

# Camp Pioneer Trek Program Guide



Jefferson Park (2014)

Camp Pioneer is introducing our new Trek Program, which allows Scouts and Venturers to partake in a 9-day adventure in the wilds of the Cascades around Mount Jefferson. This is not only a backpacking trip, but an advanced course that will provide participants with training in Leave No Trace, Wilderness First Aid, and experiential leadership. This course is designed for those who wish to take what they have learned in traditional scouting and venturing and apply it to an expedition-style adventure. At Camp Pioneer we believe that learning should be hands-on, fun, and challenging. With that approach, our Trek Program will grant the opportunity for expedition members to advance their leadership abilities for the backcountry, and for our modern evolving world. Join us, and Be Prepared!

If you have any questions please contact:

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## **Program Components**

### *Wilderness Leadership Training*

Learning the tenets of wilderness leadership is a multifaceted undertaking that will dive into many aspects of backcountry guiding including Stewardship, Outdoor Living, Planning, Logistics, Risk Management, and Group Management. On and off trail in the Jefferson Wilderness Area participants will have the chance to be a Leader of the Day, leading the group. The entire backpacking portion will be planned and executed by participants, with guidance from the trek staff. Skills acquired from the program will be extremely useful for those in Scouting wishing to expand their pursuits in the outdoors. The process of preparation, of navigation and travel, of cooking, and of determining what will be taught will be entirely up to the scouts or venturers involved. The design of this program is based on courses offered by professional experiential education providers, such as the National Outdoor Leadership School.

### *Wilderness and Remote First Aid Certification (American Red Cross)*

During the first two days of the program, participants will complete a Wilderness and Remote First Aid course and receive certification from the American Red Cross. This course is designed to train participants how to provide medical care in backcountry settings. The hands on training will offer a combination of outdoor classroom lectures, scenario training, and treating mock victims. After the course is over, the staff will stage surprise mock scenarios throughout the duration of the trek. These surprise scenarios help reinforce situationally dependant concepts and provide a deeper understanding of wilderness medicine than is typically learned in a Wilderness and Remote First Aid course.

### *Leave No Trace Trainer Certification*

While in the backcountry, participants will complete a Leave No Trace (LNT) Trainer course. LNT is an educational program designed to promote the principles of low-impact camping. The trek staff will include an experienced LNT master educator who will cover these principles and mentor participants as they learn to master their application. Participants will also learn about effective teaching strategies as they teach mini-lessons on the LNT principles to each other.

### *50-Miler Award*

As part of the trek, participants are very likely to exceed 50 miles of hiking. We offer a framework to achieve the qualifications for the BSA 50 mile awards, if the group decides whether or not to factor the requirements in their schedule. The 50 mile Award requires

10 hours of service, which must be completed on trail, at base camp, or at another outdoor event.

*Natural Rock Bouldering (Pending approval)*

Camp Pioneer is located in the eclectic environment of the Cascade Mountain Range. Among the cliffs and woods of the wilderness areas that surround camp, several high quality bouldering sites exist for the use of our program. Bouldering is a form of rock climbing, where vertical rock faces only a few feet off the ground are climbed with the protection of spotters and helmets in the event a short distance fall should occur. This high adventure activity may be offered, but is pending approval. This activity is not associated with any award, but rather is simply for fun.

*Meeting with a National Forest Service Ranger (Depending on availability)*

The Willamette National Forest and the Jefferson Wilderness Area within it are managed by the National Forest Service. A park ranger may be available to rendezvous with the participants while they are in the backcountry. This will provide an opportunity to learn about the history of the area, land management practices, career opportunities in forest service or other topics of interest.

**Eligibility, Group Size, and Adult Leadership**

All participants must be at least 14 years old, be a member of a troop or venture crew, and obtain a current Annual Health and Medical Record part A, B, and C.

The group size must be no more than 10 people including adults. If you have only 1-5 scouts/adults interested in the program, please email [campioneeroutbound@gmail.com](mailto:campioneeroutbound@gmail.com) with the number of participants and a list of which sessions they are available. We will try to combine units together to form full units.

At least one and preferably no more than four adults must participate. This ensures that the two deep leadership requirements are met. If your unit is a co-ed venture crew, then there must be at least one adult of each gender. The adults will become certified in Wilderness and Remote First Aid and as LNT Trainers along with their youth.

**Cost and Dates**

Cost: \$399 per person (both youth and adults)

Session 1: 6/26 - 7/08

Session 2: 7/10 - 7/22

Session 3: 7/24 - 8/05

Session 4: 8/07 - 8/19

## **Schedule**

### *Sunday (Day 1)*

- 12:00 Arrival
- 12:30 Check-in / Med Checks
- 1-5 Orientation / Campsite Setup
- 5:45 Flag and Dinner
- 7:30 Chapel and Campfire

### *Monday (Day 2)*

- 8:00 Breakfast
- 9-12 Wilderness First Aid Training
- 12:30 Lunch
- 1-5 Wilderness First Aid Training
- 6:00 Dinner
- 7-10 Wilderness First Aid Training

### *Tuesday (Day 3)*

- 8:00 Breakfast
- 9-12 Wilderness First Aid Training
- 12:30 Lunch
- 1-4 Wilderness First Aid Training
- 6:00 Dinner
- 7-10 Itinerary Review

### *Wednesday (Day 4)*

- 8:00 Breakfast
- 9:00 Food and Gear Distribution, Pack Checks
- 10:00 Depart

### *Trail Days (Days 4-12)*

The leadership training, LNT training, 50-Miler requirements, bouldering, and forest ranger meeting will be spread throughout the duration of the trek. Two food drops will occur.



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### *Thursday (Day 12)*

2:00 Return to camp / Shower / Rest  
5:45 Flag and Dinner  
7:00 Campfire / Closing Ceremony

### *Friday (Day 13)*

8:00 Breakfast  
9:00 Depart

## **Food**

While in base camp, participants will eat their meals prepared by the kitchen staff in the dining hall. While in the backcountry, all the meals will be cooked in cook groups ranging from 3-5 participants. These cook groups will have a stock of ingredients to cook a variety of meals from, anywhere from breads and pies to pastas and soups. Most meals will be cooked on MSR Whisperlite stoves.

This trek program offers a unique opportunity to learn valuable cooking skills used in the wilderness. Backcountry cooking contains a wealth of skills to master. Cookware maintenance and use, nutrition and hydration, and rationing techniques will be covered in depth on our main trek.

Our menu will be posted well before the start of the program. We are happy to accommodate participants with common dietary needs (vegetarian, dairy free, gluten free, nut allergies, etc.) by supplying alternative menu items. **However, it is imperative that a special needs form is filed at the CPC office at least 3 weeks prior to your arrival; we may be unable to provide appropriate alternative food items otherwise.** If any participant has an uncommon or a hard-to-substitute dietary need, it may be necessary for them to bring some of their own food. **Please contact us if you have any questions.**

## **Water Purification, Food Handling, and Food Disposal**

All water from all sources need to be purified. The most certain treatment to purify water is to heat it to a rolling boil. Pioneer has several purifiers as well, that work to remove giardia, bacteria, and cryptosporidium.

Shelf stable backpacking foods that you bring along must be inspected by the trek staff prior to departure. Food will be stored in bear bags using a bear-triangle scheme between the sleeping, prep, and storage areas. The majority of your meals on the trails will be dehydrated foods that

require water to make. While these seem fairly straightforward remember that at higher elevations the foods will take longer to prepare. Your trek staff members will be invaluable resources when it comes to cooking.

All garbage and solid food waste needs to return to either base camp or given to the staff at a food pick up location. Wastewater needs to be filtered and arrayed at least 200 feet away from the campsite.

## **Gear**

The camp will provide all cooking, cleaning, and food supplies. Though we may have some personal gear available to borrow from our quartermaster upon arrival at camp, we strongly suggest that participants use the following list to acquire gear necessary for our program.

Keep in mind that approximately 72 hours will be spent at base camp or in its immediate vicinity. Participants should be sure to bring any gear (a towel, shampoo, extra clothing, etc.) that they may wish to use during that time in addition to the trek gear listed below. Space will be available to store these items while participants are in the backcountry. Class A's will be required for flag, campfires, and the award ceremony.

There will be a lightweight emphasis on packing for our treks, and pack inspections are a requirement before departing. All unnecessary or heavy gear should be left behind. Each extra ounce of weight will sap a considerable amount energy over the course of 50+ miles of backpacking.

It will be up to discretion of the adult participants whether to allow the youth participants to bring their cell phones. In any case, use of such devices shall be strictly limited to their functionality as a camera or as a means to call home from a mountaintop. Music playing devices will not be allowed. These restrictions are in place enable participants to receive the most immersive, richest wilderness experience possible. Personal GPSs are allowed. Tobacco, alcohol, and firearms are all prohibited.

Please attend to this list with care. Knowing individual gear and developing unique packing techniques for personal preference is a key to comfort on the trail. Hiking with the gear you plan on taking on our long trek will increase your readiness on the trail.

### *Clothing*

- Synthetic short-sleeve t-shirt (two)
- Midweight synthetic or fleece long-sleeve top
- Wind or rain shell (not both, under 12 ounces recommended)
- Rain pants (optional)
- Lightweight synthetic trekking pants (zip-offs recommended)

- Lightweight synthetic shorts (optional)
- Down jacket or heavier fleece (optional)
- Socks (two pair)
- Underwear
- Wool or fleece hat
- Sun hat

### *Gear*

- Comfortable pack (Internal frame or frameless rucksack recommended with 3,000 cubic inches or less and 2 pounds or less)
- Down or synthetic sleeping bag (20 degree - 40 degree range, down recommended)
- Short sleeping pad (48" to 60", closed foam or uninsulated air mattress recommended)
- Lightweight tent and ground cloth
- Trekking poles (optional)
- Headlamp (small LED)
- Water bladder and/or water bottles (capacity 3 liters)
- Mug/Bowl and eating utensils (plastic or titanium recommended)
- Personal first aid kit
- Personal medications
- Compass
- Toiletries and trowel
- Hand Sanitizer
- Sunscreen
- Knife
- Matches or lighter
- Stuff sacks (siliconized nylon) (optional)

### *Gear provided by the camp*

- Water filters
- Stoves and Fuel
- Dish Washing Kits
- Pots
- Maps
- Group First Aid Kit

### **Pre-Trek Training**

It will be important for participants to be in healthy condition upon the arrival at base camp. There is opportunity to hike anywhere from 40 to 100 miles in the program. Due to the length of our trek, we suggest those attending to have a series of day and overnight hikes to prepare them for the rigors of our program. This isn't only to prepare yourself physically, but to break in

your gear, brush up on logistical skills, navigation, and trail nutrition.

We strongly recommend the crew goes on at least two two-night backpacking trips of at least 15 miles each prior to arrival at Pioneer. Each participant should carry a fully weighted pack with the gear they plan to use on the trek during these warm-up trips.

### **Transportation**

Camp staff cannot provide transportation to youth participants, but can transport adult participants and gear. Consequently, the adult leaders in the unit will be responsible for transporting their youth to the drop-off point and from pick-up point. These locations will likely be no more than about one hour from camp, depending on the hiking route chosen. The camp staff will transport the adult participants back to their vehicles at the end of the trek, so that they can then pick up their youth. These means that the adult participants must have enough seating to transport all of their youth (not necessarily including packs).

### **Emergency Procedures**

One of the staff members accompanying the trek will be carrying a SPOT Tracker that can be used to call out in the case of an emergency. In the event that an emergency happens at home and a message needs to be sent to a participant during the trek, you can contact the council office (503-226-3423). They will forward the message to base camp and we will deliver it as soon as we can. This may take a few days depending on the urgency and the location of the troop or crew.



Sunset from Green Peak (2014)