

**ROCKY MOUNTAIN**

**HIGH ADVENTURE BASE**



**BOY SCOUTS  
OF AMERICA®**  
PATHWAY TO THE  
ROCKIES COUNCIL



**Leader Guide**



**2022**

[PATHWAYTOTHEROCKIES.ORG](http://PATHWAYTOTHEROCKIES.ORG)



**NATIONALLY  
ACCREDITED**  
BOY SCOUTS OF AMERICA CAMP



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, the 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.

As a staff, we passionately believe that our mission is 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. Rocky Mountain High Adventure Base provides you & your Scouts a fantastic opportunity to challenge yourself by offering one-of-a-kind high adventure programs.

We are an enthusiastic, well-trained staff with a smile on our face; we will be available to assist your unit with its experience – whether for fun or training. The RMHAB camp staff is not put together last second; it takes us countless hours & much thought to produce the BEST possible team.

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

Yours In Scouting,

A handwritten signature in black ink, appearing to read 'S. Ahlstrom', written in a cursive style.

Samuel Ahlstrom  
Camp 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 & 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](tel:719-561-1220).

<b>2022 Season</b>	
Week 1	June 12 – 18
Week 2	June 19 – 25
Week 3	June 28 – July 2
Week 4	July 10 – 16
Week 5	July 17 – 23
Week 6	July 24 – 30

## **Discrimination Policy**

It is the policy of the Pathway to the Rockies 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 Pathway to the Rockies Council and Rocky Mountain High Adventure Base 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 Pathway to the Rockies 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



# What's New This Summer?

## **Preparing for Camp**

### ***Location***

The location of the Rocky Mountain High Adventure Base has moved to San Isabel Scout Ranch. By moving locations, it increases programming opportunities for all.

### ***Camp Fees***

The camp fees for the 2022 summer camp season have been updated. All information regarding fees can be found [here](#).

### ***Registration***

Dates and deadlines for 2022 registration have been updated. Please review these dates and add them to your calendar so that you don't miss them.

## ***Update your Annual Health & Medical Record Form***

In December 2019, the Boy Scouts of America released a [new Annual Health & Medical Record Form](#). You MUST use the new form. No exceptions will be made.

## **Programs & Activities**

### ***Camp Mail Bag***

New to this year, Scouts can receive letters from home through the Pathway to the Rockies Council website. More details can be [found here](#).

### ***New Trek Programs***

Beginning in 2022, RMHAB will offer set high adventure experiences similar to the national high adventure bases. Units will select and register for a trek. The activities and adventures included in that trek can be [found on our website](#).



# Preparing for Camp

## 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. Names 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.

2022 Summer Camp Fees	
Scout / Venturer	\$550
Adult Leader++	\$550
Adult Daily Rate**	\$125

++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.

Important Dates	
1st Payment Due	January 17, 2022
2nd Payment Due	April 18, 2022
Registration Closes	2 weeks before 1st day of session

### 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 Pathway to the Rockies 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 Pathway to the Rockies Council, please contact your local council to find our more information regarding camp scholarships for your Scouts.



To begin your registration, you must register a minimum of 2 adults, 4 youth.



Don't miss these important discount dates!

February 1 – Early Price Discount Ends

April 28 – Late Registration Price Begins

Youth registrants must be at least 13 **AND** graduated from the 8<sup>th</sup> grade to attend RMHAB.

## 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.

### Samuel Ahlstrom

RMHAB Director

[samuel.ahlstrom@scouting.org](mailto:samuel.ahlstrom@scouting.org)

719-561-1220 | Estes Scout Service Center

719-485-3473 | San Isabel Scout Ranch

As there is no one at camp during the offseason to answer the phone, the San Isabel Scout Ranch 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 2022. Once an individual's registration is made, no refunds will be given.

Should an individual choose to not attend camp after completing a registration, their payments (less the \$75.00 deposit) may be transferred to another registered individual to pay for registration fees.

### Activity Fees

No refunds will be given for paid activity fees. Should an individual choose to change their activity registration to another after having paid for said activity, those paid fees may be applied to the new activity.

Should an individual choose to not attend camp after paying activity fees, their payments may be transferred to another registered individual to pay for activity fees.

To transfer registration or activity fees to another individual, [please contact our office](#).

## Drop Date

Beginning May 3, 2022, 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, 2022, or the unit does not follow their new payment schedule, the troop 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 they accommodate more individuals than most troops bring to camp. This means that when you sign up to attend our camp, you understand that your troop will be most likely be paired in a campsite with another troop.

If your troop is interested in reserving an entire campsite, please [contact us](#) directly for pricing.

## 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 changes occur with leadership.

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.



Registering spots (i.e. estimated # of attendees) & paying the \$75 deposit will guarantee the price during which you reserved said spots.



When you register before February 1, 2022, you will receive a discount on the overall cost of registration.

Additionally, any registration made after April 28, 2022, a late fee will be added to the overall cost.

## **Variant Groups**

In order to register an individual to attend camp, you will need to register them under a "Variant Group". Below is an explanation of what each of these groups are.

### ***Scout / Venturer***

This fee is for youth participants under the age of 18. While Venturers can register as an "Adult Participant" while they are 18 – 20 years of age, our camp programs are specifically designed with under 18 year old Scouts in mind.

All youth participants at Rocky Mountain High Adventure Base must be at least 14 years old or 13 years old & have completed the 8<sup>th</sup> grade

### ***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.



# 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.



When you begin your registration, it will ask for names of individuals. These names can be changed at any time, so use place holders, if needed, to complete your registration.

Registration Overview			
<div style="font-size: 2em; font-weight: bold; border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">1</div>	<div style="font-size: 2em; font-weight: bold; border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">2</div>	<div style="font-size: 2em; font-weight: bold; border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">3</div>	<div style="font-size: 2em; font-weight: bold; border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">4</div>
<p><b>Unit &amp; Individual Registration</b></p> <p><i>Begins Sept. 1, 2021</i></p> <p><i>\$75 per registrant non-refundable deposit</i></p>	<p><b>Waiver Deadline</b> (Whitewater Rafting ONLY)</p> <p><i>Due no later than May 15</i></p>	<p><b>Submitting Paperwork</b></p> <p><i>Due no later than 2 weeks prior to 1<sup>st</sup> day of your camp session</i></p>	<p><b>Check-In</b></p> <p><i>Sunday arrival</i></p> <p><i>Official unit roster showing who all is registered in the BSA</i></p> <p><i>Copy of council insurance</i></p>
<p>The first step of the process is the Unit &amp; Individual Registration. This indicates that your unit is planning to attend camp as well as the number of Scouts &amp; adult leaders from your unit who will be in attendance. The \$75 deposit per registrant is due upon time of registration.</p>	<p>The second step in registration is to complete the waivers with Echo Canyon River Expeditions. This is <b>required</b> and will be emailed to</p>	<p>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 <a href="#">clicking here</a>.</p>	<p>The last step is check-in on Sunday afternoon.</p> <p>To expedite the check-in process, all paperwork must be submitted 2 weeks in advance.</p>

## Speed up your Check-In

That first day of camp can be a stressful one. But if we follow the Scout Motto and “Be Prepared”, we can speed up that check-in experience. If all of the information on the table below is completed / submitted prior to your arrival at camp, check-in will be an absolute breeze.

Express Check-In Requirements	
\$0.00 Balance for Camp Registration	<input checked="" type="checkbox"/>
Youth Medical Forms Submitted	<input checked="" type="checkbox"/>
Adult Medical Forms Submitted	<input checked="" type="checkbox"/>
Copy of Council Liability Insurance Submitted	<input checked="" type="checkbox"/>
Copy of Troop Roster from ScoutBook / Council Submitted	<input checked="" type="checkbox"/>

## 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.

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](#).

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 A-Frame, you will be given direction to your campsite, upon which you will drive directly to it.

After all equipment and Scouts have been unloaded, all vehicles must return to the parking lot, save one vehicle and one trailer per troop.

## Parking in Campsites

The purpose of leaving one vehicle and one trailer per troop at a campsite is to assist with storing smellable items. As San Isabel Scout Ranch is in the heart of bear country, we must take extra precautions to prevent encounters with them. At night, all items that are considered smellables should be stored in that vehicle and/or trailer. More details about bears in camp can be [found here](#).

If an additional vehicle is required near your campsite for medical purposes, please speak with the camp health officer after you have settled into your campsite.

## Tour Buses

If your unit will be traveling to San Isabel in a charter / tour bus, there are a few things to keep in mind:

1. Ask the charter bus company if they are able to drive on dirt or gravel roads. Oftentimes, companies will not allow their drivers to do so. If that is the case, you may want to rethink your travel plans. The camp office is located almost 1.5 miles from the paved highway.



**REMEMBER**  
When submitting medical forms, a copy of each individual's proof of insurance is required in the event of an incident.

2. Wednesday is Troop Day. While we have activities planned at camp that day. More often units prefer to go off property to explore the surrounding area. Verify as to whether or not the charter bus would be available to take you off property on Troop Day.

If you decide to book a charter bus, notify the [camp director](#) 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. Arrangements will be made to transport all your gear from the bus to the campsite.

### **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

(View our [FULL Packing List](#) on our [Forms and Resources](#) page)

## Recommended Participant Packing List

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Alarm Clock                                      | <input type="checkbox"/> Long-Sleeve Shirts         | <input type="checkbox"/> Sunglasses                             |
| <input type="checkbox"/> Backpacking Backpack                             | <input type="checkbox"/> Notebook and Pencils/Pens  | <input type="checkbox"/> Sunscreen                              |
| <input type="checkbox"/> Camera   | <input type="checkbox"/> Official Scout Uniform     | <input type="checkbox"/> Sweatshirt or Jacket                   |
| <input type="checkbox"/> Compass  | <input type="checkbox"/> Pajamas                    | <input type="checkbox"/> Swimsuit                               |
| <input type="checkbox"/> Deodorant  | <input type="checkbox"/> Pocket Knife               | <input type="checkbox"/> Toothbrush & Toothpaste                |
| <input type="checkbox"/> Extra Blanket                                    | <input type="checkbox"/> Rain Gear                  | <input type="checkbox"/> Towel                                  |
| <input type="checkbox"/> First Aid Kit                                    | <input type="checkbox"/> Rash Guard Shirt           | <input type="checkbox"/> T-Shirts                               |
| <input type="checkbox"/> Fishing Gear (Colorado Fishing License Required) | <input type="checkbox"/> Sandals (NO flip-flops)    | <input type="checkbox"/> Underwear & socks for each day of camp |
| <input type="checkbox"/> Flashlight or Headlamp                           | <input type="checkbox"/> Shampoo                    | <input type="checkbox"/> Water hydration pack or bottle (2-4L)  |
| <input type="checkbox"/> Foam Pad or Cot                                  | <input type="checkbox"/> Sleeping Bag               | <input type="checkbox"/> Water Filter for Backpacking           |
| <input type="checkbox"/> Hand Sanitizer                                   | <input type="checkbox"/> Sneakers/Hiking Boots      | <input type="checkbox"/> Watch                                  |
| <input type="checkbox"/> Hat  | <input type="checkbox"/> Small Pillow               |   |
| <input type="checkbox"/> Insect Repellent                                 | <input type="checkbox"/> Soap                       |   |
| <input type="checkbox"/> Jeans & Shorts                                   | <input type="checkbox"/> Spending Money (\$50-\$80) |   |
| <input type="checkbox"/> Lip Balm   |   |   |

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

- |  |   |                                     |
|--|---|-------------------------------------|
| <input type="checkbox"/> Ax                    | <input type="checkbox"/> First Aid Kit    | <input type="checkbox"/> Rope       |
| <input type="checkbox"/> Bow Saw               | <input type="checkbox"/> Lantern(s)       | <input type="checkbox"/> Unit Flags |
| <input type="checkbox"/> Extra Sleeping Bag(s) | <input type="checkbox"/> Maps & Compasses | <input type="checkbox"/> US Flag    |

## Provided by Camp

- |   |   |  |
|---|---|--|
| <ul style="list-style-type: none"><li>• Backpacking tent</li><li>• Backpacking stove &amp; fuel</li><li>• Canvas Wall Tents on platforms (sleeps 2-3 persons)</li><li>• Fire Ring</li></ul> | <ul style="list-style-type: none"><li>• Flagpole</li><li>• Garbage Cans</li><li>• Garbage Liners</li><li>• Latrine (may be shared)</li><li>• Latrine Cleaning Materials</li><li>• Picnic Tables</li></ul> | <ul style="list-style-type: none"><li>• Program &amp; safety equipment for activities</li><li>• Running Water</li><li>• Trail Food</li><li>• Water Filter (Backpacking)</li><li>• Toilet Paper</li></ul> |
|---|---|--|

## What to Leave at Home

- |   |  |  |
|---|--|--|
| <ul style="list-style-type: none"><li>• Personal Shooting Equipment</li><li>• Inappropriate shirts</li><li>• Aerosol cans</li><li>• Fireworks</li></ul> | <ul style="list-style-type: none"><li>• Drugs of any kind</li><li>• Laser pointers</li><li>• Alcohol</li><li>• Excessive jewelry</li><li>• Other Valuables</li></ul> | <ul style="list-style-type: none"><li>• Personal Electronics</li><li>• Inappropriate material such as pornography</li><li>• Pets</li></ul> |
|---|--|--|



## 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.

### 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 9,000 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



### WARNING

*Humboldt and Comanche Peaks are extremely difficult and are intended for youth & adults in top physical condition*



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

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 or Pueblo 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 involves 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.*


**PRO TIP:**  
Rash guards, wicking or quick dry material shirts are recommended. Cotton material is NOT recommended  
  
\*It is encouraged that participants tip river guides as a thank you for a memorable experience.

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

Height	Weight –LBS (Recommended)	Weight-LBS (Maximum Allowed)
5'10"	132 – 188	<b>226</b>
5'11"	136 – 194	<b>233</b>
6'0"	140 – 199	<b>239</b>
6'1"	144 – 205	<b>246</b>
6'2"	148 - 210	<b>252</b>
6'3"	152 – 222	<b>260</b>
6'4"	156 – 222	<b>267</b>
6'5"	160 – 228	<b>274</b>
6'6"	164 – 234	<b>281</b>
6'7" +	170 – 240	<b>295</b>

  
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

\*Echo Canyon River Expedition will provide wetsuits, but quantities are limited

  
Several activities have a dress code requirement. Please review our [dress code](#) at the end of this guide.



# 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 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.

### Sunday Leader Meetings

A meeting of all youth and adult unit leaders will be held on Sunday at 7PM. 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.

### Sunday Overview

#### 1:00pm – 4:00pm Arrive at Camp

Express Check-In – Receive welcome packet with some instructions specific to that week of camp.

Check-In – Turn in paperwork, receive welcome packet with instructions specific to that week of camp.

Camp Tour – Staff member will take you on tour of camp to show you the facilities and program areas.

Youth Medications – Turn in an over-the-counter or prescription medications, vitamins, etc. to camp health officer.

#### 5:45pm Flag Ceremony

#### 6:15pm Dinner

#### 7:00pm Leader Orientation Meeting

#### 8:15pm Campwide Emergency Drill

#### 8:45pm Opening Campfire

#### 10:00pm Quiet Time

#### 10:30pm Lights Out

# 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 along with trail meals. 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. Meals off property are trail style.

### The San Isabel 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

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.



A practice emergency drill will take place within the first 24 hours of your arrival. In the event of a real camp-wide emergency, the camp siren will sound. At which time, all campers should report immediately to the dining hall & await further instruction from the camp staff.



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.

## **Fishing at Wilbur Ladd Lake**

A favorite pastime of many at San Isabel is fishing at our lake. It is well-stocked with plenty of fish to catch. Please visit the [Colorado Parks & Wildlife website](#) to find out all you need to know about licensing and fishing legally in Colorado.

## **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-toed 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:

*18353 Highway 165  
Rye, CO 81069*

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***

Scouts can receive letters from home through the Pathway to the Rockies 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 [our website](#).

## **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](#), 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.