



MEDICINE MOUNTAIN
SCOUT RANCH & ADVENTURE BASE

2016 HIGH ADVENTURE SECTION

SUPPORT & HELP

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2016 HIGH ADVENTURE SECTION

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2016 HIGH ADVENTURE SECTION

EXPLORE THE BLACK HILLS

Adventurers,

The Hills are alive with adventure and it is just waiting for Scouts and Scouters to take hold of it! Your most experienced Scouts can set their own adventure at the Medicine Mountain Scout Ranch & Adventure Base. Our high adventure programs are open to both youth and adults.

All of our high adventure programs are two days in length; either Monday and Tuesday or Thursday and Friday. This means participants can experience two different programs in one week or they can do a high adventure program half of the week and enroll in merit badges for the rest of the week. Scouts and Scouters truly do have the opportunity to craft their own adventure at Medicine Mountain.

In 2016, Medicine Mountain will add an exciting new program to our line up; the Trails & Dust ATV program. In total, our High Adventure Program offers 6 options for Scouts and Scouts to choose from:

- New Heights Program (Natural Rock Climbing)
- High & Low Ropes Program (COPE)
- Wheels & Gears Program (Mountain Biking)
- Paha Sapa Program (Back Country Backpacking)
- Spelunking Program (Caving)
- Trails & Dust Program (ATVs)

Remember, that Scouts can choose up to two of the above programs to participate in during one week of camp. Each program costs an additional fee of \$50 per participant. This covers equipment, insurance, government permits, and trained guides.

The Black Hills of South Dakota is a prime location to take part in High Adventure. Don't miss out the opportunities that Medicine Mountain has to offer.

In Scouting,

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THE DETAILS

PRICING

For each two day high adventure program, the cost is \$50 per person. This fee is added to the base price of attending camp. For details and information on the base price, please refer to the Administrative Section of the Camping Guide.

Pricing for high adventure programs covers insurance, equipment, government permits, maintenance, and trained guides.

DATES

All high adventure programs are offered during each week of our Boy Scout resident camp (June 12-July 30), space permitting.

PARTICIPATION REQUIREMENTS

1. Participants of any high adventure program must be 14 years old by the time of participation.
2. All participants must complete an Informed Consent Agreement for High Adventure Activities form.
3. Each program will hold a briefing on Sunday evening. All participants must attend their program briefing.
4. All participants must be able to meet the same medical requirements of Philmont Scout Ranch. These requirements are found at <http://www.philmontscoutranch.org/Camping/WhoCanCome/HealthMedicalRequirements.aspx>
5. The Spelunking (Caving) program participants must fit thru a 8" x 20" opening.

RISK ADVISORY

Our high adventure programs have had an excellent health and safety record. We strive to minimize risks to participants by emphasizing proper safety precautions. If you decide to participate, you should be physically fit, have proper clothing and equipment, be willing to follow instructions and take responsibility for your own health and safety. High adventure programs offered by the Medicine Mountain Scout Ranch & Adventure Base are not "risk free"; therefore, you should be willing to listen to safety instructions carefully, follow directions from our high adventure staff and take appropriate steps to safeguard yourself and others. Leaders and participants of high adventure programs are advised that these programs can involve exposure to an accident, illness and/or injury associated with high elevation and is a physically demanding high adventure program in a remote mountainous area. Participants may be exposed to occasional severe weather conditions such as lightning, hail, flash floods or extreme heat or cold.

Other potential problems include: injuries from tripping and falling, motor vehicle accidents, worsening of underlying medical conditions such as diabetes or asthmas, heart attack and heat exhaustion. The high adventure staff is trained in first aid and CPR to assist in recognizing, reacting and responding to accidents, injuries and illnesses. They work with the High Adventure Director to determine if someone can participate in our programs. Remember, response times can



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THE DETAILS

be affected by location, weather or other emergencies. Each unit leader is encouraged to use the “Philmont Weight Limits for Backpacking and Hiking” as a guide for determining who should participate. WE STRONGLY RECOMMEND that participants that fall outside these levels be counseled not to participate in high adventure programs.

CAMP PROGRAM SCHEDULE

Medicine Mountain utilizes a block schedule for all of its merit badge, high adventure, adult training, and specialty programs. Programs will either be assigned (1) one or multiple blocks.

For example; if a Scout chooses to take the canoeing merit badge in block A, he will attend his class Monday & Tuesday 9:00AM to 11:00AM for a total instruction time of 4 hours. He will earn his merit badge, provided all the pre-requisites are completed, in this time frame.

High Adventure programs will span across two or more blocks; typically either blocks A&B or blocks C&D. Our Paha Sapa high adventure program (backpacking) will depart camp Monday after flags and will return Tuesday evening (Blocks A, B, & E).

ATV PROGRAM SCHEDULING – The ATV program runs on a special schedule due to course requirements. The schedule has been designed to ensure Scouts have the opportunity to work on a merit badge for the other half of the day. Here is the ATV course schedule:

- Course 1** | Monday & Tuesday 9:00AM to 12:45PM
- Course 2** | Monday & Tuesday 1:00PM to 4:45PM
- Course 3** | Thursday & Friday 9:00AM to 12:45PM
- Course 4** | Thursday & Friday 1:00PM to 4:45PM

A sack lunch will be provided to participants in courses 1 & 2.

PROGRAM BLOCKS

| BLOCK | DAY | TIME SLOT |
|-------|-------------------|----------------|
| A | Monday & Tuesday | 9:00AM-11:00AM |
| B | Monday & Tuesday | 2:00PM-4:00PM |
| C | Thursday & Friday | 9:00AM-11:00AM |
| D | Thursday & Friday | 2:00PM-4:00PM |
| E | Monday | 7:00PM-9:00PM |
| F | Tuesday | 7:00PM-9:00PM |
| G | Thursday | 7:00PM-9:00PM |



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PROGRAM SELECTIONS

HIGH ADVENTURE PROGRAM SELECTIONS

PAHA SAPA PROGRAM (BACKCOUNTRY BACKPACKING)

One of our most popular programs, our Paha Sapa program lets participants experience the Black Hills by toughing it out on the trails. Access to trails and campsites is provided under a special use permit from the U.S. Forest Service. Participants in this program will depart Medicine Mountain on foot for a 2 day, 1 night adventure to Bear Mountain on either Monday or Thursday, depending on which 2 day adventure is selected. Lead by an experienced guide, participants will backpack, learn about leave no trace, trail cooking, and wilderness survival to name a few.

Medicine Mountain will provide a trained guide, cooking gear, cooking fuel, water purification tools, and food. Participants will need to bring their own backpacking tent, backpack, cloths, and toiletries.

Participants should be comfortable hiking 8 miles carrying 30-40 pounds of gear. Please note that the elevation of Medicine Mountain is 6,200 feet above sea level. This two day hike will feature elevation changes of 1,000 to 1,500 feet. Participants should meet the same Health & Medical requirements that Philmont Scout Ranch has. The link to these requirements can be found on page 4.

Program Capacity - 14 participants per two day program

WHEELS & GEARS PROGRAM (MOUNTAIN BIKING)

Our Wheels & Gears is designed to show some of the prime biking trails in the Black Hills. Participants will receive instruction of bike repair, planning, and safety...and a lot of riding. Each day, participants will leave from camp to bike permitted US Forest Service trails. Bikers will have lunch out on the trail with their guide for both days. Participants will be in camp for both breakfast and dinner. Participants are welcomed to bring their own bike or utilize a bike provided by the camp at no additional charge. Participants are encouraged to bring their own helmets that they are comfortable with.

Participants should bring a small day pack capable of carrying a first aid kit, water, rain gear, repair kit, and lunch. Participants should possess the ability to ride a bike 5 miles up and down hills, with elevation changes of 1,000 to 1,500 feet. Participants should meet the same Health & Medical requirements that Philmont Scout Ranch has. The link to these requirements can be found on page 4.

Program Capacity – 12 participants per two day program



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PROGRAM SELECTIONS

NEW HEIGHTS PROGRAM (NATURAL ROCK CLIMBING)

Experience climbing, Black Hills style! With the world famous Needles in Custer State Park a short drive away and a permitted natural rock climbing near camp, Medicine Mountain is in a prime location to deliver a world class climbing program to participants. Participants will not only have a mountain-top adventure but will also earn requirements toward the climbing merit badge. Scouts and Scouters will learn or define their climbing skills, experience different techniques, and most importantly have a blast with the New Heights Program.

Climbers do not need to be experienced. All climbers need to bring sturdy shoes to climb with. Camp can provide shoes if necessary. The climbing program utilizes our 40 foot climbing tower for initial training. Our climbing program utilizes the needles at Custer State Park and the Buckhorns as natural rock climbing locations. Both of these locations feature 60 to 70ft climbing routes. Routes vary from beginner to advance. We are able to match routes with the experience of the climber. A sack lunch will be provided each day to participants. Participants will be in camp for breakfast and dinner.

Program Capacity – 12 participants per two day program

SPELUNKING PROGRAM (CAVING)

Medicine Mountain's Spelunking Program is a rare and exciting opportunity to spend time underground within a scouting program. All participants will must successfully complete the Caving Orientation and meet the physical size requirements (fit thru a 8" x 20" opening) prior to entering any cave. Orientation and instruction covers topics such as: safety, environmental concerns, "White Nose Syndrome", cave conservation, geology and hydrology. Access to caves is provided under a special use permit from the U.S. Forest Service.

Participants should bring 2 sets of clothes that they will not worry about getting dirty or torn. Medicine Mountain provides military style jackets and pants to wear over cloths. We also provide helmets and headlamps for all cavers. A sack lunch will be provided each day to participants. Participants will be in camp for breakfast and dinner.

Program Capacity – 15 participants per two day program

HIGH & LOW ROPES PROGRAM (COPE)

What is COPE? It is an outdoor experience like no other. Participants will push their limits, get out of their comfort zone, and experience team building and leadership 40 feet in the air! Both youth and adults will learn how to be better leaders for your Troop and experience personal growth in yourself. Learn what the eight goals of COPE has in store for you. The camp's Project COPE combines low COPE, high COPE, and initiative games.

Program Capacity - 10 participants per two day program



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TRAILS & DUST PROGRAM (ATV)

New for 2016, in partnership with Polaris and ASI, Scouts and Scouters will be able to participate in Medicine Mountain's ATV program. This course will instruct participants in the safe and proper operation of an ATV for 5 hours. The second day will focus on finishing up the training and riding some local and exciting trails around the area, led by our ATV instructor. Please be aware that an additional release form will need to be signed in order to enroll in this high adventure program.

No prior experience in ATV riding is required to enroll in this program. A sack lunch will be provided to participants in courses 1 & 3. Participants will be in camp for breakfast, lunch (courses 2 & 4), and dinner.

Program Capacity – 8 participants per course.

ATV PROGRAM SCHEDULING – The ATV program runs on a special schedule due to course requirements. The schedule has been designed to ensure Scouts have the opportunity to work on a merit badge for the other half of the day. Here is the ATV course schedule:

Course 1 | Monday & Tuesday 9:00AM to 12:45PM

Course 2 | Monday & Tuesday 1:00PM to 4:45PM

Course 3 | Thursday & Friday 9:00AM to 12:45PM

Course 4 | Thursday & Friday 1:00PM to 4:45PM

EXPERIENCED RIDERS – We would not recommend this course for experience ATV riders, due to the fact that this course focuses 70% of its time on the techniques of riding an ATV safely. **We would recommend** that experienced riders enroll in ATV trail ride offered in Blocks F & G. This course is for riders who currently hold an ASI certificate or is currently enrolled in one of the camp's ATV programs.