

HIGH ADVENTURE LEADER'S GUIDE



INTRODUCTION

Welcome to Camp Little Lemhi! As a participant in our High Adventure program you will have the chance to have amazing experiences this summer as the adventure continues.

This book has been designed to help you get more acquainted with what is in store for you this summer and the many options and opportunities you will have. Feel free to use this guide as well as us as resources to make this the best week possible.

Yours in Scouting,

Richard Turpin

Camp Director

Chris Mandler

Program Director

Eleanor Anderson

High Adventure Director

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THEME

This summer at Camp Little Lemhi

THE ADVENTURE CONTINUES...

Our theme for camp this summer is The Adventure Continues... As you embark on your week at High Adventure it is essential that you keep the adventure aspect alive. Adventure can be characterized as “an exciting or dangerous experience”.¹ Here at Camp Little Lemhi we hope that the adventure will continue for you through the program we provide and the experiences it inspires.

Our High Adventure program has been updated this year to more fully provide opportunity for you and your troop to get the most out of your time with us. Your adventure will take flight as you canoe the Snake River, find the adventure in building unity in your troop, hiking the Lemhi terrain, and coursing through whitewater rapids.

The High Adventure program will allow you to go beyond the usual camp experience and on to adventure if you allow it to. So make the best of your week here with us. Take the time to experience as you explore, dream, and discover the adventure. By doing so you will be able to become an even better adventurer and scout than before.

¹ Retrieved from <http://www.merriam-webster.com/dictionary/adventure>

CONTACT INFO

If you need to make contact with anyone at camp they can be reached via snail mail, phone, or fax. For more information about Camp Little Lemhi please visit our page on the Grand Teton Council website.

Camp Address: 1158 Snake River Road, Palisades, ID 83428

Phone: 208-483-9892

Fax: 208-483-2883

Website: grandtetoncouncil.org/littlelemhi

SOCIAL MEDIA

Follow us on Twitter, Facebook, Instagram, and subscribe to our YouTube account now or when you get home.

We will be updating our social media with information, pictures, and videos of various events and activities from your week on High Adventure at camp.

If you choose to update Twitter, Facebook, Instagram, etc. with content about your experience while on High Adventure use the hashtag:

#lemhiha14



Text “**followlemhi2014**” to **40404** for SMS updates



@camplittlelemhi



facebook.com/littlelemhi



youtube.com/littlelemhi



@camplittlelemhi

PACKING LIST

- Medical Form
 - Personal Medications
 - Clothing
 - BSA Uniform
 - Pajamas
 - T-shirts (quick dry)
 - Pants/Shorts
 - Swimsuit
 - Socks
 - Underwear
 - Shoes (quick dry preferable)
 - Towel
 - Toiletries
 - Sleeping Bag
 - Flashlight
 - Insect Repellant
 - Sunscreen
 - Water Bottle
 - Pillow
- OPTIONAL:
- Sunglasses
 - Camera



SCHEDULE

WEDNESDAY

Early arrivals may check-in Wednesday evening between 5:00 pm and 8:00 pm. Troops that check-in prior to 6:30 will have the option to do their swim checks and begin river preparation Wednesday evening.

THURSDAY

9:00-10:00: Check-in at the lodge (if scheduled Thursday arrival)

10:00-12:00: Hike or other troop chosen activity

Palisades hike must start by 9:30. Makua hike may begin as late as 11:00.

12:15-2:00: Lunch (cook at your campsite)

2:00-2:30: Swim Checks

2:30-4:00: River Preparation and Instruction

4:00 Depart for the river

4:20-6:00: Canoeing

6:00-7:30: Dinner

7:30-10:00: Troop Time

i.e. team building activity, testimony meeting, etc.

10:00: Quiet Time

10:30: Lights out

FRIDAY

7:00-9:00: Wake-up, breakfast, prepare lunch, and pack-up

9:00-1:00: Canoeing, eat lunch on the river

1:15: Return to camp

SCHEDULE

FRIDAY

1:45-4:00: Campwide Activities

i.e. Tendoy's Test and Battle of Lemhi Lake

OR

2:00: Troop Time/Reorganize Camp

3:45: Troop Shoot

5:00: Dinner (cook at your campsite)

7:30: Closing Flag

Any awards earned will be awarded at this time.

8:00: Campfire Program

9:15: Troop Time

10:00: Quiet Time

10:30: Lights Out

SATURDAY

6:00-9:00: Check-out

9:00: Teton Whitewater

2:00: Depart for Home



CAMP MAP



PROGRAM

ADMINISTRATIVE HIGHLIGHTS

- Wristbands must be worn at all times, any visitors must check-in at the lodge to receive one.
- Parking by the lodge is for camp vehicles only. All cars must be parked in the upper parking lot with the exception of camp set-up and take down.
- Wifi is available for adult leaders. See administration for a password.
- If you would like to operate a chainsaw while you are at camp see the Ranger for further instruction.
- Everyone interested in going on the river will be required to complete a swim check on Wednesday evening or Thursday afternoon prior to departure.

CAMPWIDE ACTIVITIES

- NOTs (see page 14 for more information).
- Service projects available upon request of the High Adventure Director or the Ranger.
- Campfire Program Friday evening. See page 11 for more information.
- Makua hike available for High Adventure participants on Thursday mornings.
- If you would like to operate a chainsaw while you are at camp see the Ranger for further instruction.

PROGRAM

HIGH ADVENTURE

We have a unique High Adventure program not only because of our location along the Snake River but also because many of the aspects of the High Adventure Program are a design it yourself experience.

- Canoeing: You will have the opportunity to spend Thursday afternoon/evening as well as Friday morning/afternoon on the Snake River. Your unit will have the opportunity to sleep out on the island over night. You will be provided with staff to guide the trip.
- Whitewater: Saturday after check-out your unit will head to Teton Whitewater in Jackson, WY for a classic whitewater experience.
- Hike: Makua is a team betterment experience. This experience will include a hike as well as various team building activities. Your troop also has the option to hike to Lower Palisades Lake.
- Campwide Activities: All High Adventure groups are invited to participate in the remainder of campwide games upon return from the river. High Adventure groups are invited to attend closing flag and campfire and are welcome to participate with their own song or skit.
- NOTs: High Adventure participants will have the opportunity to earn the new High Adventure NOT. If participants are interested in earning any other NOTs they may ask the High Adventure Director for more information.
- Shooting: Your troop will have the option to shoot on Friday after returning from the canoe trip.
- Other activities and so on can be arranged with the High Adventure Director to meet your troops needs.

MENU

Thursday lunch through Saturday breakfast will be provided as part of the High Adventure program. Meals that will be provided while on the canoe trip will be easy and quick so as to not make them a hassle. We recommend that all participants bring a water bottle to use throughout the High Adventure experience.

WEDNESDAY

Early arrivals may check-in Wednesday evening between 5:00 pm and 8:00 pm. It is suggested that your troop eat prior to arrival or bring some sort of sack dinner.

THURSDAY

Breakfast: Thursday breakfast is up to you and your troop.

Lunch: Commissary

Dinner: Subs, Chips, and Fruit

FRIDAY

Breakfast: Oatmeal, Fruit

Lunch: PB&J Roll-ups

Dinner: Commissary

SATURDAY

Breakfast: Cereal, Fruit, Danish



CAMPFIRE

On Friday night, your troop will have the opportunity to perform a skit or song at our campfire program. To sign-up you will need to perform the skit or song for your commissioner before Friday at lunch. Once approved you can't change your skit without first consulting your commissioner. You will receive a program Friday night that tells you where your troop is in the campfire.

Here are some guidelines to keep in mind:

- Don't make fun of any individual or group of people.
- Don't include toilet humor, bodily functions, racial or ethnic slurs, and similar embarrassment.
- No portrayal of illegal or forbidden activities.
- No use of water or toilet paper.
- No portrayal of death, killing, or suicide.
- Do practice a couple times before campfire.
- Do learn to speak loudly enough that even those in the back can hear you.
- Remember to have fun as you go!

SKIT IDEAS AND SCRIPT

NOT PROGRAM

The Natural Outdoor Teacher (NOT) program is designed to supplement other activities through the camp or High Adventure experience. Completing one option earns you the NOT whereas completing both options also earns you the bead.

HIGH ADVENTURE: ORANGE

OPTION #1: Canoeing

- Under the supervision of the High Adventure Director teach the principles of safety afloat to a fellow scout or scoutmasters.
- Participate in a mock rescue in the river; follow proper safety procedures and then discuss your experience with your unit.

OPTION #2: Team Building

- With the help of the High Adventure Director lead your troop in a team building activity.
- Determine how living the scout oath and law can build up your troop. Discuss a goal to implement the scout oath and law into your troop with the High Adventure Director.

PROGRAM DIRECTOR: BLACK

OPTION #2: Background

- Using the resources available at the camp office in the Lodge, study the leadership of two historical or influential scouting figures. Jot down some notes and prepare yourself to have a meaningful discussion with the Program Director.
- Teach a fellow scout or scoutmasters your feelings about the scout oath, law, motto, and slogan. Teach them how each element relates to leadership. Commit yourself and the group to continue following.

NOT PROGRAM

NATURE: GREEN

OPTION #1: Campsite

- Create a mini Nature Hike at your campsite (or on the island) which includes a minimum of 10 items of interest (different plant species, animal signs or geographical features). Prepare at least a one minute presentation about each item. Lead your troop or other fellow Scouts or Scout Leaders on your hike.
- Study the 7 Principles of Leave No Trace. Under the supervision of the Nature Director, teach a fellow Scout or Scout Leader how the principles protect the environment. Commit yourself and those you teach to follow the principles of Leave No Trace.

OPTION #2: Service

- Under the supervision of the Nature Director or Ranger plan and execute a conservation service project with the help of fellow scouts and/or scoutmasters.
- Explain the project you have completed to the Nature Director or High Adventure Director. Explain why the project was important to you and the environment. Encourage fellow scouts and scoutmasters to look for things they can do to positively impact the environment.

HANDICRAFT: YELLOW

OPTION #2: Lemhi Lore

- Make a useful or beautiful object out of natural materials.
- Learn about the Lemhi tribe and Chief Tendoy. Share what you learn with your troop and/or scoutmasters.

TEAM BUILDING

The following is a few options of games you could play with your unit during down time or on the hike. These games are tools that you are not required to use but are welcome to, to help build your unit as a team.

FLIP ME THE BIRD

Materials: Bird (may be plastic or stuffed animal bird)

Instructions: Choose one participant to begin as “it” or the tagger. All of the other players will spread out. When the game begins the tagger will try to tag any of the other players. One of those players will be in possession of the bird. Whoever has the bird will be immune from getting tagged. Players may pass the bird around as needed but one can only receive the bird if they ask for it by saying “flip me the bird”. If a player who does not have the bird gets tagged by the tagger that player becomes the new tagger. Play continues until group is ready for debrief.

Purpose: Work as a team, ask for help when you need it, etc.

TENNIS BALL GAME

Materials: 3-6 tennis balls.

Instructions: Have group get in a circle and have each person state their name. Players will then pass one tennis ball around stating someone’s name and then passing it to them. Once the group has a handle on one tennis ball begin adding more. If a ball is dropped play must stop and then begin again with fewer balls continuing to add up. Game is over when multiple passes can be made with all balls having none drop.

Purpose: Know each others’ names, work together, listen to each other, etc.

TEAM BUILDING

BEACH BALL GAME

Materials: 2 tennis balls.

Instructions: Have group circle up and begin tossing the beach ball in the air. Have group try to bop the beach ball in the air as many times in a row as possible; no one can hit it twice in a row and no one can hold it. Once the group is used to this split them in two and have them begin again this time allowing them to knock each others' beach balls making them lose count.

Purpose: Work together, share the work, helping vs. harming, etc.

ROPE SHAPES

Materials: Rope (tied to make one large loop)

Instructions: Have all players grab on to the loop. Instruct players to make various shapes. Time players to try and make the shapes as fast as possible. Shape examples: square, triangle, circle, hexagon, etc.

Purpose: Work as a team, leadership, etc.

HUMAN KNOT

Materials: None

Instructions: Have group form a circle and grab hands with two different people across from them. Once everyone is linked instruct group to unknot themselves. If there is a large group it can be split in half and the two groups can compete to see who finishes first.

Purpose: Teamwork, leadership, listening, helping others, etc.

TEAM BUILDING



SNAKE PIT

Materials: Wooden boards or rocks (one per participant)

Instructions: Have participants go find a rock that suits their personality. Have participants show their rock and why they feel it does so. Explain to students that they are now holding magic rocks that will help them cross the snake pit without getting bitten by a snake. They must cross the entire pit without touching the ground. All participants must be in the pit before the first can get out. If anyone falls in the pit everyone must go back with their magic rocks and start over. No one will be permitted to speak or make noise (i.e. laugh); if anyone does so the instructor may take away one of the magic rocks. This game may be modified according to the discretion of the instructor.

Purpose: Leadership, helping one another, planning, listening to different ideas, etc.

MAKE IT YOURS

The High Adventure program at Camp Little Lemhi has been redesigned this year to best suit your needs. It would be our pleasure to work with each unit one on one as you prepare for your High Adventure experience this summer. We want the youth to be as involved in the planning process of their program as they would like to be. The High Adventure Director is in a unique position to be able to help your unit make the experience yours.

WAYS TO MAKE IT YOURS

- Anyone in your unit working on the Cooking merit badge? Let us help them by having them get involved with the meal planning for the experience.
- Want to focus on team building? We can help you plan activities during your down time to help build up your unit.
- Are your scouts more interested in non-water activities? No problem. We can modify the High Adventure experience based on what activities your unit would be most interested in.
- Anyone in your unit almost done with a merit badge that relates to any of the high adventure activities? If so we would be happy to see if we can help them finish?
- Does your unit have any goals you are working on as a whole? We can help incorporate those goals into the program.
- Is your unit interested in shooting? We can make shooting a part of your high adventure program.
- And so many more. Just ask and we will see what we can do. The possibilities are truly endless.

TRADING POST



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AND MORE!**

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