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PLEASE READ IMPORTANT INFORMATION

In the state of Colorado, we are a licensed childcare facility and are required to strictly adhere to state-required childcare laws. On the next page there are links to download Colorado-specific forms required to be completed before coming to camp.

**Please note:** Requirements could change at any time between the release of this program guide and when you arrive for summer camp. The requirements currently listed in this guide are the most up to date.

If you have any questions or need assistance, please contact the Rocky Mountain Council at 719-561-1220.
# Health & Medical Records

The State of Colorado & Department of Social Services have strict rules that RMHAB must follow. Please read the following section carefully. Each person (adults & youth) must have an Annual Health & Medical Record within 12 months of arrival.

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<thead>
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</tbody>
</table>

✓ indicates that this is a required form

**Youth refers to those who are regular participants in Venturing crews under the age of 21

The Annual Health & Medical Record & Addendum must be completed & signed by a medical doctor, M.D., D.O., R.N.P, or P.A./C. These are the only signatures which the Colorado Department of Social Services will allow to sign this form. Chiropractic doctors, D.P.M. signatures are unacceptable under Colorado Department of Social Services requirements.

On page 3 of the Annual Health & Medical Record & Addendum there is a section where prescription medications are to be listed. In the picture below there are 2 signature lines for a parent & a doctor next to the second yellow star. A parent signature is required even if NO medications are listed. The parent AND doctor signature are required if ANY medications are listed. This requirement is ONLY for youth and NOT adults.
No forms will be accepted at camp. It will be the Scout’s parent’s responsibility to secure and pay for Annual Health & Medical Record & Addendum prior to camp admittance. All Scouts and adult leaders are required to participate in a medical check with the Rocky Mountain High Adventure Base medical staff upon check-in.

Scouts without a completed and properly signed Annual Health & Medical Record & Addendum as of 4:00 PM Monday must be picked up that evening by the parents or taken home by the unit leaders. There will be no refund given.

**Medical Forms Must Be Received 14 Days Prior to Camp**

Due to new State of Colorado Child Care Regulations, all paperwork for youth and adult campers are REQUIRED to arrive the Rocky Mountain Council office 14 days prior to your crew attending camp. The forms submitted will be reviewed to ensure all paperwork is completed correctly. The forms will be at Rocky Mountain High Adventure Base when you arrive. The forms you submit WILL NOT be returned to you. Colorado requires us to keep all medical forms for 7 years. Please be sure your crew brings a copy of all forms for your own use. In addition to sending medical forms, we will be asking you send the additional forms needed for your crew to help make the check in process easier for you.

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</tr>
<tr>
<td>Week 7 (July 19 – 25)</td>
<td>July 5, 2020</td>
</tr>
</tbody>
</table>

Send forms to

**Rocky Mountain Council**

411 S. Pueblo Blvd.

Pueblo, CO 81005

*Do not mail money in this packet. Only send forms to this address.*

*Do not mail forms to Rocky Mountain High Adventure Base.*
Medications

Under Colorado State Law, Scouts bringing medication to camp, including herbal supplements & vitamins, must adhere to the following procedures:

All medication and herbal supplements must be checked in upon arrival to camp and will be made available by the camp's medical staff throughout the week. This includes all over-the-counter medications. (i.e. Aspirin, Tylenol, etc.) We ask, however, that you do not send these medications to camp as we have them available at the health lodge. Adults bringing their own medication must secure and lock their medication in their campsite.

All prescription medication must come to camp in the original bottle from the pharmacy. The label must contain:

1. The camper’s name
2. Date of prescription
3. Doctor’s name & phone number
4. Correct dosage

Daily pill containers are not permitted under Colorado Law.

Please do not cover-up information & instructions on the medication. A letter or prescription from a licensed medical practitioner (MD, DO, PA-C or RNP) must accompany the vitamins or herbal remedies with the following:

1. Name of the camper
2. Type of vitamins or herbal remedies
3. Dosage
4. Times of dispensing.

If these requirements are not met, the vitamins or herbal remedies will not be made available. They will be placed in a locked container in the health lodge and returned to the adult leader at the end of the week. No adult leader or parent will be allowed to dispense any medication, vitamins, or herbal remedies to any camper without the approval of the Camp Health Officer. (CO Dept. of Human Services)

The ONLY medications that will be allowed to remain with the camper, by law, are rescue inhalers, epi-pens, or ana-kits for allergic reactions. The type of rescue inhalers will be determined by the camp medical staff. Medications and herbal supplements in pill boxes and non-original containers are considered contaminated and will be disposed.

Please send only enough medication for the week.

It is the responsibility of the adult leaders to ensure that Scouts are taking their medication during the week. Crew leaders must accompany their campers to the health lodge for their medications. Please bring all your Scouts taking medication at the same
time. Additionally, it is the responsibility of the adult leaders, at departure from camp, to collect any medications or herbal supplements from the health lodge.

For speedy check-in, please have each Scout’s parent complete the Medication Log Form. This form is used to log the medication administered to each person. If no medications are administered, no log is needed.

Any camper, upon check-in, requiring treatment for a pre-existing condition (i.e., wound care) should bring a note from a doctor or parent, along with the sterile supplies necessary to perform the care and instructions stating what on-going treatment needs to be done. We are happy to assist so that treatment can take place in a clean environment.

Our medical staff is not permitted by law to administer injections.
About Us

Welcome! from the Camp Director

Dear Crew Leader,

Thank you for choosing Rocky Mountain High Adventure Base (RMHAB) this summer & welcome! The adventure is an integral part of the Scouting program and for many youths, summer camp is the pinnacle for the outdoor program for the year. Summer camp is designed to support the crew program and here as RMHAB, we are committed to putting on the best possible program for Venturers & adult advisors.

We are pleased to be celebrating the 100th anniversary of the Rocky Mountain Council in 2020 where you will be part of history.

The program at Rocky Mountain High Adventure Base has been designed to provide your & your crew with as much flexibility as possible in planning your adventure. All of the activities that we offer will test your strength & endurance and believe me when I say none of them are easy. Venturers are taken off base for each activity often requiring a bit of travel to get to the destination. But the adventures experienced are once-in-a-lifetime.

This guide is designed to help you plan your summer adventure. The first thing you’ll want to know is that you will need to plan a minimum of 5 days’ worth of activities, which are listed in this guide. You will arrive on Sunday and begin your first adventure on Monday. And if you end up needing to change your schedule, no worries! We will be happy to help customize your experience.

Please take note of the activities which are guided and non-guided; the latter will require adults to transport Venturers to & from the activity.

If you have any questions or concerns, please reach out to us. We are happy to help & serve you in any way possible.

Again, THANK YOU for choosing Rocky Mountain High Adventure Base for your summer adventure!

Yours In Scouting,

Samuel Ahlstrom, Camping Director
About This Guide

This guide is geared to inform everyone about our camp, whether you already have your reservations in or are thinking about joining us for a summer of fun & adventure. Inside you’ll find clear descriptions of what the base has to offer in various areas of adventure as well as facilities. Please don’t hesitate to copy any part of this book and distribute it to Venturers & parents to assist in your planning.

We hope this guide will answer all your questions, but if it does not, feel free to contact us at 719-561-1220

Clarissa Arnot
Office Manager
(Reservations & business)
clarissa.arnot@scouting.org

Samuel Ahlstrom
Camping Director
(Program & logistics)
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Melanie Kelly
Office Clerk
(Reservations & other questions)
melanie.kelly@scouting.org

2020 Available Sessions

<table>
<thead>
<tr>
<th>Week</th>
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<tbody>
<tr>
<td>Week 1</td>
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<td>Week 7</td>
<td>July 19 – 25</td>
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</tbody>
</table>
Program Areas

Whitewater Rafting

Our whitewater rafting experience puts you against the roaring Arkansas River as it fights its way along the sheer rock walls of the Brown’s Canyon of the Arkansas. After receiving instruction from our certified river guides, your crew will join them for 1 or 2 days of exciting – often wet – whitewater rafting.

At a length of 1,459 miles, the Arkansas River is the 4th longest river in the United States and the 16th longest on the planet. The source of the river is near Leadville, Colorado on the eastern slope of the Rocky Mountains. The river flows in a southeasterly direction through Colorado, Kansas, Oklahoma and Arkansas.

River access points we use can differ depending on river conditions, but the following is a typical trip:

**Day 1:** You will head down 12 miles on the Arkansas River from Fisherman’s Bridge through Browns Canyon and on to Stone Bridge. You will learn to navigate your raft, read the river and feel the power of whitewater rapids. You will get wet!! You will experience the famous “Browns Canyon Whitewater”, the most popular rafting section in the USA. You can expect to ride on Class I-III+ rapids in Brown Canyon. A filling lunch will be served at Hecla Junction, half way through your day, and an opportunity to take in the beautiful Arkansas River. After a well-deserved break, you will continue on towards Stone Bridge where our Staff will pick you up and return you to RMHAB for dinner and an evening of relaxation in the exhilarating natural surroundings of base camp.

**Day 2:** After a night of great food & rest, your crew will be taken to the Bighorn Sheep Canyon section for more world class whitewater ranging from class II to class IV rapids (depending on stream flow). Your guide will stop for you to take a cool swim in the river. Be sure to keep a lookout on your river left for Rocky Mountain Bighorn Sheep hanging out around the river and watch for all the fantastic rock formations.

The memories you’ll build riding the Arkansas Whitewater will last a lifetime.
Raft the Royal Gorge

This is a special offer from Rocky Mountain to allow crews a chance to challenge the whitewater thru the Royal Gorge.

This program is not part of our regular package. The Gorge offers VERY extreme water and we only take crews that have previous rafting experience OR have rafted the first two days with us and are age 16 and over. (Gorge trips are also dependent upon water flows, guide availability, and director discretion)

This is some of the best whitewater in the country and it has the stories to prove it. If you are looking for that supreme adventure scenario that is going to challenge your crew’s teamwork ability, this is the trip for you! There will be an extra charge of $75.00 per participant for the Royal Gorge trip. If your crew is willing to challenge the Gorge, see the program director or base director after check-in to arrange this trip. This is a limited program and is on a first come first serve basis and scheduling the trip may interrupt multi-day treks.

Custom OVERNIGHT rafting trips may be available by special request for an additional $40 per participant

Mountain Treks – Guided

The challenge of the rugged Rocky Mountains still awaits your Crew. Our mountain program offers a diverse range of activities to meet the needs and desires of everyone attending RMHAB. There are five mountain programs options that your Crew can choose to participate in. Large groups (more than 13) may be asked to transport themselves to and from the trailhead for certain trips to be determined during check in or before the trip.

COLORADO TRAIL

Included with registration

This is a popular, moderate, backpacking trip intended for novice crews. You and your Venturers will participate in a 2 or 3 day trek into the Rockies with our mountain rangers along the Colorado Trail, hiking approximately 15 to 24 miles.

After receiving training in hiking, backpacking, and Leave No Trace camping, your crew will begin their trek with our guides. We provide your meals & snacks on the trails and can provide tents and cooking equipment. However if your crew does
own such trail equipment, you can bring your own gear.
Remember to bring along a camera to help you record your Rocky Mountain experience.

**WARNING**

*The Fourteener Challenge is extremely difficult and is intended for Venturers & adults in top physical condition.*

**THE FOURTEENER CHALLENGE**

*Included with registration*

For Crews experienced in backpacking and seeking a highly challenging yet rewarding trek, we offer these mountains over 14,000 feet in elevation. These can be set up for a 2 or 3-day trek. If your crew seeks a longer backpacking trek, please contact the base director for additional details.

**MOUNT SHAVANO**

14,299 ft

This trek involves a 4-mile hike the first day to the base camp. You will wake up around 4:00 am the next morning to avoid thunderstorms, giving you the best chance of completing the 3 mile trip to the summit for a total of 14 miles and 5000 vertical feet gain. This is a wonderful hike that will challenge even the fittest of individuals, but the view is worth the trip.

**MOUNT ANTERO**

14,269 ft

This our most difficult fourteener trek due to its length. The first day you will hike 6.5 miles to base camp at Brown’s Lake. The next morning will involve a 4:00 am awakening to avoid thunderstorms along the 5 miles to the summit. You will then hike the 11.5 miles back to the trailhead for a total of 23 miles and 5,000 vertical feet gain.

*NOTE: This could be the most difficult but rewarding effort you will ever undertake, and due to such factors as weather and personal reactions to extremely high altitudes, we cannot guarantee that every person in your group will summit.*
Mountain Treks – Self-Guided

YOU MUST PROVIDE YOUR OWN TRANSPORTATION FOR SELF-GUIDED TREKS. Your crew may choose to take on a fourteener without being guided by one of our Rangers. We will provide all gear, food, maps and directions. Peaks near the Base include- Mt. Princeton, Mt. Ouray, Mt. Yale, Mt. Harvard, Mt. Columbia, Mt. Oxford, Mt. Massive, and the tallest in Colorado, 2nd highest in the continental USA, Mt. Elbert.

Self-guided: Continental Divide Day Hike
(Mount Peck)

*Additional fee of approx. $7.00 per person- Prices may change without notice. For this low cost you can ride to the top of the Continental Divide in a gondola and spend the day hiking around the top of the world. The $7.00 fee is paid directly to the operator of the gondola. Your crew will have the opportunity to proceed down the beautiful mountain trail and over to Peck’s Peak. This activity is less physically demanding that the backpacking option and does not include an overnight on the trail. This activity typically last about a half day and is great to partner with another activity.
**Self-Guided CONTINENTAL DIVIDE TREK**

The Divide Trek can be a two or three day trek. This trek will start at Monarch Pass. Your crew will drive to Monarch Pass where your trek will start at 11,312 feet in elevation. You will head south on the Continental Divide trail. Most of this trail is above tree line and has a beautiful view in any direction. It is a 10.5-mile trek to Marshall Pass. You may choose to camp anywhere on the divide trail or if you can make it to Marshall Pass, you can camp in a miners cabin. After a night of rest you will continue along the Divide trail south to the Silver Creek Trail and head downhill through many switchbacks and beaver ponds or you may decide to summit Mt. Ouray. This is a fantastic trek. This is another extremely demanding trek, due to exposure, and should be considered by only by experienced crews.

**FISHING TRIPS**

*Additional license fees required. For those who prefer to sample the magnificent Colorado fishing, we offer one and two day trips to several scenic mountain lakes (single day trips are self-guided while multi-day trips are guided). You can backpack from the trailhead to a mountain lake located just below the tree line.

Elevations of the lakes and hiking distance will vary depending on which trip you embark upon. Also you can be taken by vehicle to the mountain lake O’Haver, fish for one day or spend the night. There will be ample room to spread out your camp and then enjoy some of the finest mountain fishing in Colorado. There is an additional Colorado Parks Pass per vehicle required for this option. Fishing permits will be required for fishing on any Colorado waters. Youth 15 years old or younger are not required to have a fishing license while fishing with a licensed adult. RMHAB does not sell fishing permits however they are available only 15 minutes from camp in Salida.
Guided Trips and Programs

5-Day Backpacking Treks
Rocky Mountain High Adventure Base will take your crew on a 5-day backpacking trek. Rocky Mountain furnishes all gear such as tents, cook gear, water filters and food. All you need to bring is your personal gear. We will guide you on the Colorado Trail and summit 14 thousand foot mountains such as Mt. Antero, Mt. Shavano and Mt. Tabaguache. On the way you may choose to summit any or all of the 14er’s.

Rock Climbing /Rappelling
(Included in fees) This program will be offered to a limited number of participants. This number depends on the availability of suitable climbs and number of guides. In the past we have been able to accommodate all requests for climbing. Our climbing is on pure solid Rocky Mountain Granite. The climbs and rappels range from 30 feet to 120 feet in height. Due to the challenging nature of the activity, the climbing program is typically done as a one day program option.

Mountain Biking
You may choose, as part of your program, a mountain bike experience. We provide mountain bikes with guides available for ½ day rides, or you can take your Crew out on their own bike trek. Most treks are ½ day excursions. Note: Your crew will be biking at between 7,000 and 9,000ft + elevations and the terrain will vary between uphill and downhill sections. Bicycle experience is necessary for more strenuous trails. There are a number of terrific mountain bike treks that may be adapted specifically to your crew’s needs and experience level. Make sure you pack some gloves to ride with. Sections we are permitted to guide are, Poncha Loop, Methodist Hills, Arkansas Hills and sections of the Rainbow Trail. You can find information about each of these areas online.

Custom Treks
Rocky Mountain High Adventure Base has an open mind. If there is a trek that you would like to try other than the programs discussed, give us a call and we will try to design a trek that will fit your crew’s needs. Offer ideas and we will try to work it into the schedule.
Other Suggested Self-Guided Trips
Your trip to Rocky Mountain High Adventure Base does not typically allow for sightseeing, however we can build it into your program. The Royal Gorge Bridge in Canon City, Pikes Peak and the Air Force Academy in Colorado Springs, The Great Sand Dunes in the San Luis Valley (this is a very popular trip), St. Elmo Ghost town are just a few attractions that can be seen in a one day trip. Let us know how we can help you and your Scouts plan these activities. *These trips are self-guided and transportation is not provided.

Merit Badge Work
Scouts may work on Rock-Climbing, Fishing and Biking Merit Badge while at Rocky Mountain High Adventure Base. Make sure you bring along your Councils Merit Badge cards filled out completely. Note: The Whitewater MB must be done with kayaks and canoes, not river rafting. Outfitters claiming to offer the merit badge in a raft are not following the requirements of the merit badge.
Working at Camp

Do you have Scouts who are looking to do something AWESOME, make some money and have a chance to share their skills and knowledge? Then come be camp staff!

Camp Staff offers opportunities for a variety of summer camp staff jobs. Paid staff at RMHAB starts at 16+ years of age with management positions available for those 18+ years old (some positions require you to be 21+ years of age). The Rocky Mountain Council, BSA is an equal opportunity employer that hires both females and males, as well as people of all ages and ethnic groups, diverse cultures, and mixed abilities.

There are a lot of opportunities for Scouts and Scouters to come and work at one of our amazing camps! This is a great opportunity to teach Scouts, live up in the mountains for a summer and earn some money too!

Apply Today

Have more questions? Reach out to our camp director for more answers!

Samuel Ahlstrom
Camping Director
samuel.ahlstrom@scouting.org
719-561-1220
Registration & Pre-camp

How to Register

- Register online or mail your unit reservation to the Rocky Mountain Council office with the camper deposits of $50 ($250 minimum deposit per unit)
- You may also call in your reservation to the Rocky Mountain Council office at 719-561-1220
  - Reservations or additions MUST be accompanied by a form of payment. This could include credit card over the phone, a check that has been received at the office.
- Full fees are due by June 1, 2020. Participants paid in full by March 1, 2020 will receive a $35 discount.
- You may add additional Scouts and adults after you make your initial reservation either online or over the phone.
  - This is contingent on availability.
- You may delete participants if needed either by email or over the phone. Please refer to our refund policy for complete details.
- A final fee settlement will be made upon arrival at camp for pre-approved late additions.

Fees

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To qualify for the lower price, participant must be paid in full by March 1, 2020 OR payment must be mailed & postmarked March 1, 2020.

Participant Requirements

All youth participants must be 13 years old by January 1, 2020 or have completed the seventh grade before attending camp. All participants, youth & adults, must be registered members of the Boy Scouts of America. It is the responsibility of the crew leader to ensure that all qualifications are met. And a copy of your crew roster must be provided as proof of registration. This can be requested from your local council.

Refund Policy

Due to the requirements from local and state authorities, we must file for permits and requests to operate months prior to the beginning of camp. This requires us to have a much firmer count of who will be joining us for camp much further in advance. The
following refund policy is to help the Rocky Mountain Council better communicate with local and state authorities regarding how we will be operating each summer.

- The $50 per participant reservation fee is non-refundable.

- Participant fees are transferable within your group at any time, less the $50 deposit.

- The cancellation of an individual reservation that cannot be transferred within your group will be subject to the following:
  - Prior to March 1, 2020: loss of $50 deposits, and 25% of balance paid.
  - From March 1 to April 30, 2020: loss of $50 deposits, and 75% of balance paid to council.
  - After April 30, 2020: no refund is given unless evidence of a medical emergency is provided.

All requests for refunds must be in writing to the Rocky Mountain Council office manager by email or by mail at:

**Rocky Mountain Council, BSA**

**411 S. Pueblo Blvd.**

**Pueblo, CO 81005-1204**

No refunds will be given for requests postmarked after April 30, 2020.
Preparation

Be prepared

Right Now

- ✶ Submit your crew reservation & deposit to secure spots
- ✶ Inform all Scouts about the crew’s summer camp plans at Rocky Mountain High Adventure Base
- ✶ Recruit 2 adult leaders (one at least 21 years old) to be in camp during your stay. Recruit more if you will have 20 or more Scouts

April

- ✶ Registration fees must be paid in full by March 1, 2020 to receive the “Early” discount
- ✶ Watch our online pre-camp meeting (Date TBD)
- ✶ Complete the Unit Swim Classification Record (aka BSA Swim Check)

May

- ✶ Send out final camp notices to all parents including a list of what to bring.
- ✶ Have committee members visit parents of Scouts not registered to encourage their attendance with your crew or with another crew.
- ✶ Work with each Scout in planning an advancement schedule & getting them started with the pre-camp work listed in this guidebook.
  - Each adult who will be at camp should have a record of what each Scout will be doing for advancement.
- ✶ Ensure that all Scouts and adults will have their Annual Health & Medical Record & Addendum completed before coming to camp.
  - Also, have the Permission for Medication Administration (Colorado specific) form completed for those Scouts taking medication at camp as well as the Routine Drug Administration Record (BSA specific). Both forms, while redundant, must be filled out for Scouts taking medication while at camp.

Three Weeks Before Camp

- ✶ Collect and mail all Scout & adult forms to the Rocky Mountain Council including:
  - Annual Health & Medical Record & Addendum (Parts A, B, & C)
- Sunscreen Permission
- Permission for Medication Administration (Colorado specific)
- Routine Drug Administration Record (BSA specific)

PLEASE NOTE: Colorado Childcare regulations require that ALL health, sunscreen and medication forms arrive at the Rocky Mountain Council office no less than 14 days prior to your arrival to be reviewed. Please mail (not email) copies, NOT originals. Colorado state law requires us to keep all health and medical forms for 7 years.

- Check up on each Scout’s pre-camp advancement work
- Make final advancement changes up to 1 week prior to camp
- Hold an inspection of personal packs & equipment
- Prepare crew equipment for camp
- Prepare multiple copies of your crew roster for camp and other adults, and send a copy to the Rocky Mountain Council
  - Must be an official roster showing all registered members of your crew. Please highlight all those who intend to attend.

Days Leading Up to Camp

- Complete the final check on transportation to ensure everyone has a ride to & from camp
- Remind Scouts of the behavior standards necessary for a Scouting trip
- Remind the Scouts to pack a lunch for the day you arrive, unless you plan to stop & pick up food before arriving at camp
- Plan to arrive at camp between 1:00pm & 3:00pm

Before You Depart

- Ensure everyone has their medications in their original containers with a label containing the Scout’s name & crew number
- Ensure rides will be at camp to pick Scouts up before 9:00 AM on the following Saturday

Adventure Planner

Part of preparing to attend Rocky Mountain High Adventure Base is completing the Adventure Planner. It is very important for our staff to have as it is vital in the planning of your week. If we do not get this, you may miss out on a program that you would like to have. Please fill out all its pages and return it to the Rocky Mountain Council as soon as possible. There is no confirmation sent out for the planner.
Safety & Risk Management

To enjoy your high adventure experience, it is very important that all participants, youth and adults, are in good physical condition before arriving at camp. Your high adventure trek will take you to altitudes between 10,000 and 14,000 feet. The high altitude can be hard on anyone and this needs to be recognized – not feared. The best thing your crew can do to avoid altitude problems is to physically train for this experience. There are many good books and articles on how to accomplish this. We recommend Chapter 9 of the Boy Scouts Field book “Becoming fit”. If your Crew does not already have this book, it is a valuable manual. Like other wilderness areas, Rocky Mountain High Adventure is not risk-free and you should be prepared to listen to safety instructions carefully, follow directions and take appropriate steps to safeguard yourself and others.

Risks Factors

Parents, guardians, and potential participants in high adventure programs are advised that journeying to and from RMHAB can involve exposure to accident, illness, and/or injury associated with a high elevation, physically demanding, high adventure program in a remote mountainous area or on the Arkansas River. Campers and rafters may be exposed to occasional severe weather conditions such as lightning, hail, flashfloods, and heat. Other potential risks include: injuries from tripping and falling, falling into the river, getting caught in currents and striking rocks, motor vehicles accidents, worsening of underlying medical conditions such as diabetes or asthma, heart attacks, heat exhaustion and high altitude sickness.

Trails in the Rocky Mountains are steep & rocky, and the river is cold & fast with whitewater & swift currents. Wild animals such as bears, rattlesnakes, and mountain lions are native; however, they usually present little danger if proper precautions are taken. Please refer to the Guidebook to High Adventure, speak with previous Rocky Mountain High Adventure Base participants, or call the camp director for further information concerning risks and measures which can be taken to avoid accidents.

Rocky Mountain High Adventure Base has staff certified in first aid, CPR and accident prevention, and is prepared to assist in recognizing, reacting, and responding to accidents, injuries and illnesses. Each crew is also required to have at least one member trained in first aid and CPR. Medical and search and rescue services are provided by Rocky Mountain High Adventure Base, United States Forest Service and Chaffee County Search and Rescue Units in response to an accident or emergency, however, response times can be affected by location, weather or other emergencies.

Weight Limits

Each participant in a Rocky Mountain High Adventure Base trek must not exceed the maximum acceptable limit in the weight for height chart shown below. The right hand column shows the maximum acceptable weight for a person’s height in order to participate in a trek. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks. Every trek from our base involve hiking with a 35-
50 lb. backpack between 9,000 to 14,100 ft. elevations. We recommend that participants carry a pack weighing no more than 25-30% of their body weight.

Our staff will use their best professional judgment in determining participation in a trek by individuals who exceed the maximum acceptable weight for height. Participants under 21 years of age are strongly encouraged to meet the weight limit for their height, and exceptions are not made automatically, and the maximum allowable exception will be 20 lbs. Discussion in advance with the camp director regarding any exception to the weight limit is required, whether it is over or under.

**Under no circumstance will any individual over 295 lbs. be allowed to participate regardless of height or age.** This limit is necessary due to limitations of rescue equipment and for the safety of Rocky Mountain High Adventure Base personnel.

Neglecting personal fitness is like heading into the wilderness without the ten essentials. You not only put yourself at risk, but also put your entire team at risk.

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight –LBS (Recommended)</th>
<th>Weight-LBS (Maximum Allowed)</th>
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<tr>
<td>5’0”</td>
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<td>101 – 143</td>
<td>172</td>
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<td>5’2”</td>
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<tr>
<td>5’3”</td>
<td>107 – 152</td>
<td>183</td>
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<tr>
<td>5’4”</td>
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<td>5’6”</td>
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<tr>
<td>5’9”</td>
<td>129 – 185</td>
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<table>
<thead>
<tr>
<th>Height</th>
<th>Weight –LBS (Recommended)</th>
<th>Weight-LBS (Maximum Allowed)</th>
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<td>6’6”</td>
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<td>281</td>
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<tr>
<td>6’7” +</td>
<td>170 – 240</td>
<td>295</td>
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</table>

*This table is based on the revised Dietary Guidelines for Americans from the US Dept. of Agriculture and Dept. of Health & Human Services.*

A water-displacement test to determine percent body fat will also be accepted in lieu of the height-weight guidelines. Women will need to have a body fat of 20% or less and men will need to have a body fat of 15% or less to be qualified to participate. No other form of test to determine percent body fat (DEXA scan, skin fold, etc.) will be accepted.
Whitewater conditioning
In addition to having basic swimming skills, we recommend arm, shoulder, and back exercises prior to your arrival at camp. The Boy Scout Field book has good information on Whitewater rafting that should be reviewed prior to coming to camp.

Please remember all scouts and adults must have completed a BSA swim test prior to coming to camp. The crew leader will certify with the form turned in during check in.
What to Bring to Camp

Recommended Participant Packing List

For use in base camp

☐ Class A Uniform
☐ Cot or Sleeping Pad RMHAB does not provide cots or sleeping pad
☐ Sleeping bag

Medium winter weight, down to +15 degrees
☐ Mess kit

Plate, bowl, cup, knife, fork, and spoon;
Frisbee’s make a great plate
☐ Water Bottle
☐ First Aid Kit
☐ Swim Suit
☐ Rain Gear

Rain parka & pants suggested. Ponchos are not recommended
☐ Warm Clothes

Wool or fleece
☐ Alarm clock/watch
☐ Prayer Book or similar

i.e. Bible, or other religious text
☐ Flashlight/headlamp
☐ Jacket/warm fleece top
☐ Individuals will be provided soap & water and will do cleaning of their own mess kits. The use of paper plates & plastic is discouraged

For use in Rafting

☐ Shorts

Quick drying material such as polyester is best
☐ Shoes

Tennis, Boat shoes, or similar. Sandals such as flip flops are not permitted.
☐ Rain Gear
☐ Hat
☐ Sunglasses

Attach string or rope to them to keep them from getting lost
☐ Water bottle – one-liter minimum per person

Our Trading Post has a supply of Nalgene’s in available for purchase

☐ Sunscreen/sunblock

SPF 15 or higher

For Use while Backpacking

☐ Pack & Frame

With padded hip belt, checked & tested with weight.
☐ Pack cover
☐ Sturdy hiking boots

Broken in. Water proof recommended. Tennis shoes are not permitted.
☐ Sandals or slippers

Optional
☐ Sleeping Bag
☐ Closed cell sleeping pad
☐ Long underweare
☐ Rain Suit

Jacket & pants
☐ Sweater (wool or fleece)
☐ Gloves or mittens
☐ Stocking cap
☐ Water bottles

2-3 each suggested. Nalgene-style recommended.
☐ Extra socks

Wool – no cotton
☐ Toiletry kit
☐ Sunglasses
☐ Sunscreen
☐ Hat w/ brim
☐ Personal First Aid kit including moleskin
☐ Mess kit
☐ Light weight thermal mug
☐ Ground cloth
☐ Pocket knife
☐ Day pack

For use on day hikes or bike treks.

For Use while Mountain Biking

GLOVES are highly recommended to wear while riding bikes. It protects your hands against blisters and especially if you dump the bike in the gravel.
### Other Appropriate Personal Equipment

- Camera
- Watch
- Fishing gear
- Binoculars
- Sewing Kit
- Notebook & Pencil
- Flashlight
- Bandana
- Lip Balm
- Small Pocket Knife
- Gaiters

### What to Leave at Home

<table>
<thead>
<tr>
<th>Personal Shooting Equipment</th>
<th>Drugs of any kind</th>
<th>Laser pointers</th>
<th>Alcohol</th>
<th>Excessive jewelry</th>
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<td>Inappropriate material</td>
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</tbody>
</table>
At Camp

Check-in
To make your arrival at camp as smooth as possible, here is a brief description of the check-in process:

當您抵达营地时，请沿路前往主要停车场，您将受到您的营地主任的接待。

如果您将乘坐包车到达，请在到达前通知我们。

當您的队伍正在拆卸时，请将您的辅导员或成人与所有文件一起送到营地办公室进行登记并交上文件。请准备好以下内容交到营地办公室：

- 复印您的协会保险政策/索赔表单 — 如果您需要在营地提交保险索赔，拥有索赔表单将有助于加快过程。
- Unit Swim Classification Record（即BSA泳池检查）— 此记录将转交给营地主任，如果您想要保留原件，请提供我们一份副本。

请您在周日16:00时在餐厅进行领袖培训。

如果您的队伍有兴趣在周六晚上或周一早上到达，请在至少14天前与Rocky Mountain Council联系，电话为719-561-1220。

Camp Policies

Adult Leadership
In accordance with the policy of the National Council of the Boy Scouts of America, the Rocky Mountain Council requires that a minimum of two registered adults, male or female, provide leadership to their crews. This policy follows Youth Protection Guidelines. One adult must be 21 years of age and an assistant must be 18 years of age or older. If your crew has elected to participate in two or more separate programs, we can use our guides as part of those Youth Protection Guidelines to provide the two deep leadership.

Showers
Shower buildings are located near main camp with individual showering rooms for
privacy. Please make sure to follow all Youth Protection Training guidelines to help us to maintain safety & privacy. Handicap accessible rooms are available.

Shower clean-up will be assigned upon arrival.

Campers must bring their own toiletries or purchase them at the Trading Post.

**Laundry Facilities**
A washer & dryer are available for use for emergencies. Please see the camp administration for access.

**Medical Services**
In case of an accident or illness in camp, medical services will be provided at the First Aid Room without charge. Should the condition of the patient require hospitalization, home care, or placement under the care of the family physician, the related expenses are the families' responsibility.

**Uniforms**
Scouts and adults are invited to wear the complete Scout or Venturing field (Class A) uniform during evening meals, campfires, religious services, retreats, and other ceremonies while at camp.

**Vehicles**
Due to limited space and no roads through camp, vehicles cannot park anywhere other than in the parking lot.

**Bicycles at Rocky Mountain High Adventure Base**
Many crews choose to allow their Scout to bring bikes. Please take note of the following rules regarding bikes:

- Bikes must yield to pedestrian traffic & must be walked if needed
- When not in use, bikes near the crew campsite will be stored off the road, near the latrine
- Absolutely no riding after dusk without a light
- All riders will maintain safe speeds, wear a buckled helmet while riding, & obey all rules & signs

Any rule infractions will result in the individual losing their privilege to ride on camp property.

**Fishing**
Scouts and adults can fish by taking a short trip to the river. Colorado Fishing License is REQUIRED for all adults & youth 14+ years of age. It can be purchased online before arrival or in Salida.
Pets
No animals are allowed on camp properties except for registered service animals, or animals which are for a program/demonstration & have prior approval of the camp administration.

Mail
Please have mail addressed as shown below:

(Camper’s Name), (Crew #)
Rocky Mountain High Adventure Base
600 US Highway 285
Poncha Springs, CO 81242

You are encouraged to mail things several days in advance to ensure we receive it before check-out day.

If there is an emergency family issue, please call 719-539-1139 or email clarissa.arnot@scouting.org with the Scout’s name & crew number in the subject heading. Camp administration will ensure that the camper receives the message.

Any mail received after your Scout has left camp will be marked “Return to Sender”.

Smoking (Tobacco, E-cigarettes, Marijuana, & others)
For the health & safety of our participants, the use of tobacco products including, but not limited to, cigarettes, cigars, smokeless tobacco, and vapors is not allowed in campsites, program areas, & buildings. Smoking is only allowed inside of vehicles with windows rolled up, away from Scouts & adults.

In accordance to the Guide to Safe Scouting, the use of vaporizers will not be permitted while in the presence of any youth.

Due to a high wildfire risk and the health of Scouts, infractions will result in expulsion.

Additionally, the use of marijuana is not permitted in any way. Participants using marijuana will removed from camp and proper authorities will be notified.

Those using smokeless tobacco must follow the same instructions listed above.

Fires & Firewood
Crews are prohibited from bringing firewood into camp because it can harbor many kinds of invasive pests & diseases harmful to our trees.

Crews can gather downed wood and additional wood can be made available if needed.

Fireguard charts are furnished for each campsite.

The ability to have fires in the campsite will be directly affected by fire bans.

If you choose to have a fire in your campsite, an adult must always be tending to it. Scouts may not be left without an adult to tend to campfires.
**Emergencies**
A camp-wide emergency will consist of any severe weather, wildfire, lost or missing campers, lost or missing swimmers, & any possible severe medical emergency. Anyone who becomes aware of an emergency or danger should notify the nearest staff member who will contact the appropriate camp administrator.

In the event of a camp-wide emergency, the camp siren will sound. At which time, all campers should report immediately to the dining hall & await further instruction from the camp staff.

Any information regarding a bomb threat or unauthorized visitor should be reported to camp administration immediately.

**Leaving Camp Early**
Scouts leaving camp during their crew’s stay must have a release signed by their parent or guardian & approved by an adult in the crew.

When checking out, a member of the camp administration team will check the ID of the person taking custody of the Scout to ensure safety.

**Visitors**
We welcome parents to come & see what is going on at camp.

All visitors (including parents) MUST check-in & out at the camp office. They will also be approved by camp administration upon arrival.

Visitors will be issued a wristband to identify them as visitors who have checked in. Visitors are asked to keep that wristband on for the duration of their stay.

Visitors are asked to keep their visit between the hours of 7am to 10pm. If you plan to visit for more than one day, please speak with camp administration.

For visitors staying for multiple days, a daily fee will be assessed & will be charged to the crew balance due.

To better serve you, visitors with disabilities should notify Rocky Mountain High Adventure Base prior to their arrival.

Guest meal tickets may be purchased for $9 per meal in the office.

All visitors must abide by all camp policies & will be asked to leave if they are found to be violating them or a disruption to the program.

**Lost & Found**
Our staff does their best to locate and/or retrieve any lost and misplaced items, but Rocky Mountain High Adventure Base is not responsible for any lost items. If you have any extremely valuable or sentimental items, it might be best to leave them at home for the week.
All items that are lost at camp will be held until the end of the season. If an item is left at camp after your crew has left, the item(s) will be shipped after receiving postage. After the summer season, there is no guarantee for lost items.

**Anti-Discrimination**
In the operation of the summer camp program, no person, as defined by program regulations, will be discriminated against because of race, sex, color, age, national origins, sexual orientation, or handicap.

**Privacy**
Unless noted otherwise, while participating in Rocky Mountain Council activities, you agree to allow Rocky Mountain Council to use your image in camp & council promotional materials.

**Cell Phones**
There is limited reception at camp. Currently only Verizon and Sprint receive service. AT&T and T-Mobile phones do not receive a signal; however they will work in the towns of Poncha Springs and Salida. Cell coverage is good in many of our program areas outside of camp.

**Camp Telephone**
Rocky Mountain High Adventure Base telephone number is 719-539-1139. This phone number is only during the camp season May 26th through Aug 3rd. Please direct other questions before camp to the Rocky Mountain Council at 719-561-1220.

This phone may be used in emergency situations, but we ask that use of this phone by participants be limited to a minimum as we need it to do day-to-day business.

**Medical Policies**
Good camp health is based on knowledge of the physical conditions of everyone who comes to camp.

The Annual Health & Medical Record & Addendum are required for anyone staying at camp overnight.

We are required by Colorado Childcare licensing to retain one copy for 7 years, so please make two copies – one for you, one for us. All forms retained by Rocky Mountain Council are kept confidential & secured at camp & the Rocky Mountain Council office. After your stay, the copies are kept in locked storage until the required date when they are destroyed.

**Additional State of Colorado Immunization form may be required. Leaders will be notified in the case of a change**
Part C of the medical form must be completed within 1 year of arrival at camp with a signature from a licensed medical professional & the health history (Part B) must be updated within 90 days before arrival at camp. Adults & youth members attending Rocky Mountain High Adventure Base should consult their physician if they have any health issues that may affect their safety or enjoyment of camp.

**Health Office**

Our health office is equipped with supplies to handle most injuries in camp. A health officer is on-site & available 24 hours a day to handle most emergencies. Emergency services may be called to assist with serious injuries & other emergencies.

**Insurance**

Rocky Mountain High Adventure Base does not carry camper health & accident insurance for out-of-council Scouts & adults. An adult at check-in must provide Rocky Mountain High Adventure Base with verification of insurance coverage for your crew, which must include the following:

- Policy number
- At least one claim form

If your crew does not carry accident insurance, individual private insurance numbers & claim forms (for each Scout & leader) are acceptable.

**Medications**

Under Colorado State Law, anyone bringing medication to camp must follow certain procedures. All medications for youth must be turned in to the health officer upon arrival at camp. This includes prescription medications, over-the-counter medications, vitamins, & herbal supplements. Personal emergency medication will remain with the individual (i.e. epi-pens, inhalers, nitroglycerin pills, etc.) Adult medications may be kept at the crew campsite but must be locked up & inaccessible to Scouts.

All Scout medication MUST be in the original container, marked with the Scout’s name & crew number.

To speed the process of medicine check-in, parents & adults must fill out Permission for Medication Administration (Colorado specific) as well as the Routine Drug Administration Record (BSA specific) for each Scout that will be taking medications during their stay at camp. BOTH forms are required.

Medications will be returned to the adults at the end of the week or upon departure.

Only the camp health officer or a licensed registered nurse or physician may dispense medication to adults & Scouts while at Rocky Mountain High Adventure Base.

If you will have a licensed registered nurse or physician attending camp with your unit, please have them bring a copy of their medical license.
Food Allergies & Dietary Restrictions
We recognize that Scouts & adults have food allergies and/or special dietary needs; we strive to make accommodations when possible. If you have Scouts or adults who require special meal options (gluten-free, vegetarian, etc.), please fill out the Medical Statement for Food Allergies & Dietary Restrictions.

If it is easier for your Scout or adult to bring their own supplemental food, we can make sure that it is stored & accessible throughout the week.

Rocky Mountain High Adventure Base trail food is, by necessity, a high carbohydrate, and high calorie diet. If an individual crew member is allergic to one or more food products or requires a special diet, suitable trail food should be purchased at home and brought to camp to ensure that dietary needs and restrictions are met correctly.

Lightweight and low bulk foods are recommended for backpacking. Package each day’s meals separately and write the person’s name and crew number on each package. Upon arrival, take the food to the dining hall for storage until you leave on your trek.

Altitude Sickness
Rocky Mountain High Adventure Base is located above 9,000 feet. It may take several days to acclimate to the higher altitude. All Scouts & adults should be physically prepared for the elevation at camp. Symptoms of altitude sickness can become evident within 2 hours of arrival at camp. These symptoms can include headache, dizziness, & nausea. Any of these symptoms should be reported to the camp health officer as soon as possible. These symptoms typically subside within a day or two.

We recommend that crews coming from lower altitudes spend Saturday night camping along the front range of the Rocky Mountains at an elevation of 4,500-6,000 feet to gradually acclimate to the 9,000+ foot elevation at camp.

Drink at least 2 liters of water per day!

Dehydration
Dehydration is a concern at camp due to high energy levels of activity as well as the altitude. But it’s easily preventable. All campers are encouraged to drink water frequently. Soda pop is not an effective substitute. Everyone should carry a personal water bottle & consume no less than 2 liters per day.

Safety Awareness
The safety of your crews and our staff is the NUMBER ONE PRIORITY at Rocky Mountain High Adventure Base. The State of Colorado certifies the River Staff in whitewater rafting on the Arkansas River.
The Mountain Rangers are trained in mountain safety and emergency procedures and are experienced mountain trekkers. All guides are certified in First Aid and CPR. All guides and Rangers carry communications equipment for emergencies.

It is important that everyone understand the effect that natural conditions here in the high country have on our program! The Rocky Mountain Council, BSA and/or the staff of Rocky Mountain, may cancel or cut short any river trip, high country trek, climb, or any other program activity if dangerous storms or other dangerous conditions exist. Your safety must come first!

**Bears & Wildlife**

Rocky Mountain High Adventure Base Ranch is fortunate to share its corner of the Wet Mountains with local wildlife. It is important to remember that we are visitors to the natural habitat, and we should treat wildlife with the respect they deserve.

There are bears in the area, but normally there is very little bear activity in camp. Encounters can be avoided easily, with proper preparation. The staff of Rocky Mountain High Adventure Base recommends that “smellables” (e.g. deodorant, toothpaste, etc.) be stored in a crew trailer in your campsite. If you are not arriving at camp with a trailer, you may park 1 vehicle in your campsite to store these sorts of items.

Ziploc bags do not prevent scents from escaping. Do not use these as an alternative to storing smellables.

**Weather at Camp**

Rocky Mountain High Adventure Base is located in the Heart of the Colorado Rocky Mountains at approximately 9,000 feet in elevation. Our summers are usually mild; but there are times in the evening and early morning when the temperature drops. It can snow as late as mid-June, (and has been known to snow on the high peaks in July and August) so, BE PREPARED. Bring warm clothes and good rain gear. We also sell sweatshirts and jackets.

**Sunburn**

At high altitude, sunburn can occur at a much faster rate than at sea level. SPF 30 & above is recommended for use, especially on the face. Sunglasses with UV protection & wide brim hats are recommended. Ensure all sunscreen containers are labeled with the Scout’s name & crew number.

All Scouts must have a Sunscreen Permission completed & signed by a parent or guardian.

**Trading Post**

The Trading Post provides Scouts and adults with souvenirs, refreshments, and certain items you may have forgotten to bring from home. Things to consider:
A typical Scout spends about $60 while at camp.
The Trading Post will be open throughout the day to meet all your shopping needs. Specific hours will be posted at camp.
We are constantly working hard to bring you all the best merchandise to help make your camp experience memorable. From t-shirts to paracord, we try to have a great selection of items available; if you have something specific you’re looking for, let us know!
Candy, snacks, and drinks are available for purchase, but remember that a Scout is clean.

The following is a partial list of items on sale at the Trading Post:

- Souvenirs
- Refreshments
- Camp Patches
- Fishing Rods
- Candy
- Post Cards
- Camp T-shirts
- Backpacking Equipment
- Batteries
- Camp Mugs
- Ice Cream
- Chapstick
- Rafting Equipment
- Rafting Pictures
- Hats
- Soft Drinks
- Nalgene bottles
- Hygiene items
- Backpacks

Camp Services & Facilities

Food Service at Camp
Rocky Mountain High Adventure Base uses a dining hall and serves cafeteria style meals. We ask that you use your own mess kit (plate, bowl, cup, knife, fork, & spoon) while in camp to help with camp conservation programs. We do have sets of mess kits for you to check out and return when you leave. If they are not returned, you will be charged $10.00 per mess kit. Your crew may be asked to participate in food service duties that will help expedite the meal time process. The camp will provide all food, cooking equipment, clean-up materials, and overall direction.

Equipment & Facilities at RMHAB
When you arrive at Rocky Mountain High Adventure Base, you will be assigned a tent in our “Tent City”. The tents provided will be clustered together in order to keep your crew near to one another.

NOTE: If you have your own Crew stoves, tents, etc., you are encouraged to bring them to RMHAB and use them.
Being that RMHAB is located in Colorado, there is always a chance for bears. While this is rare, we ask that all smell-able items be locked out of campsites, either in your vehicles or in the lockers located by the latrines. Chipmunks will also eat through backpacks to get to any food, so it is a good idea to keep anything out of your campsites. Smellables include any food or wrappers, deodorant, toothpaste, etc.

**Equipment in Base Camp Provided by RMHAB:**
- Two person tents
- Flush toilets
- Tent platforms
- Toilet paper
- Picnic tables
- Lockers
- Private showers
- Scenic Views
- Campfire circle

*RMHAB does NOT supply cots or sleeping pads.*

**River Equipment Provided by RMHAB**
- River Lunch
- Rafts
- Paddles
- First Aid Kits
- Rafting Helmets
- Type V Life Jackets Wetsuits

To ensure safety, it is mandatory that all participants use RMHAB Life Jackets.

Wetsuits for rafting are suggested depending on the water temperature. The river water averages 38 degrees in early June, but warms throughout the season. Participants may wish to bring their own full-bodied wet suit and river shoes/sandals/t-shoes. Helmets will be supplied in accordance with BSA policy.

**Trail Equipment provided by RMHAB**
- Trail Tents
- Trail Stoves
- Bear Bags
- Cook Kits
- Cooking Fuel
- Trail meals
- Chef Kits

**Suggested crew equipment**
- Crew Flag, State Flag, Scout Field Book
- Supply of Rope or Line
- Council Strip to add to the camp attendance wall.
- Compass
- First Aid Kit
- Electric Lantern
- Backpacking Stoves (Optional)
- Crew Backpacking Tents (Optional)
- Crew Program Equipment – Frisbee, Soccer Ball, etc.
Forms & Resources
**Sunscreen Permission**

Rocky Mountain High Adventure Base is required to obtain permission from the parent or guardian to supply sunscreen to Scouts under section 7.711.31 O for Children’s Resident Camps 12 CCR 2509.

I ______________________ authorize Rocky Mountain High Adventure Base medical staff to aid in applying sunscreen to my Scout ______________________ (Scout’s first and last name) if they need assistance applying their sunscreen.

If my child does not have sunscreen, I authorize Rocky Mountain High Adventure Base to provide the available sunscreen at the health lodge that will be grade 30 SPF or higher if my Scout requests sunscreen.

If my child provides their own sunscreen, their first and last name will be written on the sunscreen container and will only be used by my Scout.

____________________________________
Parent/Guardian Signature

_____/_____/_____
Date
**Medical Statement for Food Allergies & Dietary Restrictions**

<table>
<thead>
<tr>
<th>Name:</th>
<th>Age:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crew #:</td>
<td>Camp Attending:</td>
</tr>
<tr>
<td>Dates of Camp:</td>
<td>Parent/Guardian:</td>
</tr>
<tr>
<td>Phone #:</td>
<td>E-mail:</td>
</tr>
</tbody>
</table>

Please identify & describe food allergy(s):

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

Omitted Foods

____________________
____________________
____________________
____________________

Substitutions

____________________
____________________
____________________
____________________
# Emergency Contact Information

for Scouts (Required by Colorado state)

*This form must be included with the Scout’s Annual Health & Medical Record & Addendum*

Not required for adults.

<table>
<thead>
<tr>
<th><strong>Scout</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>First Name:</td>
<td>Last Name:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Parent/Guardian</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>First Name:</td>
<td>Last Name:</td>
</tr>
<tr>
<td>Home #:</td>
<td>Cell #:</td>
</tr>
<tr>
<td>Name of Employer:</td>
<td>Work #:</td>
</tr>
<tr>
<td>Employer Address:</td>
<td></td>
</tr>
<tr>
<td>City:</td>
<td>State:</td>
</tr>
</tbody>
</table>
Directions to Camp

From Salida, CO, follow US Hwy 50W to Poncha Springs. Turn left onto US 285 South. Head south for about 6 miles to our entrance on the right (near the top of the pass).

Latitude: 38.427093 Longitude: -106.098597
Mail-in Registration Form

Step 1: Make your reservation

<table>
<thead>
<tr>
<th>Crew #:</th>
<th>Your Council:</th>
</tr>
</thead>
</table>

**Crew Advisor Information**

Name:

Mailing Address:
Street
City, State, Zip

Phone #:

Email:

**Camp Session:**
- [ ] Week 1 | June 7 – 13, 2020
- [ ] Week 2 | June 14 – 20, 2020
- [ ] Week 3 | June 21 – 27, 2020
- [ ] Week 4 | June 28 – July 4, 2020
- [ ] Week 5 | July 5 – 11, 2020
- [ ] Week 6 | July 12 – 18, 2020
- [ ] Week 7 | July 19 – 25, 2020

Step 2: Calculate your deposit

<table>
<thead>
<tr>
<th>Total Adult Campers: _____ X $50.00</th>
<th>Fees Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Youth Campers: _____ X $50.00</td>
<td>$</td>
</tr>
</tbody>
</table>

Total Deposit to Reserve $[

Step 3: Mail this form & deposit

ATTN: Rocky Mountain High Adventure Base
Boy Scouts of America, Rocky Mountain Council
411 South Pueblo Boulevard
Pueblo, CO 81005-1204
Adventure Planner

Crew #: ______

Local Council: ____________________________________________________________

Camp Session:

☑ Week 1 | June 7 – 13, 2020
☑ Week 2 | June 14 – 20, 2020
☑ Week 3 | June 21 – 27, 2020
☑ Week 4 | June 28 – July 4, 2020
☑ Week 5 | July 5 – 11, 2020
☑ Week 6 | July 12 – 18, 2020
☑ Week 7 | July 19 – 25, 2020

Expected # of Participants:

_____/______ of youth  ____/____ of adults
Female  Male  Female  Male

NOTE: This information helps us plan effectively for tent assignments. Please be accurate with your numbers.

Crew Advisor Name __________________________________________________________

Address ________________________________________________________________

City  State  Zip  City  State  Zip

Cell Phone __________________________  Cell Phone __________________________

Other Phone ________________________  Other Phone ________________________

Email ________________________________  Email ______________________________

Assistant Advisor Name ____________________________________________________

Address ________________________________________________________________

City  State  Zip  City  State  Zip

Cell Phone __________________________  Cell Phone __________________________

Other Phone ________________________  Other Phone ________________________

Email ________________________________  Email ______________________________
**Whitewater Rafting** | *Included*

1 Day ____ 2 Days ____
Our crew will have ____ youth & ____ adults participating in whitewater rafting.

**Royal Gorge Whitewater** | $75.00 *per person*
(Participants must be at least 16)

We want to add this as a third day. Yes ____ No ____
Our crew will have ____ youth & ____ adults participating in Royal Gorge Whitewater.

**Overnight Rafting** | $40 *per person*
(Limited availability arranged with camp director)

We want to add this. Yes ____ No ____
Our crew will have ____ youth & ____ adults participating in overnight rafting.

**Colorado Trail** | *Included*

2 Day ____ 3 Day ____ 4 Day ____ 5 Day ____
Our crew will have ____ youth & ____ adults participating in backpacking.
We will need ____ two-man backpacking tents.
We will bring ____ of our own tents to camp ____ campers. (Optional)

**The Fourteener Challenge** | *Included*

2 Day ____ 3 Day ____
Our crew will have ____ youth & ____ adults participating in the Fourteener Challenge.

**Shavano Antero Self-guided trek** (*Circle One*)

We will need ____ two-man backpacking tents.

**Mountain Biking** | *Included*

2 Day ____ 3 Day ____
Our crew will have ____ youth & ____ adults participating in the Fourteener Challenge.
We will need ____ mountain bikes.
We will bring ____ of our own mountain bikes.
Continental Divide Day Hike – Mount Peck | $7.00 per person
(Self-guided/No transportation. Fee is paid to the gondola operator.)

Our crew will have ____ youth & ____ adults participating in the day hike.

**Fishing Trip** | Included
(Self-guided/No transportation. Additional fee for fishing license required.)

1 Day _____ 2 Days ____
Our crew will have ____ youth & ____ adults participating in the fishing trip.

**Rappelling/Rock Climbing** | Included

Our crew will have ____ youth & ____ adults participating in rappelling/rock climbing.

You may submit your Adventure Planner with the Rocky Mountain Council as soon as you pay your $50 per participant non-refundable deposit. It will be date stamped and put into the program file. This will determine the order of priority that program requests will be considered during your week at camp.

No confirmation is sent out upon receipt.

It will be reviewed the Sunday you arrive to see if there are any changes. Please plan activities as a crew.
### Annual Health & Medical Form Addendum

Colorado state law requires that this form be completed for each Scout attending Rocky Mountain High Adventure Base.

#### Scout’s Information
- Scout’s Name ____________________________
- Date of Birth ___/___/______
- Parent/Guardian ____________________________
- Dates Attending Camp ___/___ - ___/___/____

#### Vaccine Schedule

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>(Enter each month and year each immunization was given)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hep B</td>
<td>Hepatitis B</td>
</tr>
<tr>
<td>DTaP</td>
<td>Diphtheria, Tetanus, Pertussis (pediatric)</td>
</tr>
<tr>
<td>DT</td>
<td>Diphtheria, Tetanus (pediatric)</td>
</tr>
<tr>
<td>Td</td>
<td>Tetanus, Diphtheria</td>
</tr>
<tr>
<td>Hib</td>
<td>Haemophilus influenzae type b</td>
</tr>
<tr>
<td>IPV/OPV</td>
<td>Polio</td>
</tr>
<tr>
<td>PCV</td>
<td>Pneumococcal Conjugate</td>
</tr>
<tr>
<td>MMR</td>
<td>Measles, Mumps, Rubella</td>
</tr>
<tr>
<td>Varicella</td>
<td>Chickenpox</td>
</tr>
</tbody>
</table>

#### HealthCare Provider Documentation
- Healthcare Provider Documentation Date ______________________
- Lab Verification Date ______________________

### COLORADO DEPARTMENT OF PUBLIC HEALTH & ENVIRONMENT CERTIFICATE OF IMMUNIZATION

### STATEMENT OF EXEMPTION TO IMMUNIZATION LAW

#### IN THE EVENT OF AN OUTBREAK, EXEMPTED PERSONS MAY BE SUBJECT TO EXCLUSION FROM CAMP AND TO QUARANTINE

##### MEDICAL EXEMPTION: The physical condition of the above named person is such that immunization would endanger life or health or is medically contraindicated due to other medical conditions.

- Signed ____________________________ Date _________________
- Physician (Medico)

##### RELIGIOUS EXEMPTION: Parent or guardian of the above named person or the person himself/herself is an adherent to a religious belief opposed to immunizations.

- Signed ____________________________ Date _________________
- Physician (Medico)

##### PERSONAL EXEMPTION: Parent or guardian of the above named person or the person himself/herself is an adherent to a personal belief opposed to immunizations.

- Signed ____________________________ Date _________________
- Physician (Medico)
# STATEMENT OF EXEMPTION TO IMMUNIZATION LAW

<table>
<thead>
<tr>
<th>Parent/Guardian Name</th>
<th>Parent/Guardian Address</th>
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</thead>
<tbody>
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</table>

<table>
<thead>
<tr>
<th>Parent/Guardian Phone</th>
<th>Cell</th>
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<tbody>
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</table>

<table>
<thead>
<tr>
<th>Employer</th>
<th>Address</th>
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<tbody>
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</table>

<table>
<thead>
<tr>
<th>Phone</th>
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</table>

<p>| Individual authorized to take the Scout from camp if different from parent/guardian: |</p>
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
</tr>
</thead>
<tbody>
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</table>

I hereby authorize the above named person to participate in all special trips or excursions in which the Scout may be walking or riding away from the campsite.

Parent/Guardian/Custodial Adult __________________________________________________________________________________________ Date ____________

The above named person is restricted from the activities listed below:

__________________________________________________________________________________________________________________________________

__________________________________________________________________________________________________________________________________

__________________________________________________________________________________________________________________________________

Parent/Guardian/Custodial Adult __________________________________________________________________________________________ Date ____________
Thank you for choosing

ROCKY MOUNTAIN HIGH ADVENTURE BASE

600 US 285
Villa Grove, CO 81023

Phone* 719-539-1139
Only answered when camp is open during the summer.

www.rmhab.org

Boy Scouts of America, Rocky Mountain Council
411 South Pueblo Boulevard
Pueblo, CO 81005

Phone 719-561-1220   Fax 719-561-3891

www.rmcbsa.org