PENDOLA SIERRA

ADVENTURE BASE

www.yosemitescouting.org

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2014 Trek Planning Guide

A Letter from the Council High Adventure Committee

Welcome to the Pendola Sierra Adventure Base. The Greater Yosemite Council High Adventure Committee has been working hard all year to plan and design an awesome outdoor adventure in some of the most beautiful country America has to offer, the Sierra Nevada Mountains of central California!

The Pendola Sierra Adventure base is owned and operated by the Greater Yosemite Council and is located on the premises of Camp John Mensinger. Camp John Mensinger is located in the Stanislaus National Forest at the 4800-foot level above Beardsley Reservoir about 31 miles east of Sonora along Highway 108. The camp is 168 acres and has been operating since 1970.

The program is a true wilderness camping experience that features hiking, backpacking, land navigation, Wilderness first aid, and leave no trace principles. As a result of this program, participants will be both better woodsmen and better people. The program offers a variety of different trek options, routes, distances, and difficulty levels depending on the skill level and ability of each group. That is what makes a program like this so desirable. Each trek will be unique and tailored to your group, and it will help to ensure that all of your goals for your week at camp are met.

This booklet is designed to help you prepare for your trek. Please read everything carefully and share the appropriate information with the boys and parents who will be coming along. It is important that every participant is well prepared for his or her trek and that each person brings the appropriate clothing and equipment. After all, there are no stores in the backcountry! Also, please do not be afraid to contact the Greater Yosemite Council office for more information. The only “dumb” question is the one that was not asked.

We know that you will enjoy this program, and look forward to working with you during this season!

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The Basics

Leadership Two adults are required on every trip, one of whom must be at least 21 years of age.

Group Size Our treks are limited in size to a maximum of 15 (this includes the Guide).
(12 Scouts, 2 adults, 1 guide) **All trek participants MUST be at least 13 years of age.**

Equipment See enclosed list.

Planning your Trek

It is the responsibility of the trek participants to assemble the group. If the trek will be composed of members of more than one unit, please secure the names of the participants and leaders before reserving your trek. Trek participants must be compatible with each other as they will be on the trail together for four nights. Remember, participants must be at least thirteen years old and in good physical condition. Treks may have no more than 12 youth and 2 leaders. We encourage you to fill your trek. We cannot send out treks with less than 5 Scouts and 2 leaders. We will try to assist you in filling your trek if necessary.

Pre-trek Preparation and Conditioning

All trip routes vary in mileage from about 30 miles to just over 50 miles. Trek difficulty level varies on a variety of factors: elevation, weather, group experience and the current physical conditioning of the group. All groups should plan and conduct shakedown hikes in advance of your High Sierra adventure, and leaders should have a good sense of both their own and their group's general physical conditioning and limitations.

Things to be considered for participants and leaders:

- Medical Restrictions
- Physical Strength (for carrying backpacks)
- Endurance (altitude may be a factor)
- Experience

A participant does not need to be in the same condition as an Olympian but they need to be aware of their abilities and limitations. Participants and leaders need to be knowledgeable about other members of the group as well as themselves. A weekend "shakedown" or two in your home area is a good way to make everyone aware of the kinds of physical demands that will be expected for the trek. It is also a great opportunity to become familiar with the equipment and to try any new equipment they'll be using. **An important note on hiking boots:** hiking boots should be well broken in before a trek. Slowly increase the amount of time the wearer has the boots on over a period of weeks. Both the boots and the wearer's feet need to prepare for long distance hiking. If problems arise, work with the shop where you bought the boots to help you get them fitting properly. **DON'T bring a brand new, unworn pair of boots on a trek.**

Pre-trek Basic Backpacking Training

The Council's High Adventure Training Team provides Basic Backpacking Training each year in May – check the online calendar on the Council website: www.yosemitescouting.org.

Sierra weather and wilderness

Summertime in the Sierras can see hot, sunny days in the 90's and clear, cold nights that may cause early morning frost. These are extremes, but a trekker in the Sierras must be prepared for anything. Generally, June, July and August will see temperatures in the 60's, 70's and 80's. Most days will be sunny but, thunderstorms are not uncommon in the Sierras and you will need to be prepared.

The remote areas our treks will be visiting will be one of the most attractive qualities. Sitting on the peak of a mountain or the shore of a lake and watching the sun rise is an experience that "refreshes the soul". Because of the remoteness of these areas, communications may be difficult. Your trek Guide will know the quickest way to get help in the event of an emergency.

Group Equipment

The base camp will provide tents, stoves & fuel, cook pots, food, bear canisters, water filtration gear. Personal equipment will be the responsibility of each participant. Please review the personal equipment check list at the back of this document.

Religious Services

Because you are on the trail all week, you should plan your own religious service and arrange in advance to secure special dispensation for Catholic participants.

Developing Your Program

You are participating in a packaged trek program using the program resources of the Greater Yosemite Council. Your guide will be knowledgeable of possible variations and make arrangement for alternatives. If variations require special equipment or assistance from camp staff personnel, extra costs may be assessed; therefore, it would be helpful to know what alternatives are desired before your arrival at camp. These should be discussed with Tim Long, prior to your arrival at base camp. His phone number is (209) 545-6320 ext. 108.

Medical Forms

Each member of your group will be required to have a medical examination by the participant's family physician. The BSA Medical Form is available at http://www.scouting.org/scoutsource/HealthandSafety/ahmr.aspx and must be completed in its entirety with the parent's authorization signed. **Participants who do not have necessary forms completed will not be allowed to go on the trek. Treks should be considered strenuous.**

The health services of our base camp will be available to your group including a medical re-check upon your arrival.

The California State Health Department requires the immunization record on the health form. This may be obtained from the school nurse's office or physician.

Emergency Telephone Numbers

Greater Yosemite Council Office: 209-545-6320
Fax Line: 209-545-6321

By the time your message is sent to the group on trail and a reply returned to you, over 24 hours may have elapsed.

Tour and Activity Plans

Be sure to file a completed Local Tour and Activity Plan or National Tour Plan with your local council.

Fishing Licenses

Persons over the age of 16 will need a California State resident or non-resident fishing license. These may be purchased locally at sporting goods stores, etc. One week, out-of-state licenses are available.

Fees

Full fees, $300 per Scout, $150 per leader are due in the Modesto office, 4031 Technology Dr. Modesto, California 95356 by **MAY 1**. Please make checks payable to "Greater Yosemite Council". **Fees not paid by this date will be increased to $320 per Scout, per week, no exceptions.**

Refund Policy

Fees are **non-refundable**, but can be transferred to another Scout or Adventure Troop. Half price to go for a second week of camp, which is $150.00. This includes Pendola Sierra Adventure Base and Adventure Troop.

Refund Policy: All fees are non-refundable with the exception of summer school, a death in the immediate family, or a doctor's excused illness in which all but $150/scout or $60/adult will be refunded. Requests must be submitted in writing with appropriate documentation (ie: doctor's excuse or summer school enrollment verification). Refund requests can be submitted at anytime and no refund requests will be awarded after September 1, 2014.

Your Trek Guide

A Guide will meet you upon your arrival at Camp Mensinger. Our Guide meets all of the California State requirements for guiding your group on the trail. These qualifications include:

1. Certified for American Red Cross Standard First Aid, CPR, and Responding to Emergencies.
2. Certified Lifeguard BSA or ARC Advance Lifesaving.
3. Knowledge of the area through which you will be trekking, including knowledge of forest rangers and emergency resources.
4. National Camp School graduate.

Your Guide will accompany your group from arrival to departure and will arrange for the food, equipment and program services to be provided to you by Camp Mensinger.

Your Guide will help you as a leader in every way possible, **but will not assume your responsibility as a trek leader.** Consider the Guide as your Commissioner or adviser. Guides are trained to meet emergencies, represent the best interests of the BSA, and interpret the environment as you travel. **His/her suggestions are usually well conceived and should be heeded.**

Arrival Orientation

Your first few hours will be spent becoming familiar with your itinerary for the week and to acquaint your Guide with the abilities of each member of your group. The Health Officer at base camp will promptly conduct a medical recheck and you will be given a swim check if necessary. You may conduct a pre-camp swim test (see form in packet) which will eliminate the step of the swim check.

For all treks, your Guide will review the equipment checklist. After packing personal gear and group gear, food will be packed. A shakedown inspection will help spot any gear that needs attention. Stay overs (earlier than expected or later than planned at camp) should be arranged through the Camp Director in advance. Please DO NOT pop in a day or two earlier than scheduled. The base camp will not be able to accommodate you without advance notice.

Opportunities for swimming

If members of the trek wish to swim, correct Safe Swim Defense must be practiced. Check with your Guide before any aquatic activities. Potential swimmers must have completed their swim checks prior to departing on the trek. Many High Sierra lakes and streams have temperatures that are not recommended for swimming. Many of the high lakes may not thaw completely until August. Use extreme caution when swimming. **Only the Trek guide will determine when swimming is acceptable and only under the auspices of the BSA Safe Swim Defense.**

Meals – Cooking Equipment

While at Camp Mensinger you will enjoy hot food prepared in the camp Dining Hall.

On the trail you will use freeze-dried and dehydrated foods. Necessary group cooking equipment will be issued to your trek group. You will need to bring your own personal eating utensils. Cooking will be accomplished by way of backpacking stoves.

Shakedown – Storage of Excess Personal Gear – Vehicles

Your Guide will conduct a personal equipment shakedown before hitting the trail. Equipment that is not needed on the trail should be locked in your vehicle. If you are not leaving vehicles at the base camp, alternative arrangements will be made for the storage of this equipment. We will provide parking for your vehicles at Camp Mensinger.

Trail Manners

Smoking: Scouts are not permitted to smoke or chew tobacco.

Knives: Scouts are not permitted to carry sheath knives or hand axes.

Littering: Scouts and leaders must observe the practices of LEAVE NO TRACE camping while on trail.

Drinking: No alcoholic beverages are permitted.

Trading Post

Camp Mensinger has a well-stocked trading post, which includes souvenir items as well as sundries, candy, and soft drinks. $60.00 per Scout is suggested spending money.

Emergency Pick Up

The health and safety of each member of your group is foremost. There will be no charge for a pick up due to weather conditions or for health purposes.

Recognition and Advancement Procedures

An attractive embroidered Trek patch will be presented to each participant at the completion of the group's trek. The trek is planned to provide each member of your group an experience with a wide range of adventure activities. Each experience will be sufficient length and depth to provide for qualification (or partial completion) of related merit badges – camping, cooking, hiking, backpacking, wilderness survival and possibly canoeing and climbing. Participants may qualify for the 50 Miler Award. However, the achievement of requirements is totally the responsibility of the group, not the Guide nor the Pendola Sierra Adventure program itself.

Merit Badge Opportunities

Trek participants will be able to earn the Backpacking and Hiking merit badges provided they complete the pre-requisites and bring a blue card attesting to their completion of the pre-requisites listed below.

Merit Badge	Pre-requisites
Backpacking	Read the pamphlet and complete all requirements with the exception of 11. You will work with the Guide to complete #11.
Hiking	Read the pamphlet and complete all requirements except 6 & 7. You will complete those on your trek with the help of your Guide.

Return of Equipment – Lost or Damaged Equipment

You are expected to return all equipment loaned to you in a clean, satisfactory condition. You must be prepared to purchase any lost or damaged equipment. So, take care of it as if "it were your own"; and return it better than or in the same conditions it was taken out. Your Guide will go over the proper use of issued equipment prior to departure.

Fires in the backcountry

The building of campfires is strongly discouraged unless you are camping at an established camp. In order to build a fire you must have a fire permit issued by the United States Forest Service. In the event that you are in a location suitable for a fire, EXTREME CAUTION is required. Please refrain from building campfires.

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Personal Gear Checklist

Clothing (hiking clothes)

- ☐ Hiking boots (well broken in)
- ☐ Sneakers or tennis shoes
- ☐ 3 pair heavy socks
- ☐ 3 pair lighter inner socks (polypro)
- ☐ 3 changes of underwear
- ☐ Two pair hiking shorts
- ☐ 2 short sleeved shirts (not nylon)
- ☐ 1 cap or hat (flexible brim)

Cool Evenings

- ☐ 1 long sleeved shirt
- ☐ 1 pair long pants
- ☐ 1 set insulated underwear (polypro)

Cold

- ☐ 1 sweater or fleece jacket
- ☐ Stocking cap
- ☐ Gloves or mittens

Eating

- ☐ Deep bowl (small, plastic)
- ☐ Cup (measuring style)
- ☐ Spoon
- ☐ 3-4 1 quart water bottles

Rain, windy, cold

- ☐ Rain suit or poncho

Sleeping Gear

- ☐ Sleeping bag in stuff sack
- ☐ Straps to hold bag onto pack
- ☐ Foam sleeping pad (closed cell or Thermarest)

Personal and Miscellaneous

- ☐ Small pocketknife
- ☐ Matches and/or lighter in waterproof container
- ☐ Small flashlight with extra batteries
- ☐ Plastic trowel
- ☐ 2 bandanas or handkerchiefs
- ☐ Lip balm
- ☐ Biodegradable soap
- ☐ Toothbrush & tooth paste
- ☐ Sunglasses
- ☐ Ditty bag for personal items
- ☐ Personal first aid kit

Optional

- ☐ Camera with film or digital
- ☐ Whistle
- ☐ Watch
- ☐ Foot powder
- ☐ Notepad & pen

Remember, once you get to Camp Mensinger there will be additional gear added to your loads. You will need to have room for these items as well as the stamina to carry them. Included will be: stoves, fuel bottles, food, cooking gear, bear canisters, tents, tarp, and probably a few other items. This gear will be distributed among the members of the trek and will be re-distributed daily as the food is consumed, etc. Some of the items you bring you may not need. If this is the case, you will be asked to leave them in the car.

2014 Unit Reservation Form

GREATER YOSEMITE COUNCIL, BSA
4031 TECHNOLOGY DRIVE MODESTO, CA 95356
209-545-6320 TOLL FREE 1-877-486-5519

☐ **CAMP JOHN MENSINGER**: ☐ **PENDOLA SIERRA ADVENTURE BASE**:

Session Preference:

1. June 15-21_____ 2. (LDS) June 22-28 _____ 3. June 29-July 5_____ 4. July 6-12_____ 5. (LDS) July 13-19 _____

6. July 20-26 _____ ***Week 6 is for Pendola Only NO REGULAR SCOUT CAMP WEEK 6***

DESIRED CAMPSITE (check website for names and locations www.yosemitescouting.org – Camping)

1st Choice_____ 2nd Choice_____ 3rd Choice_____

Unit Information:

Council's Name _____ District_____ Unit #_____

Contact Person_____

Address_____ City/State_____ Zip Code_____ _

Home Phone_____ Cell Phone_____

Email_____

Payment Schedule *

Regular Camp Fee: $320 **Early Bird Fee: $300 / Gold Unit Fee: $280** **Adult Fee: $150**

$100 Unit deposit due upon initial reservation
$20 Per Scout deposit due March 1, 2014
$140 Per Scout payment due April 1, 2014
$140 Per Scout Balance due May 1, 2014

All fees must be paid in full by May 1, 2014 to receive Early Bird / Gold Unit Incentive & all fees are non-refundable. First 2 Leaders are free for every unit sending a minimum of 5 Scouts to Camp John Mensinger, with an additional free leader for every 5 Scouts above 10 (note, this does NOT apply to Pendola Trek groups).

Fee Reconciliation

1. Number of Youth: _____* _____= _____
   (Fee)
2. Number of Leaders: _____*_____= _____
   (Fee)
3. Deposit (applied towards camp fee) _____ -$100.00
4. Total Due: $ _____

Online Registration Information

Once next year's summer camp program is set up through the website your reservation will be input and you will receive a confirmation e-mail notifying you of such.
*As was the case last year, the payment schedule must be followed in order for you to save any registration changes online.

General Information:

Scouts may attend a second week of camp at a reduced rate. See **Adventure Troop** application for details. This also includes **Pendola Sierra Adventure Base**.

Refund Policy: All fees are non-refundable with the exception of summer school, a death in the immediate family, or a doctor's excused illness in which all but **$150 (Scout) and $60 (Adult)** will be refunded. Requests must be submitted in writing with appropriate documentation (i.e.: doctor's excuse or summer school enrollment verification). Refund requests can be submitted at any time and no refund requests will be awarded after **September 1, 2014**.