

High Adventure Program

Backpack Training

Participants will gain the knowledge and should be competent to lead/advise their unit in a backpacking trek or high adventure camping trip.

Sessions will be held 7:30 -9:30 pm at Kellenberg High School
Uniforms are required. Refreshments served.

The cost of the complete course is \$55.00

- **October 17, 2011** – Personal equipment, crew equipment, tents.
- **November 14, 2011** - Sleeping systems, backpacks, equipment demo.
- **December 12, 2011** – Inner and Outer clothing, foot systems, conditioning.
- **January 09, 2012** – Wilderness Survival, wilderness safety, basic first aid, accident prevention, hazard evaluation, wilderness medicine-related injury prevention and treatment, rescue techniques, emergency procedures,
- **February 13, 2012** – Nutrition & rations, food handling, menus, stoves.
- **March 12, 2012** – Backpacking preparation, trip planning, menu planning /prep, (bring backpack & personal/crew equipment for evaluation)
- **April 02, 2012** - Leave No Trace - wilderness survival, sanitation & waste disposal, wilderness ethics, map & compass, route finding.
- **April / May 2012** – Outdoor session. Date and location determined by course participants.
- **Sat** — campsite, selection & set up, wilderness survival, sanitation & waste disposal, cooking, expedition behavior, decision making, communications, vision & actions, practical leadership, resource protection. **This will be a full pack trek. All participants are required to be physically capable of hiking rugged terrain for several miles.** Any physical impairment must be addressed before starting the course.
- **Sun**- Leave for home
- **May** – Final Exam- Backpacking experience-participants choice.
- **June 04, 2012** – Evaluation of Trek, presentation of certificates.

For more information contact Peter Gibbons - gibbonsp@optonline.net

Name: _____ Phone: _____

Address: _____ Town: _____ Zip _____

E-Mail Address: _____

Troop/Crew # _____ Position / Rank: _____

Scoutmaster Approval _____ Date: _____

Adults, Boy Scouts / Venturers 13 years and older can attend this course, but must have their Scoutmaster's Or Adviser's approval. **All participants must provide a recent BSA physical with physician signature.**

Please return this form along with your check for \$55.00 made payable to:
Theodore Roosevelt Council
544 Broadway
Massapequa, NY 11758