



Expeditions Fall 2022 BSAC High Adventure

Northern Tier – Okpik



Aside from summer adventures, The Charles L. Sommers Canoe Base hosts the Okpik Cold Weather Camping Program, the premier winter camping program in the Boy Scouts of America. The Charles L. Sommers Canoe Base is the site of the Boy Scouts of America's National Cold Weather Camping Development Center.

All trips are fully outfitted and provisioned, including almost all of the personal gear necessary to stay warm in the winter. A highly trained staff member, called an Interpreter, accompanies all crews on their trek.

At Okpik, Scouts experience a true Northwoods winter: learning how to thrive in subzero temperatures, travel across frozen wilderness lakes and construct their own sleeping structures out of snow. Three types of Okpik experiences are currently offered: Cabin Stay, Okpik Trek, and Dogsled Trips.

More information is available at www.ntier.org.

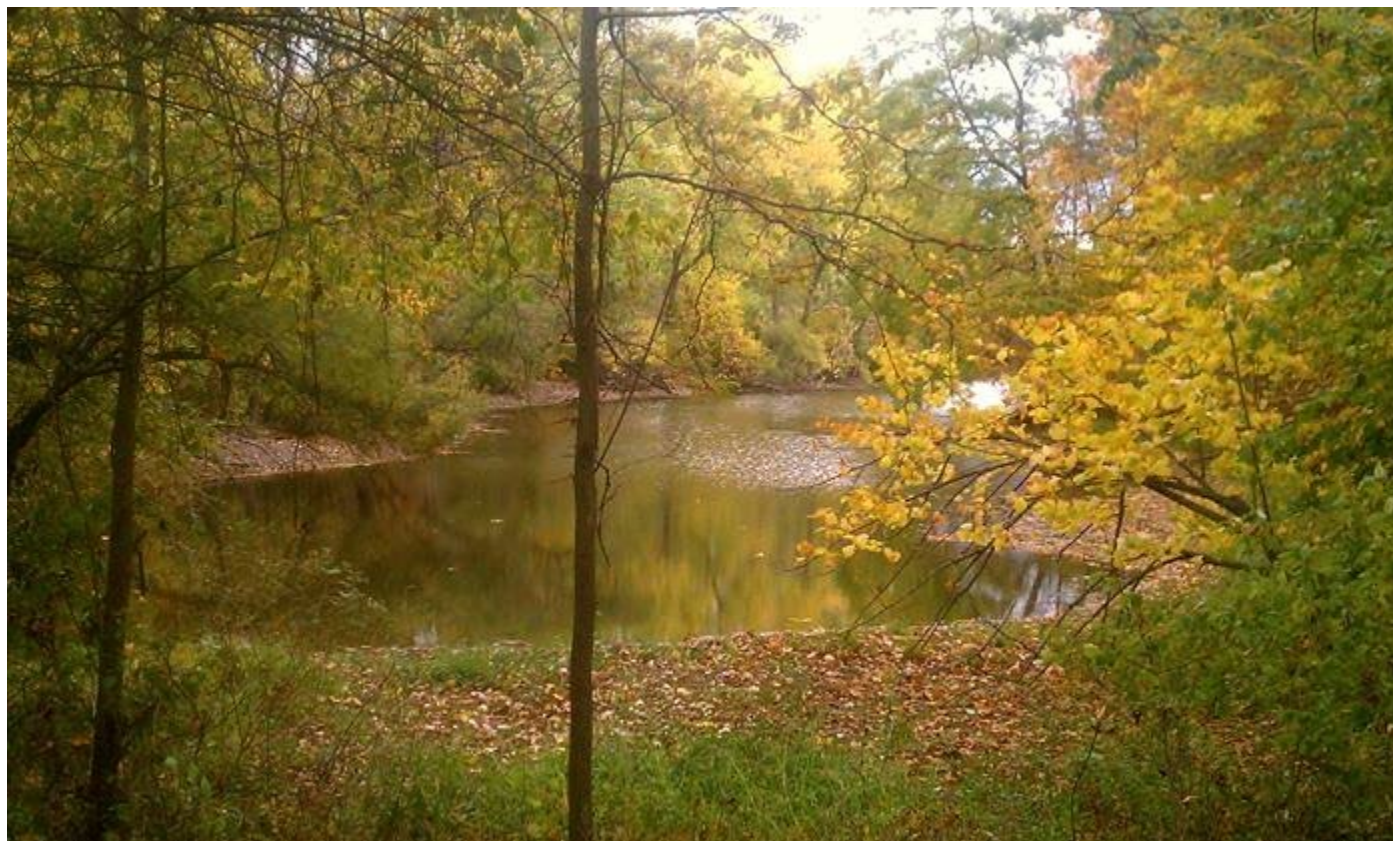
Great Miami River Trail



From urban skylines to beautiful river vistas, the Great Miami River Trail has something for everyone. The multi-use trail, modern, off-street and paved, winds its way near parks, museums, picnic facilities, acres of natural land and over gently rolling terrain—a perfect match for the runner, skater or cyclist. The heart of the paved trail network, the 93-mile Great Miami River Trail, runs through Warren, Montgomery, Miami, Butler and Shelby Counties, passing through several Metroparks. The end points are Middletown in the south to Piqua in the north. In addition, there are several connecting trails and trail designers make an effort to connect the trail to adjacent attractions and neighborhoods via ramps and bike stairs.

For more information, go to www.miaimivalleytrails.org.

Thoreau Wildlife Reserve



Thoreau Wildlife Reserve is open to the public for the enjoyment of nature with its 4 nature trails that highlight meadows, woodlands, wetlands and old growth forest. The Reserve is located at 10485 Haller Road in Brunersburg, just west of Defiance, and covers approx. 250 acres with 2 miles of trails.

Thoreau Wildlife Reserve is working with the Audubon Sanctuary Program to encourage blue birds, wood ducks and mallard ducks to nest on the property. Parking is limited and hours of operation are from dawn to dusk. Visitors must stay on designated trails and only foot traffic is permitted in the preserve. To safeguard the preserves natural resources, we ask that all visitors abide by the “leave no trace” rules of conduct.

Numerous signs can be found along the trails with reference to the thoughts of H.D. Thoreau who inspired the Reserve.

Be Prepared for High Adventure



SUMMARY

High-adventure trips are intended to deliver wilderness and learning adventures that last a lifetime. Being both medically and physically prepared for these trips will help ensure they are as safe and enjoyable as they are memorable. While this is true for all Scouts, it is especially critical for adult leaders to be prepared!

GENERAL INFORMATION

High-adventure trips are physically demanding and have inherent risks, and each crew member needs to understand how to mitigate these risks. Part of this process is ensuring that each crew member has identified any medical issues that may place either the crew member or the crew at an increased risk of a medical emergency while on the trip.

The first step is to complete the three parts of the BSA Annual Health and Medical Record (AHMR). You must meet with a licensed health care provider (e.g., M.D., D.O, N.P., or P.A.) to complete Part C of the Record. Be sure you and your provider have read the “High-Adventure Risk Advisory” section of the AHMR so everyone fully understands the known health risks associated with the high adventure.

Have an honest and open conversation with your provider about whether it is appropriate for you to go on the trip. The physical demands vary by high-adventure activity, but the presence of any of several medical risk factors can raise concerns.

While the list is not all-inclusive, the following are important factors: excessive body weight, history of heart or cardiovascular diseases, high blood pressure, diabetes, seizures (epilepsy), asthma, allergies or anaphylaxis, ingrown toenails, recent musculoskeletal injuries, orthopedic surgery, and psychological or emotional difficulties.

If it's medically appropriate for you to go, the second step is to be sure you are physically fit enough to meet the challenges of high adventure. Being fit will greatly enhance your enjoyment of the trip! Most high-adventure trips require a combination of cardiorespiratory fitness, muscular endurance, and muscular strength. Can you walk three miles in an hour without stopping? Pass the BSA swim test? Do 10 push-ups? Go up three flights of stairs without your legs tiring? If not, then you would benefit from improving your fitness.

RESOURCES

Annual Health and Medical Record

Guide to Safe Scouting

Risk Factors Affecting Participation



