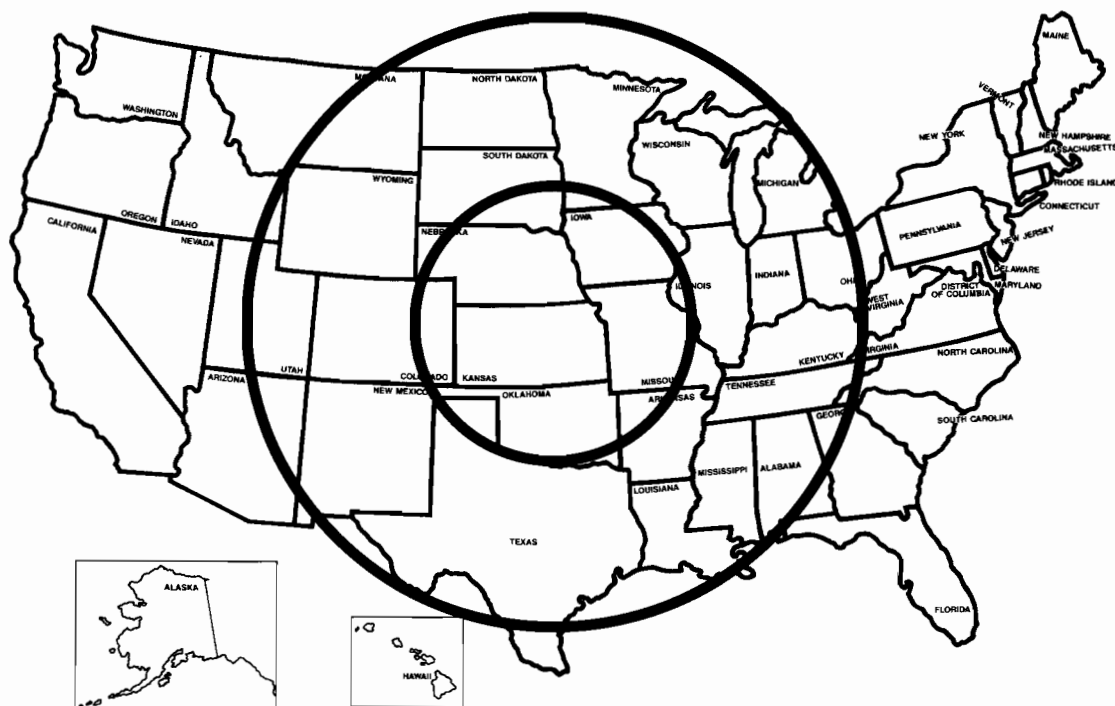
In most high-adventure activities, Explorers will need to know each other well, and playing a game at the beginning of the meeting helps to break the ice and develop problem-solving and leadership skills.

## PLANNING SUPERACTIVITIES

### Where Can We Go?

First ask the question, “Where do we want to go?” A good method for determining places within a short range is to take a map of the United States or North America and mark your location with a dot. Then make a circle with a radius of 600 miles—this is how far you could safely drive in one day following

days, etc.—and select events suited to the season or time. For example, you might decide to do the Okpik experience (winter camping) at the Northern Tier National High Adventure Programs the week after Christmas or go on a sailing cruise at the Sea Base in the Florida Keys during spring break. Or you could choose where you want to go, then pick the best time to go. Some trips are only possible for one season or



BSA tour permit guidelines for trip planning (a maximum of twelve hours of driving per day, under 600 miles per day on interstate highways). Every place inside your circle is a one-day-to-get-there trip. Make a second circle with a radius of 1,200 miles to see how far you could get in two days. All of a sudden, faraway places seem a little closer. If you can afford to travel by boat, train, or plane, your circle of possibilities can grow dramatically. Call the map the Circle of Possibilities. Then see if you can get the resources to get there.

### When Can We Go?

Choose the time of year that best suits your post—summer vacation, spring break, winter holi-

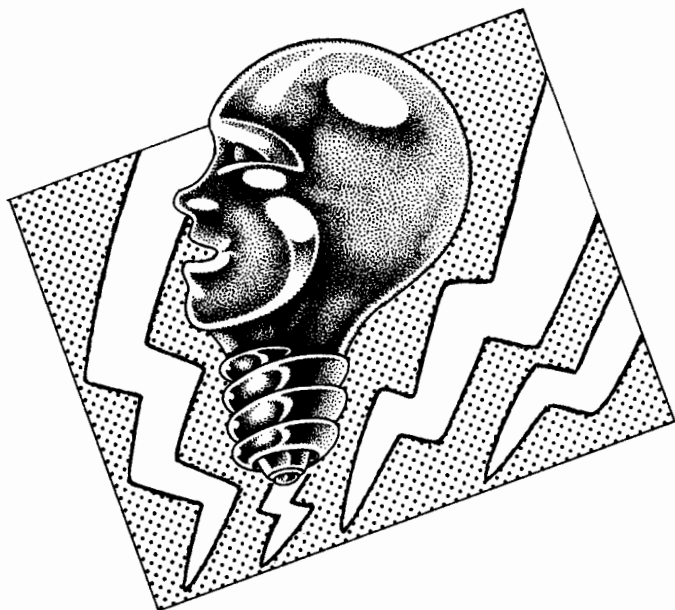
last for only a short time during a particular season. Some just change the level of difficulty, depending on the season. Other factors such as rainy weather hazards and post member and leader availability can affect your timing too. The bottom line is that there is a wide range of trips and activities possible for your post any time of the year.

For detailed information on basic program planning, see the *Explorer Leader Handbook* youth section, chapter 4, “Planning Your Post’s Program.”

### What Do We Want to Do?

Use the method called *brainstorming*. Your ideas of what to do will usually center around your post’s theme. When brainstorming, anything goes. Make no comments until the end of the session. Don’t make

fun of any suggestions and don't discount any possibilities. Some of the best trips start out as bizarre ideas. What if someone says, "Let's go to the Amazon!" Would you give it serious consideration or say it's impossible? Well, there is a post that goes to the Amazon. If they can, you can! Almost anything is pos-



sible. Chapter 5 of the *Explorer Leader Handbook* youth section is a good resource on how to practice brainstorming. Before you start brainstorming, you may want to consult your program capability inventory (PCI) and Explorer interest surveys and list any post trips that were successful (but avoid getting into a rut of redoing trips). List activities at the national high-adventure bases and programs that your local council or neighboring councils offer. Everyone, Explorers and adults, should sort through the list and then narrow it down to the one or two things you really want to do. It is important that you select activities that the majority want to do. Or, if you are able to plan multiple activities, be sure there is enough interest in each activity to make it successful. It is also important that both the Explorers and adults want to participate in the chosen activity.

## Who Is Responsible?

You will want to select an activity chairman who is an Explorer. The vice president of activities should select the activity chairman carefully, since the success of your post greatly depends on the success of your superactivity. Check regularly with the activity chairman to see if assistance is needed, if problems/challenges have developed, and to ensure that planning is moving along and that deadlines aren't missed. The president and the post Advisor should follow up with the vice president to make sure plan-

ning is progressing according to schedule. Pull the backdating sheet and activity planning sheets from this book, copy them, and give them to the vice president of activities and the activity chairman so that they will know what they need to do. The Advisor is ultimately responsible for the health and safety of the post. The Advisors and post officers, as a team, need to make sure that the activity manager has the necessary training and support to carry out the job. The activity chairman needs to recruit other help as necessary to plan and execute the activity. You may want to assign an adult to assist and advise the activity chairman. (See the *Explorer Leader Handbook* for information on the activity chairman position and activity planning.)

## How Do We Do It?

### Get Ready

Planning a great superactivity is a big job. For it to go right, you must consider several points. Can post members handle this at their present skill level? Will members need to increase their skill level? What facilities and equipment will be needed? Will consultants or guides be needed? The point here is to anticipate every challenge so that you can plan and prepare. If you are ready, you will have a great time.

Also consider if you need or want to plan your post program around the superactivity. In the superactivities featured in this book, you will see as many as ten or more meetings or weekend activities that can be done to get ready for your superactivity. Using this method ensures that your skill level matches your superactivity and gives you some real continuity of program for the six months or even a year before the superactivity. Really good posts have really good superactivities.

If you choose to use several post meetings or weekend activities for preparation, you might consider assigning activity chairmen for those meetings and weekend activities. This will avoid putting too much on one individual's plate and ensure that each preparatory step is given adequate attention. Some activities might even need a committee assigned to assist the activity chairman. (See *Explorer Leader Handbook*, "Activity Planner.")

The activity committee investigates and reports on the following:

- ◆ Exact location
- ◆ Transportation
- ◆ Housing—along the way, there, and back
- ◆ Equipment

- ◆ Events and activities along the way
- ◆ Which adults will go
- ◆ Reservations, if needed
- ◆ Costs and affordability
- ◆ Food
- ◆ Health and safety concerns
- ◆ Contacts
- ◆ Contingencies and emergencies
- ◆ Fund-raising
- ◆ Tour permits

Gather activity planning materials:

- ◆ Maps
- ◆ PCIs
- ◆ Explorer interest surveys (from your own post members)
- ◆ Critiques and records from previous trips
- ◆ Forms and worksheets from the *Explorer Leader Handbook*
- ◆ Local or national tour permit
- ◆ Medical forms
- ◆ Unit finance facts and money-earning project request sheets
- ◆ Activity planner
- ◆ Budget worksheet
- ◆ Superactivity resources sheet
- ◆ Parental permission form

Consult the following BSA literature:

- ◆ *Exploring Program Helps* (Health Careers, Law, Law Enforcement, Engineering, Aviation, and Sea Exploring)
- ◆ *Tours and Expeditions*
- ◆ *Fieldbook*
- ◆ *Conservation Handbook*
- ◆ *Guide to Council High-Adventure Programs*
- ◆ Merit badge pamphlets on a variety of outdoor and safety skills
- ◆ Venture series books on high-adventure topics
- ◆ Current fact sheets/brochures from the high-adventure bases with programs and prices

- ◆ Local council merit badge counselor lists of people who teach Boy Scout merit badge classes/sessions who because of their expertise, could be good resources for you
- ◆ Local council lists of facilities, equipment, and programs

## **Select Your Route**

After selecting your destination or series of places to stop, determine what route you want to take to get there, either the scenic route or the fastest way possible. Determine where you will stop for food and rest. For more information about any particular stop, contact your local council service center to get the name, address, and phone number of the BSA council that serves that area. Then contact that council service center for information about availability of their camps, local military bases that may allow Scout groups to use certain facilities, other Explorer posts, volunteers, churches or local organizations, youth hostels, and other local resources. These people can get you information on where to stay, where to eat, and things to do and see. There is a large Scouting network available for you.

## **Determine How You Will Travel**

Driving cars or vans is usually cheaper than using other forms of transportation. Parental participation is very important, and parents are great resources for vehicles and drivers. Determine who will drive and plan for delays such as mechanical problems or flat tires. Using the BSA publication *Tours and Expeditions* can help you plan your transportation needs. If you choose transportation such as buses, trains, or planes, choose carefully and consider consequences of delays. Choose the best transportation method based on your destination, itinerary, numbers, and budget. Refer to the *Guide to Safe Scouting* for BSA driving requirements for both adults and Explorers.

## **Consider Food Options**

Will you eat out or take your own food? It is usually cheaper to cook your own food. You can also cut your food expenses by buying nonperishables in bulk ahead of time. Also, check with your council to see if the post is exempt from paying sales tax in your state. If you take your own food, be careful to prevent spoilage. Even a slight case of food poisoning could ruin your trip. Plan for the right amount of food and

for opportunities to restock. You might consider taking some freeze-dried foods, and today's grocery stores offer many lightweight, tasty foods, too. Don't forget to take condiments and cooking utensils. Determine the type of cooking you will need to do. In some cases it might be best to just have everyone bring their own food so that you won't have to worry about group cooking. If you are planning a high-adventure trip that requires trail food, you might want to have a trail food expert from a local outdoor store give a presentation at one of your post meetings. Food can be one of the most important ingredients of a successful high-adventure activity. Plan well.

## **Advertise**

For a trip to be successful, people must go! For people to go, they must know about it so that they can plan. Keep the Explorers and their parents informed about what exactly will happen, dates, costs, and what they will need to do to prepare for the trip. Get them excited! You are competing with many other activities, so you need to sell yours well. A post newsletter is a good medium for selling and for advertising all upcoming events. Keep interest high. Including enjoyable experiences from post trips in the newsletter will also get people interested in going on future trips. Keep a post photo album, scrapbook, slide show, or videotape. Remember, a picture is worth a thousand words. At meetings, have Explorers recap past events and highlight future trips and how much fun you anticipate having. Keeping parents informed is another key to good activity participation. Have an annual parents' night in January or February and discuss what the post will do in its regular activities and for its superactivity for the coming year. Parents need to be involved.

## **Wear a Uniform**

It is important during travel, especially on military bases or at Scout camps, that your post be in some sort of uniform, even if it is just a post T-shirt. A common attire lends credibility, makes the participants feel as though they are a part of a team, makes it easier to keep track of people when traveling in large groups, is required at some places to take advantage of offers only available to organized groups, and is your passport to shared Scouting goodwill.

## **Adhere to BSA Regulations**

Be sure to check your *Guide to Safe Scouting*, the

*Exploring Reference Guide* (updated annually with the latest insurance requirements and restrictions), the *Safe Swim Defense Plan*, the *Safety Afloat Plan*, and the *Wilderness Use Policy*. You will need to file a local or national tour permit. Check with your local council on its requirements for filing a local tour permit. A national tour permit is required when traveling more than 500 miles. Allow at least forty-five days for processing a national tour permit and, to ensure approval, fill it out completely. Whatever you do, don't wait until the last minute. The national high-adventure bases, most military bases, national parks, and many other places that offer amenities will want to see your approved tour permit before allowing you to use their facilities.

## **Explore Exploring**

Your local council's Explorer officers' association (EOA) meetings and events, area (one or more states) Exploring events, regional Exploring events, and national events such as the national Exploring conference all offer a chance to meet Explorers and leaders from other posts to exchange ideas and to learn about exciting trips they have had. You also will be able to develop leadership skills, get hints for organizing your own post activities, meet people who may make great local contacts in your travels, and just have fun. Check with your local council and *Exploring* magazine for dates and details.

## **Consider Costs**

Most Explorers would love to go everywhere and do everything. Usually they are limited by only one thing—money. With a little forethought, you can significantly reduce your costs:

- ◆ Drive your own vehicles.
- ◆ Provide your own food.
- ◆ Buy in bulk, when possible.
- ◆ Take advantage of nonprofit group discounts.
- ◆ Stay at free or inexpensive lodging or BSA campsites.

Check with BSA local councils in the areas where you plan to go. Find the available resources. By offering inexpensive trips, everyone can afford to go and you can offer more trips and activities.

## **Consider Skill Levels**

Different kinds of activities require different skill

levels. When your post starts out, many of the members are probably at the same skill level. If you have several trips and have been going on trips for a long time, post members probably are on different skill levels. It is important to offer trips that cater to those with lower skill levels as well as those that offer greater challenges for the skilled. You may have to set prerequisites on some trips, such as requiring previous experiences, preparatory classes, and outings. But be careful not to leave the newcomers out or separate the post too much or you won't get new blood into the post. Different skill-level outings can develop a tenure track, giving your post experienced youth leaders.

### ***Celebrate and Critique***

A good superactivity is like a good book; it should have a good buildup (activity planning process), a climax (superactivity), and a closing. In this case, the closing would be recognizing everyone who helped you put on your superactivity with thank-you cards or other appropriate means. A fun thing to do is to have a get-together such as a cookout or potluck dinner for your post members, leaders, and parents. You could even invite those who helped you. Show slides and reminisce about your trip. You will have a great time and the parents will be able to see what you are about.

It is important that you critique your activity plan and superactivity and file this for future reference. Learn from what went well and what didn't. You will be doing another superactivity and you can always improve. Your successors will really appreciate your critiques. Who knows, they may want to repeat one of the really successful activities.

### ***Remember the Purpose***

When planning your trips, don't forget why the post is doing all this in the first place. The purpose of the Boy Scouts of America, including Exploring, is to build character, promote citizenship, and develop mental and physical fitness. When problems crop up, when you get irritated, when things don't go quite the way you hoped they would, or when you are faced with ethical decision making, remember that Explorers are watching and learning from you. Leadership is a method of Exploring, so give your Explorers a chance to plan, make decisions, and lead. You might be able to do it better, but remember the purposes of Exploring stated above.



## Introduction

Water is one of the most powerful natural resources on earth. Riding a massive wave as it crashes through a narrow gorge or correctly executing a technical move through a difficult turn can be one of the most exciting high-adventure activities. This is whitewater! Having a safe and enjoyable whitewater trip requires preparation, ability, and physical conditioning.

With practice, anyone can become a skilled whitewater enthusiast. First, master your basic water skills such as swimming and canoeing. Then you will be ready for the whitewater. Most parts of the country have whitewater relatively close. Take advantage of it for the true high-adventure experience. Who knows, soon you might be mastering the eskimo roll.

## Knowledge Level

To participate in this superactivity you should have swimming skills (see *Guide to Safe Scouting* for definition), basic canoeing/boating skills, and knowledge of equipment and how to use it. You should also know whitewater characteristics, basic first aid, and the *Safety Afloat Plan*.

## Fitness Level

Whitewater canoeing is a physically demanding sport. You must be in good physical condition and be able to think quickly.

## Safety

Become familiar with the American Whitewater Affiliation Safety Code, and understand and use the Boy Scouts of America's *Safe Swim Defense* and *Safety Afloat* plans.

## Where to Find Help

When planning this superactivity, check with your local council to see if it offers a whitewater course or if whitewater instruction is avail-

able through the summer camping program. Also check with local outdoor sporting goods stores, your library to see if there is a local whitewater or canoeing club in your area, and local colleges and universities. Other Explorer posts might also be of help.

## Sample Superactivity Promotion

Picture this! The mighty Colorado River is racing through the steep walls of the Grand Canyon, massive brown waves and a raft atop, with you hanging on. You can be part of our post's greatest event ever. In addition to riding on all that great water, we will spend three nights camping in the canyon, exploring ancient Indian ruins, and swimming in clear, cold canyon pools. If we are lucky, we might even see a cougar crouched on a boulder. Better watch out! We will leave on Saturday, July 4, and arrive at our put-in point on Monday morning. We will use a commercial outfitter as required by the park. Thursday afternoon we will go to the top of the canyon. We will begin our return trip on Friday morning and we'll spend most of one day at an Indian reservation before returning home on Sunday, July 12, at 6 p.m. A parental consent form, a physical examination (within the previous twelve months), and Personal Health and Medical Record, No. 34412, are required. Sign-up forms, medical forms, and consent forms are available from activity chairman Bill Ridgeway.

Cost of the trip is \$250, which includes the river trip, transportation, and food. You will need extra money for souvenirs, snacks, and other incidentals.

If you think the roller coaster at Six Flags is something, wait until you ride that first thirty-foot wave. Hang on!





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<b>DAYS</b>	<b>BACKDATING STEPS—WHITEWATER</b>
-------------	------------------------------------

- |      |   |
|------|---|
| -180 | Select superactivity. Assign an activity chairman. Assess each post member's ability. Determine how many preparation sessions you need. |
| -175 | Recruit consultant for first session.   |
| -165 | Annual parents' night. Show superactivity and plans.  |
| -150 | Whitewater preparation sessions begin. Kick off with the consultant.  |
| -135 | Physical fitness contest (to check physical conditioning).  |
| -120 | Make reservations with river outfitter. Contact Indian reservation about visit.   |
| -120 | Submit newsletter article.  |
| -110 | Canoeing instruction either in pool or lake, depending on weather.  |
| - 90 | Canoeing instruction either in pool or lake, depending on weather.  |
| - 90 | Submit newsletter article.  |
| - 75 | Local weekend canoeing or whitewater trip, with camping.  |
| - 60 | Submit newsletter article.  |
| - 60 | Make arrangements to stay at a military base, Scout camp, armory, etc., before and after river trip.                                    |
| - 45 | Local weekend canoeing or whitewater trip, with camping.  |

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- 
- 45      Order vans or other transportation, if needed.
  - 30      Submit newsletter article.
  - 30      Turn in your tour permit to council service center. (Add two weeks if location is more than 500 miles away.)
  - 30      Final attendance list. Communicate with outfitter on list. Name the person you will call when you get off the river. Confirm visit to Indian reservation.
  - 20      Purchase trail food.
  - 14      Put an article in your local newspaper about your trip.
  - 14      Collect consent forms and medical examination forms. Check personal equipment. Tell others the name of the person you will call when you get off the river.
  - 5      Last post meeting before departure. Last-minute details.
  - 2      Purchase fresh food.
  - 1      Pick up vans if needed.
  - 0      Superactivity.
  - + 1      Put a follow-up article and pictures in the newspaper.
  - + 7      Potluck or cookout with families. Show slides.
  - +14      Critique. Send thank-you cards or letters to everyone who helped.

**Note to activity chairman.** This backdating schedule will vary greatly, depending on your chosen activity and the participants' skill levels. Feel free to build your own backdating schedule. Be more thorough if you want and share it with your post. The following activity plan relates to this backdating schedule; however, it is just "food for thought." Use what you want; modify and add to it.

# WHITEWATER

ACTIVITY PLAN		
SESSION	SKILLS INSTRUCTION	SPECIAL ACTIVITY
1	Analyze your post's white-water skill level. What will you need to work on?	Meet at an indoor pool. Have a whitewater expert bring different types of whitewater crafts. Allow post members to try them out. Discuss pros and cons of ABS, fiberglass, and aluminum boats; designs and construction; paddles; clothing; safety equipment; PFDs.
2	Make a presentation on paddling techniques (three categories of strokes). Use dry drills.	Conduct physical fitness contest to assess individual conditioning.
3	In water, practice techniques learned at the previous session. Maneuver around obstacle course.	Have this session either at an indoor pool or lake depending on the weather. Have a paddling expert present the session.
4	In water, practice paddling techniques previously learned. Practice spills, righting, and boat reentry. Plan for river trip. Do you have to rent gear?	Have this session either at an indoor pool or lake depending on the weather. Discuss whitewater obstacles you might encounter.
5	Analyze your first river trip. What areas do you need to work on? How was your camping and cooking?	Conduct first-aid training session.

6	<p>Discuss River Rescue</p> <p>A. Principles of rescue</p> <ol style="list-style-type: none"> <li>1. Rescue priorities: people, boats, equipment</li> <li>2. Responsibilities of victim</li> <li>3. Responsibilities of rescuers</li> </ol> <p>B. Types of rescue</p> <ol style="list-style-type: none"> <li>1. Self-rescue</li> <li>2. Boat-over-boat rescue</li> <li>3. Boat-assisted rescue</li> <li>4. Bumping</li> <li>5. Shoreline rescue</li> <li>6. Pinned craft</li> </ol> <p>C. Discuss first-aid treatment of victim on the river</p> <ol style="list-style-type: none"> <li>1. Hypothermia</li> <li>2. Cuts and abrasions</li> <li>3. Bleeding and vital functions</li> </ol>	Practice throwing throw-ropes. Throw for a target. Begin planning your next river trip.
7	Analyze your river trip. Are you getting better? Discuss the International Scale of River Difficulty, river-reading responsibilities, broached boats, group organization on your trip, and American Whitewater Association river signals.	Practice the Steve Thomas rope trick to tie a rope to a broached boat. Then practice pulling the boat off the "obstacle" with a two-drag pulley system. The "obstacle" can be three or more Explorers holding a canoe.
8	Conduct final planning for superactivity. Determine crews.	Give special presentation on Native Americans.
<b>SUPERACTIVITY</b>		
9	Have a family potluck or cookout. Invite people who helped you prepare for your trip and along the way. Send thank-you notes to those who helped, outfitter, places you stayed.	Show slides of your trip. Have a fun awards ceremony for such things as biggest wipe-out, hungriest Explorer, most sunburned, wettest.
10	Critique your activity plan and trip. How did you do?	Put your critique and activity plan in your post program file for future reference.

## Resources

### Primary Resource

Much of the information presented in this chapter was taken from the Venture *Whitewater* book. It has chapters on river safety, the International Scale of River Difficulty, equipment, paddling techniques, maneuvers, fundamentals of river reading, rescue, resources, and activity plans.

### BSA Resource Literature

*Fieldbook*, No. 33200

*Explorer Leader Handbook*, No. 34637

*Canoeing* merit badge pamphlet, No. 33308

*Whitewater* merit badge pamphlet, No. 33264

*Guide to Council High-Adventure Programs*, No. 20-150

*Tours and Expeditions*, No. 33734

*Conservation Handbook*, No. 33570

*First Aid* merit badge pamphlet, No. 33276

*Venture Canoe Camping*, No. 33479

*Venture Survival*, No. 3441

*Safety Afloat*, No. 4159

*Safe Swim Defense*, No. 7369

*Guide to Safe Scouting* (available from your local council)

### Additional Resources

*Canoeing and Kayaking Instruction Manual*, Laurie Gullian, American Canoe Association, 1987.

*Recreational Whitewater*, Thomas Foster, Leisure Enterprises, 1991.

*River Rescue*, Les Bechdel and Slim Ray, Appalachian Mountain Club, 1985  
*The Whitewater River Book*, Ron Watters, Pacific Search Press, 1982.

*Canoeing Wild Rivers*, Cliff Jacobson, Indiana Camp Supply Books, 1984.

*The Complete Guide to Whitewater Rafting Tours (West)*, Rena K. Marquis, Aquatic Adventure Publication, 1986, 1988.

*Whitewater Home Companion: Southeast Rivers*, William Neely, Menasha Ridge, 1984.

### Organizations

American Canoe Association, 7432 Alban Station Boulevard, Suite B-226, Springfield, VA 22150.

American Canoe Association Book Service, 7432 Alban Station Boulevard, Suite B-226, Springfield, VA 22150.

American Canoe Association Film Library, P.O. Box 1190, Newington, VA 22122.

American Red Cross, local chapters as well as the national office, Seventeenth and D Streets NW, Washington, DC 20606.

Gravity Sports Films, Inc., 2171 East 3300 South, Salt Lake City, UT 84109.

American Whitewater Affiliation, P.O. Box 85, Phoenicia, NY, 12464.

National Organization for River Sports, P.O. Box 6847, Colorado Springs, CO 80934. (Memberships available for \$15, includes subscription to *Current* magazine. Free list of whitewater books available.)

American Outdoors Professional Outfitters Association, P.O. Box 1348, Knoxville, TN 37901.

# ROCK CLIMBING

## Introduction

If your post is like many others, you have tried rappelling and liked it. Maybe you are now ready for the up side of rappelling—climbing. Climbing can be a matter of degree. You can start with some simple, free climbing on rocks in your area and work your way up to technical rock climbing on local rock faces or nationally renowned climbing areas. Whichever you choose is a sport that can be thrilling, physically demanding, and satisfying. Skills, equipment, and safety are the key words in rock climbing. You can attack it as simply as attending a rockclimbing school or as aggressively as buying all your own equipment and developing your skills, heights, and difficulty as you progress. If your post is tough both mentally and physically, you may be ready to climb!

## Knowledge Level

You will need a qualified instructor who can help you develop your climbing skills.

**Note.** Some councils offer a course called "Outdoor Skills Instruction—Climbing/Rappelling." Contact your council service center to see if it is offered by your council or another one nearby. Share with them your interest in the activity and desire for an instruction course.



## Fitness Level

Rock climbing is a physically demanding activity. You must be in good physical condition and be able to think quickly.

## Safety

In order to be safe while rock climbing, you should always use proper equipment, get qualified instruction, follow standard climb-

ing rules, and understand the dangers and possible consequences of ignoring safety procedures.

## Where to Find Help

When planning this superactivity, check with your local council to see if they provide rock-climbing instruction. Local outdoor stores sometimes have rock-climbing instructors available. Check with your local library, college, or university to see if a rock-climbing club meets in your area. Other Explorer posts might also be of help.

## Sample Superactivity Promotion

If you are tough, both mentally and physically, and you are qualified for a 5.7-rated climb, then you may be one of the lucky post members to climb the famed Devil's Tower in Wyoming. The trip will be highlighted by an attempt to climb the tower by the Durance route, the only 5.7 route. (All other routes are more difficult.) It helps to know our post was successful in the 1990 climb on the same route. The other days we will try other routes that may or may not go all the way to the top. To qualify for this trip, you must attend the climbing clinic, you must have been on at least two other post climbing trips, and you must have been checked out at a 5.7-rated climbing ability. You must also provide your own basic climbing gear. The post will provide everything else. In addition to climbing the tower, we will visit Mount Rushmore National Memorial, Wing Cave National Park (where we will hike and camp), and Badlands National Monument. As a service project, we will spend one day at the Pine Ridge Indian Reservation helping put a roof on a tribal building. We will leave on Friday, August 14, at 7 a.m. and return home on Sunday, August 23, at 6 p.m. (just in time to start school). A parental consent form, a physical examination (within the previous twelve months), and Personal Health and Medical Record, No. 34412, are required. A sign-up form and all other forms are available from activity chairman Alex Briscoe. Cost is expected to be about \$90. What a deal!

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<b>DAYS</b>	<b>BACKDATING—ROCK CLIMBING</b>
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- |      |   |
|------|---|
| -180 | Select rock climbing as your superactivity. Assign an activity chairman. Assess your post's climbing ability. Decide which preparation sessions you need. |
| -175 | Recruit a consultant to kick off your first session.  |
| -165 | Annual parents' night. Share superactivity and plans.   |
| -150 | Promote the activity in your annual program calendar and newsletter.  |
| -150 | Start rock-climbing preparation sessions.   |
| -135 | Have a physical fitness contest to check physical conditioning.   |
| -120 | Make necessary trip reservations.   |
| -120 | Submit newsletter article.  |
| -110 | Attend a rock-climbing clinic.  |
| - 90 | Submit newsletter article.  |
| - 75 | Weekend campout, rock-climbing trip.  |
| - 60 | Submit newsletter article.  |
| - 45 | Weekend campout and technical rock-climbing shakedown.  |
| - 45 | Order or recruit vehicles for trip.   |
| - 30 | Submit newsletter article.  |
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- 30 Final attendance list. Collect fees. Confirm with stopover facilities.
  - 30 Turn in tour permit to council service center. (Add two weeks if over 500 miles.)
  - 20 Purchase trail food.
  - 14 Put article about your trip in your local newspaper.
  - 14 Collect consent forms and medical examination forms. Check post climbing gear.
  - 5 Last post meeting before departure. Last-minute details.
  - 2 Purchase fresh food.
  - 1 Pick up vans if necessary.
  - 0 Superactivity.
  - +1 Put an article and pictures of your trip in your local newspaper.
  - +7 Potluck or cookout with families. Show slides.
  - +14 Critique. Send thank-you notes to everyone who helped.

**Note to activity chairman.** The above backdating schedule will vary greatly depending on your chosen activity and skill level. Feel free to build your own backdating schedule. Be more thorough if you want and share it with your post. The following activity plan relates to the backdating schedule and like the backdating schedule is just "food for thought." Use what you want; modify and add to it.

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# ROCK CLIMBING

ACTIVITY PLAN		
SESSION	SKILLS INSTRUCTION	SPECIAL ACTIVITY
1	Analyze your post's climbing skills level. What level of climbing is your goal? This will determine how much you need to know and prepare any equipment you need.	If you can identify a local indoor climbing wall, have your meeting there. Have an expert climber introduce you to climbing.
2	Practice tying climbing knots and slings.	Review equipment you will need for your chosen level of climbing. Decide how you are going to obtain it. Research where a rock-climbing clinic is held. Make reservations.
3	Practice climbing commands and top-roping.	Conduct a physical fitness contest to assess physical condition. You will need to get into good shape. Develop a plan to get you into shape.
4	Review types of equipment needed and its use; types of ropes and their capabilities.	Check final plans for your rock-climbing clinic.
5	Analyze your rock-climbing clinic experience. How did you do? Think you will continue this activity?	Plan your first climbing trip and campout. Review your camping and cooking techniques. Make assignments.
6	Show climbing video of Devil's Tower climb so post will know what's coming.	Go to indoor climbing wall again to improve your techniques, teamwork, and commands.
7	Analyze your first weekend campout and climbing. Making progress? How are your camping and cooking skills? Got all your equipment yet?	Show slides of weekend trip. Have a competition in climbing terms, hardware use, ropes, knots, selecting anchor points, etc. Start planning your next weekend campout and climb. Final shakedown.
8	Analyze your second weekend campout. Secure needed equipment and repair equipment if needed. Discuss how to read routes.	Have a pizza party and watch climbing videos.
9	Conduct final planning for superactivity. Determine partners and crews. Check equipment. Turn in forms.	Review information from Indian reservation and repair project. Do you need to take tools?

SUPERACTIVITY		
10	Have a family potluck dinner or cookout. Invite people who helped you prepare for your trip. Send thank-you notes to those who helped.	Show slides of your trip. Have a fun awards ceremony for such things as biggest blisters, coolest hat, bravest climber, most cheerful, helpful, etc.
11	Critique your activity plan and trip. Did you like technical rock climbing?	Put your critique and activity plan in your post program file for future reference.



## Resources

### Primary Resource

An excellent book to help you begin is the BSA Venture series book, *Rock Climbing and Rappelling*, No. 3480. It has chapters related to rappelling on basic equipment, knots, seat slings, belaying, call systems, rappelling rules, terms, resources, and activity plans.

### BSA Resource Literature

*Fieldbook*, No. 33200

*Explorer Leader Handbook*, No. 34637

*Conservation Handbook*, No. 33570

*Tours and Expeditions*, No. 33734

*Guide to Council High-Adventure Programs*, No. 20-150

*Knots and How to Tie Them*, No. 3170

*Venture Backpacking*, No. 3442

*Cooking merit badge pamphlet*, No. 33257

*Backpacking merit badge pamphlet*, No. 33323

*Guide to Safe Scouting* (available from your local council)

## Additional Resources

*The Climbing Handbook*, Ron Fawcett, Sierra Club, 1987.

*Rock Climbing*, Gleasner, McKay, 1980.

*Southern Rock: A Climber's Guide to the South*, Chris Hall, Globe Pequot, 1981.

*Climber Guide to N.A.: West Coast Rock Climbs*, John Harlin III, Chockstore Press, 1987.

*Climber Guide to N.A.: East Coast Rock Climbs*, John Harlin III, Chockstore Press, 1987.

*Learning to Rock Climb*, Michael Loughman, Sierra Club, 1981.

*A Manual for Basic Mountaineering & Technical Climbing*, John Walter, Jelms Mountain, 1985.

*Ropes, Knots, and Slings for Climbers*, Walt Wheelock, LaSiesta, 1985.

## Organization

The Mountaineers, 300 Third Avenue W, Seattle, WA 98119.

# CANOE CAMPING

## Introduction

In today's world of machines, conveniences, and speed, we often miss the real world that sometimes moves at a slower pace. Nature is made up of wind and water, daylight and dark, animals and fish, and even bugs. If you want to experience nature in a very fluid way, you might want to try canoe camping. In this sport, you combine your camping skills with your canoeing skills to reach areas inaccessible to the faster traveler while experiencing the quietness of water. Your trips could be as simple as a one-nighter on a local stream or lake or as ambitious as a two-week trip into the wilderness. Either way, preparation and skill will make your trip more enjoyable.

## Knowledge Level

To participate in this superactivity you should be a swimmer (see *Guide to Safe Scouting* for definition) and possess basic canoeing, camping, and first-aid skills (including CPR). You should also possess basic compass and map-reading skills and know basic survival techniques and the *Safety Afloat Plan*.

## Fitness Level

Fitness requirements depend on the environment and length of trip. Simple trips can be done by almost anyone. Long trips, heavy loads, and portages can require better physical fitness.

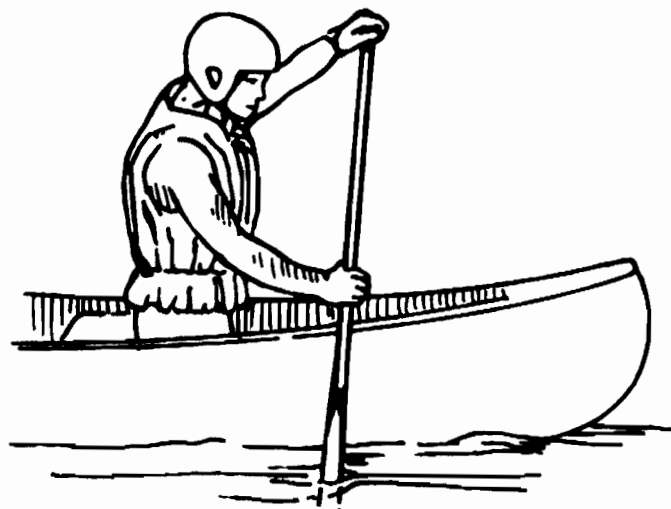
## Safety

Review applicable BSA policies, which include *Safe Swim Defense Plan* and *Safety Afloat Plan* (which includes lifeguard requirements). Personal flotation devices (PFDs) are required to be worn by all persons engaged in activity on open water. Check the BSA *Health and Safety Guide*, No. 34409, or *Guide to Safe Scouting*, available from your local council.

## Where to Find Help

Check with your BSA local council to see if they offer canoes or any canoeing or camping courses.

They should also be able to tell you where Safe Swim Defense and BSA Lifeguard courses are available. Your local outdoor store, library, college, or university can tell you if there is a canoeing club in your area. Sometimes they are called paddlers.



## Sample Superactivity Promotion

Can you picture 10,000 square miles with no houses, no roads, no stores, "no nothing" except you and the rest of our post paddling among thousands of beautiful lakes? Hard to picture, huh? Well, try again! You can be part of our post's trip this summer to the Northern Tier National High Adventure Base in Canada. We will begin our trip at the Atikokan base on the northern side of the Quetico Provincial Park, Ontario, Canada. We will enter one of the most restricted wilderness areas in North America. Its limited access will provide us an opportunity to paddle for ten days without seeing another soul or evidence of other people—a real wilderness! We will enter the park on Friday, August 7, and exit on Sunday, August 16. On our return trip we will stop at the first steak house sighted for a big steak and some real ice cream for dessert.

What a way to wrap up your summer before heading back to school. Join our post for a once-in-a-lifetime wilderness experience. Cost is \$350 (includes everything). Activity chairman is Carolyn Bishop. See her for forms and details.

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<b>DAYS</b>	<b>BACKDATING—CANOE CAMPING</b>
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| -180 | Canoe camping is selected as your superactivity. Activity chairman assigned. Assess your post's canoeing and camping ability. Decide on preparation sessions you need. |
| -175 | Recruit consultant for your first session.   |
| -165 | Annual parents' night. Share superactivity and plans. Cook some foods you might have while on your trip.   |
| -150 | Promote in your annual program calendar and newsletter.  |
| -135 | Physical fitness contest to check physical conditioning.   |
| -120 | Make reservations with Northern Tier Canoe Base.   |
| -120 | Complete Safe Swim Defense review and Safety Afloat.   |
| -120 | Submit newsletter article.   |
| -110 | Canoeing instruction, either in pool or lake.  |
| - 90 | Canoeing instruction, either in pool or lake.  |
| - 90 | Submit newsletter article.   |
| - 75 | Local canoe camping weekend trip 1.  |
| - 60 | Submit newsletter article.   |
| - 60 | Make arrangements to stay at military base, Scout camp, armory, etc., while en route if needed.  |
| - 45 | Local canoe camping weekend trip 2; use same foods you will use on wilderness trip.  |
| - 45 | Order vans or other transportation if needed.  |
| - 30 | Submit newsletter article.   |
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- 30 Turn in your tour permit to council service center. (Add two weeks if more than 500 miles.)
  - 30 Final attendance list. Choose a person to call when you get off the water.
  - 20 Purchase trail food.
  - 14 Put article about your trip in your local newspaper.
  - 14 Collect consent forms and medical examination forms. Check personal and crew equipment. Distribute name of person you will call when you get off the water.
  - 5 Last post meeting before departure. Last-minute details. Package food.
  - 2 Purchase fresh food.
  - 1 Pick up vans if needed.
  - 0 Superactivity.
  - + 1 Put article and pictures of your trip in your local newspaper.
  - + 7 Potluck or cookout with families. Show slides.
  - +14 Critique. Send a thank-you note to everyone who helped.

**Note to activity chairman.** The above backdating schedule will vary greatly depending on your chosen activity and skill level. Feel free to build your own backdating schedule. Be more thorough if you want and share it with your post. The following activity plan relates to the backdating schedule and like the backdating schedule is just "food for thought." Use what you want; modify and add to it.

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# CANOE CAMPING

ACTIVITY PLAN		
SESSION	SKILLS INSTRUCTION	SPECIAL ACTIVITY
1	Analyze your post's canoeing and camping skills level. What will you need to work on?	Meet at an indoor pool. Have a canoeing expert bring canoes to teach you the basics of canoeing. If you can, try aluminum, ABS, and fiberglass canoes. Discuss designs, construction, paddles, clothing, safety, equipment, PFDs, etc.
2	Make a presentation on paddling techniques (three categories of strokes). Use dry drills.	Have a physical fitness contest to assess individual conditioning.
3	At a pool, practice what you have learned. Review the BSA <i>Canoeing</i> merit badge pamphlet to see if it can help you. Cover Safe Swim Defense and Safety Afloat.	Show video of Northern Tier National High Adventure Programs. Discuss itineraries and trip plans.
4	At a pool, practice what you previously learned. Practice spills, righting, and boat reentry.	Plan first canoe camping weekend. Discuss lightweight trail foods, their preparation, and equipment needed for trip.
5	Conduct final planning for your first weekend trip. Organize your crews and teams. Assess your equipment, both crew and individual.	Have an expert come from a backpacking store or club to make a presentation on trail foods. Teach you how to use trail stoves.
6	Analyze your first canoe camping trip. What areas do you need to work on? How were your camping and cooking skills?	Have a medical Explorer post, Red Cross, or other agency do a first-aid course for you.
7	Discuss and practice portaging skills. Also, discuss trail safety on portages. (This is where most injuries occur.) Plan your next weekend canoe camping trip.	Show video of Quetico Provincial Park or Boundary Waters Canoe Area.
8	Analyze your second canoe camping trip. Are you ready for the big one? Practice map-reading and compass skills with map of Quetico or boundary waters.	Test how everyone has been doing with their physical fitness development programs.

9	Conduct final planning for the superactivity. Determine crews and teams. Have a shakedown for crew and individual equipment.	Have teams prepare some of the different types of trail food you might be using.
<b>SUPERACTIVITY</b>		
10	Have a family potluck or cookout. Invite people who helped you prepare for your trip and along the way. Send thank-you notes to those who helped.	Show slides of your trip. Have a fun awards ceremony for such things as most mosquito bites, worst cook, best paddler, most cheerful, etc.
11	Critique your activity plan and trip. How did you do?	Put your critique and activity plan in your post program file for future reference.



## Resources

### Primary Resource

A great book to support you as you begin canoe camping is *Venture Canoe Camping*, No. 33479. It contains chapters on planning, gear, food, canoes and strokes, getting underway, hazards, safety, rescue, first aid, minimum-impact camping, campsite ethics, resources, and activity plans.

### BSA Resource Literature

*Fieldbook*, No. 33200

*Explorer Leader Handbook*, No. 34637

*Canoeing merit badge pamphlet*, No. 33308

*Guide to Council High-Adventure Programs*, No. 20-150

*Tours and Expeditions*, No. 33734

*Conservation Handbook*, No. 33570

*First Aid merit badge pamphlet*, No. 33276

*Camping merit badge pamphlet*, No. 33256

*Venture Survival*, No. 3441

*Cooking merit badge pamphlet*, No. 33257

*Lifesaving merit badge pamphlet*, No. 33278

*Venture Backpacking*, No. 3442

*Venture Orienteering*, No. 3439

*Venture Whitewater*, No. 3465

*Knots and How to Tie Them*, No. 3170

*Safety Afloat*, No. 4159

*Safe Swim Defense*, No. 7369

*Guide to Safe Scouting* (available from your local council)

### Additional Resources

*Being Your Own Wilderness Doctor*, E. Russel Kodet and Bradford Angier, Stackpole, 1975.

*Hypothermia*, William W. Forgey, Indiana Camp Supply Books, 1985.

*Wilderness First Aid*, William W. Forgey, ICS Books, 1987.

*Backwoods Ethics*, Laura and Guy Waterman, Stonewall Press, 1979.

*Be an Expert with Map and Compass*, Bjorn Kjellstrom, Charles Scribner's Sons, 1976.

*The Canoe*, Philip Shackleton and Kenneth Roberts, International Marine Publishing Co., 1983.

*Canoeing and Kayaking Instruction Manual*, Laurie Gullion, American Canoe Association, 1987.

*The New Wilderness Handbook*, Paul Petzholt, Norton, 1984.

*Path of the Paddle*, Bill Mason, North Word Press, 1984.

*Roughing It Elegantly: A Practical Guide to Canoe Camping*, Patricia J. Bell, Cat's Paw Press, 1987.

*Whitewater River Book: A Guide to Techniques, Equipment, Camping & Safety*, Ron Watters, Pacific Research, 1982.

*Soft Paths*, Bruce Hampton and David Cole, Stackpole, 1988.

*Song of the Paddle: An Illustrated Guide to Wilderness Camping*, Bill Mason, North Word Press, 1988.

*The Wood and Canvas Canoe*, Jerry Stelmok and Rollin Thurlow, Harpswell Press, 1987.

### Organizations

American Canoe Association, 7432 Alban Station Boulevard, Suite B-226, Springfield, VA 22150.

American Canoe Association Film Library, 7432 Alban Station Boulevard, Suite B-226, Springfield, VA 22150.

American Red Cross, local chapters as well as the national office, 17th and D Streets NW, Washington, DC 20606.

Gravity Sports Films, Inc., 2171 East 3300 South, Salt Lake City, UT 84109.

## Introduction

Fear: We all have it, and fear of falling is one of the basic fears. But overcoming our fears can often lead to excitement and self-confidence. Learning to rappel can be a fun activity in itself or a necessary skill used in conjunction with rock climbing or caving. Rappelling can be done indoors, on buildings, in trees, on rocks, and other ingenious places, making it a great post high-adventure program.

Rappelling is one activity that has real and present danger. People have died rappelling. However, with proper training, equipment, preparation, and execution, it can be safe and great fun. If you are an Explorer who is looking for excitement and tests of your abilities, give rappelling a try.

## Knowledge Level

To participate in this superactivity you should know rappelling techniques, including a knowledge of the proper use of all rappelling equipment and knot-tying skills. You should also know basic first aid.

Many people think rappelling is just getting some rope and some carabiners and jumping off something. There is much more to it. You are encouraged to learn as much as you can and get as much training as you can. Some councils are offering a course called "Outdoor Skills Instruction—Climbing/Rappelling." Please call your council service center to see if it is offered by your council or another one nearby. If not, you might see if they would put one on.

## Fitness Level

Rappelling is physically demanding. You need to be physically fit and possess quick reflexes.

## Safety

All rappellers must wear protective helmets with chin straps secured when engaged in the activity. Only proper equipment and rope should be used. Only rope in good condition should be used. See *Venture Rock Climbing and Rappelling*, pages 36–38, for rules.

## Where to Find Help

Check with your local council to see if they provide rappelling instruction. Rappelling may be part of your council's summer camp program. Check with your local library, college, or university regarding an outdoor or climbing club. Also, an ROTC department or another Explorer post could help. If you live near the mountains, ask your local outdoor store if there are any rock-climbing schools nearby.

### Sample Superactivity Promotion

Come hang out with your post—I mean really hang out, like on a rope, fifty feet above the ground. It's called *rappelling*. Our post will be attending our council's Exploring high-adventure camp. We will hone our rappelling skills, then put them to work rappelling on several rock faces. We will do solid faces, free rappels, learn some new rappelling techniques, and even begin to learn rock climbing to get ready for next year's program. We will be staying in tents with beds for three nights and in backpacking tents for three nights. We will also be doing some serious hiking to get to some out-of-the-way rocks. Other activities will include swimming, fishing, mountain biking, and just hanging out with your friends.

We will depart from the church on Sunday, July 5, at 1 p.m. and return to the church on Saturday, July 11, at 3 p.m. A parental consent form, a physical examination (within the previous twelve months), and Personal Health and Medical Record, No. 34412, are required. A sign-up form and all other forms are available from Debbi Evans, our activity chairman. Cost is \$100, which includes transportation, food, lodging, and equipment.

After this week, hanging out will have a whole new meaning. Whose knees will knock the most—maybe we will measure! Anyway, to have an exciting, fun week this summer, hang out with your post!

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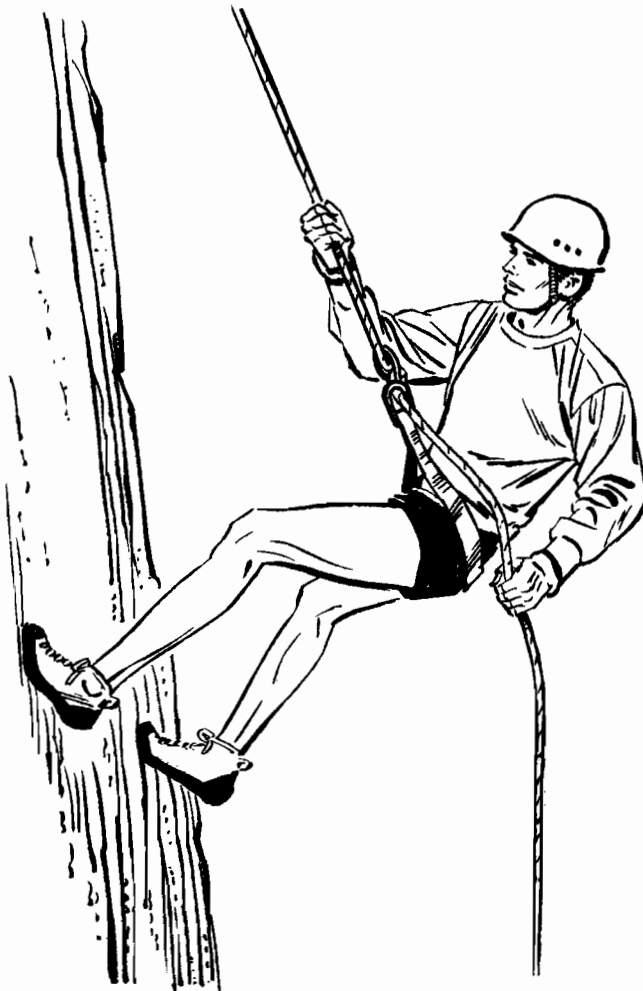
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<b>DAYS</b>	<b>BACKDATING—RAPPELLING</b>
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- |      |   |
|------|---|
| -180 | Select rappelling as your superactivity. Assign an activity chairman. Assess your post's rappelling ability. Decide on preparation sessions you need. |
| -175 | Recruit a consultant to kick off your first session.  |
| -165 | Share superactivity and plans at the annual parents' night.   |
| -150 | Promote in your annual program calendar and newsletter.   |
| -150 | Rappelling preparation sessions begin.  |
| -135 | Physical fitness contest to check physical conditioning.  |
| -120 | Make summer high-adventure camp reservation.  |
| -120 | Submit newsletter article.  |
| -110 | One-day rappelling instruction class.   |
| - 90 | Submit newsletter article.  |
| - 75 | Weekend campout with rappelling or Project COPE course.   |
| - 60 | Submit newsletter article.  |
| - 45 | Weekend campout with rappelling.  |
| - 45 | Secure vehicles to transport post to camp.  |
| - 30 | Submit newsletter article.  |
| - 30 | Finalize the attendance list. Collect final fees. Confirm with council.   |
| - 30 | Turn in tour permit to council service center. (Add two weeks if more than 500 miles.)  |
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- 14 Put an article about your trip in your local newspaper.
  - 14 Collect consent forms and medical examination forms. Check post rappelling equipment. Distribute emergency contact phone number.
  - 5 Last post meeting before departure. Last-minute details.
  - 0 Superactivity.
  - + 1 Put an article and pictures of your trip in your local newspaper.
  - + 7 Have a potluck or cookout with families. Show slides. 14 Critique. Send thank-you notes to everyone who helped.

**Note to activity chairman.** The above backdating schedule will vary greatly depending on your chosen activity and skill level. Feel free to build your own backdating schedule. Be more thorough if you want and share it with your post. The following activity plan relates to the backdating schedule and like the backdating schedule is just "food for thought." Use what you want; modify and add to it.



# RAPPELLING

ACTIVITY PLAN		
SESSION	SKILLS INSTRUCTION	SPECIAL ACTIVITY
1	Analyze your post's rappelling skill level. Where will you need to start?	If you can identify a local indoor climbing wall, meet there. Have a rappelling expert start you rappelling.
2	Practice tying seat slings and other rappelling knots.	Review basic equipment needed for rappelling, including clothes, helmets, foot gear, rope, carabiners, descending devices, and harnesses. Discuss places to rappel in your area and if you need to buy equipment and how you are going to pay for it.
3	Discuss how to select a suitable rappelling site—buildings, trees, rocks, bridges, etc. Practice level rappelling and belaying techniques in your meeting room. Plan your one-day outing.	Conduct a physical fitness contest to check everyone's physical conditioning. Discuss a physical conditioning schedule.
4	Analyze your first rappelling trip. How did everyone perform? How was the equipment? Need new or replacement gear? Teamwork?	Review high-adventure camp program opportunities. First-aid skills course.
5	Continue practicing harness-tying and knot-tying skills. Try it in the dark. Discuss different types of rope and their uses.	Plan your weekend campout with rappelling. Have you procured your equipment yet? (Check with your local council to see if they could do a Project COPE for you. Builds teamwork and rope skills, including rappelling.)
6	Analyze your weekend rappelling trip or Project COPE course. How did everyone do? Have you practiced your skills enough? Do you have equipment yet?	Have a rappelling competition night. Events could include rappelling terms, rope information/use, carabiner and descender use, knots, bights, bends and hitches, webbing tying and tie-ins, rappelling rules, slings, selecting anchor points, belaying, and site selection. Plan your next weekend rappelling trip.
7	Practice rappelling commands. Review topographic map-reading skills to help locate rappelling sites.	Show rappelling video. (Check with outdoor store or library.) Final details on weekend rappelling trip.

8	Analyze second weekend rappelling trip. You should be getting good by now. Working together? Commands come easily? Everyone safety conscious?	Learn about and practice backpacking skills since you will be in a primitive situation for three days on your trip. Learn to be comfortable in the rough.
9	Conduct final planning for superactivity. Determine partners. Check equipment. Turn in forms.	Relax a little with a pizza party. Show slides of previous rappelling trips.
<b>SUPERACTIVITY</b>		
10	Have a family potluck dinner or cookout. Invite people who helped you prepare for your trip. Send thank-you notes to those who helped.	Show slides of your trip. Have a fun awards ceremony for such things as knee knocking, best rappeller, most decorated helmet, most fashionable.
11	Critique your activity plan and trip. Would you go again?	Put your critique and activity plan in your post program file for future reference.

## Resources

### Primary Resources

Since rappelling is sort of the backbone of high-adventure activities in both Exploring and Boy Scouting, the BSA has two excellent books on rappelling: *Venture Rock Climbing and Rappelling*, No. 3480, and *Outdoor Skills Instruction: Climbing/Rappelling*. The last book is a syllabus for putting on a climbing/rappelling course.

The Venture book has chapters on basic equipment, knots, seat slings, rock climbing, rappelling, belaying, selecting a suitable climbing site, call systems, rope-climbing and rappelling rules, rappelling and rock-climbing terms, resources, construction plans for climbing walls and rappelling towers, and an activity plan.

### BSA Resource Literature

*Fieldbook*, No. 33200

*Explorer Leader Handbook*, No. 34637

*Conservation Handbook*, No. 33570

*Tours and Expeditions*, No. 33734

*Guide to Council High-Adventure Programs*, No. 20-150

*Knots and How to Tie Them*, No. 3170

*Venture Backpacking*, No. 3442

*Cooking merit badge pamphlet*, No. 33257

*Backpacking merit badge pamphlet*, No. 33323

*Guide to Safe Scouting* (available from your local council)

### Additional Resources

*Handbook of American Mountaineering*, Kenneth Henderson, Houghton Mifflin Co., 1942.

*Vertical Caving*, L. D. Mathews, NSS News, Vol. 27, No. 2, 1969.

*Mountaineering Basics*, Lynne Foster, 1983.

*Rock Sport*, John F. Gregory, Stackpole, 1989.

*Rock Gear*, Gerrard Layne, Ten Speed Press, 1990.

*The Field Book of Mountaineering and Rock Climbing*, Tom Lymans and Bill Riviere, Winchester Press, 1975.

*Modern Rope Techniques*, Bill March, Cicerone Press, 1988.

*On Rope*, Allen Padgett and Bruce Smith, National Speleological Society, 1987.





## Introduction

One of the worst feelings is to be lost, truly lost. Some people feel a little lost some of the time and a few people get really lost. The fear of getting lost keeps a lot of people from enjoying some beautiful, untouched parts of our country. Developing orienteering skills will help with wilderness survival and get you into areas where others might not go.

After mastering some basic map and compass skills, orienteering can be a fun, competitive sport in which to use these skills. You will be able to travel cross-country using only a map and compass. You can do orienteering in the country, in the wilderness, in the city, on foot, on bikes, at night, and many more ways, so get out your map and compass and head that-a-way!

## Knowledge Level

To participate in this superactivity you should be proficient with a compass and be able to read maps and map symbols. Six levels of difficulty determine knowledge and skill levels. They are beginner or wayfarer, advanced beginner, intermediate, short expert, medium expert, and elite or long expert.

## Fitness Level

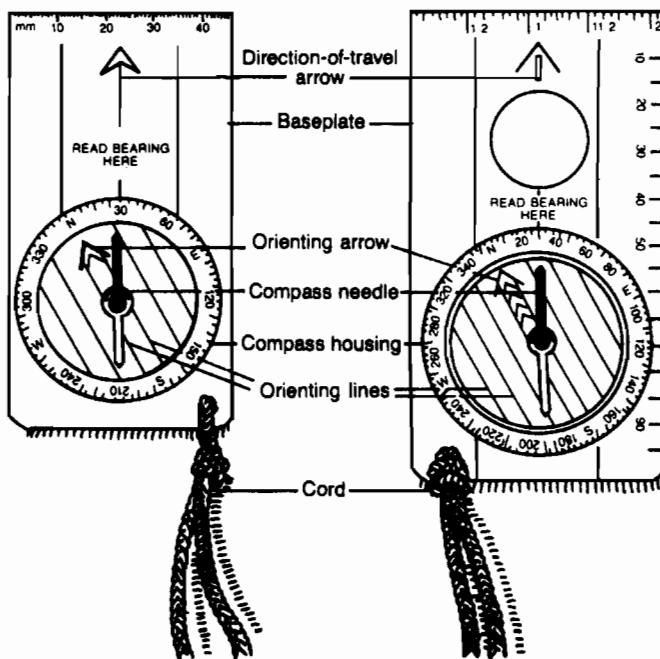
Fitness requirements depend on skill level. Lower levels require walking. Higher levels require running and covering difficult terrain.

## Where to Find Help

Check with your local library, college, or university regarding orienteering clubs. A military unit, BSA camp, or another post or troop also might be helpful.

## Sample Superactivity Promotion

How would you like to never be lost again? No, really! After our post's team competition in the annual Fort Benning Orienteering Championship, you will never, never be lost again. To participate, you will need to attend all preparation sessions or makeup sessions and compete with the post in one local orienteering competition. The post will leave on Friday, July 11, and will stay at Fort Benning on Friday, Saturday, and Sunday nights. The actual competition is Saturday and Sunday, with the awards presentation on Sunday evening. We will leave on Monday morning for the beach to celebrate our victory. Mr. and Mrs. Davis are letting us use their beach house free. We will return home on Wednesday, July 16, at 6 p.m. Parental consent forms and medical forms required. Cost of the trip is \$75, which includes Fort Benning accommodations, transportation, and food while at the beach. There is an additional cost of \$7 for a post T-shirt for the competition. A sign-up form and activity sheet are available from activity chairman Mike Carlberg. The shortest distance between A and B is a straight line—no, not in orienteering!





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DAYS	BACKDATING—ORIENTEERING
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|------|--|
| -180 | Select orienteering as a superactivity. Assign an activity chairman. Assess your post's ability level related to compass and map use. Decide on preparation sessions you need. |
| -175 | Recruit a consultant.  |
| -165 | Annual parents' night. Share superactivity and plans.  |
| -150 | Have the orienteering consultant lead the opening session.   |
| -150 | Orienteering preparation sessions begin.   |
| -150 | Promote in annual program calendar and newsletter.   |
| -120 | Submit newsletter article.   |
| -100 | Post orienteering 4-km course.   |
| - 90 | Submit newsletter article.   |
| - 75 | Preregister for orienteering competition.  |
| - 60 | Submit newsletter article.   |
| - 60 | Arrange for housing at Fort Benning.   |
| - 60 | Post orienteering 5-km course and night course.  |
| - 45 | Order vans or other transportation if needed.  |
| - 45 | Arrange housing for beach stay.  |
| - 30 | Compete in local orienteering competition.   |
| - 30 | Turn in tour permit to council service center. (Add two weeks if more than 500 miles.)   |
| - 30 | Sign up for competition.   |
- 
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- 
- 
- 30 Submit newsletter article.
  - 14 Put an article about your trip in your local newspaper.
  - 14 Develop final attendance list with emergency contacts. Collect consent and medical forms.
  - 5 Last post meeting before departure. Last-minute details. Check equipment.
  - 2 Purchase fresh food.
  - 1 Pick up vans if needed.
  - 0 Superactivity.
  - + 1 Put an article with pictures of your trip in your local newspaper.
  - + 7 Potluck or cookout with families. Show slides.
  - + 14 Critique. Send thank-you notes.

**Note to activity chairman.** The above backdating schedule will vary greatly depending on your chosen activity and skill level. Feel free to build your own backdating schedule. Be more thorough if you want and share it with your post. The following activity plan relates to the backdating schedule and like the backdating schedule is just "food for thought." Use what you want; modify and add to it.

# ORIENTEERING

ACTIVITY PLAN		
SESSION	SKILLS INSTRUCTION	SPECIAL ACTIVITY
1	Develop a training schedule that will strengthen your muscles and increase your stamina. For cross-country orienteering, you will need strong leg muscles and stamina. Get into top physical condition.	Have an orienteering expert explain the sport—maybe a slide show. Review or begin teaching map and compass skills.
2	Continue to work on map and compass skills. Learn map symbols and test your knowledge of them. Make up symbol flash cards and drill each other. Study elevations and be able to tell the height of each contour on a map.	Go out and practice taking compass bearings and doing some simple compass games to sharpen your skills. Have an outing to assess individual map and compass skills.
3	Either have someone in the post or a fitness consultant demonstrate exercises to get your legs in condition. Review everyone's training schedule. Review personal gear needed for orienteering.	Plan a 4-km course. Keep terrain simple; possibly use the council camp. See if they have a course already set. Maybe plan a campout in conjunction.
4	Review and become familiar with the scoring used for orienteering. Learn some of the common techniques used in orienteering like thumbing, map skimming, precision map reading, etc.	Finalize plans for the 4-km course.
5	Continue working on techniques. Evaluate your 4-km course. Decide on what areas you need to work on.	Begin planning a 5-km course and a night course. Begin practicing night orienteering techniques.
6	Continue to work on your nighttime orienteering techniques.	Have a physical fitness assessment night. Run two miles and post times. Continue to work on the 5-km course. Maybe challenge another post on your 5-km course. Maybe plan another campout.

7	Continue working on night-time orienteering techniques. Begin work on mapmaking techniques to hone your orienteering skills.	Finalize plans for your 5-km course. Begin searching for a local orienteering competition to enter.
8	Review 5-km course. What areas do you need to reinforce? Review plans and rules for the Fort Benning competition. Review heat injuries, precautions, and treatment.	Select and sign up for local orienteering competition.
9	Review local competition results. Recheck basic skills. Finalize teams.	Share last-minute details related to the trip. Collect all necessary forms.
<b>SUPERACTIVITY</b>		
10	Have a family potluck dinner or cookout. Invite people who helped you prepare for your trip. Don't forget to send thank-you notes to the local orienteering club and national/regional competition host.	Show slides of your trip. Have your own awards ceremony.
11	Critique your activity plan; you might want to continue orienteering.	Put your critique and activity plan in your post program file for future reference.

## Resources

### Primary Resource

Much of the material presented in this chapter was taken directly from a BSA book you might want to add to your post's library—*Venture Orienteering*, No. 3439. This book has chapters on orienteering courses, orienteering techniques, training techniques, training games, resources, and activity plans.

### BSA Resource Literature

*Fieldbook*, No. 33200

*Conservation Handbook*, No. 33570

*First Aid* merit badge pamphlet, No. 33276

*Explorer Leader Handbook*, No. 34637

*Tours and Expeditions*, No. 33734

*Orienteering* merit badge pamphlet, No. 33385

*Guide to Safe Scouting* (available from your local council)

### Additional Resources

*Be Expert with Map and Compass*, Bjorn Kjellstrom, Scribner, 1976.

*Tackle Orienteering*, John Disley, The Anchor Press, Ltd., 1982.

*Teaching Orienteering*, James Gilchrist, Canadian Orienteering Service, 1975.

*Orienteering Skills and Strategies*, Ron Lowry and Ken Sidney, 1988.

*Course Planning*, Sue Harvey, British Orienteering Federation, 1973.

*Learn Orienteering*, Orienteering Service/USA, 1987.

*Mapmaking for Orienteers*, Robin Harvey, British Orienteering Federations, 1981.

*Ski Orienteering*, Bjorn Kjellstrom, Orienteering Service/USA, 1974.

*Drawing Specifications for International Orienteering Maps*, International Orienteering Federation, 1982.

*The New Aerobics*, Kenneth Cooper, Bantam Books, 1970.

*Caldwell on Cross-Country*, John Caldwell, Stephen Greene Press, 1975.

*Jogging: A Complete Physical Fitness Program for All Ages*, W. E. Harris, Grosset, 1973.

### Films and Film Rental

International Film Bureau, Inc., 332 South Michigan Avenue, Chicago, IL 60604, 312-427-4545.

### Meet Supplies

Orienteering Service/USA, P.O. Box 1604, Binghamton, NY 13902.

Orienteering Unlimited, Jan Ridge Road, Somers, NY 10589.

Silva Compass, P.O. Box 966, Binghamton, NY 13902.

Recreational Equipment, Inc., N.P.O. Box 22088, Seattle, WA 98122.

Eastern Mountain Sports, Inc., 1041 Commonwealth Avenue, Boston, MA 02215.

A & E Enterprises, 74 Decorah Drive,  
St. Louis, MO 63146.

Runner's Shop, 15 Strong Avenue,  
Northampton, MA 01060.

In Canada: Orienteering Services, Canada, Division of  
Johnson Diversified, Canada, 3345 North Service  
Road, Burlington, Ontario, Canada L7N362.

### ***Topographic Maps in the U.S. and Canada***

The best way to get topographic maps from the  
United States Geological Survey is a two-step process:

1. Request an index of topographic maps for your  
state from the Branch of Distribution, United  
States Geological Survey, 1200 South Eads Street,  
Arlington, VA 22202.
2. Upon receipt of the index, locate the particular  
quadrangle of interest. For maps west of the  
Mississippi River, direct your request to the  
Branch of Distribution, United States Geological  
Survey, Federal Center, Denver, CO 80225. For  
maps east of the Mississippi River, contact the  
Branch of Distribution, United States Geological  
Survey, 1200 Eads Street, Arlington, VA 22202.

For topographic map information in Canada,  
write to the Map Distribution Office, 615 Booth Street,  
Ottawa, Ontario, K2E6N4.

Additionally, most communities have a local  
company that has their state's topographic maps.

Check the yellow pages under Maps or call a local  
survey company to find your local distributor.

Other map and chart information may be  
obtained from the National Cartographic Information  
Center, 507 National Center, Reston, VA 22092.

### ***Sources for Making O-Base Maps***

Karttjanst, Box 83, S-66001, Sweden.

Haneys, Doune, FK166BJ, Scotland.

Bakken & Helqesen, Boks 50, EDN-39-25 Reistad,  
Unit 1407, Norway.

Chrisner Mapping Services, Inc., 470 Sentinel Road,  
Downsville, Ontario, Canada M3J1V6.

### ***Aerial Photos***

National Cartographic Information Center, 507  
National Center, Reston, VA 22092.

Aero Service Corporation, 4219 Van Kirk Street,  
Philadelphia, PA 19135.

# BACKPACKING

## Introduction

Because of our heritage, most Americans love the idea of being self-sufficient. But, in today's world of convenience and service, it is hard to be self-sufficient unless you strap on a pack and head into the outdoors. You carry what you need to live on, only you, making you self-sufficient and having a great time while you are doing it. Backpacking affords you the opportunity to leave the crowded campgrounds behind to find territory less disturbed by humanity. Again, like most high-adventure sports, it's not as simple as throwing some food and gear into a backpack and heading out. Preparation and planning are prerequisites to a good experience. Backpacking is a sport you can do just about anywhere, so get yourself ready for a new world of adventure. Let's go backpacking!

## Knowledge Level

To participate in this superactivity you should have basic compass, map-reading, first-aid, and survival skills, and knowledge of all backpacking equipment.

## Fitness Level

This is a sport in which you need to be physically fit. Carrying a thirty- to forty-pound backpack, steep trails, high altitudes, long distances, and inclement weather impose additional demands. The more difficult your planned trek, the more physically conditioned you will need to be. Your first step for physical conditioning for backpacking should be to get a physical examination from a physician, using the Personal Health and Medical Record, No. 34412. This form is required for backpacking. Forms are available from your local council service center. The medical exam must have been within the previous twelve months.

## Safety

Any backcountry expedition or campout requires that no fewer than four individuals go (always with a minimum of two adults). If an accident occurs, one

person stays with the injured and two go for help. Additional adult leadership requirements must reflect an awareness of such factors as size and skill level of the group, anticipated environmental conditions, and overall degree of challenge.

## Where to Find Help

Your BSA local council and backpacking/sporting goods stores should be able to help you with backpacking information. Also, check with your local library, college, university, or other Explorer posts for information on backpacking clubs.

### Sample Superactivity Promotion

Calling all mountain men and mountain women: Saturday, July 12, our post will depart for Cherokee, North Carolina, where we will enjoy eight exhilarating days and seven starlit nights of backpacking in the Great Smoky Mountain National Park. We will tour the town of Cherokee before entering the park on the road that goes nowhere. And we'll see Gatlinburg and Pigeon Forge, Tennessee, on Sunday before returning home. While on the trail, we will see some of the most beautiful country in America, ending our trek at Cades Cove, an area famous for its wildlife and home to the most recent reintroduction program for the red wolf. If we're lucky, we might even fall asleep one night serenaded by a family of red wolves. The trip costs \$75, which covers transportation and trail food. You might want to bring some spending money to restock yourself on junk food after the trek. A parental consent form, a physical examination (within the previous twelve months), and Personal Health and Medical Record, No. 34412, are required. A sign-up form and all other forms are available from activity chairman Don Winstead. Start practicing your howling, you wolves!

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<b>DAYS</b>	<b>BACKDATING—BACKPACKING</b>
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- |      |  |
|------|--|
| -180 | Select backpacking as your superactivity. Assign an activity chairman. Assess your post's abilities related to backpacking subjects and decide on preparation sessions you need. |
| -175 | Recruit a consultant.  |
| -165 | Annual parents' night. Share superactivity and plans.  |
| -150 | Backpacking consultant presents opening session.   |
| -150 | Promote in your annual program calendar and newsletter.  |
| -150 | Backpacking preparation sessions begin.  |
| -120 | Submit newsletter article.   |
| -120 | Physical fitness contest to check conditioning.  |
| -110 | One-day hike.  |
| -90  | Submit newsletter article.   |
| -90  | Local backpacking trip 1.  |
| -60  | Submit newsletter article.   |
| -60  | Local backpacking trip 2.  |
| -45  | Order vans or other transportation if needed.  |
| -45  | Decide on trek itinerary and make reservations/get permits.  |
| -30  | Local backpacking trip 3 as checkout.  |
| -30  | Submit newsletter article.   |
| -30  | Turn in your tour permit to council service center. (Add two weeks if more than 500 miles.)  |
| -30  | Final attendance list, order trail food. Assign person to call after you get off trail.  |
| -20  | Purchase trail food.   |
| -14  | Put an article about your trip in your local newspaper.  |
| -14  | Collect consent forms and medical examination forms. Last-minute details:  |



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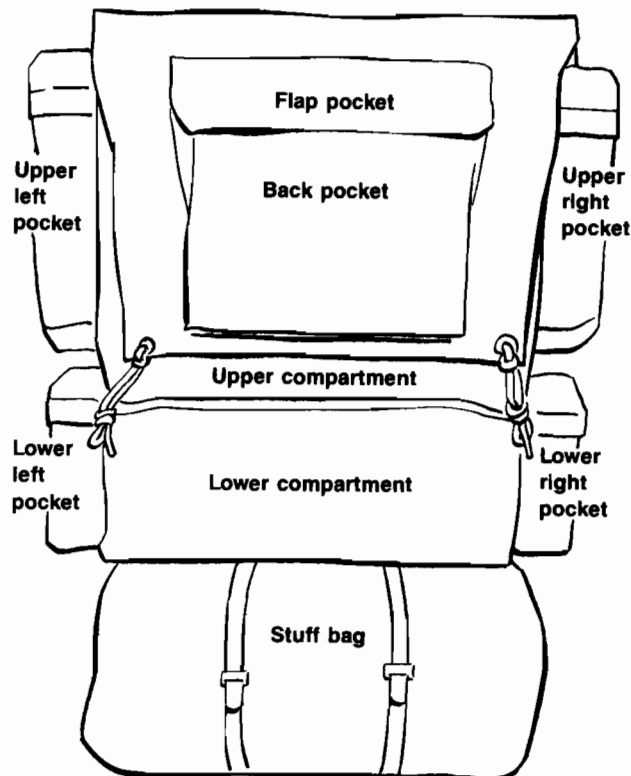
Check equipment, personal and crew; distribute food and crew equipment; weigh packs. Distribute name of person you will call after trek.

- 5 Last post meeting before departure.
- 2 Purchase fresh food.
- 1 Pick up vans if needed.
- 0 Superactivity.
- +1 Put an article with pictures of your trip in your local newspaper.
- + 7 Potluck or cookout with families. Show slides.
- + 14 Critique. Send thank-you notes to everyone who helped.

**Note to activity chairman.** The above backdating schedule will vary greatly depending on your chosen activity and skill level. Feel free to build your own backdating schedule. Be more thorough if you want and share it with your post. The following activity plan relates to the backdating schedule and like the backdating schedule is just "food for thought." Use what you want; modify and add to it.

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# BACKPACKING

ACTIVITY PLAN		
SESSION	SKILLS INSTRUCTION	SPECIAL ACTIVITY
1	Analyze your post. What are your strengths and limitations? What type of backpacking do you want to do?	Have a presentation by experienced backpacker (maybe from local club or backpacking store). Cover types of equipment, shoes, places to go.
2	Have a physical fitness assessment. Design fitness program and keep log of each member.	Have a fitness expert help you with your assessment and present a program on fitness.
3	Make plans to participate in Project COPE. (Check with your council.) If no Project COPE is available, plan a day hike.	Show a slide presentation on the Great Smoky Mountains National Park.
4	Learn about different types of fabric and insulation and determine what clothing you will need on the backpacking trek. Assess equipment. Who needs what? How are you going to get it? Plan backpacking trip 1.	Do two team-building initiative games from either the <i>Explorer Leader Handbook</i> , No. 34637 or <i>Venture Backpacking</i> , No. 3442.
5	Each post member brings a complete pack to the meeting. Have an experienced backpacker conduct a shake-down to determine what to bring and what to eliminate. Discuss and demonstrate how to properly pack a backpack.	Conduct final planning for backpacking trip 1. Retest physical fitness.
6	Analyze your first backpacking trip. What do you need to work on? Plan your menu for your superactivity. Plan backpacking trip 2.	Have a backpacking expert make a presentation on backpacking foods. Prepackaged or build your own?
7	Consider all the possible mishaps that could occur on your trek and develop a plan to manage each one.	Conduct first-aid training.

8	Analyze your backpacking trip 2. Show slides of the trip. What do you need work on? Plan backpacking trip 3.	Participate in team-building initiative game from <i>Explorer Leader Handbook or Venture Backpacking</i> . Decide on your superactivity itinerary.
9	Discuss and practice trail duties. Assign duties. Discuss proper trail courtesy and conservation.	Retest for physical fitness. Finalize superactivity plans and participation.
10	Review map and compass use and how to choose a campsite. Final check of equipment. Distribute trail food and crew equipment for personal packing.	Conduct final superactivity preparation. Collect forms. Distribute name and number of person you will call when off the trail.
11	Conduct final check of equipment. Weigh packs.	Have a presentation on the red wolf restocking program. Wildlife identification and safety procedures.
<b>SUPERACTIVITY</b>		
12	Have a family potluck or cookout. Invite people who helped you prepare for your trip. Don't forget to send thank-you notes to those who helped you prepare.	Show slides of your trip. Have a fun awards ceremony for such things as best cook, most animals seen, best wolf howl, best backpacker, most cheerful, etc.
13	Critique your activity plan and how you did. You might want to continue backpacking.	Put your critique and activity plan in your post program file for future reference.

## Resources

### Primary Resource

Much of the information presented in this chapter was taken directly from *Venture Backpacking*, No. 3442. It has chapters on planning a backpacking adventure, getting in shape, gearing up, preparing for a trek, travel and budgeting, expecting the unexpected, trail procedures, safety, health, wrapping up your adventure, initiative games, resources, forms, and activity plans.

### BSA Resource Literature

*Fieldbook*, No. 33200

*Backpacking* merit badge pamphlet, No. 33323

*Guide to Council High-Adventure Programs*, No. 20-150

*Tours and Expeditions*, No. 33734

*Explorer Leader Handbook*, No. 34637

*Conservation Handbook*, No. 33570

*First Aid* merit badge pamphlet, No. 33276

*Knots and How to Tie Them*, No. 3170

*Venture Survival*, No. 3441

*Guide to Safe Scouting* (available from your local council)

## Additional Resources

*Backpacking. One Step at a Time*, Harvey Manning, Vintage, 1975.

*National Outdoor Leadership School's Official Wilderness Guide*, Simon and Schuster, 1983.

*The New Wilderness Handbook*, Paul Petzoldt, Norton, 1984.

*Wilderness Medicine*, William W. Forgey, Indiana Camp Supply Books, 1979.

Education Association, 1975.

*Handbook for Emergencies*, Anthony Greenbank, Doubleday, 1976.

*Backpacking*, Randy Larson, Harvey, 1980.

*Outdoor Survival Skills*, Larry Olsen, Brigham Young University Press, 1967.

*Outdoor Skills*, Charles Platt, Watts, 1976.

### Associations

Adirondack Mountain Club, R.R.3, Box 3055, Lake George, NY 12845.

Appalachian Mountain Club, 5 Joy Street, Boston, MA 62102.

American Hiking Society, 1015 Thirty-first Street NW, Washington, DC 20007.

## Introduction

There is nothing like hearing the beating of your own heart and the echoing sound of a drop of water as it hits a subterranean pool in total darkness two hundred feet underground!

If your post already has learned some outdoor basic skills such as knots, first aid, compass skills, and rope skills, you might be ready to go underground. Americans have been intrigued by caves for hundreds of years. Caves offer the unknown, a chance for the ultimate challenge, and a test of ability and teamwork. Caves are found in most parts of the country making this a very accessible Exploring activity. To make your caving trips enjoyable and safe, you will need to learn about caves, caving skills, caving equipment, and where to go to find caves. So read on and have a great time caving!

## Knowledge Level

To participate in this superactivity you should possess basic compass, map-reading, and first-aid skills. You should also have a thorough knowledge of caving equipment, basic cave survival techniques, cave conservation practices, and caving rules.

## Fitness Level

Caving requires average to strenuous exertion.

## Safety

Many caving accidents and damage to caves are caused by people going into caves unprepared and ignorant of caving techniques. Like many high-adventure activities, having some knowledge of what to expect and being prepared can make a world of difference in how much you enjoy the activity. In caving, it is not difficult to do this. If your post has never been caving and you have no one involved in your post that is proficient at caving, you should begin by learning from someone who is proficient (a consultant). Whatever you do, don't just decide to go to Farmer Brown's cave one weekend. Get ready! Even the most experienced cavers prepare and are constantly learning new skills.

## Where to Find Help

Your local council should have information on caving. For information on a grotto (caving club), check with your local library, college, or university, or the National Speleological Society, Cave Avenue, Huntsville, AL 35810. Outdoor stores and other Explorer posts also might be helpful.

## Cave Conservation

You might find that some cavers are reluctant to share information about cave locations. Unfortunately that is because some people do not take care of caves. Caves that took millions of years to develop can be destroyed in one generation. On your first caving trip you might see pieces of candy wrappers, piles of spent carbide, string, or even spray-painted arrows on the walls. This type of abuse threatens the life of a cave and makes your trip less pleasurable. So please do your part in protecting the cave. Stay on the main trails; don't walk on a mud bank just because no one has walked on it. Don't touch growing rock formations; don't break rock formations such as stalagmites. And don't drop rocks because you might damage rock formations, kill cave life, or hurt someone.

Also be sensitive to the area around the entrance to the cave. Keep the area clean. If privately owned, make sure you obtain permission to enter the cave.

A simple rule is to take out what you take in and take out what someone else left. If your post would like to be held in high esteem by other caving groups and experienced individuals, you might even plan a cave cleanup project, graffiti removal, a cave-gating, or other cave conservation project. A safe place to start is to contact the nearest grotto.

## Sample Superactivity Promotion

Want a break from the hot July sun and 95-degree days? Join our post as we tour one of the state's longest and most beautiful caves, Blue Grotto, located near Silver City. We will leave on Saturday, July 11, and return on Friday, July 17. We will go into Deep Hole cave on Sunday, Blue Grotto on Monday, and Briscoe Cave on Tuesday. We'll go canoeing on Wednesday and visit Six Flags on Thursday. We will camp in the national forest each night except Thursday, when we will stay at the air force base near Six Flags. To participate you must have attended all of the caving preparation sessions or makeup sessions and have been in at least one wild cave with the post. A parental consent form, a physical examination (within the previous twelve months), and Personal Health and Medical Record, No. 34412, are required. Trip cost is \$95, which includes transportation, food, and Six Flags admission. Personal spending money is encouraged. A sign-up form and all other forms are available from activity chairman Maria Baker. Be cool!

## CAVE MAP SYMBOLS

Surveyed passage		Passage ceiling height	
Underlying (dotted) passage		Large breakdown	
Vertical drop in passage with depth		Small breakdown	
Sketched passage		Clay	
Sloping passage		Sand	
Stream and pool		Bedrock pillar in passage	
Flowstone		Survey station	
Rimstone dam		Cross section	

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<b>DAYS</b>	<b>BACKDATING—CAVING</b>
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- |      |   |
|------|---|
| -180 | Cave trip selected as superactivity; activity chairman assigned. At this point you might know enough about caving that you can target a particular cave or caves to explore, or you might need to wait to begin working with your consultant. |
| -175 | Consultant recruited.   |
| -165 | Annual parents' night. Share superactivity and plans.   |
| -150 | Consultant kicks off caving preparation sessions.   |
| -150 | Caving preparation sessions begin.  |
| -150 | Promote in annual program calendar and newsletter.  |
| -120 | Submit newsletter article.  |
| -90  | Contact guide for commitment.   |
| -90  | Submit newsletter article.  |
| -60  | Contact air force base for accommodations.  |
| -60  | Submit newsletter article.  |
| -60  | Contact national forest on camping.   |
| -45  | Order vans or other transportation if needed.   |
| -30  | Local caving trip—checkout.   |
| -30  | Turn in tour permit to council service center. (Add two weeks if more than 500 miles.)  |
| -30  | Contact Six Flags for discount tickets.   |
- 
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- 
- 
- 30 Submit newsletter article.
  - 20 Purchase dry food.
  - 14 Put an article about your trip in your local newspaper.
  - 14 Develop final attendance list with emergency contacts. Let parents know who post will stay in contact with. Gather consent forms and medical forms.
  - 7 Contact guide. Last contact before departure.
  - 5 Last post meeting before departure. Last-minute details. Check equipment.
  - 2 Purchase fresh food.
  - 1 Pick up vans if needed.
  - 0 Superactivity.
  - +1 Put an article with pictures of your trip in your newspaper.
  - +7 Potluck or cookout with families. Show slides.
  - +14 Critique. Send thank-you notes.

**Note to activity chairman.** The above backdating schedule will vary greatly depending on your chosen activity and skill level. Feel free to build your own backdating schedule. Be more thorough if you want and share it with your post. The following activity plan relates to the backdating schedule and like the backdating schedule is just "food for thought." Use what you want; modify and add to it.



# CAVING

ACTIVITY PLAN		
SESSION	SKILLS INSTRUCTION	SPECIAL ACTIVITY
1	Have consultant show slides of caving and give presentation on cave geology and location of local caves. Share activity plan and superactivity.	Plan to visit a commercial cave. Locate local sources for caving equipment.
2	Have consultant give presentation on caving equipment, boots, gloves, helmets, lighting, first aid, food, and clothing.	Finalize preparation for commercial cave trip.
3	Review caving etiquette and conservation. Learn to read cave map. Review knots and climbing equipment used in caving.	Practice knots and climbing and rappelling techniques that will be used in caves.
4	Review safety rules and crew and personal equipment. Practice first-aid skills, emphasizing splints and hypothermia.	Build individual and crew equipment packs. Make plans to explore a local noncommercial cave. Obtain permission if necessary. Secure guide.
5	Study the flora and fauna of caves. Discuss possible cave conservation projects and make plans to perform one at a cave.	Bring your gear for inspection. Finalize plans for your first noncommercial cave trip.
6	Study the equipment and techniques of vertical caving. Practice special knots and rappelling techniques.	Practice methods used to cross cave streams and breakdowns.
7	Continue instruction and practice of vertical caving techniques. Each member should have his or her own ascending and descending gear.	Build a bat box. Have a pizza party and show slides of your first noncommercial cave trip. Invite your families. Bring consent and medical forms.

8	Draw a map of the wild cave you explored using the appropriate symbols. Try to secure a professionally drawn map of the same cave and compare them.	Last meeting before big trip: Check all details and equipment again. Make sure to arrange for a telephone call at a specific time at the end of each of your cave explorations in case a search-and-rescue operation is needed. Do one team-building initiative game (see the <i>Explorer Leader Handbook</i> ).
<b>SUPERACTIVITY</b>		
9	Have a family potluck dinner or cookout. Invite people who helped you prepare for your trip. Don't forget to send thank-you notes to your guides, local grotto or club, and cave owner.	Show slides of your trip. Have a crazy awards ceremony for muddiest caver, bravest, best cook, etc.
10	Critique your activity plan and trip; you might want to go again.	Put your critique and activity plan in your post program file for future reference.

## Resources

### Primary Resource

Much of the material presented in this chapter and suggested for review can be found in *Venture Caving*, No. 3458, produced by the BSA. This book has chapters on selecting a cave guide, cave geology, cave conservation, cave life, cave gear, cave meals, first aid and cave rescue, travel techniques, caving techniques, commercial caves, bat boxes, and resources and activity plans.

### BSA Resource Literature

*Venture Rock Climbing and Rappelling*, No. 3480

*Venture Backpacking*, No. 3442

*Venture Survival*, No. 3441

*Conservation Handbook*, No. 33570

*Fieldbook*, No. 33200

*Explorer Leader Handbook*, No. 34637

*Knots and How to Tie Them*, No. 3170

*First Aid* merit badge pamphlet, No. 33276

*Tours and Expeditions*, No. 33734

*Camping* merit badge pamphlet, No. 33256

*Wilderness Survival* merit badge pamphlet, No. 33265

*Cooking* merit badge pamphlet, No. 33257

*Guide to Safe Scouting* (available from your local council)

### Additional Resources

*Adventure Is Underground*, William R. Halliday, 1959, Harper and Row.

*America's Neighborhood Bats*, Merlin D. Tuttle, University of Texas Press.

*Cavers, Caves, and Caving*, B. Sloane, ed, 1977, Rutgers.

*The Caves Beyond*, J. Lawrence, Jr., and R. W. Brucker, 1975, Cave Books.

*Caving: The Sierra Club Guide to Spelunking*, Lane Larson and Peggy Larson, 1982, Sierra Club.

*Caving Basics*, 2d ed., National Speleological Society, 1987.

*Depths of the Earth*, W. R. Halliday.

*Adventure of Caving*, David R. McClurg, 1986, D&J Press.

*On Rope*, National Speleological Society.

*Single Rope Techniques: A Guide to Vertical Cavers*, N. R. Montgomery.

*Trapped*, R. K. Murry and R. W. Brucker.

*Underground Worlds*, 1982, Time-Life books.

### Other Publications

*Caving Information Series*, National Speleological Society.

*National Speleological Society News*.

### Organization

National Speleological Society, Cave Avenue, Huntsville, AL 35810.

### Book Dealers

American Cave Conservation Association, P.O. Box 409, Attn: Publications, Horse Cave, NY 42749.

National Speleological Society Bookstore, Cave Avenue, Huntsville, AL 35810.

Cave Books, 4700 Amberwood Drive, Dayton, OH 45424.

Speleobooks, P.O. Box 10, Schoharie, NY 12157.

## ***Equipment***

### ***East of the Mississippi River***

J. E. Weinell, Inc., P.O. Box 213, Valencia, PA 16059.

The Speleoshoppe, P.O. Box 297, Fairdale, KY 40118.

Blue Water LTD, 209 Lorrorn Road, Carrollton, GA 30117.



Adventure 90, 2319 Reidhurst, Murfreesboro, TN 37130.

Pigeon Mountain Industries, P.O. Box 803, LaFayette, GA 30728.

Custom Cave Gear, P.O. Box 7351, Charlottesville, VA 22906.

L & S Sporting Goods, P.O. Box 176, Philippi, WV 25416.

Inner Mountain Outfitters, 102 Travis Circle, Seaford, VA 23696-2412.

Bob and Bob, P.O. Box 441N, Lewisburg, WV 24901.

### ***West of the Mississippi River***

California Mountain Company, Inc., P.O. Box 6602, Santa Barbara, CA 93160.

Gibbs Products, 202 East Hampton Avenue, Salt Lake City, UT 84111.

Pathfinder Sports, Inc., P.O. Box 30670, Tucson, AZ 85751.

## Introduction

We all know we live in one of the most beautiful and interesting countries in the world. However, most of the time we rush around in it missing much of what it has to offer. Slow down and try cycling while enjoying adventure and developing a skill. Like most high-adventure activities, preparation, planning, and the correct equipment can make the difference in having a safe and enjoyable cycling experience. The nice thing about cycling is that you can do it just about anywhere. You don't need a famous white-water river or a granite rock face to do this sport. You just need a road or trail and there are plenty of those. Add in camping or some fun cycling games and you have added to the fun that is available through the simple bicycle. See America the fun way!

## Knowledge Level

To participate in this superactivity you should know simple on-the-road bike repair, map-reading skills, basic first aid, and biking on-road and off-road safety.

## Fitness Level

Your fitness requirements depend on terrain, trip distance, and load. You can start off slowly until you become more physically fit.

## Safety

Because cyclists use the same roads as cars, understanding driving laws and special cycling laws is a necessity. If you are road cycling, visibility is important. Learn to become a defensive rider. Also, be careful of heat injuries.

## Where to Find Help

Check with your library, outdoors store, or cycle shop to find out if there are any cycling clubs in your area. College and universities in your area might have campus cycling clubs. Other Explorer posts or your local council might have helpful information also.

## Sample Superactivity Promotion

The beautiful Shenandoah Valley is calling you! The Blue Ridge Mountains to the east and the Allegheny Mountains to the west form this picturesque valley floor that averages 1,500 feet above sea level, offering cool daytime temperatures. While on our cycling tour, we probably will see wildlife including deer, black bear, turkey, ground hog, eagles, and much more. We may cool off by a rushing, crystal-clear stream or by a cave. Between the mountains and the valley, this area offers just about everything.

We will leave on Saturday, July 11, by van. We will off-load our bikes at Big Meadows Visitors Center in the Shenandoah National Park. The first leg of our tour will be on top of the Blue Ridge Mountains in the park. Then we will drop down into the valley and head west. Along the way, we will visit a Mennonite community where horses and buggies are still the means of transportation, tour a commercial cave, stop at a Civil War battlefield, and do much more. The scenery, the roads, and the overall beauty of the area cannot be put into words. We will end our tour at a local Boy Scout camp surrounded by beautiful, majestic mountains. We will spend the night on real beds, eat real food, and take a swim in a cold, spring-fed lake. The van will arrive on Sunday morning and we will return home on Sunday, July 18, at 6 p.m.

A parental consent form, a physical examination (within the previous twelve months) and Personal Health and Medical Record, No. 34412, are required. A sign-up form and all other forms are available from activity chairman Linda Coleman. Cost of the trip is \$75, which includes transportation and all food. You are responsible for your own bike and bike repairs.

When you are sitting at your school desk in September, you can daydream about cycling more than 350 miles in one week while seeing one of the most beautiful places on earth—the Shenandoah Valley!

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DAYS	BACKDATING—CYCLING
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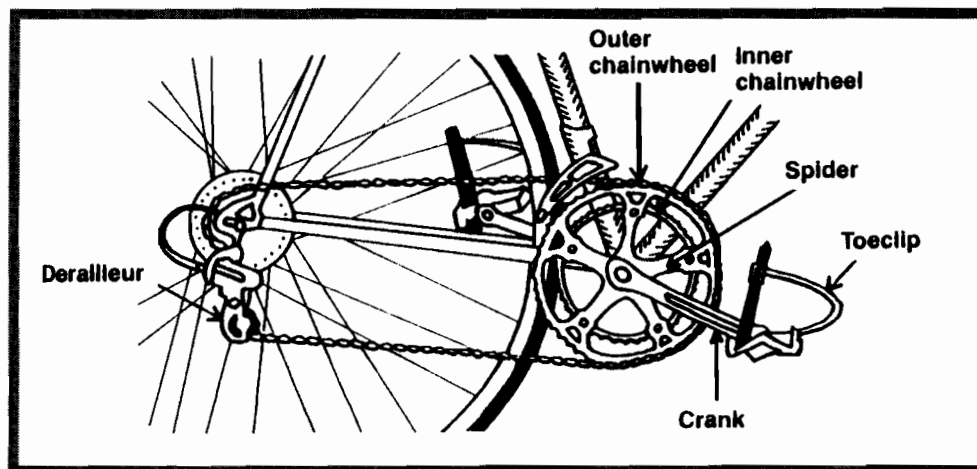
- |      |   |
|------|---|
| -180 | Select cycling as a superactivity. Assign an activity chairman. Decide on preparation sessions you will need.   |
| -175 | Recruit consultant for first session.   |
| -165 | Annual parents' night. Share superactivity and plans.   |
| -150 | Promote in your annual program calendar and newsletter.   |
| -150 | Cycling preparation sessions begin.   |
| -135 | Hold a physical fitness contest to check physical conditioning.   |
| -120 | Decide on draft itinerary.  |
| -120 | Submit newsletter article.  |
| -105 | Take a one-day cycling trip.  |
| -90  | Submit newsletter article.  |
| -90  | Make reservation at BSA camp.   |
| -75  | Take a weekend cycling trip.  |
| -60  | Submit newsletter article.  |
| -60  | Make arrangements for your overnight stays and sightseeing stops. Check out cycling shops in your touring area as resources. Decide on itinerary.                         |
| -45  | Take a weekend cycling trip.  |
| -45  | Order vans or other transportation if needed.   |
| -30  | Submit newsletter article.  |
| -30  | Turn in your tour permit to the council service center. (Add two weeks if more than 500 miles.)   |
| -30  | Final attendance list. Choose a person to call periodically while on the road and when you reach BSA camp. Confirm camp reservation and any other reservations if needed. |
| -20  | Purchase trail food. Final details on night stops.  |

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- 14 Put an article about your trip in your local newspaper.
  - 14 Collect consent forms and medical examination forms. Check bicycles and personal camping equipment. Distribute name of person you will call while away.
  - 5 Have your last post meeting before departure. Consider last-minute details.
  - 2 Purchase fresh food.
  - 1 Pick up vans if needed.
  - 0 Superactivity.
  - + 1 Put an article with pictures of your trip in your local newspaper.
  - + 7 Potluck or cookout with families. Show slides.
  - + 14 Critique. Send thank-you notes to everyone who helped.

**Note to activity chairman.** The above backdating schedule will vary greatly depending on your chosen activity and skill level. Feel free to build your own backdating schedule. Be more thorough if you want and share it with your post. The following activity plan relates to the backdating schedule and like the backdating schedule is just "food for thought." Use what you want; modify and add to it.

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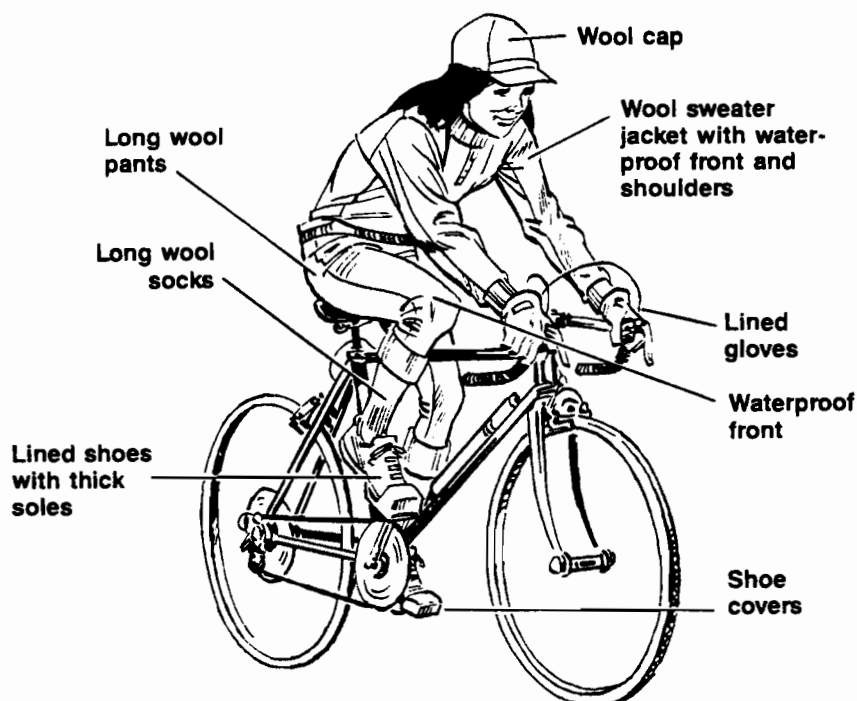


# CYCLING

ACTIVITY PLAN		
SESSION	SKILLS INSTRUCTION	SPECIAL ACTIVITY
1	Analyze your post's cycling abilities and capabilities. What will you need to work on? Who has what equipment? What type of cycling do you want to do?	Either visit a local cycle shop or have a cycling expert come to your post meeting to talk about types of bikes, parts of bikes, cycling equipment, and touring. Discuss different types of bikes and their uses.
2	Plan a training schedule to strengthen your muscles. Get serious; a weeklong trip on a loaded bike requires strength and endurance. Riding a bike is the best preparation, but other aerobic exercises will help too.	Conduct a physical fitness contest to assess individual conditioning. Play one initiative game from the <i>Explorer Leader Handbook</i> .
3	Learn on-the-road bike maintenance. Practice changing a tire. Learn all parts of bikes. Everyone bring bikes to meeting.	Plan your first one-day tour. Decide on location, itinerary, distance, load, etc. Contact a local cycling club to get them to show your post a slide show of a tour.
4	Analyze your first day trip. What areas do you need to work on? How did everyone's equipment perform? How about physical conditioning?	Conduct a first-aid training session or refresher. Plan first weekend (two days with camping) tour. Equipment needed? Who needs what? Where? Try for forty miles.
5	Review map and compass techniques so everyone understands basics, signs, contours, etc.	Have special presentation on Shenandoah National Park and Shenandoah Valley.
6	Analyze first two-day tour. How did you handle loads, terrain, roads, maps, etc.? How was physical conditioning and individual equipment? Did you make forty miles?	Do bike maintenance. Break down, clean, and lubricate them. Replace worn parts if necessary. Have a knowledgeable person to assist.



7	Make plans for your second two-day tour. Include camping. Try fifty miles with loaded bikes.	Have an expert cyclist give a presentation on bike camping techniques, tents, food, equipment, clothing, etc.
8	Analyze your second two-day tour. How did it go? Camping? Equipment? Conditioning? Teamwork? What problems did you have? How did you deal with them?	Conduct a final superactivity planning. Decide on tent buddies and crews.
9	Have everyone bring their bikes and all equipment. Final shakedown before big trip.	Have photographer talk about wildlife and scenery picture taking. Take a "before the trip" picture.
<b>SUPERACTIVITY</b>		
10	Have a family potluck dinner or cookout. Invite people who helped you prepare for your trip and along the way. Send thank-you notes to those that helped.	Show slides of your trip. Have a fun awards ceremony for such things as craziest looking load, best biker, worst cook, loudest snorer, etc.
11	Critique your activity plan and trip. How did you do?	Put your critique and activity plan in your post's program file for future reference.



### COLD-WEATHER CYCLING

## Resources

### Primary Resource

Venture *Cycling*, No. 3437, has most of the material to support this activity. Its chapters include information on bicycle maintenance, accessories, clothing, food to carry when cycling, resources, and activity plans.

### BSA Resource Literature

*Fieldbook*, No. 33200

*Explorer Leader Handbook*, No. 34637

*Cycling merit badge pamphlet*, No. 33277

*Guide to Council High-Adventure Programs*, No. 20-150

*Tours and Expeditions*, No. 33734

*Conservation Handbook*, No. 33570

*First Aid merit badge pamphlet*, No. 33276

*Venture Backpacking*, No. 3442

*Cooking merit badge pamphlet*, No. 33257

*Camping merit badge pamphlet*, No. 33256

*Guide to Safe Scouting* (available from your local council)

### Organizations

Bicycle Manufacturers Association, 1055 Thomas Jefferson St. NW, Suite 316, Washington, DC 20007.

Bikecentennial: The Bicycle Travel Association, P.O. Box 8308, Missoula, MT 59807.

League of American Wheelmen, 6707 Whitestone Road, Suite 209, Baltimore, MD 21207.

U.S. Cycling Federation c/o USOC, 1750 East Boulder, Colorado Springs, CO 80909

## Books

*Backcountry Bikepacking*, William Sanders, Stackpole, 1983.

*Bicycle Touring*, *Bicycling Magazine Staff*, Rodale Press, 1980.

*The Bicycle Touring Book*, Tim and Glenda Wilhelm, Rodale Press, 1980.

*Bike Tripping*, Tom Cuthbertson, Ten Speed Press, 1984.

*Delong's Guide to Bicycles and Bicycling: The Art and Science*, Fred Delong, Chilton, 1978.

*Living on Two Wheels*, Dennis Coello, Ross Books, 1983.

*Richard's New Bicycle Book*, Richard Ballantine, Ballantine Books, 1987.

### Periodicals

*Bicycling*, Rodale Press, 33 East Minor Street, Emmaus, PA 18049.

*Bike Report and Cyclists' Yellow Pages*, Bikecentennial, P.O. Box 8303, Missoula, MT 59807.

*Cycling*, IPC 205 East Forty-second Street, New York, NY 10017.

### Associations

Bikecentennial: The Bicycle Travel Association, P.O. Box 8308, Missoula, MT 59807.

League of American Wheelmen, 6707 Whitestone Road, Suite 209, Baltimore, MD 21207.

## Introduction

Surveys show that Americans, including young Americans, love to camp. Nature has a strong call. It's almost hard to explain the feeling of climbing out of a tent to the waking call of the wood's creatures welcoming the misty new day. You stretch and smell wood smoke and maybe even see a young deer browsing nearby. Even with the sounds of a woodpecker banging out a rhythm on a hollow tree, the chattering of squirrels, or the babble of a nearby stream, there is a quietness to the camp, and you are part of it.

The great thing about camping is that anybody can do it, there are almost unlimited places to camp, and it fits well into most other high-adventure activities. You can have great fun just camping or doing other activities while camping. Learning camping skills can make your camping experience more enjoyable and the learning can be as much fun as the doing. Once your post becomes proficient with camping, you could even teach these skills to other posts and other Scout and non-Scout organizations.

If you are going to do several outdoor/high-adventure activities, camping might be a good skill to master first. Take care of the environment and have a good time!

## Knowledge Level

To participate in this superactivity you should have basic camping, outdoor-cooking, first-aid, map, and compass skills.

## Fitness Level

Camping can be adapted to almost any level.

## Where to Find Help

Check with your local council, library, college, university, and other Explorer posts for information on camping or outdoor clubs.

## Sample Superactivity Promotion

From the beach to the mountains—that is our itinerary this summer. Our post will use its camping skills to enjoy some beautiful outdoor areas. Our seven-day trip will begin at the coast where we will camp two nights on a barrier island. We will be able to enjoy the sun, sand, and surf of the beach, watch the abundant wildlife, and catch fish, shrimp, and crabs. Then we will move inland and spend two days at Big Swamp National Park where we will hike and canoe within the swamp. There will also be plenty of time for swimming. We will wrap up our trip camping in the cool mountains. While there, we will do some whitewater tubing, hike, visit a cave, and have our post's annual cooking contest. Can anyone beat last year's dutch-oven-baked, double chocolate cake? Cost of the trip is \$45. All forms and details for this August 4-11 trip can be obtained from activity chairman Courtney Calhoun.



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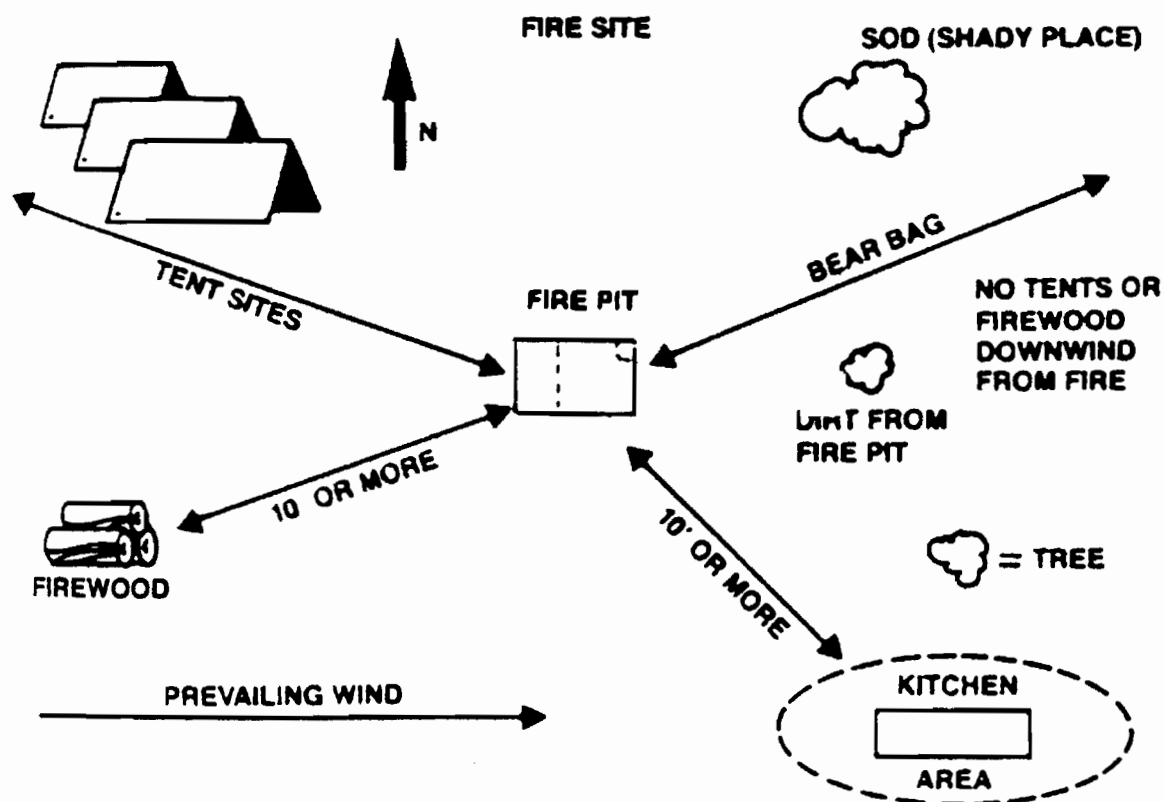
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<b>DAYS</b>	<b>BACKDATING—CAMPING</b>
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- |      |   |
|------|---|
| -180 | Select camping as your superactivity. Assign an activity chairman. Assess your post's camping ability. Decide on preparation sessions you need. |
| -175 | Recruit a consultant to kick off your first session.  |
| -165 | Annual parents' night. Share superactivity and plans.   |
| -150 | Promote in your annual program calendar and newsletter.   |
| -150 | Camping preparation sessions begin.   |
| -120 | Submit newsletter article.  |
| -120 | Make superactivity reservations if needed.  |
| -110 | Outdoor equipment session—1 day.  |
| -90  | Submit newsletter article.  |
| -80  | Outdoor equipment session—1 day.  |
| -60  | Local weekend camping trip 1.   |
| -60  | Submit newsletter article.  |
| -45  | Secure transportation.  |
| -30  | Submit newsletter article.  |
| -30  | Turn in your tour permit to council service center. (Add two weeks if more than 500 miles.)   |
| -30  | Make camping reservations, final attendance list.   |
| -30  | Equipment shakedown, both crew and personal.  |
| -20  | Purchase and package dry food.  |
- 
-

- 14 Put an article in your local newspaper about your trip.
- 14 Collect consent and medical forms.
- 5 Last post meeting before departure. Last-minute details.
- 2 Purchase fresh food.
- 1 Pick up transportation if needed.
- 0 Superactivity.
- +1 Put an article in your local newspaper (include pictures).
- +7 Potluck or cookout with families. Show slides.
- +14 Critique. Send thank-you notes to everyone who helped.

**Note to activity chairman.** The above backdating schedule will vary greatly depending on your chosen activity and skill level. Feel free to build your own backdating schedule. Be more thorough if you want and share it with your post. The following activity plan relates to the backdating schedule and like the backdating schedule is just "food for thought." Use what you want; modify and add to it.



**TYPICAL CAMPSITE**

# CAMPING

ACTIVITY PLAN		
SESSION	SKILLS INSTRUCTION	SPECIAL ACTIVITY
1	Analyze your post's camping skill level. What will you need to work on? Review the Outdoor Code.	Have a local camping expert or camping/outdoor representative make a presentation on camping equipment.
2	Decide on what type of camping your post will do and what equipment you will need as a post and as individuals.	Have someone from your council make a presentation on Project COPE. Make arrangements to participate in Project COPE.
3	Learn about different types of outdoor cooking techniques. You might invite an expert to help you with this.	Let teams make a dutch-oven cobbler or other food. Do two team-building initiative games from <i>Explorer Leader Handbook</i> , No. 34637.
4	Learn about different types of tents. Have a tent-pitching contest. If teams are really good, try it with blindfolds on or without anyone talking.	Begin planning your first weekend campout. This should be training oriented. Take the low-impact camping quiz.
5	Plan foul-weather activities for camping trips.	Conduct final planning for first weekend campout. Have program on camping opportunities that are within several hours of your location.
6	Analyze your first weekend camping trip. Planning? Preparation? Equipment? Locations? Food? Show slides of your trip.	Begin planning your next weekend camping trip. Have camping first-aid training session 1.
7	Have post members bring and share materials on their favorite camping area or type of camping—mountains, beach, primitive, campground, etc.	Conduct first-aid training session 2. Final planning for weekend campout 2.

8	Analyze your second weekend camping trip. Any improvement?	Have a presentation on use of maps and compass. Play an orienteering game or team-building initiative game from <i>Explorer Leader Handbook</i> .
9	Make final plans for superactivity trip and have shake-down of post and individual equipment. Plan menus, make assignments.	Have presentation on wildlife, photography, or some other subject your post members might enjoy while camping or a presentation on reading the weather.
10	Pack equipment and food for superactivity. Collect forms, distribute emergency information.	Do an <i>Exploring Constructive Controversies</i> (No. 23823) exercise or Ethics forum (see <i>Explorer Leader Handbook</i> ). Also play at least one problem-solving initiative game.
<b>SUPERACTIVITY</b>		
11	Have a family potluck or cookout. Invite people who helped you prepare for your trip. Don't forget to send thank-you notes to those who helped you prepare.	Show slides of your trip. Have a fun awards ceremony for such things as best cook, biggest fish caught, messiest tent, etc.
12	Critique your activity plan and how well you did. Do you need more equipment, planning, etc.?	Put your critique and activity plan in your post program file for future reference.

## Resources

### Primary Resource

One of the courses the BSA offers uses a syllabus titled *Outdoor Skills Instruction: Camping* from which material and many of the ideas in this chapter came. Included are chapters on low-impact camping, equipment, low-impact cooking skills, trail food practice, first aid, weather, etc. Call your local council to see if they or a nearby council offers this course.

### BSA Resource Literature

*Fieldbook*, No. 33200

*Camping* merit badge pamphlet, No. 33256

*Cooking* merit badge pamphlet, No. 33257

*First Aid* merit badge pamphlet, No. 33276

*Venture Orienteering*, No. 3439

*Tours and Expeditions*, No. 33734

*Explorer Leader Handbook*, No. 34637

*Conservation Handbook*, No. 33570

*Guide to Safe Scouting* (available from your local council).

### Additional Resources

*Handbook for Emergencies*, Anthony Greenbark, Doubleday, 1976.

*Wilderness Medicine*, William W. Forgey, Indiana Camp Supply Books, 1987.

*Be an Expert with Map and Compass*, Bjorn Kjellstrom, Charles Scribner's Sons, 1976.

*Camping & Backpacking: A Guide to Information Sources*, Cecil F. and Mary L. Clotfelter, Gala, 1979.

*Woodalls Campground Directories*, by region.

*National Forest Campground Guide*, Kenneth W. Melios, Melios Peterson Publishers, 1983.



## Introduction

If you were approaching Earth from outer space, one of the most striking features you would notice would be all the water. The majority of the earth's surface is water—oceans, lakes, rivers, and ponds. So what does this have to do with Exploring? Explorers are looking for opportunities, and all that water offers plenty of opportunities—sailing opportunities. The real beauty of sailing is that you can start off very simply in a small craft and then work your way up as your individual or post's ability increases. The other nice thing is that you can find people proficient in sailing just about anywhere you are.

Your post can rent sailboats, borrow them, or purchase them. Many councils own a variety of sailboats that you might be able to use. Any way you go, there are plenty of opportunities to sail. So get on out there and find some wind!

## Knowledge Level

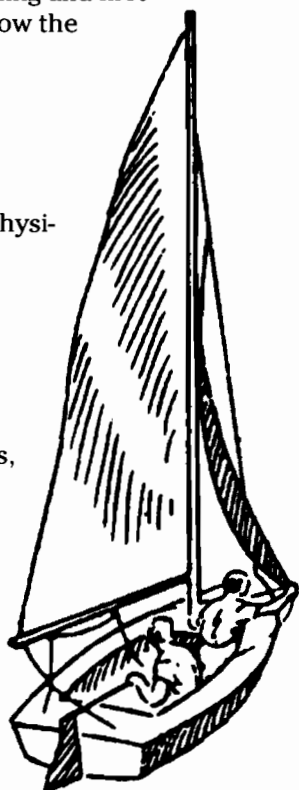
To participate in this superactivity you should be a swimmer (see *Guide to Safe Scouting* for definition) and possess basic sailing and first-aid skills. Adults should know the Safety Afloat plan.

## Fitness Level

Sailing requires little physical conditioning except for larger boats and ships.

## Safety

Like other water sports, sailing can be dangerous. Water and weather conditions change rapidly, which changes sailing conditions. BSA policy requires that all persons involved in an activity on open water must wear a properly fitted



U.S. Coast Guard-approved personal flotation device. Type II and III PFDs are recommended. All activities afloat must adhere to the principles of the buddy system. It is recommended that several post members be lifeguard certified. Please check your *Guide to Safe Scouting* (available from your local council) for safety information and BSA policy related to aquatic activities.

## Where to Find Help

Check with your BSA local council to see if they offer sailing courses and when they offer Safety Afloat courses. Check with your local sailboat dealer, library, college, or university for information on sailing or sailing clubs. Other posts or the Coast Guard auxiliary also might be helpful.

## Sample Superactivity Promotion

It's cold and raining outside, you have tons of homework to do, and worst of all, the school year is only half over. How does a week sailing the emerald green waters and sunbathing on white sand beaches in the Caribbean sound? You can be there! Sign up now for our post's trip to the BSA high-adventure base in the Florida Keys. Our post will board several forty-five- to fifty-foot sailboats at the base, then sail off for a week at sea. We will be able to navigate, sail, cook on board, swim, snorkel, fish, tour the islands, and do whatever else that strikes our fancy. In addition to all this fun and sun on the high seas, we will stop in the Orlando area where we will visit Disney World and the Kennedy Space Center. While traveling in Florida, a keen eye might sight an alligator, eagles, Key deer, sea turtles, and maybe even a movie star or two.

Pack your suntan lotion, swimming suit, and sunglasses and let's head south. You may obtain additional information, sign-up forms, parental consent forms, and medical forms from activity chairman Jeremy Travis. Dates are March 19–30. Cost is \$500. A \$100 deposit is due by January 15. Who knows, we might even find some buried treasure!

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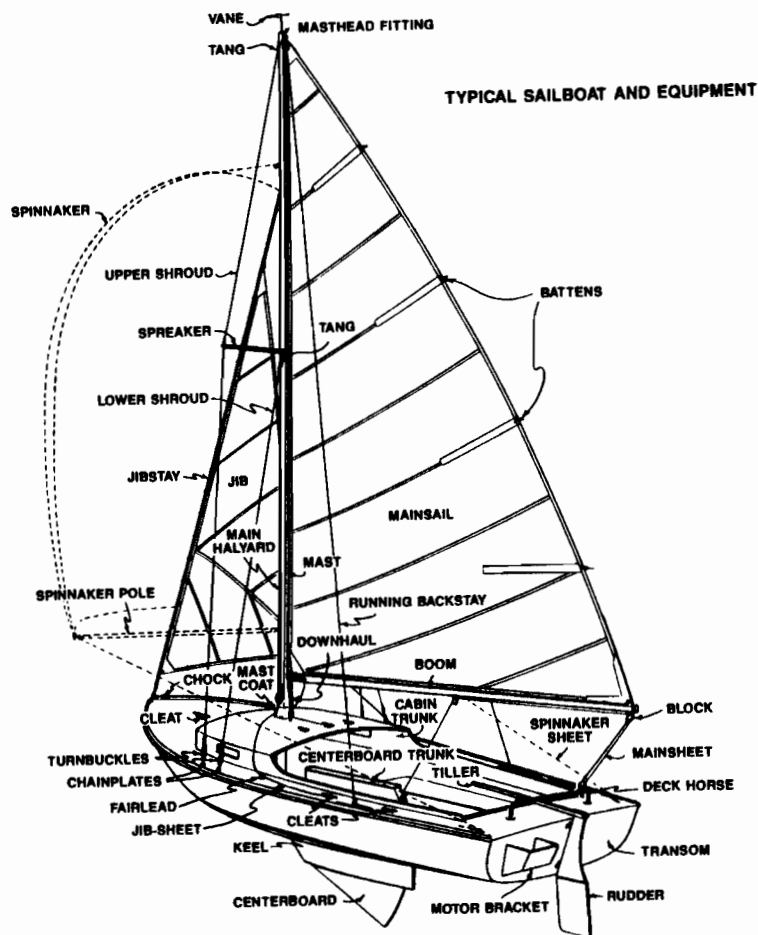
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<b>DAYS</b>	<b>BACKDATING—SAILING</b>
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- |      |  |
|------|--|
| -180 | Select sailing as your superactivity. Assign an activity chairman. Assess your post's sailing and water skills. Decide on preparation sessions you need. Make reservations with Sea Base and other layovers. |
| -175 | Recruit consultant for first session.  |
| -165 | Annual parents' night. Share superactivity and plans.  |
| -150 | Promote in your annual program calendar and newsletter.  |
| -150 | Begin sailing preparation sessions. Kick off with a consultant.  |
| -135 | Conduct training session 1.  |
| -120 | Submit newsletter article.   |
| -120 | Conduct training session 2.  |
| -105 | Conduct training session 3.  |
| -90  | Conduct first-aid training.  |
| -90  | Submit newsletter article.   |
| -80  | Conduct first weekend activity—sailing.  |
| -60  | Submit newsletter article.   |
| -45  | Enjoy second weekend activity—sailing.   |
| -45  | Order vans or other transportation if needed.  |
| -30  | Submit newsletter article.   |
| -30  | Turn in your tour permit to council service center. (Add two weeks if more than 500 miles.)  |
| -30  | Finalize the attendance list. Order discount Disney World tickets.   |
- 
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- 30 Collect consent forms and medical examination forms.
- 14 Put an article about your trip in your local newspaper.
- 5 Last post meeting before departure. Last-minute details.
- 1 Pick up vans if needed.
- 0 Superactivity.
- + 1 Put an article with pictures of your trip in your local newspaper.
- + 7 Potluck or cookout with families. Show slides.
- + 14 Critique. Send thank-you notes to everyone who helped.

**Note to activity chairman.** The above backdating schedule will vary greatly depending on your chosen activity and skill level. Feel free to build your own backdating schedule. Be more thorough if you want and share it with your post. The following activity plan relates to the backdating schedule and like the backdating schedule is just "food for thought." Use what you want; modify and add to it.



# SAILING

ACTIVITY PLAN		
SESSION	SKILLS INSTRUCTION	SPECIAL ACTIVITY
1	Analyze your post's sailing and aquatics skill levels, who are swimmers, lifeguards, etc. Might give a sailing knowledge test.	Have a sailing expert put on a program on sailing. Have them bring equipment for members to see and touch.
2	Begin sailing training sessions put on by organization such as Coast Guard auxiliary or other sailing instructor. (Check with your local council.)	Do two team-building initiative games found in the <i>Explorer Leader Handbook</i> .
3	Conduct sailing training session 2. Begin planning your first weekend sailing activity.	Show promotional slides, video, etc., from Florida Sea Base or other sailing trips the post has taken.
4	Conduct sailing training session 3.	If this session is on the water, plan some sort of fun graduation party, such as a cookout or pizza party.
5	Conduct first-aid training. Use either the BSA merit badge pamphlet as a guide or have Red Cross or other agency do your training.	Have a knot-tying contest or other sailing skills contest.
6	Analyze your first weekend sailing experience. What areas do you need work on?	Have a consultant put on a session on celestial navigation. Practice navigation. Plan your next weekend sailing activity.
7	Practice your celestial navigation skills acquired.	Plan a sailing contest for your next weekend sailing activity. Plan two initiative games found in the <i>Explorer Leader Handbook</i> .
8	Analyze your second weekend sailing activity. Practice buoy recognition—maybe have a contest. Also practice radiotelephone techniques.	Have a consultant put on a program on wildlife that you may encounter in Florida and the Caribbean Islands.

9	Conduct final planning for superactivity.	Have a medical consultant put on a program on sun safety.
<b>SUPERACTIVITY</b>		
10	Have a family potluck or cookout. Invite people who helped you prepare for your trip and along the way. Send thank-you notes to those who helped.	Show slides of your trip. Have a fun awards ceremony for such things as biggest fish, best cook, best navigator, biggest lobster, most sunburned, etc.
11	Critique your activity plan and trip. How did you do?	Put your critique and activity plan in your post program file for future reference.

## Resources

### Primary Resource

Much of the material and suggestions for this chapter can be found in the *Sea Exploring Manual*, No. 33239. It is a comprehensive manual designed for Explorers who wish to specialize in seamanship. However, it also would be useful for a high-adventure post planning boat-related sports. There is a chapter on meetings and activities and a chapter on seamanship and boating safety that would be especially helpful.

### BSA Resource Literature

*Fieldbook*, No. 33200

*Small-Boat Sailing* merit badge pamphlet, No. 33319

*First Aid* merit badge pamphlet, No. 33276

*Guide to Council High-Adventure Programs*, No. 20-150

*Tours and Expeditions*, No. 33734

*Conservation Handbook*, No. 33570

*Lifesaving* merit badge pamphlet, No. 33278

*Swimming* merit badge pamphlet, No. 33299

*Explorer Leader Handbook*, No. 34637

*Astronomy* merit badge pamphlet, No. 33303

*Radio* merit badge pamphlet, No. 33333

*Signaling* merit badge pamphlet, No. 3237

*Weather* merit badge pamphlet, No. 33274

*Safety Afloat*, No. 4159

*Safe Swim Defense*, No. 7369A

*Guide to Safe Scouting* (available from your local council)

### Additional Resources

*New American Practical Navigator*, Nathaniel Bowditch, McKay, reprint of 1802 ed., 1989.

*Navigation the Easy Way*, Carl D. Lane and John Montgomery, Norton, 1949.

*The Art of Knotting and Splicing*, Cyrus Day, International Marine, 1987.

*How to Survive on Land and Sea*, U.S. Naval Institute, Annapolis, Md.

*Basic Seamanship*, P. Clissold, State Mutual Books, 1987.

*Basic Sailing*, M. B. George, Hearst Books, 1971, rev. 1984.

*International Yacht Racing Rules*, U.S. Yacht Racing Team.

*Keys to Racing Success*, Robert N. Bavier, Jr., Putman Publishing Group, 1982.

*The Small-Boat Sailor's Bible*, Harvey Garrett Smith, Doubleday, 1974.

*Waterways Guides*, editions available for Great Lakes, Southern, Mid-Atlantic, and Northern areas.

*Small-Boat Building*, H. Paterson, Saifer, 1985.

*Small-Boat Sailing: The Basic Guide*, Bob Bond and Steve Sleight, Knopf, 1983.

*Sailing for Beginners*, Moulton M. Farnhem Macmillan, 1986.



# BSA HIGH-ADVENTURE BASES

## Introduction

The Boy Scouts of America owns and operates three world-class high-adventure bases. They are Philmont in New Mexico, the Northern Tier National High Adventure Programs in Minnesota and Canada, and the Sea Base in the Florida Keys. Each year thousands upon thousands of Scouts, Explorers, and volunteers enjoy the diverse programs offered at these bases.

One of the many programs offered might be a good choice for a new post's first superactivity since programs offered by high-adventure bases are self-contained. All you have to do is get your post there and then back home. It doesn't take a lot of expertise to take advantage of one of the national high-adventure programs.

High-adventure base programs are also excellent for experienced posts. You are assured of a safe, quality program, and a program in which there are no surprises. All three bases offer a variety of program selections to match your post's preferences, ability, and history.

## How to Get Information

Brochures and videotapes that describe each high-adventure opportunity are available. Write or call for more information:

Florida National High Adventure Sea Base, P.O. Box 1206, Islamorada, FL 33036, 305-664-4173.

Northern Tier National High Adventure Programs, P.O. Box 509, Ely, MN 55731, 218-365-4811.

Philmont Scout Ranch, Cimarron, NM 87714, 505-376-2281.

## Programs Available

### *Florida National High Adventure Sea Base*

A variety of water-related adventures for Scout troops, Explorer posts, and individuals who cannot attend with their post. There is an additional charge



for individuals since the base will provide leadership. Adventures presently include such programs as scuba certification, scuba adventure, a deserted island living experience, a Bahamas adventure, and several sailing experiences (cruises). All programs are exciting and educational. Rates vary from \$324 and up and change from time to time. The base offers programs year-round and has a weekend program available October through March. Check the base brochures (produced yearly) for specific details, schedules, and rates. (Scholarships available; employment opportunities available.)

### *Northern Tier National High Adventure Programs*

Wilderness canoeing at its finest can be found at bases located in Ely, Minnesota, and Bassett and





Atikokan, Canada. The Northern Tier administrative headquarters is at the Charles L. Sommers Base located outside of Ely near the Canadian border. Four trips, each with a different character, length, and price are offered from May through September. The Charles L. Sommers Base also offers an Okpik Winter Adventure, if you like *cold* weather. The fee schedule is based on the number of people you bring. For planning purposes, average daily cost per person is about \$30. Check the base brochure (produced yearly) for details, schedules, and rates. (Scholarships available; employment opportunities available.)

interest for a drawing held in January for the season the following year. In addition to post programs, there are several programs available for individuals. Additionally, programs in the nonsummer periods can be arranged. Weekend programs are available from September through mid-November. A Kanik cold-weather adventure is offered in January and February. Summer rates vary from \$160 for the shorter individual programs, and up. Check the base brochure (produced yearly) for details, schedules, and rates. (Scholarships available; employment opportunities available.)

### **Philmont Scout Ranch**

The BSA's most active base is Philmont, having had more than 500,000 campers and leaders hike its 137,493-acre wilderness mountains. Expeditions are available on a daily basis from mid-June through mid-August. For Philmont treks, you must plan well ahead. One of the most popular Explorer programs is the Cavalcade, which is a trek on horseback. For an opportunity to do the Cavalcade, you must send a card indicating your

