**Special Note regarding Caving**

*Due to safety concerns regarding Caving, RMHAB will not be offering Caving as a program option in 2019.*
Thanks for joining us!

Dear Crew Leaders:

Your Leader’s Guide is designed to make it possible for your Crew Committee and Patrol Leader’s Council to plan their program prior to their week at Rocky Mountain High Adventure Base. We have made some exciting program changes to improve the quality of your Scouting High Adventure.

The program at Rocky Mountain High Adventure Base has been designed to provide you and your Crew with as much flexibility as possible in planning your adventure. We offer several extreme adventures that will both reward and challenge you and your Scouts. Be Prepared. All of our activities will test your strength and endurance, and expect none of them will be easy. All are done away from camp. You will often be many miles from the nearest road. At the same time, all are great fun and will provide an experience of a lifetime. At times we must adjust our program to accommodate Mother Nature. As a staff, we strive to provide the best possible program to meet your Boy Scout, Varsity, Venturing, and Explorer member’s needs.

For crews that have younger scouts, that are not quite ready for the High Adventure experience, we offer a great partnership with our merit badge camp, San Isabel Scout Ranch. This provides a great opportunity to fulfill both the needs of the new scouts in your troop, without ignoring the more advanced experiences needed to retain your older scouts. Due to the close proximity, many troops will drop a group of younger scouts off at San Isabel Scout Ranch and then proceed over to Rocky Mountain High Adventure Base with the older scouts.

This guide is designed to help you plan for your summer experience. We have tried to make it as complete as possible. You need to plan a minimum of five days of activity from the choices offered in the guide. You arrive on Sunday and start your first activity on Monday. If a scheduling change is required, we will do our best to notify you before your arrival at camp.

If you have any questions or comments, we encourage you to contact us through the Rocky Mountain Council, BSA. We look forward to serving you and your Scouts this summer. Please feel free to contact me to answer any questions. For those of you who have attended the base in the past don’t forget that our location has changed to 6 miles south on Hwy 285 outside of Poncha Springs (near the top of Poncha Pass).

Please make a note of which activities are guided and which are non-guided. Non-guided options require you to transport your crew. If you have questions before the start of the season, please call Kelley Mangin or Melanie Kelly at the council office to get everything arranged. I will be reporting about 3 weeks before the first campers.

Yours in Scouting Service,
Travis Emery
RMC 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 and adventure. Inside you’ll find clear descriptions of what camp has to offer in merit badge programs, high adventure activities, patrol and troop competitions and special features. Please don’t hesitate to copy any part of this book and distribute it to Scouts and 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
Kelley Mangin – Office Manager (Reservations and business) Kelley.Mangin@scouting.org
Clarissa Arnot – Accounting Specialist (Reservations and business) mailto:Clarissa.Arnott@scouting.org
Melanie Kelly – Office Clerk (Reservations and other questions) Melanie.Kelly@scouting.org
2019 Camping Season

<table>
<thead>
<tr>
<th>Week 1</th>
<th>June 9 – June 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 2</td>
<td>June 16 – June 22</td>
</tr>
<tr>
<td>Week 3</td>
<td>June 22 – June 29</td>
</tr>
<tr>
<td>Week 4</td>
<td>June 30 – July 6</td>
</tr>
<tr>
<td>Week 5</td>
<td>July 7 – July 13</td>
</tr>
<tr>
<td>Week 6</td>
<td>July 14 – July 20</td>
</tr>
<tr>
<td>Week 7</td>
<td>July 21 – July 27</td>
</tr>
</tbody>
</table>

*All sessions begin on Sunday and end on Saturday

Participant Fees

$495/ Participant

**Only $460 if paid in full prior to March 1, 2019**

To qualify for lower pricing, Participant must be paid in full or be postmarked on or before 3/1/2019

How to Register Campers

- Register online or mail your unit reservation to the Rocky Mountain Council office with the camper deposits of $50 ($250 minimum Deposit)
- You may also call in your reservation to the RMC Office at (719)561-1220, but 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. Scouts NOT paid in full by March 1 will pay a $35 late fee.**
- **RMC units ONLY – Adults paid in full by March 1st will receive $50 “early-bird” discount**
- You may add additional Scouts and Leaders after you make your initial reservation on a space-available basis by calling the Rocky Mountain Council, BSA at (719) 561-1220.
- A $50 non-refundable per participant deposit is due with your reservation form.
- A final fee settlement will be made upon arrival at camp for pre-approved late additions.

Payment Schedule:

- A $50 per participant non-refundable deposit is due with your reservation form.
- The first installment payment of $205 per participant is due by January 15th.
- The second installment payment of $205 per participant is due by March 1 to qualify for discount. After March 1st, second payment is $240.
- **Full payment of all fees is due by April 15. A final fee settlement will be made upon arrival at camp for pre-approved late additions. We strongly encourage that all fees be paid prior to your arrival. The Rocky Mountain Council, BSA reserves the right to release unsecured reservations and underpaid reservations to waiting list units.**

*If you attend 2019 RMHAB or SISR, you become eligible to register before Sept 1st with a $250 minimum reservation fee and we will waive the fee of one adult leader for the 2020 session. (Approximate $460 value)
Refund Policy:

▪ The $50.00 per participant reservation fee is non-refundable.
▪ Participant fees are transferable within your group at any time. We count noses not names.
▪ The cancellation of an individual reservation that cannot be transferred within your group will be subject to the following:
  o Prior to March 1, loss of $50 deposit, plus 25% of balance paid to council.
  o From March 1, through April 30, loss of $50 deposit, plus 75% of balance paid to council.
  o After April 30, no refund is available unless evidence of a medical emergency is provided.

Refunds are not issued for cancellations after April 30. The postmark determines the date of a request for refunds. All requests for refunds must be in writing and received before you arrive at camp. Rocky Mountain Council, BSA, 411 S. Pueblo Blvd., Pueblo, CO 81005 or emailed to info@RMCBSA.org

Adding Additional Participants
Additional participants may be added to your unit reservation if space permits. Be sure to check with the Council office, Rocky Mountain Council, BSA before adding any participants. The Rocky Mountain Council reserves the right to refuse additional participants.

Deleting Participants
You will have the opportunity to reduce the number of camp participants on both the January 15th, and March 1st deadlines. You will lose the $50 non-refundable deposit for each participant deducted from the original reservation.

Participant Qualifications
All youth participants must be 13 years old by January 1, or have completed the seventh grade before attending camp. All participants 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.

Crew Planner Info
The crew planner is very important for the camp 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 both pages of the crew planner and return it to the Rocky Mountain Council as soon as possible. There is no confirmation sent out for the planner.

Arrival and Departure from camp
Camp opens at 1:00 p.m. on Sunday of each camping period. The staff works really hard and we ask that you please plan to arrive in camp between 1:00 p.m. and 3:00 p.m. to allow them to make the most of their only time off. Checkout begins Friday evening so Crews may get any early start on Saturday if they would like. If your Crew must arrive early, please contact the base director to make special arrangements. There will be an additional charge of $5.00 per person for the extra night and you’ll need to make your own arrangements for meals until dinner of your normal check-in day. (Meals are not served on Saturday or Sunday until dinner)
Documents need upon arrival

The following documents must be presented upon arrival: Two copies of each person's BSA Health Form plus Colorado Form and two copies of your Crew roster.

Why?: We need to have forms at base camp and on the trail in case of an emergency. When treatment is needed, delays can be dangerous.

SINGLE COPIES OF YOUR DOCUMENTS WILL BE RETAINED AT THE CAMP. IF YOU PROVIDE TWO COPIES OF YOUR FORMS, ONE COPY WILL BE RETURNED TO YOU UPON DEPARTURE

PHYSICALS

Forms can be accessed on our website at www.RMCBSA.org. Please have each person, youth & adult complete the BSA Health Form, Parts A-C with Colorado Health Form. NEW! We must have a copy of them two weeks in advance of your arrival to PO Box 416, Poncha Springs, CO 81242. Bring your Originals with you. Please check each physical form prior to leaving for camp and make sure the parent or guardian has signed each form if the camper is under 18 years of age. We are required to keep one copy of your health forms for a minimum of three (3) years per the State of Colorado Childcare Licensing.

CREW ROSTER

(2 copies) – A printed roster from your local Council Office containing each participant (including adults) full name, address, city, state, zip code, age and telephone number. Please complete these prior to arriving at camp. This proves registration in BSA, age, and provides a list. Every adult and youth attending camp MUST have proof of registration in the Boy Scouts of America (so you do not have to re-create one). Please highlight the individuals attending camp on your roster.

CAMP 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.

BSA SWIM TEST

To ensure the safety of all participants, a BSA swim test illustrating that all scouts and scouters in the crew are competent swimmers, is required. Perform this test before you come and print a list with certification that all have passed the swim test as a swimmer.

*Non-Swimmers and/or Beginning Swimmers will NOT be able to participate in Rafting Activities
General Information and Camp Policies

Health Checks: A review of all Health Forms on the day of arrival at camp is a vital part of the camp health program. Its purpose is to spot any recent or current physical problems that may affect an individual’s ability to fully participate in the program. Make sure you identify any health problems to the Medical Officer at check in. All prescription medications must be turned over to the control of the medical officer while at base camp. We do follow the height-weight chart on the BSA Health Form.

Adult Leadership: In accordance with the policy of the National Council, Boy Scouts of America, the Rocky Mountain Council requires that a minimum of two registered adults, male or female, provide leadership to their Crews especially for travel and in your campsite. This policy follows Youth Protection Guidelines. The leader 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 YPT guidelines to provide the two deep leadership.

Uniforms: Scouts and Leaders are asked to wear the complete Scout or Venturing Field (Class A) uniform during evening meals, campfires, religious services, retreats and other ceremonies while at camp.

Weather: 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.

Smoking: Leaders may smoke out of sight of youth members in their personal vehicles while at Rocky Mountain High Adventure Base. When in a program area, please remove yourself from the group. Please remember to set a proper example at all times and obey current fire restriction guidelines.

Safety First: 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!

Cell Phones: There is limited reception at camp. At this time only Verizon and Sprint receive service. AT&T 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.
Facilities and Equipment

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 and 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 ROCKY MOUNTAIN HIGH ADVENTURE BASE

When you arrive at Rocky Mountain High Adventure Base you will be assigned a tent in our “Tent City”. The tents that will be provided will be clustered together in order to keep your Troop or Crew as one unit. Being that RMHAB is located in Colorado, there is always a chance for bears being in camp. 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 a backpack 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 CAMP:
- Two Man Tents
- Tent Platforms
- Picnic Tables
- Private Showers
- Camp Fire Circle

*RMHAB does NOT supply cots or sleeping pads.*

River Equipment Provided by CAMP:
- River Lunch
- Paddles
- Rafting Helmets
- 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 CAMP:
- Trail Tents
- Trail Stoves
- Bear Bags
- Cook Kits

SUGGESTED TROOP EQUIPMENT:
- Troop 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)
- Troop Backpacking Tents (Optional)
- Troop Program Equipment – Frisbee, Soccer Ball, etc.
Personal Equipment Checklist

Recommended personal equipment (in additional to personal clothing):

**For use in base camp:**
- Scout Field (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 (Board Shorts)
- Rain Gear (rain parka and pants suggested - NO PONCHOS please, they really do not work)
- Warm Clothes (wool or fleece) Sweater. (Non-cotton)
- Alarm Clock / watch
- Bible and/or Prayer Book
- Flashlight or headlamp
- Jacket or warm fleece top
- Individuals will be provided soap & water and will do cleaning of their own mess kits. The use of paper plates and plastic is discouraged

**For use in Rafting:**
- Shorts (made of material that dries quickly, i.e., polyester.)
- Shoes (Tennis or Boat shoes, best if they do not hold water, such as Teva sandals. Please do not wear flip flops as they will not stay on your feet)
- Rain Gear, splash jackets, or non-insulated wind breakers (NO ponchos)
- Hat
- Sunglasses (with string to keep from losing them).
- Water Bottle (one-liter minimum per person). *(RMHAB has a supply of Nalgene’s in Trading Post)*
- Sun Screen or Block (SPF 15 or higher).

**For Use while Backpacking:**
- Pack and Frame (With padded hip belt, checked and tested with weight - make sure that the Pack fits and it is in good repair!)
- Pack Cover (there tends to be afternoon showers, this will keep all your equipment dry!)
- Sturdy hiking boots (broken in and water proof) – no tennis shoes, please!
- Sandals, or slippers to change into when not hiking on the trails.
- Sleeping Bag rated to +30 degrees or lower
- Closed cell sleeping pad
- Long underwear
- Rain Suit (jacket and pants)
- Sweater (wool or fleece)
- Gloves or mittens
- Stocking cap
- Nalgene Water Bottles, 2-3 each suggested
- Extra socks (wool – NO COTTON!)
- Toiletry kit
- Sunglasses, Sun screen, Hat w/ brim
- Personal First Aid Kit (including moleskin)
- Mess Kit and 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.
Optional Personal Equipment

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

What to leave at home

- Shooting Equipment
- Fireworks
- Alcohol
- Cell Phones
- CD or MP3 Players
- Inappropriate T-Shirts
- Pornography
- Tobacco products
- Drugs of any kind
- Excessive jewelry
- Fixed Blade Knives
- Aerosol cans
- Laser pointers
- Other Valuable

RMHAB Trading Post

The Trading Post provides Scouts and Leaders with souvenirs, refreshments and some items you may have forgotten to bring from home. Things to consider:

- A typical Scout spends about $50 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 Para cord, 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:

<table>
<thead>
<tr>
<th>Souvenirs</th>
<th>Camp T-shirts</th>
<th>Rafting Pics.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Refreshments</td>
<td>Backpacking Equip.</td>
<td>Hats</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>Batteries</td>
<td>Soft Drinks</td>
</tr>
<tr>
<td>Camp Patches</td>
<td>Camp Mugs</td>
<td>Nalgene bottles</td>
</tr>
<tr>
<td>Fishing Rod</td>
<td>Ice Cream</td>
<td>Hygiene items</td>
</tr>
<tr>
<td>Candy</td>
<td>Chap Stick</td>
<td>Backpacks</td>
</tr>
<tr>
<td>Post Cards</td>
<td>Rafting Equip.</td>
<td></td>
</tr>
</tbody>
</table>
Physical Conditioning and Restrictions

**PHYSICAL CONDITIONING:**

To enjoy your high adventure experience, **it is very important that you are in good physical condition before you arrive at camp for all programs.** 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.

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, flash floods and heat. Other potential problems 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.

Rocky Mountain trails are steep and rocky and the river is cold and fast with white water and swift currents. Wild animals such as bears, rattlesnakes and mountain lions are native and 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 Base 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.

**RMHAB Weight limits for Backpacking, Hiking and Rafting**

Each participant in a RMHAB 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 RMHAB trek. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks. Every RMHAB trek involves hiking with a 35-50 lb. backpack between 9,000 to 14,100 ft. elevations. RMHAB recommends that participants carry a pack weighing no more than 25-30% of their body weight.

The Base 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 NOT UNLIKE HEADING INTO THE WILDERNESS WITHOUT THE TEN ESSENTIALS. YOU NOT ONLY PUT YOURSELF AT RISK, BUT ALSO PUT YOUR ENTIRE TEAM AT RISK._*
Height/Weight Restrictions

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight –LBS (Recommended)</th>
<th>Weight-LBS (Maximum Allowed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>5'0&quot;</td>
<td>97 – 138</td>
<td>166</td>
</tr>
<tr>
<td>5'1&quot;</td>
<td>101 – 143</td>
<td>172</td>
</tr>
<tr>
<td>5'2&quot;</td>
<td>104 – 148</td>
<td>178</td>
</tr>
<tr>
<td>5'3&quot;</td>
<td>107 – 152</td>
<td>183</td>
</tr>
<tr>
<td>5'4&quot;</td>
<td>111 – 157</td>
<td>189</td>
</tr>
<tr>
<td>5'5&quot;</td>
<td>114 – 162</td>
<td>195</td>
</tr>
<tr>
<td>5'6&quot;</td>
<td>118 – 167</td>
<td>201</td>
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<tr>
<td>5'7&quot;</td>
<td>121 – 172</td>
<td>207</td>
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<tr>
<td>5'8&quot;</td>
<td>125 – 185</td>
<td>214</td>
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<tr>
<td>5'9&quot;</td>
<td>129 – 185</td>
<td>220</td>
</tr>
<tr>
<td>5’10”</td>
<td>132 – 188</td>
<td>226</td>
</tr>
<tr>
<td>5’11”</td>
<td>136 – 194</td>
<td>233</td>
</tr>
<tr>
<td>6’0”</td>
<td>140 – 199</td>
<td>239</td>
</tr>
<tr>
<td>6’1”</td>
<td>144 – 205</td>
<td>246</td>
</tr>
<tr>
<td>6’2”</td>
<td>148 - 210</td>
<td>252</td>
</tr>
<tr>
<td>6’3”</td>
<td>152 – 222</td>
<td>260</td>
</tr>
<tr>
<td>6’4”</td>
<td>156 – 222</td>
<td>267</td>
</tr>
<tr>
<td>6’5”</td>
<td>160 – 228</td>
<td>274</td>
</tr>
<tr>
<td>6’6”</td>
<td>164 – 234</td>
<td>281</td>
</tr>
<tr>
<td>6’7” +</td>
<td>170 – 240</td>
<td>295</td>
</tr>
</tbody>
</table>

*This table is based on the revised Dietary Guidelines for Americans from the U.S. Dept. of Agriculture and Dept. of Health and 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 B.S.A. SWIM TEST PRIOR TO COMING TO CAMP. THE CREW LEADER WILL CERTIFY WITH THE FORM TURNED IN DURING CHECK IN.

Food Substitutions of Individuals with Allergies

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 RMHAB. This ensures that each person with allergies has the proper food. 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 Dining Hall for storage until you leave on your trek. Substitutions for individuals with food allergies are made upon direct request to the Camp Director. If an individual is allergic to specific trail food products such as milk, artificial coloring/flavoring, wheat products, sugar, peanuts, margarine, etc., RMHAB can make substitutions.
Program Info - Whitewater Rafting

Our whitewater rafting experience pits 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 two days of exciting – often times 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. The first day will take you 12 miles down 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.

After a night of great food and 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 person for the 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/participant fee

*Availability is Limited and arrangements MUST be made and approved by the Camp Director directly.
Program Info – Mountain Treks

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 in fees) This is a popular, moderate, backpacking trip intended for novice crews. You and your Scouts will participate in a two or three 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 low impact camping your crew will begin their trek with our guides. We provide your meals and snacks on the trails and can provide tents and cooking equipment. However if your troop does own such trail equipment, you can bring the gear that you are familiar with for your own comfort and convenience. Remember to bring along a camera to help you record your Rocky Mountain experience.

THE FOURTEENER CHALLENGE: (Included in fees) Note: These are all extremely difficult treks intended for Scouts and leaders in top physical condition. For Crews experienced in backpacking and seeking a highly challenging but 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
(Elevation 14,299) This trek involves a 4-mile hike the first day to the base camp. You will wake up around 4:00 a.m. 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 scouts and scouters, though the rewarding view from the summit makes it all worthwhile.

MOUNT ANTERO
(Elevation 14,269) is our most difficult 14er 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 a.m. 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!
Self-guided Mountain Treks

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 troop or 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.

**Employment Opportunities**

Rocky Mountain High Adventure Base is always looking for quality young men and women interested in experiencing the Rocky Mountains as they were meant to be. If you know of a responsible hard working individual that fits this bill and would be interested in spending their summer guiding at Rocky Mountain High Adventure Base, an employment application may be downloaded from [www.RMCBSA.org](http://www.RMCBSA.org) and emailed to info@rmcbsa.org
A Nationally Accredited Program

The Rocky Mountain Council Camping Committee is committed to camps that meet high standards for health and safety, food service, program, maintenance, conservation, staffing, and administration. All of our camps are inspected and accredited on an annual basis.

This Emblem is one of your assurances of a quality camp!

Map to Camp

HOW TO FIND US:

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

Latitude: 38.427093 Longitude: -106.098597
RMHAB Unit Reservation Form

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<td>Your Council:</td>
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<td>Unit Leader Name</td>
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<td>Leader Mailing Address- Street</td>
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<td>Reservations for Week #:</td>
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<td>Camp Week Dates:</td>
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<td>Total Camp Reservation Fees Due:</td>
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<th>Step 3: Send This Form and Reservation Fee To</th>
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<td>Rocky Mountain High Adventure Base</td>
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<td>Rocky Mountain Council BSA</td>
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<tr>
<td>411 S Pueblo Blvd</td>
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<td>Pueblo CO 81005-1204</td>
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Note: If anyone planning to attend requires a medical special diet please include information with your final payment.
Crew Planner

Please forward the Crew planner (pages19-20) to the Rocky Mountain Council, 411 S. Pueblo Blvd., Pueblo, CO 81005 as soon as possible – and no later than April 15. Remember your final payment is due to the RMC by March 1 to qualify for the discounted rate.

This form is placed on file and reviewed on Sunday evening.

TROOP/TEAM/CREW

COUNCIL NAME & ADDRESS

CITY/STATE/ZIP

WEEK ATTENDING DATE ATTENDING

ATTENDANCE: MALE / FEMALE

# OF SCOUTS/CREW MEMBERS

MALE / FEMALE

# OF ADULT LEADERS

NOTE: BE SPECIFIC IF THERE ARE ANY FEMALES LEADERS OR COED CREWMEMBERS IN YOUR CREW. WE NEED TO BE ABLE TO PLAN TENTS ACCORDINGLY.

The Boy Scouts of America requires that a minimum of two registered adult leaders to provide leadership to their Crew. The Camp Leader must be 21 years old or older, an assistant must be 18 years of age or older. If your Crew splits up into more than one program area, you will need to plan on additional leadership to cover the requirements.

Camp Leader Asst. Camp Leader

Address Address

City/State/Zip City/State/Zip

Home Phone Home Phone

Work Phone Work Phone

Email Email

Note any special need or requests for campers: (Medical/Dietary Needs, Etc.)
UNIT NUMBER____________ WEEK # __________ CHECK IN DATE________________

**Whitewater Rafting:** One Day___ Two Days____
Our Crew will have_____Adults and _____youth 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 ____Adults and ____youth participating in the Gorge trip.

**Overnight Rafting ($40 per person) (limited availability arranged with Camp Director)**
Our Crew will have ____Adults and ____youth participating in the overnight raft trip.

**Colorado Trail:**
_____Two Day, ___Three Day, ____ Day Backpacking Trek (indicate 4 or 5)
Our Crew will have______Adults and _____youth participating in backpacking.
We will need_____two man backpacking tents.
We will bring_____of our own tents to camp _____campers. (Optional)

**The Fourteener Challenge:** Two Day____ Three day____
Our Crew will have _____Adults_____Youth participating in the Fourteener Challenge.
SHAVANO______ ANTERO______NON-GUIDED TREK____
We will need_____two man backpacking tents.

**Mountain Biking:** _____One Day, ______Two Day
Our Crew will have _____Adult and _____Youth participating in mountain biking.
We will need _____ Mountain Bikes.
We will bring _____ of our own mountain bikes.

**Continental Divide Day Hike (Mount Peck) (self-guided/ no transportation):**
Additional Fee of Approx. $7.00 per person is required and paid to the Gondola Operator.
Our Crew will have _____Adult and _____Youth participating in the day hike.

**Fishing Trip:** One Day___ Two Days____ Additional fee for fishing license required.
(Self-guided/ no transportation)
Our Crew will have ____Adult and _____Youth participating in fishing.

**Rappelling/Rock Climbing:**
Our Crew will have _____Adult and _____Youth participating in rock climbing.

**Program Planner is due no later than April 15**
You may file your Program Planner with the Rocky Mountain Council, BSA 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. Individuals that split from the rest of the crew during daily activities will not be guaranteed a guide.
Thanks for Choosing

ROCKY MOUNTAIN

HIGH ADVENTURE BASE

See you at the base!