

## **ARKANSAS 4-H HIGH ADVENTURE PROGRAM BACKPACKING/HORSE PACKING**

If you want ADVENTURE... THINK 4-H! If you want a CHALLENGE... THINK 4-H! If you want the ULTIMATE EXPERIENCE... THINK 4-H HIGH ADVENTURE! Interested in a challenge...one that requires outdoor skills in firemaking, compass reading, outdoor cookery, safety, and working with other people? A challenge demanding physical conditioning to take on mountain hikes of 4-5 miles a day carrying a 35-45 pound pack? Or, the challenge of taking care of yourself and your horse in a wilderness environment? The Arkansas 4-H High Adventure Program for youth offers youth and adults those challenges in either a BACKPACKING or HORSE PACKING FORMAT.

The Arkansas 4-H High Adventure Program is an outdoor leadership program for teens who are 13 years of age by January 1<sup>st</sup> of trip year and adult parents/volunteers. The purpose is to develop character and integrity in young people through the teaching of teamwork, leadership, and outdoor skills; and allows them to share their knowledge and skills with others. It is a comprehensive education program that encompasses many 4-H project areas and develops in young people an appreciation for and respect of the outdoors, animal life, and other areas of nature. Since the first delegation participated in 1987, 4-H youth and adults from across the state continue to experience this challenge year after year.

Backpacking is offered each year and horse packing is offered in odd numbered years. A required one-day training will be held in March for participants and parents along with a weekend training for all participants in April. In addition horse packers will be required to participate in a June training. The climax is a 9-day trip to the Pecos Wilderness area of New Mexico in August. Plans are to have 4 backpacking crews and 2 horse packing crews. Two days of the trip will be spent in Amarillo, Texas with tours and a trip to the Palo Duro Canyon to see the Texas Musical Drama.

### **LOCATION**

The Pecos Wilderness Northeast of Santa Fe is located in both the Carson and Santa Fe National Forests. It encompasses approximately 230,000 acres and is one of the 54 units designated in the Wilderness Act of 1964 as a part of the National Wilderness Preservation System. Primitive conditions are preserved for the use, enjoyment, and spiritual refreshment of people. Travel is therefore limited to foot and horseback only. There are no roads, homes, developed campsites, timber cutting, or commercial uses allowed.

### **SKILLS YOU MUST HAVE AND WILL LEARN BEFORE YOUR HIGH ADVENTURE EXPERIENCE . . .**

- Gathering your equipment
- Organizing your crew (teamwork, sharing total responsibilities, and initiative are prerequisites for a successful expedition)
- Packing a backpack
- Backpacking
- Pitching and striking camp
- Building a campfire
- Cooking dehydrated foods
- Using a map and compass
- Being in excellent physical condition
- Horse Healthcare
- Horse Nutrition
- Appropriate Tack and Equipment
- Pack Horses

## **MEDICAL REQUIREMENTS**

During the high adventure experience, campers encounter steep rocky trails with 3,000-foot climbs, 20 to 35 percent less oxygen, mountain hikes of 6 to 10 miles per day, and will be expected to carry a 35- to 50-pound backpack. It is important for the camper's enjoyment to make sure he or she can handle these conditions. To help determine this, each camper must undergo a complete physical prior to the trip. Also, each participant is required to have a tetanus shot or booster within five years.

## **CRITERIA FOR NO ACCEPTANCE**

### **Youth**

- Poorly controlled diabetes
- Marked obesity for height
- Bronchial asthma under treatment
- Sickle cell anemia and hemophilia
- Epileptic seizure having occurred within past 12 months
- Other seizure disorders

### **Adults**

- Previously confirmed coronary infarction or coronary artery disease
- Diastolic blood pressure over 100 mm hg.
- Marked obesity for height
- Pulse 2 minutes after 1 minute of exercise must return to normal
- Poorly controlled diabetes

## **PARENT/CAMPER RALLY**

In order to prepare campers for their High Adventure experience campers will participate in two educational activities. The first is the Parent/Camper Rally. This is a one-day informative program usually held in March to prepare campers and parents on what to expect at their High Adventure location in regards to clothing, equipment, programming, physical conditioning, and logistics.

## **SHAKEDOWN**

The second REQUIRED activity is Shakedown, which takes place at the C. A. Vines Arkansas 4-H Center usually in April. Shakedown consists of a three-day, two-night campout in which high adventure skills are strengthened and tested. Campers are trained in various leadership and outdoor skills in preparation for the High Adventure trip.

## **HORSEPACKER TRAINING**

A required Horse Packer Training is held in June. This is when participants bring their horses and work on specific horse skills and training.

## **ADULT ADVISORS AND CREW LEADERS**

An adult male and female advisor will accompany each crew of eight to ten campers. Lead adult advisors must be at least 25 years of age. The number of adults selected will depend on the number of crews. The deposit will be refunded to those adults not selected to participate.

One crew leader will be selected for each crew. The role of the crew leader is a very important and critical role in the High Adventure Program. Crew leaders are responsible for giving leadership to the crew throughout the program. Some of the responsibilities include overseeing decisions made by the crew, delegating responsibilities, developing team "esprit de corps," ensuring the safety of crew members, map and compass reading, overseeing use of crew equipment, implementing low-impact camping techniques, and teaching. Crew leaders are considered to be in charge of their crews with the adult advisors serving to advise crew leaders when asked.

### **ADULT/CREW LEADER TRAINING**

Adult advisors and crew leaders are required to participate in the Adult Advisor/Crew Leader Training at the C. A. Vines Arkansas 4-H Center. The program will cover first aid, equipment use, trip logistics information, and leadership training. The training is designed to better prepare adults and crew leaders for their roles on the High Adventure trip.

### **HIGH ADVENTURE TRIP DATES**

The actual trip takes place for nine days sometime during August, usually immediately following State 4-H O-Rama. Exact dates vary from year to year.

### **COST**

The total cost of the High Adventure Program includes all of the above activities plus transportation to and from the program location.

### **REGISTRATION**

Those interested in participating should fill out the Basic Arkansas Youth Application for 4-H Activities (FY4H- 655) and return it with the appropriate nonrefundable registration fee to the State 4-H YOUTH DEVELOPMENT Office. Applications are accepted on a first-come, first-served basis. Adults should apply on FY4H -656 (Arkansas Adult 4-H Volunteer Leader Activity Application).

### **REFUND POLICY**

There is a \$50.00 nonrefundable deposit.  
100% refund (less deposit) prior to April 1<sup>st</sup>.  
50% refund (less deposit) April 1<sup>st</sup> – July 1<sup>st</sup>.  
No refund after July 1<sup>st</sup>.