



Expeditions Spring 2023 BSAC High Adventure

North Country Scenic Trail 100 Mile Challenge



The North Country National Scenic Trail is the longest in the National Trails System, stretching 4,800 miles across eight states from North Dakota to Vermont, traversing forests and farmlands, remote terrain and nearby communities. Whether looking to day-hike a few miles or plan a longer overnight backpacking trip, a multitude of diverse landscapes and hiking opportunities are waiting.

A significant portion of the Buckeye Trail, a 1400 mile loop in Ohio, is also a part of the North Country Scenic Trail. And a large part of the Buckeye Trail is located in western Ohio. Thus, Scouts have an excellent opportunity to hike or backpack this trail.

Hike 100 miles on the NCT in the calendar year 2023 (January 1 through December 31), tell about it, then receive a patch and certificate.

For more information, search northcountrytrail.org.

Turkey Run State Park, Indiana



Deep canyons nestled in the shadows of sandstone cliffs and peaceful hemlock groves harbor some of the most ruggedly beautiful hiking trails in Indiana. To get to many hiking trails you need to cross the suspension bridge over Sugar Creek. It is 70 steps down to the suspension bridge. Upon crossing the bridge you will be in the Rocky Hollow-Falls Canyon Nature Preserve, containing deep sandstone canyons and one of the last remnants of the magnificent forest that originally covered most of Indiana. Eleven trails from .5 to 3 miles and ranging from easy to very rugged can be hiked. Camping is also available.

For more information, search www.turkeyrunstatepark.com.

Blanchard River Water Trail



The 37.6-mile Blanchard River Water Trail is predominately a rural waterway that affords relative isolation and solitude. It is characterized by bends, riffles, and forested

riverbanks. The urban section flows through Findlay, Ohio. Eleven access points along the way provide a wide range of boating opportunities from short trips lasting an hour or two to half-day and day trips to a two-day trip with primitive tent camping along the Blanchard River at Riverbend Recreation Area. The Blanchard River Water Trail begins at Blanchard River Nature Preserve and ends at Blanchard Landing.

For more information search <https://hancockparks.com/uploads/2019/10>

Safety Moment

Annual Health and Medical Record

SUMMARY

The Scouting adventure, camping trips, high-adventure excursions, and having fun are important to everyone in Scouting—and so is your safety and well-being. Completing the Annual Health and Medical Record is the first step in making sure you have a great Scouting experience.

GENERAL INFORMATION

- The BSA Annual Health and Medical Record (often known as the “medical form” or “annual physical”) is designed to help ensure that all participants in the Scouting program are healthy enough for the adventure of Scouting. It is not intended to limit participation but to inform and protect.
- To keep up with possible changes in health status, the form needs to be updated annually or when a participant’s health information changes. The record expires in one year.
- The four-part form serves as a single place to document a participant’s medical history and recent medical examination. It also provides consent for treatment in the event a participant needs emergency care while traveling away from a parent or guardian.
- Parts A and B should be completed for all participants and Scouting leaders. Part C should be completed by a licensed health care provider (M.D., D.O., N.P., or P.A.) before the participant attends any Scouting event that is longer than 72 hours, such as a summer camp, trek, or multiday excursion.
- The optional “High Adventure Risk Advisory” (formerly known as Part D) needs to be shared with the examining medical provider during the pre-participation examination to explain known health risks for each of the BSA’s four high adventure bases. Additionally, your council may develop a risk advisory specific to your council camps or other properties or events.
- The forms should be maintained by a designated leader. To assure privacy, the forms should be carefully stored and used only as needed to provide for planning and rendering care. The AHMR should not be scanned, stored, or sent electronically except as specifically directed for a BSA national event such as the national jamboree or National Order of the Arrow Conference.
- Neither the BSA nor the Annual Health and Medical Record are subject to the Health Insurance Portability and Accountability Act (HIPAA). A Scout is Trustworthy: Records and sensitive information should be maintained in a private manner.