

# Camp Bud Schiele

## High Adventure Program



# High Adventure Program Guide

CBS is proud to offer a NEW High Adventure program called Schiele's Raging Rivers Adventure. Just as our merit badge program is a premier program for Scouts, we are confident that our NEW High Adventure program will become a premier council operated destination for older Scouts, Explorers, and Venture crews in the Southern Region. Schiele's Raging Rivers Adventure will be offering activities including; rafting, zip-lining, mountain biking, flatwater kayaking, paddle boarding, and cowboy action shooting. All treks leaving Camp Bud Schiele are accompanied by trained staff members and assist in leading the group, providing necessary first aid, emergency care, and instructing participants in skills essential for Safe Scouting. The patrol method is utilized on all expeditions and leadership development is our goal. Programs are filled on a first-come first-serve basis, so do not delay in making your choice for your high adventure trek.

Participants **must** be at least **14 years of age** before they attend their summer camp session.

**A completed official BSA Medical Form is required for all High Adventure Programs.** Other medical forms will not be accepted. Scouts arriving without the required medical form will be responsible for acquiring a physical, locally, prior to being permitted to begin their adventure and we will not wait to depart for Scouts without a physical.

## **General Information**

Upon check in on Sunday, all high adventure participants will go through the traditional camp check in including, troop picture, medical check and take their swim test upon their arrival at camp. High Adventure participants will eat dinner in the Moretz Dining Hall and they will then meet with the high adventure staff after dinner.

All participants will be sleeping in tents while at Camp Bud Schiele. Participants will camp with their troop and will be allowed to sleep in the platform two person tents.

All treks may be modified due to extenuating circumstances such as weather or natural disaster.

## **Low-Impact Camping**

The Boy Scouts of America puts more youth and adults into the outdoors than any other single organization. Primitive backcountry wilderness areas are a national treasure and must be treated with respect. We must train our youth to utilize these areas responsibly – to observe and enjoy, but at the same time to preserve and protect.

An understanding and appreciation of Leave-No-Trace and The Outdoor Code's backcountry ethics can add a new dimension to a Scout's outdoor experience. Low-impact camping techniques can help ensure that future generations can experience pristine wilderness areas. All CBS treks adhere to Leave No Trace backcountry ethics. Take only memories; leave only footprints.

# Schiele's Raging Rivers Adventure

**Camp Bud Schiele** is proud to partner with the **Nantahala Outdoor Center (NOC)** to provide our Scouts with multiple rafting opportunities. NOC has been in operation since 1972 and has been called "One of the Greatest Outfitters on Earth" by National Geographic Magazine. Their commitment to professionalism and safety are the cornerstone of their success. Schiele's Raging River Adventure Trek offers Scouts and Scouters a great experience of three days of whitewater fun on some of the finest waters in the entire United States. This trek provides 4 different experiences on 4 different rivers and includes additional activities such as mountain biking, zip-lines and kayak/paddle boarding.

The adventure begins on Monday with our Scouts on **Section III of the Chattooga River**. After the trip, Scouts will enjoy camping at the NOC in Bryson City in their tent outpost and sleep in 2-person Platform tents.

On Tuesday, Scouts should be prepared for a full day that begins with a **Fully Guided Nantahala River Duck Trip** followed by **Mountain Biking**, then moves to **zip-lines**. This river features eight miles of easy Class I and II rapids before splashing through the exciting Class III whitewater of Nantahala Falls at the end. After the river, scouts can enjoy the activities at Fontana Lake that include Kayaks and Paddle Boards.

Wednesday, Scouts travel to Hartford, TN to raft the **Upper Section of the Pigeon River**. This river borders the Great Smoky Mountains National Park and has Class III-IV rapids. After the trip, the Scouts will head back to Camp Bud Schiele and camp with their Troop.

Thursday, Scouts will finish their rafting experience with a half day trip down the **French Broad River**. Once completed scouts will head back to camp where the Adventure continues as Scouts will work with the Shooting Sports staff and participate in **Cowboy Action Shooting, Advanced Shotgun Shooting, Chalk ball** and **Laporte Sporting Arrows**.

Friday Scouts will participate with the troop in the traditional Grand ole Adventure as well as Parents Night that will conclude with the closing campfire.

Crews will be housed between Camp Bud Schiele and the Nantahala Outdoor Center in Bryson City, NC.

## Summary:

- **Monday:** Section III Chattooga River
- **Tuesday:** Nantahala River in Ducks
- **Wednesday:** Upper Pigeon River
- **Thursday:** French Broad River
- Cowboy Action Shooting
- Sporting Arrows (Archery)
- **Friday:** Grand Ole Adventure



**Crew Size Min 6 Max 12**

\*Note: It is required that each participant pass the swim test at CBS upon their arrival at in order to participate in the Whitewater Trek

\*Note: Scouts can NOT earn the whitewater merit badge using a raft. The whitewater merit badge only discusses canoes and kayaks.

# Schiele's Raging Rivers Adventure - Personal Equipment

Camp Bud Schiele recommends that each participant attempt to pack light. We will have a group shakedown and remove any items deemed unnecessary to ensure there is room for food, extra water, and group gear. We layer our clothing, combining different garments to achieve optimum insulation and protection from wind and rain. We use either synthetic or wool fibers, which insulate when wet. We avoid cotton, which is poor insulation when wet.

It is not necessary to have a change of clothes for each day of the week. If you over pack, we will have you remove excess clothing/gear to ensure there is room for other participants clothing/gear. Ultimately you **WILL GET WET** during this adventure. Try to bring one (1) pair of clothes to wear each day while participating in your chosen activity.

Please plan on having a pair of clean clothes to wear when you return at the end of the week. The Class A uniform is a great choice and it prevents packing extra clothes. If you have any questions or concerns, please contact the camp office (June and July) or the council office (off-season).

## Upper Body Layers

- 2 tee shirts (nylon, under armor, polyester ect...)
- 1 base layer (Long sleeve shirt to put on in the evenings, like long-johns.)
- 1 mid layer (Thicker shirt to wear over base layer)
- 1 top layer (Fleece jacket or other appropriate top for cold evenings)
- 1 rain jacket with a hood (Ponchos are not preferred, however, they are acceptable forms of protection from hazardous weather.)

## Lower Body Layers

- 2 pair of synthetic shorts (to get wet in rain or swimming and dry quickly)
- 1 pair of long pants for nights
- 1 pair of rain pants
- 3 pairs of socks

## Equipment

- 1 sleeping bag with stuff sack
- 1 sleeping pad (closed cell foam or inflatable pads such as Thermarest-cots are NOT provided at NOC)
- 1 lightweight tent, hammock, or tarp with a ground cloth to sleep under (Week 6 Participants ONLY)
- 1 backpack or duffle bag (NO TRUNKS or FOOTLOCKERS)
- 1 bowl or mess kit
- 1 eating utensil (preferably a spork)
- 2 Quart sized water bottles AT LEAST (Nalgene, old Gatorade bottles, Camelbacks)
- 1 pair of sandals with a back strap or water shoes for rafting (these will get wet but can be worn on all 3 rivers)
- An extra pair of shoes to wear when not on the water (Dry Shoes)

## **Miscellaneous Items Needed**

- Flash light with extra batteries
- Sun screen
- Pocketknife
- Hats with brims
- Small cord or twine (clothesline to dry clothes each day)
- Towel (bath or beach to dry after rafting)
- Sunglasses
- Bandana
- Toiletries (biodegradable soap, hand sanitizer, toothpaste and toothbrush, ect...please leave deodorants and body sprays at camp because they only attract wild animals into the campsite.)

## **Optional Items**

Insect repellent, watch, camera, backpacking stove, water filter, extra snacks, extra money while on the road for meals or souvenirs, notepad with pen or pencil, books, cards, ect...

Group Equipment Provided by CBS or NOC

- First aid kits
- Stoves (Coleman 2 burners or Jet Boil)
- Cook sets, pots, kitchen utensils
- Large group tarps with line
- Fuel bottles and fuel
- Coolers
- Rafts
- Tents (weeks 3,4 and 5)
- PFD's (lifejacket)
- Paddles
- Any other general equipment needed for the Adventure.

# Emergency Rescue Policy

All emergency rescues and recoveries will be executed by local EMS and Search & Rescue officials. All non-emergency extractions will be charged \$100. Since non-emergency extractions tax our resources, this fee is final and non-negotiable. This includes any scout(s) who decide to wander off from their troops or campsites and cause camp to enter Lost Camper mode. Remember, we operate in wilderness areas and travel to very remote locations. So, unless you are having a true emergency, please do not ask us to take you back to camp once your trek has begun. Thank you for understanding and complying with this policy.

## Camp Bud Schiele's High Adventure Risk Advisory

Parents, guardians and potential participants in Camp Bud Schiele's High Adventure programs are advised that journeying to and from camp, and one's stay at camp, can involve exposure to accident, illness, and/or injury associated with high elevation, physically demanding, high adventure programs in a remote area. Campers may be exposed to occasional severe weather conditions such as lightning, hail, flash floods and heat. Other accidental possibilities include injuries from tripping and falling, motor vehicle accidents, asthma and diabetes related incidents, heart attacks, and heat exhaustion. Please refer to this guide book, speak with previous high adventure participants, or call Camp Bud Schiele for further information concerning risks and measures which can be taken to avoid accidents. CBS staff are certified in first aid and CPR and are prepared to assist in recognizing, reacting, and responding to accidents, injuries, and illnesses.

## RECOMMENDATIONS REGARDING CHRONIC ILLNESSES

Camp Bud Schiele requires that this information be shared with the parent(s) or guardian(s) and examining physician of every participant. Camp Daniel Boone does not have facilities for extended care or treatment, therefore, participants who cannot meet these requirements may be sent home at their expense.

## CARDIAC OR CARDIOVASCULAR DISEASE

Adults or youth who have had any of the following should undergo a thorough evaluation by a physician before considering participation at Camp Daniel Boone High Adventure.

1. Angina (chest pain caused by heart or coronary artery disease)
2. Myocardial infarction (heart attack)
3. Surgery or angioplasty to treat coronary artery disease; surgery or treat congenital heart disease or other heart surgery
4. Stroke or transient ischemic attacks
5. Claudication (leg pain with exercise caused by hardening of the arteries)
6. Family history of heart disease or a family member who died unexpectedly before age 50
7. Excessive weight
8. Smoking

The physical exertion involved may precipitate either a heart attack or stroke in susceptible persons. Participants with a history of any of the first six (6) conditions listed above should have a physician supervised stress test. A thallium stress test is recommended for participants who have coronary heart disease. Even if the stress test is normal, the results of testing done at lower elevations and without the backpacks carried at camp do not guarantee safety. If the test results are abnormal, the individual is advised not to participate.

## **EXCESSIVE BODY WEIGHT**

Any youth or advisor who exceed the maximum weight limits on the Scouting weight chart is at extreme risk for health problems.

## **HYPERTENSION (HIGH BLOOD PRESSURE)**

The combination of stress and altitude appears to cause significant increase in blood pressure in some individuals attending our high adventure programs. Occasionally hypertension reaches such a level that it is no longer safe to engage in strenuous activity. Hypertension can increase the risk of having a stroke, developing altitude sickness, or angina. Persons coming to camp should have a normal blood pressure (less than 135/85). Persons with significant hypertension (greater than 150/95) should be treated before coming to Camp and should continue on medications while at Camp. The goal of treatment should be to lower the blood pressure to normal. Persons with mild hypertension (greater than 135/85 but less than 150/95) probably require treatment as well. It is the experience of the Camp Bud Schiele medical staff that such individuals often develop significant hypertension when they arrive at camp. Participants already on antihypertensive therapy with normal blood pressures should continue on their medications. Diuretic therapy to control hypertension is not recommended because of the risks of dehydration which exist with strenuous activity at high altitude and low humidity. Each participant who is 18 years of age or older will may have his or her blood pressure checked at Base Camp. Those individuals with a blood pressure consistently greater than 150/95 probably will be kept off the trek until the blood pressure decreases.

## **INSULIN DEPENDENT DIABETES MELLITUS**

Exercise and the type of food eaten affect insulin requirements. Any individual with insulin-dependent diabetes mellitus should be able to monitor personal blood glucose and to know how to adjust insulin doses based on these factors. The diabetic person also should know how to give a self-injection. Both the diabetic person and one other person in the group should be able to recognize indications of excessively high blood sugar (Hyperglycemia or diabetic ketoacidosis) and to recognize indications of excessively low blood sugar (hypoglycemia). The diabetic person and one other individual should know the appropriate initial responses for these conditions. It is recommended that the diabetic person and one other individual carry insulin on the trek (in case of accident) and that a third vial be kept at the Health Lodge for backup. Insulin can be carried in a small thermos which can be resupplied with ice or cold water camps. A diabetic person who has had frequent hospitalizations for diabetic ketoacidosis or who has had frequent problems with hypoglycemia should not participate in a trek at Camp Daniel Boone until better control of the diabetes has been achieved. Call Camp Daniel Boone Health Lodge at 828-648-0442 to obtain permission from the chief medical officer for individuals hospitalized within the past year.

## **SEIZURES (EPILEPSY)**

A seizure disorder or epilepsy does not exclude an individual from participating on our High Adventure treks. However, the seizure disorder should be well controlled by medications. A minimum one-year seizure-free period is considered to be adequate control. Exceptions to this guideline may be considered by Camp Bud Schiele's chief medical officer and will be based on the specific type of seizure and the likely risks to the individual and to other members of the crew. The medical staff at the Health Lodge may place some restrictions on activities for those individuals who are approved for participation but whose seizures are incompletely controlled.

