



Adventure Trek 2008

July Newsletter

We are four weeks from Adventure Trek and I hope everyone is getting excited and prepared for the event. I have some reminders and new information to pass on to everyone. There are also some reminders in this document from the June Newsletter. In this year's Adventure Trek logo (see above) the bear paw is the symbol for Kodiak.

There is also a lot good information in the June Newsletter (including the overall schedule) not in this document plus there is an equipment list in the March Newsletter. If you do not have access to the previous newsletters (plus the maps to Wasco County Fairgrounds) they are now available on-line at the JoinVenturing.com website. This is the link: <http://www.joinventuring.com/trek2008/trek2008.htm>.

Also attached is copy of the overall race & camp rules.

Saturday Rafting:

We need to know as soon as possible how many adults are going to raft on Saturday. We have heard from some of you but not most. Please do so as soon as possible. Send an email to myself (drmccgary@comcast.net) by July 21st listing how many adults are rafting. We need the numbers to help the planning for our rafting folks. I'm sure most of you will want to raft with your youth. The cost of the rafting for the youth is including in their fee but not for the adults. The adult cost is \$60. Please turn the adult rafting money in at check in. Cash or Check is fine. Make the rafting check out to ?.

As stated previously Group 1 will raft Saturday morning and Group 2 Saturday afternoon.

Attached to this newsletter is a rafting gear list that is highly recommended by our rafting folks for use during the rafting race (either Wednesday or Thursday) and during the Saturday rafting. Please follow it.

Kodiak Instructor Training:

We still need to train a few instructors for Kodiak. At notice is being sent about dates and times to the groups we feel need to provide the additional instructors. We expect to hold two sessions (unless we train everyone on the first session), most likely evening sessions on Thursday July 17 and Thursday July 24.

Medical Forms/Permission Slips/First Aid Kits:

Don't forget about getting those class 3 medical forms together. We would like copies by July 21st. You can send copies to Pat Mead. His address is at the end of this

document. Don't forget to use the permission slips that were sent previously and bring them with you. The permission slip is attached this newsletter.

While we will have medics on course, each team should have a first aid kit with them. Especially important is moleskin or 2nd skin for blisters. Last Adventure Trek we had some participants that couldn't finish the hike due to issues with blisters. Please be prepared to take care of your feet as well as for any emergency

Base Camp Needs:

If you have extra free standing dinning fly that we can put over tables in the eating/meeting area it would be helpful. Also if you are in a team that is in group 2, many of you will be camping in an area with no shade. Bringing a dinning fly for shade would be highly recommended.

Please encourage your youth and adults to bring camp chairs. They will be very useful for meetings, leadership sessions, and movies plus around your camp.

Safe Swim and Safety Afloat Certifications:

Since this event is a council sponsored event and we have water activities, we would like at least one leader from each team to have Safe Swim and Safety Afloat certification. This is in addition to staff members that are certified. If your leaders do not have these certifications, it is now available as on-line training at (<http://www.cpcbsa.org/training/safeswim/index.html>).

Swim Checks:

Since we have two events on water we need to verify we have swimmers. We have no way to do it at the event. As leaders we expect you to conduct a swimming check ahead of the course. At check in we need you to turn a paper listing your youth and your signature (or adult in your unit) that the youth are swimmers. If you have an issue with a non-swimmer please let us know.

Backpacking:

Please remember that your youth teams will need backpacking cooking equipment (& cleanup gear) for dinner and breakfast at Badger Lake. For the dinner they will be cooking a one pot meal. For Breakfast plan on a one pot cooking item also. So plan their cooking gear appropriately. Be sure your youth pack their mess kits to eat with. And plan to haul everything out. We do expect no trace camping. Please encourage your youth to follow the no-trace principles and the Scout oath and law. We also expect participation by the youth in the challenge event at Badger Lake, the Kodiak instruction and the evening campfire.

We expect that many/most of the adults will spend the night at Badger Lake where their youth are camped. Remember to bring an extra tent, if you want one, and cooking gear for the food that we will be giving you. PLEASE DO NOT BRING SEPARATE FOOD FROM WHAT WE GIVE YOU. Your equipment doesn't have to be backpacking since you can have it hauled there in vehicles. The adults will be eating separately from the youth. We want the teams to continue to work together as a team on this overnighter. We also expect and need for a few adults to hike with the youth. The limit being determined by there being enough adults to transport the team (and any adults hiking) to the start of the backpacking and pick them up at the finish.

Recommended access to Badger Lake is a 4-wheel drive vehicle. We can't tell you the current condition of the Badger Lake road because it is still snowed in. We are expecting it to be clear in a month (keep the warm weather coming).

Introducing our Staff:

The following are our staff members that will be there to support you.

Adult staff:

Dennis McGary	Adult Event Director & Kodiak
Pat Mead	Quartermaster, Registration, Medical, Kodiak
Mavis Kent	Youth Event Advisor & Lead on Kodiak
Charmaine Harvey	Assistant Youth Event Advisor and Kodiak
Scot Forbes	Venturing Council Professional
Randy Daniels	Lead Cook (Randy and Bruce have been our cooks the last two Adventure Treks, so we know the food will be great)
Bruce Woodruff Biggs	Assistant Cook & cooking equipment Czar
Larry Jensen	Assistant Cook
Dennis Nguyen	Facilities/equipment/Kodiak/Overall Support
Phil Brower	Mountain Biking
Anthony Mayernik	Canoeing, Ham Radio Communication, general event help
Richard Keniston	Medical, Overall event help & Kodiak instruction
Bob Arneson	Backpacking
Ralph Gierke & His Staff	Rafting (both races & Saturday rafting). His crew runs the Council rafting events

Youth Staff:

Allen Ludlow	Overall Youth Event Director; a veteran of Adventure Trek & a member of the 2006 3 rd place team. He will also be overseeing group 1
Zack Anderson	Assistant Youth Event Director. He will be overseeing group 2.
Eric Millburn	Youth Registration/Race Timer Director. He will be timing group 2.
Gabbi McGary	Youth Registration/Race Timer Assistant Director. She will be timing group 1.

And of course all of you and your adult leaders will also help round out the staff for Adventure Trek. We will be using you and your adults leaders to assist in the events,

assist the cooking staff, transport your youth events, safety monitoring, and instructing for Kodiak, etc. Don't forget to have fun.

Team Division into Two Groups – Final Grouping

The teams at Adventure Trek will be divided into two groups, as we have explained earlier. There have been a few changes since the last newsletter. There are 11 teams in group 1 and 12 in group 2. Both groups have 53 youth each. We are staying at 23 teams.

GROUP 1

Registration #	Youth	Adults	Crew #	District
531611	5	2	904	Ft. Vancouver
532316	6	2	904	Ft. Vancouver
466619	5	3	344	Silver Star
466890	4	2	727	Sunset Trail
467769	4	2	845	Wapiti
467828	4	2	845	Wapiti
580275	6	4	505	Three Rivers
519250	4	2	216	Tuality
522520	4	2	216	Tuality
530596	6	2	548	Sunset Trail
530607	5	2	548	Sunset Trail

GROUP 2

Registration #	Youth	Adults	Crew #	District
462135	4	1	815	Lewis & Clark
462149	4	2	815	Lewis & Clark
538832	5	2	840	Wapiti
538846	5	2	840	Wapiti
538855	4	0	840	Wapiti
581528	4	2	689	Sunset Trail
581550	4	1	689	Sunset Trail
583787	5	2	141	Lewis & Clark
725673	5	1	141	Lewis & Clark
585824	4	2	597	Sunset Trail
592360	5	2	597	Sunset Trail
550168	4	2	594	Tuality

Safety:

We want the youth to have fun at this event but it is very important that all Safety Rules be followed. As an adult leader it is also your job help see that your youth are following the safety rules.

GPS & Ham Radios:

GPS: Remember to let us know if have access to a GPS and if so we would like to know what brand and model. Our intent is to do some geocaching during the hiking events. Plus they will help staying on course during day 2 of the backpacking. We need at least 12 GPS to use during the backpacking events.

Ham Radios: Also during the Adventure Trek events and especially during the backpacking events we plan on using ham radios to improve communication. If any of your adults have a ham radio license please let us know. Also if you have access to a portable ham radio that you can bring please let us know. We will be running on the 2 meter (the 144 MHz band) so you know what equipment to bring. Anthony Mayernik, our staff member who is running our canoe racing, will also be in-charge of the Ham Radio program. If you have adults with licenses please collect their call signs and send them to Anthony so he can build a list of licensed leaders in each unit. More information on frequencies and SOP will be in the July news letter. If anyone is interested being trained and taking the Ham Radio test, please let Anthony know. His contact information is at the end of this document.

Other Key Reminders:

Don't forget to bring and/or use:

- Medical forms
- Tour Permits
- Permission slips

As stated in an earlier newsletter, everyone (includes adults so remind those coming up mid-week) needs to supply their own eating gear including drinking cups, no paper/plastic eating goods at Adventure Trek (other than napkins and paper towels). We will have 3 step washing stations for cleaning your eating gear. We highly recommend a mesh dunk bag for drying.

Don't forget to have your youth bring water bottles (at least two would be recommended) for the biking and backpacking. It will be warm.

There will be a Trading Post at Adventure Trek, providing things like Pop and candy bars. All will be priced at 50 cents each.

Don't forget to bring quarters to use the shower. Two quarters per shower.

The arrival and check in time and camp setup time on Monday August 4th is between 8:30am and 9:30am. During check in you will be need to turn in any physicals (class 3 medical forms) not sent to Pat Mead, permission slips, swim check confirmation, receive your camp location and pick up event shirts. We will have a group meeting at 10:30am to welcome everyone, discuss rules and safety. Because this first day is a very full day, it is important that **EVERYONE ARRIVE ON TIME** and especially true if you are in team 1 since you go canoeing first. .

The challenge event after canoeing will involve one team member swimming in the lake. We recommend water shoes since before swimming the team member will be running down the boat ramp. During canoeing or rafting insure that your youth are wearing something they can get wet in. Don't forget the sunscreen and use lots of it.

Remember to check the earlier newsletters and maps at:

<http://www.joinventuring.com/trek2008/trek2008.htm>

Final words

I hope that you have found all of this information useful. Let me know if you have any questions; please call or e-mail. We are four weeks away from a great time for your youth. If needed, we will be sending out some additional information a week before the event. We look forward to seeing you all there!

Dennis McGary, Cascade Pacific Council Vice-president of Venturing

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Registration Info to:

Pat Mead

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Canoeing and Ham Radio:

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