



MONTANA COUNCIL, B.S.A

and the



presents

**BSA High Adventure Leader Training in Ultralight Backpacking
(WS2-BSA)**

Welcome Packet

Date: May 21-23, 2010

Locale: Dupuyer, Montana

Course Director: Ryan Jordan

Cost: \$199.99

How to Register Online

If you have not already registered for this course, please do so at:
<http://www.backpackinglight.com/montanabsa>

Space is limited: register early. Prepayment in full is required to reserve your spot.

Welcome

Get ready for a training experience that will challenge your conceptions about how to empower more Scouts to enjoy wilderness trekking.

Here in the Northern Rocky Mountains, you will be learning amidst Montana's remotest wilderness. While you immerse yourself in a laid-back Montanan style of living, you will receive hands-on guidance from industry-leading instructors regarding the latest in ultralight backpacking equipment, skills and best practices. Classroom instruction will prepare you to put your newfound skills to the test while trekking in the wild with an ultralight kit.

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1. COURSE OVERVIEW

This course is offered by MONTANA COUNCIL, B.S.A., in partnership with Backpacking Light and the Boone and Crockett Club.

WS2-BSA provides an introduction to the latest advances in lightweight backpacking gear and techniques, including packing systems, sleep systems, cooking systems, clothing systems, shelter systems, and more, and is tailored to the dynamics of Boy Scout High Adventure Crews and Scout Troops.

Eligibility: This course is for registered leaders of the Boy Scouts of America. The minimum age is 18. Proof of BSA registration and a Class III/ABC physical are required.

Certification: This is a mandatory course for Montana BSA High Adventure Ultralight Backpacking Program Staff. A certification exam will be given at the end of the course. This certification exam is optional for other participants. Certification will be offered to other participants upon request.

Audience: This course is appropriate for High Adventure Program and Trek Directors, Camp Directors of camps with High Adventure programs, High Adventure Crew Leaders, Backpacking Merit Badge Counselors, Scoutmasters, and Assistant Scoutmasters.

WS2-BSA is an INTERMEDIATE LEVEL skills course:

- * No previous backpacking or outdoor experience is required, but is recommended so you have a good sense of the context of ultralight backpacking.
 - * You should arrive in good physical condition, such that you can carry a backpack weighing up to 20 pounds for up to 8 miles per day over 3 days on varying terrain.
 - * You are required to have a clean bill of health for moderate exercise in remote areas (BSA Class III/ABC Physical form required, and attached).
 - * The minimum age for participation is 18 years. You must be a registered member of the BSA in order to participate.
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2. INSTRUCTORS

RYAN JORDAN is the director and primary instructor for this course. Ryan is the CEO of Backpacking Light, the Trek Director for the Montana BSA High Adventure Program in Ultralight Backpacking, the Montana BSA High Adventure Committee Chair, the former High Adventure and Program Director at Camp Parsons (Chief Seattle Council BSA), an Eagle Scout, and an Assistant Scoutmaster with Troop 676 in Bozeman, Montana. Ryan's particular passion is showing Scouts and Scouters the skills and methods to hike deep into remote wilderness environments in safety and comfort. Chief among Ryan's wilderness accomplishments include a number of 200-500 mile hikes and packrafting traverses in ultralight style without resupply in Washington, Idaho, Montana, Wyoming, Canada, and Alaska.

DOUG PROSSER is an Assistant Scoutmaster for Troop 257 in the Ventura County Council, California, with 15 years experience in scouting as an adult. He lives in Camarillo, which is located on the coast in southern California, and has participated in numerous hikes in the local mountains, planning many treks into the High Sierra for his Troop. He attended Philmont Scout Ranch as a Scout and as a leader 5+ times most recently in 2007 and 2008. Doug has a strong interest in teaching both kids and adults how to enjoy backpacking. He assists the Newbury Park, CA Lightweight Backpackers group. He is a graduate of the Backpacking Light Wilderness Trekking School Desert Southwest Course of 2008. Doug is looking forward to his 2010

Philmont trek, which will be the fortieth anniversary of his 1970 trek to Philmont as a scout.

In addition, four guest instructors from the Backpacking Light Wilderness Trekking School will provide their unique perspectives and mentorship to participants about ultralight backpacking gear, skills, and philosophies: Sam Haraldson, Chris Wallace, Mike Martin, and Ryan Connelly.

3. DETAILS

Course Instructors: Ryan Jordan, Doug Prosser, Chris Wallace, Sam Haraldson, Ryan Connelly

When: Class begins on Friday, May 21st (2009) **at 8:00 AM**. Course will end on Sunday May 23rd **at approx. 5:00 PM**

Where: The classroom portion of the course will be held at the Theodore Roosevelt Memorial Ranch near Dupuyer, MT, home of the Montana High Adventure Base (MOHAB) and the Boone and Crockett Club. The backpacking portion of the course will leave, and return, directly from the ranch.

What: A half-day of classroom instruction and a 3-day/2-night backcountry trek focusing on ultralight trekking and camping skills in the context of Scouting methods and activity models.

Course Size, Max: 24 participants. We will split into smaller patrols during the trekking portion of this course, and camp and trek as a patrol.

Contraband: No alcohol, tobacco, illegal substances, firearms, GPS units, electronic compasses, altimeters, pedometers, communications devices (radio, cellular, or satellite), watches or other timekeeping devices, electronic gaming devices, or excessively large knives.

4. ARRIVING AT COURSE LOCATION

Flying into Great Falls: If you are flying into the Great Falls airport (GTF), you should plan to arrive early enough to be well ahead of the bus pick-up. Because of the potential for travel delays and lost luggage, we suggest arriving the DAY BEFORE the course starts, on **Thursday May 20th**. Because travel from the ranch back to the airport takes a few hours, you might also consider flying out **Monday, May 24th**. We also suggest using carry-on luggage only; your gear is light, right? (although, due to airport restrictions this means that you will not be able to bring your favorite knife).

Staying in Great Falls: We recommend the Crystal Inn, which is less than one mile from the airport on the outskirts of Great Falls: <http://www.crystal-inn-great-falls.com/>.

Google Map of Great Falls Area: <http://maps.google.com/maps?client=safari&rls=en&q=great+falls+mt&oe=UTF-8&um=1&ie=UTF-8&hq=&hnear=Great+>

Driving to the Ranch from Great Falls: Going North on US-89 from Great Falls, take the first left as you enter the town of Dupuyer (Dupuyer Creek Road). Continue for eight miles until you reach a fork in the road. Take a left and travel less than a mile until you see the TRM Ranch/RWCC sign with an arrow and turn right. After you pass the TRM Ranch main entrance, stay left and drive past the upper ranch house and continue on to the Center. The drive from Great Falls to the Ranch is about 100 miles. Allow two hours for the drive if you don't want to feel rushed, as you will not be traveling along high speed, multi-lane highways!

What Lodging, Transportation, and Meals Does My Course Fee Include?

- Thursday night dinner
- Thursday night lodging
- Friday morning breakfast
- Friday lunch
- Friday dinner (backcountry)
- Saturday breakfast and dinner (backcountry)
- Sunday breakfast (backcountry)
- Sunday afternoon snacks and coffee
- Shuttles between the Ranch and your drop-off/pickup points for your backcountry trek

What Lodging, Transportation, and Meals Are Not Included in My Course Fee?

- Transportation to Great Falls, MT
- Transportation between Great Falls and the Ranch
- Sunday night lodging
- Friday, Saturday and Sunday "trail snacks" (backcountry)

About the Great Falls Shuttle Service: For those who can make it to Great Falls, but do not have their own vehicle, a shuttle service is available from the Great Falls Airport to the Ranch. The shuttle will leave the Great Falls airport at 3:00 PM Thursday, May 20th, arrive at the Ranch at 5:00 PM Thursday, May 20th, leave the Ranch again at 5:00 PM on Sunday, May 23, and arrive back at the Great Falls airport at 7:00 PM on Sunday, May 23. The cost is \$52.50 per person (round trip) and is not provided as part of your course fee.

About Additional Accommodations: Overnight accommodations are available at the Ranch on the night of Sunday, May 23. The cost (not included in your course fee) will be \$37.50 per person. There may or may not be meal service at the Ranch on

Sunday night or Monday morning, so please plan on arranging your own meals with your own cooking gear, or eating in nearby Dupuyer, MT. Important: There will be no shuttle service back to the Great Falls airport on Monday morning, so a Sunday night lodging option is recommended for those that have their own transportation back to Great Falls.

Contact JoAnne Cobb at the ranch to arrange shuttles or Sunday night accommodations: cobb@boone-crockett.org.

5. MEALS and FOOD

Base-camp Meals: Thursday dinner, Friday breakfast, Friday lunch, and Sunday snacks (e.g., fresh fruit, grain items, etc.) at the Ranch will be provided to you. The rest of your meals will be "trekking meals" (see below).

Trekking Meals: Breakfast and dinner rations during the trekking portion of the course will be provided.

Trail Food: You will be required to bring your own personal TRAIL foods (lunch, snacks, goodies, etc) that will be consumed throughout the day on the trail. You are also responsible for your own drink mixes and hot drinks for mornings and evenings. See the GEAR LIST below for exact amounts, listed by calorie and weight.

6. SCHEDULE

DAY 0: Thursday May 20, 2010

- 3:00 PM - Shuttle leaves from Great Falls Airport
- 5:00 PM - Shuttle arrives at the Ranch
- 6:00 PM - Dinner at the Ranch (optional), Distribute Maps for Route Planning
- 8:00 PM - Campfire fellowship (optional)

DAY 1: Friday May 21, 2010

- 8:00 AM - Report to class, register, introductions, classes begin
- NOON - Lunch
- after lunch - pack up, prepare and file itinerary, bear safety class, *and leave for the wilds!*

DAY 2: Saturday May 22, 2010

Mountain trekking, skills instruction field classes, and practice. Wake up outside, spend the day outside, go to sleep outside.

DAY 3: Sunday May 23, 2010

Wake up in the mountains, have a final breakfast outside, and hike back to the ranch/pickup point.

Early afternoon - Arrive back at the Ranch. Clean gear, showers. Final debrief.
5:00 PM - course adjourned, shuttle leaves for Great Falls Airport
7:00 PM - shuttle arrives Great Falls airport

7. COURSE GOALS

By the end of this course, students will be familiar with:

- The equipment, skills, and philosophy of ultralight backpacking, including footwear, packs, shelters, sleep systems, cook systems, and water purification systems.
- Safety protocols for conducting ultralight wilderness travel programs
- BSA Weather Smart, Trek Safely, and Youth Protection Training
- Teaching and demonstrating methods for ultralight skills
- Planning, logistics, and emergency management of ultralight treks with Scouts
- Incorporating ultralight backpacking into the Patrol Method
- Ultralight backpacking's relationship to the Scout Oath, Law, and Motto

Upon successful completion of the course, students will have the experience, tools and resources to be able to effectively:

1. Engage others in conversation regarding the benefits and limitations of ultralight backpacking.
 2. Evaluate an equipment kit and make recommendations on reducing the weight of that kit.
 3. Counsel Scouts and parents to make sound and cost-effective choices regarding the purchase of ultralight gear.
 4. Assess the nutritional needs for Scout backpacking trips and mentor Scouts in the process of lightweight meal planning.
 5. Safely plan, implement, and lead ultralight backpacking trips with Scouts.
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8. ROLES AND RESPONSIBILITIES

Instructor's role: First, instructors are experienced outdoor technicians responsible for the overall safety of individuals and the group in a wilderness setting. Second, instructors serve as teachers and facilitators of this course's formal curriculum. Third, instructors help create an open, positive, fun and welcoming learning environment. Finally, instructors serve as an excellent informal resource on ultralight techniques, backpacking, and other topics related to wilderness travel not necessarily covered in this course. Get to know them and don't be shy about asking questions!

Student's role: Clearly the primary role of the student is to learn as much as possible within the time allotted. Closely related to this task is allowing other students the opportunity to learn as much as he or she wishes. Please refrain from

actions that might disrupt the learning process. Similarly, of paramount importance to this course is your safety, the safety of others and preservation of the natural environment. As risks are inherent throughout the course, we require that students always maintain a high degree of *expedition mentality*. We define expedition mentality as *a heightened sense of awareness and respect for the inherent risks and challenges of wilderness travel, as well as proper behavior befitting of such awareness*.

Alcohol and Drug Policy: As it applies to our courses, any impaired judgment introduces unnecessary risks to all participants. It is also our belief that partaking in such activities also limits the amount of material that students will retain, thus undermining the credibility of this course, and is in violation of BSA policy and the Scout Oath and Law. For these reasons, please leave the contents of your cigarette boxes, pipes, flasks and other associated paraphernalia behind.

Expedition Behavior: This course is intended to be a service for the betterment of the lives of Scouts and Scouters. Scouts and Scouters come in all sorts of sizes, shapes, and shades, and with many types of abilities, preferences and limitations. Instructors help create and support a positive learning environment. Please do them and your classmates a favor by refraining from sexist, racist, vulgar, and/or belittling comments, actions, jokes and gestures. The Scout Oath and Law are the governing guidelines for course behavior.

Group Dynamics: We will be using the Patrol Method as the primary method for managing expedition dynamics. Instructors will become part of the patrol (but will not be your patrol leader!) and will be the primary teachers of skills.

As such, one of the core benefits of this course will be the act of coming together as a patrol to support and help each individual accomplish what she or he has come to do, see and experience. While bringing different people together into a group automatically introduces a hierarchy of abilities, please remember that, rather than a limitation or a handicap, diversity is a blessing in that it presents an opportunity for us to learn more about ourselves and others. Before you start this course, we encourage you to think about what would constitute your own ideal expedition partner (i.e. self-sacrificing service to your fellow crew members, humility, and the willingness to communicate in a way that builds upon your crew's strengths) and ask yourself what it is that you can do to show up to the course ready to be that person. More important, be ready to return to your hike staff, or troop, with the intention to help and mentor your leaders and Scouts in positive group dynamics.

Likewise, your course instructors will be eager to learn from you as well. Since this is, at it's core, a lightweight camping school, much of our intent is to help guide your own progress towards a lighter pack. But, each student will certainly bring something to the course. You should be prepared to share your own experiences with the rest of us. We look forward to meeting and learning from you.

9. PRE-COURSE COMMUNICATION

As a means of promoting community and excitement prior to the trek, and exchanging important information to help you adequately prepare, we are making available to course participants an email list to interact with each other and ask questions to your instructors. We encourage you to use this system to fine tune any gear or figure out travel questions prior to the official course start date.

Please send an email to school@backpackinglight.com with WS2 in the subject box, and we'll get back to you promptly with instructions about how to start interacting with your fellow coursemates.

10. ANTICIPATED WEATHER AND ENVIRONMENTAL CONSIDERATIONS – Northern Rocky Mountains

Overview. The cool weather of May offers some of the best trekking weather possible in the mountains of southwestern Montana. Yet the classic instabilities of spring rain and snow storms, along with chilly nights, will keep your inclement weather skills on tap and expose our traveling team to the awesome power of alpine weather systems.

Temperatures. We will be trekking and camping at altitudes ranging from about 6,000 to 8,000+ feet. Historically, daily temperatures at this altitude have ranged from the 30s to the 50s (deg F) and average in the 50s. However, more severe extremes have occurred. For a quick guess visit your favorite weather site and look at the weather forecast in Dupuyer, MT. (Zip Code 59432) Remember, temperature varies with altitude by about 2-3 degrees F per 1,000 feet. Courses that take place in May can expect cool nights that might get below freezing.

Precipitation. Generally, the eastern slope of the Rocky Mountains doesn't get much rainfall, but intermittent rain and snow storms are common in May. Average precipitation in May is the equivalent of 1-2 inches of rain, and includes both rain and snow. Generally, you can expect sunshine to peek out about 60% of the time.

Terrain Types. Much of the travel will be on well maintained hiking trails, but we may go off trail as well. Our travel plan will emphasize efficient route choices within the confines of safe exposure at an appropriate comfort level for all team members.

Mountain travel means you'll be moving through a variety of eco-systems at different elevations. Low elevations (less than 7,000 feet) can be open areas of sage brush. Mid - elevations (6,000 to 8,000) can be dense forests of lodgepole pine and sub-alpine fir. Higher elevations (above 7,000) feet can be open meadows of wildflowers, tundra, or areas of exposed rocks.

The trail systems sometimes have foot-bridges over streams, but not always. Expect wet stream crossings to be probable. We'll teach about stream crossings in the context of ultralight backpacking. You will get your feet, and shoes wet on this trip. You will be hiking in wet feet. You will not enjoy doing this in waterproof boots,

which drain poorly and dry slowly. You will not be bringing a spare pair of camp shoes.

The winter snow-pack recedes slowly through the season. In May it will be normal to walk across large patches of dense snow.

Daylight. Northern latitudes of the U.S. offer long days and short nights as summer approaches. By May 20, we'll have nearly 16 hours of daylight at this course location.

Wildlife / Insects. Bugs and animals live in the woods and not all of them are cute and cuddly. The Northern Rocky Mountains are home to grizzly bears, black bears, wolves, and rattlesnakes. Please realize that while negative encounters with these animals are extremely rare, such encounters are still possible. Your instructors will provide you with the information you need to remain safe at all times, but be advised that we will be following strict protocols for our safety. Participants may carry bear spray, and will always travel and camp in groups, in areas where grizzly bears are concentrated, and we will always hang our food and other odoriferous items at night.

Mosquitoes and other biting insects become more common at lower elevations as summer approaches and snow melts. Their intensity usually peaks in June in the lowlands, and in July at higher elevations. Be sure to bring a small amount of repellent, and consider a headnet, just in case a long string of warm temperatures results in the unpredictable eruption of a May mosquito hatch. Plan on wearing long sleeve shirts and long pants while trekking, because we'll be here during the peak of tick season. Tick-borne diseases are rare in Montana, but we have had cases of Lyme Disease, Colorado Tick Fever, and Rocky Mountain Spotted Fever. Plan on being prepared to avoid tick bites with appropriate clothing, daily tick checks, and a DEET-based repellent applied to the skin near the openings of your clothing.

Elevation and Altitude. In May, we won't be visiting altitudes above 8,000 very often, due to a deep spring snowpack, so we do not expect you to have significant problems with altitude sickness or shortness of breath as a result of being at high elevations.

11. GEAR LIST

What follows is:

1. An easy to use checklist of required gear.
2. A more detailed description of each item on the checklist (the most important part).

GEAR CHECKLIST

Personal Gear Worn - REQUIRED PERSONAL GEAR TO BE BROUGHT BY ALL PARTICIPANTS

- underwear
- trekking shirt and pants
- hat with brim
- trail running shoes
- merino wool hiking socks
- whistle

Personal Gear Carried in Pack (Max 10.0 lbs) - REQUIRED PERSONAL GEAR TO BE BROUGHT BY ALL PARTICIPANTS

- backpack
- collapsible water bottle
- ground cloth
- torso-sized sleeping pad
- mess kit
- toiletries
- LED light
- first aid kit
- pocketknife
- journal and pen
- compass
- merino wool hiking socks (extra pair)
- sleeping bag
- long underwear top and bottom
- waterproof-breathable rain jacket and pants
- insulating jacket and pants
- warm hat
- warm gloves or mittens
- insect repellent
- mosquito headnet
- cotton bandana
- sunglasses
- sunscreen

Patrol Gear (Per Four People) - 7.2 lb total = 1.8 lb/person - GEAR PROVIDED BY MONTANA BSA/BACKPACKING LIGHT

- patrol tarp shelter, stakes, and guylines – 48 oz
- patrol cook kit – 32 oz
- patrol water treatment kit – 8 oz
- patrol first aid kit – 8 oz
- patrol firestarting kit – 4 oz
- patrol water carrier – 4 oz
- patrol bear bag hanging system – 6 oz

- patrol maps – 4 oz

Food Carried - 1.4-1.6 lb/day/person

- breakfast – 6 oz/day - **TO BE PROVIDED BY MONTANA BSA/ BACKPACKING LIGHT**
 - lunch/snacks – 10-15 oz/day - **REQUIRED PERSONAL FOOD TO BE BROUGHT BY ALL PARTICIPANTS**
 - dinner – 6 oz/day - **TO BE PROVIDED BY MONTANA BSA/ BACKPACKING LIGHT**
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DETAILED DESCRIPTION OF GEAR

The weights below are guidelines only. We do not expect you to come outfitted with the latest and greatest in ultralight equipment in order to participate in this course. However, we have made these recommendations so that you get the most out of this course, and are able to use the gear in a way that allows you to practice the curriculum in the field. **In addition, we have educator discount deals with key manufacturers (including GoLite and Backpacking Light), and can help you acquire any of the gear below that you need at reasonable prices.**



Guide's Gear

Some gear is denoted as "Guide's Gear" which are items that our instructors highly recommend. In many cases, especially with Backpacking Light brand gear, our instructors were involved in designing and field testing these items.

ITEMS WORN MOST OF THE TIME:

Underwear

Max: 3.0 oz. One pair of tight fitting stretch (e.g., “Spandex”) shorts are strongly recommended to minimize chafing that occurs on the inside of young hiker’s tender thighs and cheeky areas. Doubles as swimwear.

- Guide's Gear: Beartooth Merino Shorts
(http://www.backpackinglight.com/cgi-bin/backpackinglight/beartooth_merino_wool_short.html)

Trekking Shirt and Pants

Max: 16.0 oz. Material should be a very light, highly breathable nylon (e.g., “Supplex”) weave. Shirt should have long sleeves and a collar. For pants, “convertible” style is OK for converting to shorts, but not essential. These are critical items for wearing in wind, protection from biting insects, protection from poisonous plants, and protection from sun.

- Guide's Gear: Thorofare Trekking Shirt (http://www.backpackinglight.com/cgi-bin/backpackinglight/thorofare_trekking_shirt.html)
- Guide's Gear: Thorofare Trekking Pants (http://www.backpackinglight.com/cgi-bin/backpackinglight/thorofare_trekking_pant.html)

Hat with Brim

Max: 3.0 oz. This is one of two items you may bring that can be made out of cotton, although cotton is not required. Cotton baseball caps can be dunked in a stream and worn to keep your head cool, a blessing on a long, hot day. Cotton holds water better than synthetics and keeps you cool for longer periods of time. Baseball cap style, with or without a cotton bandana, or a full brim style, gives you sun protection around the entire perimeter of your neck and face.

- Guide's Gear: Tilley LT Hat (<http://www.tilley.com/>)

Trail Running Shoes

Max: 32.0 oz/pair NO BOOTS. NO “GORETEX” OR OTHER WATERPROOF MATERIALS. NO "SECOND" PAIRS OF SHOES, CAMP SHOES, SANDALS, CROCS, ETC. Low- or mid-high trail running shoes strongly recommended. Even “mid-top” and “high-top” so-called “lightweight hiking boots” are too heavy, absorb too much water, take too long to dry, restrict ankle motion (a **good** thing on rough trails to minimize ankle and knee injuries), and retain too much heat for long hiking days, causing blisters.

- Guide's Gear: Inov-8 RocLite 315 (<http://www.inov-8.com>)

Merino Wool Hiking Socks

Max: 2.5 oz. Socks should be made of merino wool, or a merino wool blend. 100% synthetic socks are not recommended, because they get funky and lose their loft after a few days, and they are not as comfortable with wet feet. Socks should be “above the ankle” to keep the arteries around the ankle warm on cold days and nights. Thick socks with lightweight trail running shoes are an ultralight hiker's best friend in the cool, wet conditions of May.

- Guide's Gear: Darn Tough Full Cushion Trekking Sock (<http://www.darntough.com>)

Emergency Whistle

Max: 0.5 oz. Worn on a neck lanyard, under shirt, AT ALL TIMES.

- Guide's Gear: ACR Emergency Whistle (http://www.backpackinglight.com/cgi-bin/backpackinglight/acr_emergency_whistle.html)
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TREKKING GEAR (49 OZ)

Backpack

Max: 40 oz. Volume **no more than 60 liters** (3500 cubic inches), internal frame or frameless. **WE HAVE SOME ULTRALIGHT BACKPACKS AVAILABLE THAT STUDENTS MAY BORROW FOR THIS COURSE.**

- Guide's Gear: Absaroka Backpack (http://www.backpackinglight.com/cgi-bin/backpackinglight/bpl_absaroka_backpack.html)
- Guide's Gear: GoLite Jam Backpack (<http://www.golite.com/>)

Pack Liner

Max: 4 oz. Waterproof pack liner sized to completely fill pack, used for storing gear you need to keep dry, including sleeping bag and insulating clothing. The classic solution is a plastic trash compactor bag.

- Guide's Gear: Backpacking Light Pack Liners Size (http://www.backpackinglight.com/cgi-bin/backpackinglight/bpl_pack_liners.html)

Collapsible Water Bottle(s)

Max: 3.0 oz. One or two bottles, “Platypus” or “Nalgene Soft Cantene” style—no hard sided bottles. At least 1.5L total capacity.

- Guide's Gear: 2L Platypus Bottle (<http://www.cascadedesigns.com>)

Compass

Max: 2.0 oz. Worn on a neck lanyard. Simple is best, mirrored compasses OK but not necessary. 2-degree gradations or smaller.

- Guide's Gear: Brunton Model 7DNL (<http://www.brunton.com>)
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CAMPING, COOKING, AND PERSONAL GEAR (23 OZ)

Ground Cloth

Max: 3.0 oz. Sized big enough for sleeping bag, recommended 7' x 2.5' if you have a 6-foot long sleeping bag. Material should be very light painter's plastic (1 or 2mil only), a Mylar "Space" (emergency) blanket, or a piece of Tyvek (vapor barrier housewrap).

- Guide's Gear: Polycro Ground Cloth (<http://www.gossamergear.com/>)

Torso-Sized Sleeping Pad

Max: 9.0 oz. Closed cell foam (less than 4 oz) or self-inflating (less than 9 oz including repair kit). Dimensions of pad should **not be bigger than 22"** wide and 44" long.

- Guide's Gear: TorsoLite Inflatable Pad (http://www.backpackinglight.com/cgi-bin/backpackinglight/torsolite_inflatable_sleeping_pad.html)
- Guide's Gear: TorsoLite DIAD Pad (http://www.backpackinglight.com/cgi-bin/backpackinglight/diad_plastazote_foam_pad.html)
- Guide's Gear: NightLight Torso Pad (<http://www.gossamergear.com/>)

Mess Kit

Max: 2.0 oz. To include a bowl/spoon, a mug/spoon, or a bowl/mug/spoon. Capacity of main eating dish (whether bowl or mug) should not be between 16-24 ounces.

- Guide's Gear (bowl): FireLite SUL 550 Titanium Pot (http://www.backpackinglight.com/cgi-bin/backpackinglight/firelite_550_sul_titanium_cookpot.html)
- Guide's Gear (mug): FireLite Trapper Mug (<http://www.backpackinglight.com/cgi-bin/backpackinglight/firelite-sul-475-titanium-mug.html>)
- Guide's Gear (spoon): FireLite SUL Long Handled Titanium Spoon (http://www.backpackinglight.com/cgi-bin/backpackinglight/bpl_long_handled_titanium_spoon_sul.html)

Toiletries

Max: 4.0 oz. To include **only**: high-strength toilet paper (shop towels cut into 4" squares), a toothbrush, no more than 1.0 oz toothpaste, and no more than 2.0 oz of alcohol hand sanitizer.

LED Light

Max: 2.0 oz. No incandescent, halogen, or other lights where the bulbs break and have poor battery life. Headlamp, “pen light”, “clip-on”, or “pinch light” styles OK. If not using a headlight, attach a neck lanyard using some very thin cord. Light should have one to three LED lights, and take coin cell, 1 or 2 AAA batteries, or 1 AA battery. Anything else is too heavy and powerful for what we need them for (task lighting in camp). Max weight should include ONE spare set of batteries (lithium batteries recommended).

- Guide's Gear: Petzl e-Lite (<http://www.petzl.com/>)
- Guide's Gear: Fenix LoD Light (<http://www.fenixgear.com/>)
- Guide's Gear: Photon Freedom Micro LED White Light (http://www.backpackinglight.com/cgi-bin/backpackinglight/photon_light_micro_led.html)

First Aid Kit

Max: 2.0 oz. Only to be used for minor cuts and blister care. Over the counter medicines OK, but Scouts must **always** administer them in the presence of qualified adult supervision.

- Guide's Gear: Adventure Medical Kits Ultralight 0.3 (http://www.backpackinglight.com/cgi-bin/backpackinglight/amk_ultralight_first_aid_kit.html)

Pocketknife

Max: 1.0 oz. Only a tiny knife is needed. Used mostly for opening packaged foods, cutting first aid tape and dressings, and other light duty tasks.

- Guide's Gear: Derma-Safe Folding Utility Knife (http://www.backpackinglight.com/cgi-bin/backpackinglight/folding_utility_knife.html)

Journal and Pen

Max: 1.0 oz. A tiny notebook, like the waterproof Rite-in-the-Rain 391-M, and a small pen or pencil that can be sharpened with the pocketknife.

- Guide's Gear: Rite in the Rain 391-M Notebook (http://www.backpackinglight.com/cgi-bin/backpackinglight/rite_in_the_rain_horizontal.html)
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CLOTHING AND SLEEP SYSTEM (83 OZ)

Sleeping Bag

Max: 32 oz. Temperature rating should be in the range of 25-40 degrees. On cold nights, you'll wear clothing with your sleep system to further extend the range of your sleeping bag.

- Guide's Gear: Backpacking Light UL 240 Quilt (TBA April 2010)

Long Underwear (Base Layer) Top & Bottom

Max: 12.0 oz. NO COTTON or COTTON blends. Find something as thin, and as light, as possible. Heavier layers absorb water and take too long to dry. "Silkweight" or "Lightweight"—**NOT** "Midweight" or "Expedition Weight"! Acceptable materials include polypropylene, polyester, merino wool, or blends of these three fabrics. Fit should be comfortable and trim, not baggy or skin tight.

- Guide's Gear: Beartooth Merino Wool Hoody (http://www.backpackinglight.com/cgi-bin/backpackinglight/beartooth_merino_wool_hoody.html)
- Guide's Gear: Merino UL Base Long John Bottom (http://www.backpackinglight.com/cgi-bin/backpackinglight/merino_ul_long_john_pant.html)

Waterproof-Breathable Rain Jacket & Pants

Max: 16.0 oz. Full zip jacket, or partial zip pullover, with hood. Roomy enough to layer over ALL other layers without binding. Pants should have ankle zips or snaps, or be cut off below the knees (knicker style) so they can be put on while wearing trail running shoes. All seams should be seam taped, and the fabric should be "waterproof-breathable". These layers are not worn often, but when we wear them, we need them. Keep them simple and don't spend a lot of money on expensive Gore-Tex.

- Guide's Gear: Dri-Ducks Micropore Rainsuit (http://www.backpackinglight.com/cgi-bin/backpackinglight/driducks_rain_gear.html)

Insulating Jacket and Pants

Max: 16.0 oz. The jacket should be either: (a) a high-lofting synthetic fill (e.g., Polarguard, Primaloft, Climashield) with a light nylon shell and lining, (b) a down-fill jacket with a light nylon shell and lining, or (c) a lightweight (no more than 150 weight) fleece jacket. A VEST may be substituted for the JACKET if you also bring a SECOND lightweight long underwear base layer. The pants should

be only a SECOND layer of long underwear that is as light as your first layer. Additional insulation for the legs is not necessary.

- Guide's Gear: Cocoon UL Hoody (http://www.backpackinglight.com/cgi-bin/backpackinglight/cocoon_ul_60_hoody.html)
- Guide's Gear: Cocoon UL Pants (http://www.backpackinglight.com/cgi-bin/backpackinglight/cocoon_pant.html)

Warm Hat

Max: 2.0 oz. Should be made of lightweight synthetic fleece or wool, in the range of 100-200 weight. Balaclava style offers good warmth:weight ratio.

- Guide's Gear: Outdoor Research Powerstretch Balaclava (<http://www.outdoorresearch.com/>)

Warm Gloves/Mittens

Max: 2.5 oz. Fleece, or windproof fleece, or wool, gloves or mittens, lightweight (100-200 weight). NO SKI gloves or other “shelled” gloves – they take too long to dry. Another option is to go with a much lighter glove or mitten (like a so-called “glove liner” which is like “long underwear for your hands” and top it with a waterproof-breathable mitten shell. This combination is nice for very cold/windy/rainy days.

- Guide's Gear: PossumDown Gloves (http://www.backpackinglight.com/cgi-bin/backpackinglight/possumdown_gloves.html)

Extra Merino Wool Hiking Socks (1 pr)

Max: 2.5 oz. Exactly the same as described previously. Only one spare pair.

- Guide's Gear: Darn Tough Full Cushion Trekking Socks (<http://www.darntough.com>)
-

INSECT PROTECTION (2 OZ)

Insect Repellent

Max: 1.0 oz. 37% to 100% DEET recommended. We'll be trekking in areas frequented by both mosquitoes and ticks. Repackage large bottles into smaller containers to save weight, then double bag it in two small ziplocks to prevent accidental leaking.

- Guide's Gear: Ben's Max 100% DEET

Mosquito Headnet

Max: 1.0 oz. Noseeum mesh headnet large enough to wear over a baseball hat, while covering the gap between your head and shirt collar. This item will save your sanity when hiking in June and July in Montana's mountains.

- Guide's Gear: Backpacking Light Ultralight Headnet (http://www.backpackinglight.com/cgi-bin/backpackinglight/ultralight_headnet.html)
-

SUN PROTECTION (3 OZ)

Cotton Bandana

Max: 1.0 oz. COTTON REQUIRED (to keep neck cool in the heat, and to prevent melting when used as a pot holder when cooking). Worn with a hat for neck protection, dunked in a stream to help keep you cool, used as a washcloth when cleaning up, used as a pot-holder when cooking, etc.

Sunglasses

Max: 1.0 oz. Cheap pair, with a retainer strap so the glasses stay around your neck when removed. Cheap so that you don't need to carry an extra glasses case, or worry about the inevitable abuse that they will incur on a backpacking trek. Style and type not critical, but polarized lenses are nice to reduce glare when on snow or near water. Dark glasses are best for high altitudes, light (yellow) lenses have no place in Montana mountain hiking.

Sunscreen

Max: 1.0 oz. Between long sleeve shirt, long pants, glasses, and a hat with a brim, the only sun protection that really needs to be applied on a regular basis is the back of the hands, the face, and neck (front and back). So repackage those big bottles into smaller containers. SFP 30 **minimum**. Anything less is **not effective** at altitudes greater than 8,000 feet.

SNACKS (20-30 OZ)

Please bring 20-30 oz of high calorie snacks, which will be your trail food. Emphasize variety of nutrition types, and flavors:

- Nuts
- Chocolate
- Dried Fruit
- Fruit Snacks / Gummi Bears
- Hard Crackers
- Nut Butters

- Oatmeal & Other Rich Grain Cookies

In addition, please bring hot drinks of your choice (tea, coffee, cocoa) for mornings and evenings, and cold drinks (pre-sweetened juice powders, etc.) if you would like to mix them with your water bottles during the day.

CONTRABAND (PROHIBITED ITEMS)

These items are not allowed on the trek

- Watches
 - Cell Phones
 - Electronic devices including iPods, MP3 players, gaming devices, etc.
 - GPS Units
 - Hiking Boots
 - Second Pairs of Shoes
-

PATROL GEAR PROVIDED BY MONTANA BSA AND BACKPACKING LIGHT:

The following items will be provided to each patrol, and shared.

- Tarp shelters, stakes, and guylines
 - Cook kits (stoves and cooking pots)
 - Patrol first aid kits (major wound care, joint taping, and comprehensive blister kit)
 - Firestarting kits
 - Collapsible 6L water bladders
 - Water treatment system
 - Bear bag hanging system
 - Maps
-

ADDITIONAL ITEMS CARRIED BY INSTRUCTORS

Emergency Supplies

- Satellite and/or cellular phones
 - GPS units
 - Prescription medications
 - Dental kit
 - Large wound kit
 - Emergency plan
-

12. MEDICAL AND LIABILITY RELEASE FORMS

All participants will be required to complete a BSA Class III/ABC Medical Form (all sections A, B, and C must be completed to participate in the field component of this course). This form is attached. Please bring it with you to the course.

13. Questions?

Any questions? Please contact Ryan Jordan, Montana BSA Ultralight Program Trek Director:

bsa@backpackinglight.com



PRE-REGISTRATION FORM – MONTANA ULTRALIGHT BACKPACKING 2010

All prospective applicants must complete this form. You will then be contacted shortly with confirmation that you have been accepted into this program, and instructions about how to submit your payment and complete your registration online. Acceptance will be issued on a first-come, first-served basis, as long as you meet the prerequisites for the program for which you are applying.

Name: _____

Date of Birth: _____

Troop Number: _____ District: _____ Council: _____

Rank (Scouts only): _____

Email Address: _____

Phone Number: _____

I am applying for the following program:

~~___ LEADER TRAINING MAY 21-23, 2010 (you must be 18 years of age or older)~~

**REGISTRATION FOR LEADER TRAINING IS NOW AVAILABLE ONLINE
AT WWW.MONTANAHIGHADVENTURE.COM – CLICK THE 'REGISTER' LINK**

___ SCOUT TREK (you must be 14 years of age by June 1 and First Class Rank). Indicate below your first and second choices of dates:

___ Session 1 (June 27-July 3, 2010) Anaconda-Pintler Wilderness

___ Session 2 (July 15-22, 2010) Bob Marshall Wilderness

Please return this form ASAP via:

- Email to: bsa@backpackinglight.com
- Fax to: 888-841-8495 ATTN Montana BSA High Adventure Program
- Mail to:

Ryan Jordan
Montana BSA High Adventure
1627 W Main St Ste 310
Bozeman MT 59715

Annual Health and Medical Record

(Valid for 12 calendar months)

Medical Information

The Boy Scouts of America recommends that all youth and adult members have annual medical evaluations by a certified and licensed health-care provider. In an effort to provide better care to those who may become ill or injured and to provide youth members and adult leaders a better understanding of their own physical capabilities, the Boy Scouts of America has established minimum standards for providing medical information prior to participating in various activities. Those standards are offered below in one three-part medical form. Note that unit leaders must always protect the privacy of unit participants by protecting their medical information.

Parts A and C are to be completed annually **by all BSA unit members**. Both parts are required for all events that do not exceed 72 consecutive hours, where the level of activity is similar to that normally expended at home or at school, such as day camp, day hikes, swimming parties, or an overnight camp, and where medical care is readily available. Medical information required includes a current health history and list of medications. Part C also includes the parental informed consent and hold harmless/release agreement (with an area for notarization if required by your state) as well as a talent release statement. Adult unit leaders should review participants' health histories and become knowledgeable about the medical needs of the youth members in their unit. This form is to be filled out by participants and parents or guardians and kept on file for easy reference.

Part B is required with parts A and C for any event that exceeds 72 consecutive hours, or when the nature of the activity is strenuous and demanding, such as a high-adventure trek. Service projects or work weekends may also fit this description. It is to be completed and signed by a certified and licensed health-care provider—physician (MD, DO), nurse practitioner, or physician's assistant as appropriate for your state. The level of activity ranges from what is normally expended at home or at school to strenuous activity such as hiking and backpacking. Other examples include tour camping, jamborees, and Wood Badge training courses. It is important to note that the height/weight limits must be strictly adhered to if the event will take the unit beyond a radius wherein emergency evacuation is more than 30 minutes by ground transportation, such as backpacking trips, high-adventure activities, and conservation projects in remote areas.

Risk Factors

Based on the vast experience of the medical community, the BSA has identified that the following risk factors may define your participation in various outdoor adventures.

- Excessive body weight
- Heart disease
- Hypertension (high blood pressure)
- Diabetes
- Seizures
- Lack of appropriate immunizations
- Asthma
- Sleep disorders
- Allergies/anaphylaxis
- Muscular/skeletal injuries
- Psychiatric/psychological and emotional difficulties

For more information on medical risk factors, visit Scouting Safely on www.scouting.org.

Prescriptions

The taking of prescription medication is the responsibility of the individual taking the medication and/or that individual's parent or guardian. A leader, after obtaining all the necessary information, can agree to accept the responsibility of making sure a youth takes the necessary medication at the appropriate time, but BSA does not mandate or necessarily encourage the leader to do so. Also, if state laws are more limiting, they must be followed.

For frequently asked questions about this Annual Health and Medical Record, see Scouting Safely online at <http://www.scouting.org/scoutsource/HealthandSafety.aspx>. Information about the Health Insurance Portability and Accountability Act (HIPAA) may be found at <http://www.hipaa.org>.



BOY SCOUTS OF AMERICA.

Annual BSA Health and Medical Record

Part A

GENERAL INFORMATION

Name _____ Date of birth _____ Age _____ Male Female
 Address _____ Grade completed (youth only) _____
 City _____ State _____ Zip _____ Phone No. _____
 Unit leader _____ Council name/No. _____ Unit No. _____
 Social Security No. (optional; may be required by medical facilities for treatment) _____ Religious preference _____
 Health/accident insurance company _____ Policy No. _____

ATTACH A PHOTOCOPY OF BOTH SIDES OF INSURANCE CARD (SEE PART C). IF FAMILY HAS NO MEDICAL INSURANCE, STATE "NONE."

In case of emergency, notify:

Name _____ Relationship _____
 Address _____
 Home phone _____ Business phone _____ Cell phone _____
 Alternate contact _____ Alternate's phone _____

MEDICAL HISTORY

Are you now, or have you ever been treated for any of the following:

Yes	No	Condition	Explain
		Asthma	
		Diabetes	
		Hypertension (high blood pressure)	
		Heart disease (i.e., CHF, CAD, MI)	
		Stroke/TIA	
		COPD	
		Ear/sinus problems	
		Muscular/skeletal condition	
		Menstrual problems (women only)	
		Psychiatric/psychological and emotional difficulties	
		Learning disorders (i.e., ADHD, ADD)	
		Bleeding disorders	
		Fainting spells	
		Thyroid disease	
		Kidney disease	
		Sickle cell disease	
		Seizures	
		Sleep disorders (i.e., sleep apnea)	
		GI problems (i.e., abdominal, digestive)	
		Surgery	
		Serious injury	
		Other	

Allergies or Reaction to:

Medication _____
 Food, Plants, or Insect Bites _____

Immunizations:

The following are recommended by the BSA. Tetanus immunization must have been received within the last 10 years. If had disease, put "D" and the year. If immunized, check the box and the year received.

Yes	No	Date
<input type="checkbox"/>	<input type="checkbox"/>	Tetanus _____
<input type="checkbox"/>	<input type="checkbox"/>	Pertussis _____
<input type="checkbox"/>	<input type="checkbox"/>	Diphtheria _____
<input type="checkbox"/>	<input type="checkbox"/>	Measles _____
<input type="checkbox"/>	<input type="checkbox"/>	Mumps _____
<input type="checkbox"/>	<input type="checkbox"/>	Rubella _____
<input type="checkbox"/>	<input type="checkbox"/>	Polio _____
<input type="checkbox"/>	<input type="checkbox"/>	Chicken pox _____
<input type="checkbox"/>	<input type="checkbox"/>	Hepatitis A _____
<input type="checkbox"/>	<input type="checkbox"/>	Hepatitis B _____
<input type="checkbox"/>	<input type="checkbox"/>	Influenza _____
<input type="checkbox"/>	<input type="checkbox"/>	Other (i.e., HIB) _____

Exemption to immunizations claimed.

MEDICATIONS

List all medications currently used. (If additional space is needed, please photocopy this part of the health form.) Inhalers and EpiPen information must be included, even if they are for occasional or emergency use only.

(For more information about immunizations, as well as the immunization exemption form, see Scouting Safely on Scouting.org.)

Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____ _____ Distribution approved by: _____ Parent signature _____ MD/DO, NP, or PA Signature Temporary <input type="checkbox"/> Permanent <input type="checkbox"/>	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____ _____ Distribution approved by: _____ Parent signature _____ MD/DO, NP, or PA Signature Temporary <input type="checkbox"/> Permanent <input type="checkbox"/>	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____ _____ Distribution approved by: _____ Parent signature _____ MD/DO, NP, or PA Signature Temporary <input type="checkbox"/> Permanent <input type="checkbox"/>
Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____ _____ Distribution approved by: _____ Parent signature _____ MD/DO, NP, or PA Signature Temporary <input type="checkbox"/> Permanent <input type="checkbox"/>	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____ _____ Distribution approved by: _____ Parent signature _____ MD/DO, NP, or PA Signature Temporary <input type="checkbox"/> Permanent <input type="checkbox"/>	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____ _____ Distribution approved by: _____ Parent signature _____ MD/DO, NP, or PA Signature Temporary <input type="checkbox"/> Permanent <input type="checkbox"/>

NOTE: Be sure to bring medications in the appropriate containers, and make sure that they are NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication.

Emergency contact No.:

Allergies:

DOB:

Last name:

Part B

PHYSICAL EXAMINATION

Height _____ Weight _____ % body fat _____ Meets height/weight limits Yes No
 Blood pressure _____ Pulse _____

Individuals desiring to participate in any high-adventure activity or event in which emergency evacuation would take longer than 30 minutes by ground transportation will not be permitted to do so if they exceed the height/weight limits as documented in the table at the bottom of this page or if during a physical exam their health care provider determines that body fat percentage is outside the range of 10 to 31 percent for a woman or 2 to 25 percent for a man. Enforcing this limit is strongly encouraged for all other events, but it is not mandatory. (For healthy height/weight guidelines, visit www.cdc.gov.)

	Normal	Abnormal	Explain Any Abnormalities	Range of Mobility	Normal	Abnormal	Explain Any Abnormalities
Eyes				Knees (both)			
Ears				Ankles (both)			
Nose				Spine			
Throat							
Lungs				Other	Yes	No	
Heart				Contacts			
Abdomen				Dentures			
Genitalia				Braces			
Skin				Inguinal hernia			Explain
Emotional adjustment				Medical equipment (i.e., CPAP, oxygen)			
Tuberculosis (TB) skin test (if required by your state for BSA camp staff) <input type="checkbox"/> Negative <input type="checkbox"/> Positive							

Allergies (to what agent, type of reaction, treatment): _____

I certify that I have, today, reviewed the health history, examined this person, and approve this individual for participation in:

- Hiking and camping Competitive activities Backpacking Swimming/water activities Climbing/rappelling
- Sports Horseback riding Scuba diving Mountain biking Challenge ("ropes") course
- Cold-weather activity (<10°F) Wilderness/backcountry treks

Specify restrictions (if none, so state) _____

Certified and licensed health-care providers recognized by the BSA to perform this exam include physicians (MD, DO), nurse practitioners, and physician's assistants.

To Health Care Provider: Restricted approval includes:
 → Uncontrolled heart disease, asthma, or hypertension.
 → Uncontrolled psychiatric disorders.
 → Poorly controlled diabetes.
 → Orthopedic injuries not cleared by a physician.
 → Newly diagnosed seizure events (within 6 months).
 → For scuba, use of medications to control diabetes, asthma, or seizures.

Provider printed name _____
 Signature _____
 Address _____
 City, state, zip _____
 Office phone _____
 Date _____

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptance
60	97-138	139-166	166
61	101-143	144-172	172
62	104-148	149-178	178
63	107-152	153-183	183
64	111-157	158-189	189
65	114-162	163-195	195
66	118-167	168-201	201
67	121-172	173-207	207
68	125-178	179-214	214
69	129-185	186-220	220

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptance
70	132-188	189-226	226
71	136-194	195-233	233
72	140-199	200-239	239
73	144-205	206-246	246
74	148-210	211-252	252
75	152-216	217-260	260
76	156-222	223-267	267
77	160-228	229-274	274
78	164-234	235-281	281
79 & over	170-240	241-295	295

This table is based on the revised Dietary Guidelines for Americans from the U.S. Dept. of Agriculture and the Dept. of Health & Human Services.

Part B **Last name:** _____ **DOB:** _____

Part C

Informed Consent and Hold Harmless/Release Agreement

I understand that participation in Scouting activities involves a certain degree of risk. I have carefully considered the risk involved and have given consent for myself and/or my child to participate in these activities. I understand that participation in these activities is entirely voluntary and requires participants to abide by applicable rules and standards of conduct. I release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all claims or liability arising out of this participation.

I approve the sharing of the information on this form with BSA volunteers and professionals who need to know of medical situations that might require special consideration for the safe conducting of Scouting activities.

In case of an emergency involving me or my child, I understand that every effort will be made to contact the individual listed as the emergency contact person. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me or my child. Medical providers are authorized to disclose to the adult in charge Protected Health Information/ Confidential Health Information (PHI/CHI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.103, 164.501, etc. seq., as amended from time to time, including examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

- Without restrictions.
- With special considerations or restrictions (list) _____

I hereby assign and grant to the local council and the Boy Scouts of America the right and permission to use and publish the photographs/ film/videotapes/electronic representations and/or sound recordings made of me or my child at all Scouting activities, and I hereby release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all liability from such use and publication.

I hereby authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/ film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of the Boy Scouts of America, and I specifically waive any right to any compensation I may have for any of the foregoing.

- Yes No

Adults authorized to take youth to and from the event: (You must designate at least one adult. Please include a telephone number.)

- 1. _____
- 2. _____
- 3. _____

Adults NOT authorized to take youth to and from the event:

- 1. _____
- 2. _____
- 3. _____

I understand that, if any information I/we have provided is found to be inaccurate, it may limit and/or eliminate the opportunity for participation in any event or activity.

Participant's name _____

Participant's signature _____

Parent/guardian's signature _____
(if under the age of 18)

Date _____

Attach copy of insurance card (front and back) here. If required by your state, use the space provided here for notarization.



BOY SCOUTS OF AMERICA
1325 West Walnut Hill Lane
P.O. Box 152079
Irving, Texas 75015-2079
<http://www.scouting.org>

SKU 34605



34605 2009 Printing

Part C **Last name:** _____ **DOB:** _____