Dear Scouts & Scouters,

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

Our staff passionately believe it is our mission to provide an environment where all Scouts have fun while developing character, citizenship, & personal fitness. Through the patrol method, Scouts will learn about themselves and come away with a sense of how to be the best possible unit & individual. The Rocky Mountain High Adventure Base provides you & your Scouts a wonderful opportunity to challenge yourselves by offering one of a kind high adventure programs summing a mountain that is over 14,000 feet, navigating the ever-changing rapids of the Arkansas River and many other incredible challenges.

We have an enthusiastic, well-trained staff that always has a smile on their face; they will be available to assist your unit with its experience – whether be it for fun or for training. The RMHAB camp staff is not put together last second; it takes us countless hours & much thought so that the BEST possible staff is produced.

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

Yours In Scouting,

Rocky Mountain Council Staff
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 will find clear descriptions of what camp has to offer in high adventure activities & special features. Please don’t hesitate to copy any part of this book and distribute it to Scouts & parents to assist in your planning. We hope this guide will answer all your questions; if you have additional questions, feel free to contact us at 719-561-1220.

<table>
<thead>
<tr>
<th>2021 Season</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>June 13 – 19</td>
</tr>
<tr>
<td>Week 2</td>
<td>June 20 – 26</td>
</tr>
<tr>
<td>Week 3</td>
<td>June 27 – July 3</td>
</tr>
<tr>
<td>Week 4</td>
<td>July 4 – 10</td>
</tr>
<tr>
<td>Week 5</td>
<td>July 11 – 17</td>
</tr>
<tr>
<td>Week 6</td>
<td>July 18 – 24</td>
</tr>
<tr>
<td>Week 7</td>
<td>July 25 – 31</td>
</tr>
</tbody>
</table>

Discrimination Policy
It is the policy of the Rocky Mountain Council and Rocky Mountain High Adventure Base not to discriminate against any person on the basis of race, color, religion, creed, age, marital status, or any other legally protected characteristic in the administration of any program. Both the Rocky Mountain Council and Rocky Mountain High Adventure Base, as far as practically applicable, will do their best to meet the needs of the disabled under the direction of the Americans with Disabilities Act of 1990. Any Scout or leader with a disability requiring the intervention of the camp staff, should contact the camp administration prior to attendance at summer camp.

Information Subject to Change
We have made every effort to include the most up to date information in this guide. However, depending on camp enrollment, staffing, changes in the national BSA program, and/or circumstances beyond our control, the information in this guide may need to be changed. These will be made at the discretion of the camp administration. If changes are needed, they will be announced through our website, email, social media, at check-in, or during a leader meeting.

In the coming months, we will be adding to the home page of camp on the Rocky Mountain Council website a concise list of updates that are being made to camp so that leaders can find the most up to date information at a glance.
Preparing for Camp

Camp Fees
The camp fees for 2021 summer camp season have been updated. All information regarding fees can be found here.

Registration
Dates and deadlines for 2021 registration have been updated. Please review these dates and add them to your calendar so that you don’t miss them.

NEW Annual Health & Medical Record Form
In December 2019, the Boy Scouts of America released a new Annual Health & Medical Record Form. 2020 was a passing year, but beginning in 2021, you MUST use the new form. No exceptions will be made.

Express Check-In
To further expedite the check-in process, an Express Check-In has been added. This will allow your unit to submit ALL required paperwork in advance so that when you arrive at camp, we will just hand you a packet and send you on your way.

Programs & Activities

Camp Mail Bag
New to this year, Scouts can receive letters from home through the Rocky Mountain Council website. More details can be found here.
Camp Fees & Registration

All fees for camp this summer can be found on the table below. For more details about them, just click each one individually on the table. Each fee includes meals, a camp patch, and participation in our activities & programs available for your age group.

At the time of registration, a $75 non-refundable deposit is required per registrant. Name’s of registrants are not required at the time of initial registration; these can be added later. Additional registrants can be added after the initial registration.

<table>
<thead>
<tr>
<th>2021 Summer Camp Fees</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Scout / Venturer</td>
<td>$550</td>
</tr>
<tr>
<td>Adult Leader++</td>
<td>$550</td>
</tr>
<tr>
<td>Adult Daily Rate**</td>
<td>$125</td>
</tr>
</tbody>
</table>

**For adults staying at camp for 3 days or more

** For adults staying at camp for less than 3 days

Payment Schedule

To provide the best experience possible as well as the best price for you and your unit, we have created a payment schedule. This will help your unit break down the cost of camp into smaller, bitesize chunks.

<table>
<thead>
<tr>
<th>Important Dates</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Payment Due</td>
<td>February 1, 2021</td>
</tr>
<tr>
<td>2nd Payment Due</td>
<td>April 1, 2021</td>
</tr>
<tr>
<td>Registration Closes</td>
<td>2 weeks before 1st day of session</td>
</tr>
</tbody>
</table>

Paying for Camp

It is recommended that each individual attending camp covers their own cost. This can be done through a myriad of ways including fundraising. Most local councils participate in popcorn for fundraising during the fall. Typically, your council will host another fundraiser in the spring such as camp cards, beef jerky, etc. Check with your local council to find out what they have planned for fundraising this upcoming year.

Scholarships

A limited number of camp scholarships are available for Scouts registered in the Rocky Mountain Council who are in need of extra financial assistance. To get more information about these scholarships, please contact our office.

For Scouts registered outside of the Rocky Mountain Council, please contact your local council to find out more information regarding camp scholarships for your Scouts.

Correspondence

All camp correspondences, registration & program inquiries, and other
communications should be sent directly to our camp desk. They will then connect you with the right individual or address the communication themselves.

Camp Desk

info@rmCBSA.org
719-561-1220 | Estes Scout Service Center
719-539-8546 | RMHAB

As there is no one at camp during the off-season to answer the phone, the Rocky Mountain High Adventure Base phone number will only be answered beginning June 7, 2021. Before then, please call directly to the Estes Scout Service Center.

Refund Policy

Registration Fees
This policy applies to all registered to attend Rocky Mountain High Adventure Base in 2021. The $75 nonrefundable deposit is never refunded under any circumstance.

The refund request timeline is based on the first day of the camp session in which you are registered and when your refund request arrives at our office.

<table>
<thead>
<tr>
<th>Refund Deadlines</th>
<th>Percentage of Payments Made</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 days or more</td>
<td>100% of payments made</td>
</tr>
<tr>
<td>29 to 16 days</td>
<td>50% of payments made</td>
</tr>
<tr>
<td>15 days or less</td>
<td>No refund will be given</td>
</tr>
</tbody>
</table>

Refund deadlines are based on when your first day of camp is.

If you are wanting to submit your refund request within the first 2 refund windows, your request must be submitted either on through our website or by contacting our office directly.

If you are approved for a refund, a check will be cut and mailed in August after camp is over.

Activity Fees
Rocky Mountain High Adventure Base is proud to say that we follow the Scout Motto: Be Prepared. We do this in a variety of ways, one way is by asking for activity registration prior to your arrival at camp. This information allows us to project camp activity costs and order supplies accordingly.

No activity fees will be refunded after May 14, 2021. Participants can transfer those fees to other activities at camp at any time. Monies paid for activities can only be applied towards registration by calling our office directly.

Drop Date
Beginning May 3, 2021, our office staff will call all registered troops who have yet to be a minimum of half of their overall camp fees. If needed, we will establish a unique payment schedule that fits the need of the unit.

If we are not able to get in contact with the unit by May 13, 2021 or the unit does not follow their new payment schedule, the unit registration will be dropped. Refunds will be made according to the refund policy listed in this guide.

Campsites
Our campsites can accommodate many summer camp registrants; often times they can accommodate more individuals than most units bring to camp. This means that when you sign up to attend our camp, you understand that your unit will be most likely be paired in a campsite with another unit.

If your unit is interested in reserving an entire campsite, please contact us directly for pricing.

Transferring Fees

Registration
If a registered individual is not able to attend camp, their monies can be transferred to another individual within the unit registration.

If a registered individual is not able to attend camp during the week in which they are currently registered, they can transfer to another week of camp. Their entire
registration, minus activity registrations, will be transferred at no additional cost. Transferring from one session of camp to another will erase all activity registrations. No guarantee will be made to get a participant back into the same schedule in the new session as they had before.

**Confirmations & Changes**
Throughout the registration process you should receive confirmation emails and notifications via our website that changes and adjustments have been made to your registration. Please hold on to these communications when possible as they will be a wonderful record for your unit should anything happen to leadership or other situation.

Regarding changes, please allow our office staff sufficient time to complete any requested changes as they do take a decent amount of time. As soon as you find out a change needs to be made, please reach out to our camp director so that he may begin that process as soon as possible.

**Fee Groups**

**Scout / Venturer**
This fee is for youth participants, including Venturers over the age of 18, but not yet 21 years of age. Our camp programs are specifically designed with this age group of Scouts in mind.

**Adult Leader**
An adult leader is anyone over the age of 18 who is registered with the unit. Our camp has additional programming available specifically for adults in mind. Here are the requirements of an adult leader:

- Must be at least 18 years of age prior to the first day of camp
- Registered adult member with the Boy Scouts of America
- Has completed Youth Protection Training within the past 2 years

All units are always required to have a minimum of 2 adult leaders in camp. These 2 adult leaders must be at least 21 years of age. Any additional adults may be 18 and older.

**Adult Daily Rate**
This price is for adults (18+) who are staying at camp for less than 3 days. Those who pay this fee must follow the same guidelines as those paying a regular adult leader fee.

Adults coming to camp under this fee rate must complete all 3 parts of the Annual Health & Medical Record, including Part C. This must be submitted with the rest of the troop’s required medical forms, 2 weeks prior to the first day of your camp session.

**Registering for Camp**
Our goal is to make the registration process easy and efficient. An overview of the registration process is presented below.

Leaders will note that the registration process is divided into four major steps. If after reviewing this guide you still have questions, give us a call and we will be happy to help.

**Online Registration Portal**
Rocky Mountain High Adventure Base is proud to offer complete online registration to all our units. Unit leaders can view their registration as well as update contact information year-round. Unit leaders can login 24 hours a day to update unit counts, enter changes and even make payments online with a credit or debit card. Once submitted, you will receive confirmation via e-mail.

All registrations for Rocky Mountain High Adventure Base must be completed through the online registration portal. Paper registrations are no longer accepted.

Information entered online not only helps our office staff save time but will expedite the unit throughout the entire check-in process. Changes to your online registration can be made up to a week prior to your arrival at camp. Last minute changes can be emailed the camp director. If you have a Scout who wants to come to camp last minute, then contact our camp desk staff.
**Registration Overview**

1. **Unit & Individual Registration**
   - Begins Sept. 1, 2020
   - $75 per registrant non-refundable deposit

2. **Activity Registration**
   - Begins April 1, 2021
   - Payment for activities is due no later than 2 weeks prior to 1st day of camp

3. **Submitting Paperwork**
   - Due no later than 2 weeks prior to 1st day of your camp session
   - Activity registration begins on April 1st and ends one week prior to your arrival at camp. Changes can be made anytime through the new registration portal. After registration closes, changes can only be made at camp by administrative staff.

4. **Check-In**
   - Sunday arrival
   - Official unit roster showing who all is registered in the BSA
   - Copy of council insurance

The first step of the process is the Unit & Individual Registration. This indicates that your unit is planning to attend camp as well as the number of Scouts & adult leaders from your unit who will be in attendance. The $75 deposit per registrant is due upon time of registration.

The second step is registration for activities. Activity registration begins on April 1st and ends one week prior to your arrival at camp. Changes can be made anytime through the new registration portal. After registration closes, changes can only be made at camp by administrative staff.

As with any summer camp, there is paperwork required. In the state of Colorado our camp is considered a childcare facility. This means we have additional requirements of us from the state. All required paperwork can be found by clicking here.

The last step is check-in on Sunday afternoon.

To expedite the check-in process, all paperwork must be submitted 2 weeks in advance.

---

### Express Check-In

Rocky Mountain High Adventure Base is offering an express check-in process for units that complete the necessary paperwork and have a $0.00 balance on their account prior to arriving at camp. All information that is required for your unit to qualify for express check-in can be found below.

- Copy of Unit Roster from ScoutBook Submitted

Units who qualify for express check-in will simply be provided an arrival packet with a few bits of instruction from our staff, after which you will be taken directly to your campsite to begin settling in for the week.

### Medical Forms

Rocky Mountain High Adventure Base is located in the Rocky Mountains of Southern Colorado. Being that our camp is in Colorado, we have some additional guidelines that we must follow in order to fulfill state requirements. These requirements are extensive and stringent.

Express Check-In Requirements

- $0.00 Balance for Camp Registration ✔
- Youth Medical Forms Submitted ✔
- Adult Medical Forms Submitted ✔
- Participants Registered for Activities ✔
- Copy of Council Liability Insurance Submitted

**REMINDER**

When submitting medical forms, a copy of each individual’s proof of insurance is required in the event of an incident.
Because of this we have created a separate guide so that you can easily review the expectations, required forms, and deadlines that these forms must be submitted by. This guide can be found on our website at www.rockymountainscouts.org/rmhab.

If you have additional questions regarding medical forms, please contact us directly by sending us an email or giving us a call.

**Traveling to Camp**

Each unit is responsible for the safe transportation of its members to and from camp, and to make sure that all vehicles meet national insurance requirements. Transporting Scouts or adults in the bed of a pickup truck or trailer — whether it is covered or uncovered — is against the policy of the Scouts BSA, as well as the law.

Regardless of the type of vehicle you intend to travel in to arrive at camp, please review the *Guide to Safe Scouting, Transportation section* to refresh memory.

For additional help in preparing to travel to camp, we recommend each adult who will be driving to camp take the *Drive Safely* training in the my.scouting.org Training Center. This course will help remind each driver of basic habits we should follow when transporting Scouts.

**Parking**

Upon arrival, you will drive all vehicles into camp to and follow the directions provided by our staff. When you arrive at our camp administration building, also known as the camp office, you will be given direction to your campsite, upon which you will unload your gear from the parking lot and carry it to your campsite.

**Tour Buses**

If your unit will be traveling to RMHAB in a charter/tour bus, notify the camp desk one week prior to your arrival so that preparations can be made. Upon arrival to camp, please go directly to the main parking lot where you will need to unload. This area is one of the few places large enough to easily turn around such a large vehicle.

**Driving Inside of Camp**

During the designated times, driving in camp is permitted. These times include:

- Sunday before campfire
- Wednesday morning until dinner that evening
- Saturday morning

When driving through camp, speed limits must be strictly adhered to for the safety and protection of yourself, your Scouts, and all others in camp. Upon entering the front gate, the speed limit is **10 MPH**. Upon entering the second gate just past the parking lot the speed limit is **5 MPH**. Please be aware that because camp is in a forest, there are plenty of blind spots and places for participants & wildlife to hide behind and accidentally walk out in front of you.

Unless prior approval has been given, no participant vehicles should be driven through camp outside of the time listed above.
What to Bring

Recommended Participant Packing List

☐ Alarm Clock
☐ Backpacking Backpack
☐ Camera
☐ Compass
☐ Deodorant
☐ Extra Blanket
☐ First Aid Kit
☐ Fishing Gear (Fishing License Required)
☐ Flashlight or Headlamp
☐ Foam Pad or Cot
☐ Hand Sanitizer
☐ Hat
☐ Insect Repellent
☐ Jeans & Shorts
☐ Lip Balm
☐ Long-Sleeve Shirts
☐ Notebook and Pencils/Pens
☐ Official Scout Uniform
☐ Pajamas
☐ Pocket Knife
☐ Rain Gear
☐ Rash Guard Shirt
☐ Sandals (NO flip-flops)
☐ Shampoo
☐ Sleeping Bag
☐ Sneakers/Hiking Shoes
☐ Small Pillow
☐ Soap
☐ Spending Money ($50-$80)
☐ Sunglasses
☐ Sunscreen
☐ Sweatshirt or Jacket
☐ Swimsuit
☐ Toothbrush & Toothpaste
☐ Towel
☐ T-Shirts
☐ Underwear & socks for each day of camp
☐ Watch

PRO-TIP: Label clothes & valuables with name AND unit number. Scouts will probably participate in a water activity or get caught in the rain so be sure to bring extra clothes & footwear.

Recommended Unit Packing List

☐ Ax
☐ Bow Saw
☐ Extra Sleeping Bag(s)
☐ First Aid Kit
☐ Lantern(s)
☐ Maps & Compasses
☐ Rope
☐ Unit Flags
☐ US Flag

Provided by Camp

- Canvas Wall Tents on platforms (sleeps 2–3 persons)
- Fire Ring
- Flagpole
- Garbage Cans
- Garbage Liners
- Latrine (may be shared)
- Latrine Cleaning Materials
- Picnic Tables
- Running Water
- Toilet Paper

What to Leave at Home

- Personal Shooting Equipment
- Inappropriate shirts
- Aerosol cans
- Fireworks
- Drugs of any kind
- Laser pointers
- Alcohol
- Excessive jewelry
- Other Valuables
- Personal Electronics
- Inappropriate material such as pornography
- Pets
Program Information

Programs & Activities

The Rocky Mountain High Adventure Base (RMHAB) offers a diverse range of high adventure activities that meet the needs and desires of all.

Located in the high mountains of Southern Colorado, near Poncha Springs, Rocky Mountain High Adventure Base offers

- Whitewater rafting
- Backpacking and summiting a mountain over 14,000 ft
- Mountain biking
- Rock climbing
- and other exciting experiences with some of the most breathtaking views of the Rockies.

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 unit 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. 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 contact the camp desk 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 35lb. 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.

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

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight –LBS (Recommended)</th>
<th>Weight-LBS (Maximum Allowed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>5’0”</td>
<td>97 – 138</td>
<td>166</td>
</tr>
<tr>
<td>5’1”</td>
<td>101 – 143</td>
<td>172</td>
</tr>
<tr>
<td>5’2”</td>
<td>104 – 148</td>
<td>178</td>
</tr>
<tr>
<td>5’3”</td>
<td>107 – 152</td>
<td>183</td>
</tr>
<tr>
<td>5’4”</td>
<td>111 – 157</td>
<td>189</td>
</tr>
<tr>
<td>5’5”</td>
<td>114 – 162</td>
<td>195</td>
</tr>
<tr>
<td>5’6”</td>
<td>118 – 167</td>
<td>201</td>
</tr>
<tr>
<td>5’7”</td>
<td>121 – 172</td>
<td>207</td>
</tr>
<tr>
<td>5’8”</td>
<td>125 – 185</td>
<td>214</td>
</tr>
<tr>
<td>5’9”</td>
<td>129 – 185</td>
<td>220</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight –LBS (Recommended)</th>
<th>Weight-LBS (Maximum Allowed)</th>
</tr>
</thead>
<tbody>
<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>
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 canyon. 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.

Brown’s Canyon
Included with registration

Browns Canyon white water rafting is the perfect combination of class I, II, and III rapids within pristine Colorado wilderness.

Located next to the Browns Canyon National Monument, this stretch of river has some of the most scenic whitewater in the country.

Bighorn Sheep Canyon
Included with registration

Here you’ll find several class III rapids – a class of rapids best described as family-friendly.

When rafting Bighorn Sheep Canyon, you’re likely to spot a variety of wildlife along this trip as you float past crowds of Willows and Cottonwood trees.

Royal Gorge
NOT Included with registration

You’ll definitely taste extreme Colorado white water rafting as you explode over class III to V rapids with names like Sunshine Falls, Sledgehammer, and Boat Eater. In between these, soaked and exhilarated, you’ll see astounding geology, witness local wildlife, and feel the history of the Arkansas River and the Colorado Mountain West.

While in the Gorge, you’ll raft alongside the historic Royal Gorge Railroad train while passing underneath the famous Royal Gorge Bridge that sits 955 feet above you!

This program is not part of our regular package. The Gorge offers VERY extreme water and we only take units that have previous rafting experience OR have rafted the first two days with us and are age 16 and over. There will be an extra charge of $75.00 per participant for the Royal Gorge trip.

PRO TIP:
Water shoes, sandals that strap or an extra pair of shoes that can get wet are recommended for all aquatics area activities. No flip-flops permitted.

Rash guards, wicking or quick dry material shirts are recommended. Cotton material is NOT recommended.
Mountain Treks

The challenge of the rugged Rocky Mountains still awaits your unit. Treks are 2-5 days depending on unit desire. Our mountain program offers a diverse range of activities to meet the needs and desires of everyone attending RMHAB.

After receiving training in hiking, backpacking, and Leave No Trace camping, your unit will begin their trek with our guides. We provide your meals & snacks on the trails and can provide tents and cooking equipment.

Colorado Trail - Staff Guided
Included with registration

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

Fourteener Challenge

Mount Shavano - Staff Guided
Included with registration

This trek involves a 4-mile hike the first day to the base camp at 9,000 ft. You and your unit will then wake up in the early morning to summit the final 3 miles gaining over 5,000 vertical feet to the top of 14,299 feet. This is a wonderful hike that will challenge even the fittest of individuals with the reward of an incredible view.

Mount Antero - Staff Guided
Included with registration

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 at 9,000 feet above sea level. Then hike 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.

Self-Guided Mountain Treks
NOT included with registration

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 mountain guides. We will provide all gear, food, maps and directions. Destinations near RMHAB include:

- Continental Divide Trek or Day Hike (fee involved)

WARNING
The Fourteener Challenge is extremely difficult and is intended for youth & adults in top physical condition.
**Rock Climbing**  
*Included in registration*

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**  
*Included in registration*

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 unit out on their own bike trek. Most treks are ½ day excursions. Bicycle experience is necessary for more strenuous trails. Make sure you pack some gloves to ride with. Sections we are permitted to ride are, Poncha Loop, Methodist Hills, Arkansas Hills and sections of the Rainbow Trail.

**Fishing/Fly Fishing**  
*NOT included in registration*

Fish the great Arkansas River and you’re your luck reeling in a brown or rainbow trout. Colorado Fishing License is REQUIRED for all adults & youth 14+ years of age. It can be purchased online before arrival or in Salida.

**Campfire Program**  
*Included in registration*

Join us for our opening campfire program where our staff serve up laughs, jokes, songs and skits as we welcome you to RMHAB.

**Volleyball/Gaga Ball**  
*Included in registration*

Compete against your unit, other units and even our staff while in camp. There is plenty of time to enjoy these great activities after a long day on the river, mountain or trail.

**Service Opportunities**

There are plenty of opportunities to serve at RMHAB. With small and large projects needing some extra hands, we can always use some help. If you are interested in providing specific service at camp, please let camp administration know prior to arriving. If you are willing to help generally, we would love to have your assistance as well.

---

**Other Activities**

Personal mountain bikes are permitted at camp as long as all safety rules are obeyed (helmet, proper storage, etc.)
LIVING AT CAMP

Your First Day

Check-In
Your unit should plan to arrive at Rocky Mountain High Adventure Base between 1:00pm and 3:00pm on Sunday. Upon arrival you will follow the instructions of our staff as to where to drive and park your vehicles.

If your unit has qualified for express check-in, you will be given your welcome packet after you park. Any unit not participating in express check-in will park their vehicles in the parking lot, send 1 (one) adult leader to the camp office with all the required paperwork, and will check-in there. The adult leaders remaining in the parking lot should monitor and watch the youth so as to not impede the flow of traffic.

Once checked in, a staff member will help you settle into your campsite, and then give you a tour of the property.

Swim Checks
All youth and adults participating in a whitewater rafting or aquatic activity must complete the BSA Swim Check, also known as the Unit Swim Classification. This test CANNOT be completed at camp and must be completed no more than 6 months before your arrival to camp.

If your unit decides to complete the swim check prior to camp, please come with a copy of your Unit Swim Classification for Rocky Mountain High Adventure Base to keep in our records or submit it prior to your arrival with other required documents.

Swim Check

**Beginner Test**
Jump feetfirst into water over the head in depth, level off, and swim 25 feet on the surface. Stop, turn sharply, resume swimming, and return to the starting place.

**Swimmer Test**
Jump feetfirst into water over the head in depth, level off, and swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudge or crawl; then swim 25 yards using an east resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.

Our staff reserve the right to refuse someone to participate in activities as they deem necessary for the protection and safety of that individual.

⚠️ Several activities have a dress code requirement. Please review our dress code at the end of this guide.
**Sunday Leader Meetings**
A meeting of all youth and adult unit leaders will be held on Sunday at 4PM. At these meetings, members of camp staff will give instructions pertinent not only to this particular year at RMHAB, but also for that specific session of camp. Paper handouts of all information will be provided to ensure continuity.

**Week at a Glance**

**Tentage**
Each campsite is equipped with wooden platforms on which stand a four-wall canvas tent. Each tent can accommodate 2 to 3 persons.

Adult leaders should plan to share a tent. If you do not wish to share a tent, you must bring your own.

**Hammocking at RMHAB**
A favorite way for many youth to enjoy the week at camp is to hammock. We have plenty of sturdy trees that are perfect to hang a hammock on.

Hammocking can be dangerous if simple guidelines are not followed. Please have all Scouts review this Safety Moment from the Boy Scouts of America so that they can come to camp prepared to hammock safely.

**Daily Schedule**
As part of your welcome packet you will receive a copy of the daily schedule based on what your unit requested prior to arrival along with any other important information.

**Dining**
Included with your registration for camp is being able to eat in our dining hall. Before each meal, units will line up behind one of the pillars in front of our dining hall serving area, we’ll sing a song, offer grace, wash our hands, and make our way through the serving line.

<table>
<thead>
<tr>
<th>Sunday Overview</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1:00pm – 3:00pm Arrive at Camp</strong></td>
</tr>
<tr>
<td>Express Check-In – Receive welcome packet with some instructions specific to that week of camp.</td>
</tr>
<tr>
<td>Check-In – Turn in paperwork, receive welcome packet with instructions specific to that week of camp.</td>
</tr>
<tr>
<td>Camp Tour – Staff member will take you on tour of camp to show you the facilities and program areas.</td>
</tr>
<tr>
<td>Swim Checks – Turn in Unit Swim Classification form to camp administration staff if you did swim checks prior to coming to camp if not already submitted prior to arrival.</td>
</tr>
<tr>
<td>Youth Medications – Turn in an over-the-counter or prescription medications, vitamins, etc. to camp health officer.</td>
</tr>
<tr>
<td><strong>4:00pm Leader Orientation Meeting</strong></td>
</tr>
<tr>
<td><strong>5:45pm Flag Ceremony</strong></td>
</tr>
<tr>
<td><strong>6:15pm Dinner</strong></td>
</tr>
<tr>
<td><strong>7:45pm Adult Leader Meeting</strong></td>
</tr>
<tr>
<td><strong>8:15pm Campwide Emergency Drill</strong></td>
</tr>
<tr>
<td><strong>8:45pm Opening Campfire</strong></td>
</tr>
<tr>
<td>Please come dressed in Class A uniform for our opening campfire.</td>
</tr>
<tr>
<td><strong>10:00pm Quiet Time</strong></td>
</tr>
<tr>
<td><strong>10:30pm Lights Out</strong></td>
</tr>
</tbody>
</table>
For each meal, units will be assigned to assist with serving and clean up of both the dining hall and the kitchen. When your unit has one of those assignments, a staff member will act as your guide through the process.

For those who have submitted the necessary paperwork for special dietary requirements, you will be able to simply tell the server at the front of the line that you have a dietary restriction. Our kitchen staff will have already prepared an appropriate meal for you.

**Trading Post**
The Trading Post – located in the heart of camp – stocks a variety of items from camp souvenirs, apparel such as t-shirts and hoodies, food and drinks, as well as a variety of camping supplies. Prices for our products vary from $1.00 to almost $100. A more detailed product list will be made available on our website as products are ordered.

The Trading Post accepts cash and all major credit and debit cards. There is a $5.00 minimum when purchasing with a card so please plan accordingly.

**Visitors and Trading Leaders**
All visitors to Rocky Mountain High Adventure Base must check-in at the camp office prior to visiting any program area or campsite. Visitors will be given a wristband identifying them as such. Visitors are not allowed to participate in activities or eat meals unless they have paid for them at the camp office.

When leaders are being traded out mid-week, both leaders must go to the camp office to let camp administration know what is going on. Any leader trading out for another must also be registered with the Boy Scouts of America and their name must appear on your official unit roster from ScoutBook.

**Lost & Found**
All lost and found items are turned in at the camp office. Clothing, water bottles, and other cheaper items are placed into a bin that is open for anyone to look through when the camp office is open. Please remember: a Scout is trustworthy; do not take what isn’t yours.

More expensive items such as jewelry, electronics, etc. are locked in a safe. Just speak with a member of camp administration for help in locating these types of items.

**Leaving Camp Property**
Whenever a camp participant, youth or adult, leaves camp property not for program purposes, they must check out at the camp office with camp administration. This is so that we can maintain an accurate count of who is currently in camp in the case of an emergency.

When you return to camp, please check back in at the camp office.

**Bears, Bears, Bears**
Rocky Mountain High Adventure Base is in the middle of bear country! Each year we have several bear sightings at camp. Most of the time we see them off in the woods, meandering through camp. But occasionally we’ll get a bear that catches the scent of a treat a Scout has left in the backpack or some deodorant that was left out in a tent.

All smellables must be packed away in your troop trailer or in a vehicle each night. This will help prevent bears. Smellables are anything from toothpaste, snacks, and even that book you were reading while eating those hot Cheetos. More instructions will be provided at our Sunday meeting.

**Commissioner Service**
Our camp commissioner and our staff are ready to serve you! Each day our staff will stop by your campsite to say hello and see if there is anything your unit requires.

---

**The RMHAB Grace**

We thank the lord for food and drink,
For appetite and the power to think,
For loved ones dear,
For home and friends,
For everything thy goodness sends. Amen
Bicycles at Camp
Many units choose to bring their own mountain 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 troop 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.

Dress Code
Due to the activities that we participate in at camp, such as rock climbing, whitewater rafting, backpacking and other activities, it requires us to wear appropriate clothing to keep ourselves safe. The following guidelines regarding clothing is in place to keep all safe when participating in activities while at camp.

1. Closed-toe shoes should be worn throughout camp. While travelling to and from the river and while on the river, you are allowed to wear sandals and other open-toe footwear.
2. When rock climbing, shorts must go past mid-thigh as the climbing harness is not intended to be worn on directly on skin.
3. Individuals with long hair are asked to carry hair ties with them so that they can tie their hair back during activities where securing your hair is required (i.e. rock climbing, fire safety, etc.)
4. Modest swimsuits should be worn for whitewater rafting. ‘Modest’ is determined by the adult leaders of the youth, however we recommend the following guidelines:
   a. No excessively tight/revealing clothing such as speedos or bikinis
   b. No mesh/see-through materials
5. In certain activities & service projects, youth may be required to wear long pants. Please come prepared accordingly.
6. No clothing with offensive language, symbols, or images.

As you can see, our dress code is not intended to be restrictive or over the top. We simply ask that you help us provide the best experience for you and your youth by coming prepared to have a great time.

Contacting the Outside World
For many adult leaders, coming to camp is a real sacrifice. And we recognize that in many instances, work and family doesn’t go silent while at camp. Rocky Mountain High Adventure Base has a myriad of ways for you to stay connected while at camp.

Wi-Fi
Our camp has Wi-Fi! No additional charge to use it. It is password protected, so after you’ve settled in, find a member of the administrative staff to have them enter the Wi-Fi password into your device. Please remember though that we have limited bandwidth. When you are not actively using it, please turn off the Wi-Fi on your device.

Telephone
Camp does have a telephone for you to make calls on, if needed. We recommend that you first try making a phone call on your smartphone using Wi-Fi calling if it’s available on your phone. If not, no worries! We’ll be happy to let you use our phone.

Postal Mail
If you need something mailed to camp, here is our address:

600 US Highway 285
Poncha Springs, CO 81242

Please have your name and unit number included at the top of the parcel. This service is also available for participants.
Need to send out a bit of mail? No problem. Just drop off at the camp office and we'll get it dropped in our mailbox to be picked up.

**Camp Mail Bag**

New to camp this year, Scouts can receive letters from home through the Rocky Mountain Council website. Parents, friends, and family members can send a letter for free through our online portal.

Want to send them a little bit of money for a treat? You can include that in your San Isabel Mail! All this is handled through the same webpage. To see how this is handled and more, visit [www.rockymountainscouts.org/rmhab](http://www.rockymountainscouts.org/rmhab).

**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](http://www.rockymountainscouts.org/rmhab), 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.

**Pets**

No pets 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.

**Fire & Firewood**

Units are prohibited from bringing firewood into camp because it can harbor many kinds of invasive pests & diseases harmful to our trees. Units 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 local and state 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.

**Leaving Early?**

Scouts leaving camp during their troop’s stay must have a release signed by their parent or guardian (which is located at the bottom of Part A on the Annual Health & Medical Record) & approved by an adult in the troop.

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.

**Check-Out**

Check-out can begin after lunch on Friday. Much of the paperwork and settling up should be done on Friday. The camp business manager will provide you with a unit account balance folio showing what is owed. If there are any outstanding fees, they must be paid prior to check-out.

Our staff will help with the check-out process at your campsite by reviewing the check-out sheet with you.

Any remaining trash should be taken to the dumpster located at the highway entrance to camp.