

ARKANSAS 4-H HIGH ADVENTURE PROGRAM

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 requiring outdoor skills in fire making, compass reading, outdoor cookery, safety and working with other people? A challenge demanding physical conditioning to take on mountain hikes of 4-10 miles a day carrying a 35-50 pound pack? The Arkansas 4-H High Adventure Program for youth offers youth and adults those challenges.

WHO

Teens who are 13 years of age by January 1st of trip year and adult parents/volunteers.

PURPOSE

- To develop character and integrity in young people through the teaching of teamwork, leadership and outdoor skills
- Allow participants to share their knowledge and skills with others

EDUCATIONAL PROGRAM

High Adventure 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.

DATES

- March – Parent/Camper Rally
A required one-day informative program for participants and parents (4-H Center)
- Late March-Early April – Shakedown
A required weekend training for all participants (4-H Center)
- Late July-Early August – High Adventure Trip
8-day trip to selected High Adventure location for that year

PAST LOCATIONS

The Pecos Wilderness Northeast of Santa Fe is located in both the Carson and Santa Fe National Forests. The Pisgah National Forest, near Asheville, N.C.

SKILLS you must have (and will learn during Shakedown) on the trip:

- Gathering your equipment
- Organizing your crew (teamwork, sharing total responsibilities and initiative)
- Packing a backpack
- Backpacking
- Pitching and striking camp
- Building a campfire
- Cooking dehydrated foods
- Using a map and compass
- Being in excellent physical condition

MEDICAL REQUIREMENTS

During the high adventure experience, campers potentially 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/she can handle these conditions. To help determine this, each camper must undergo a complete physical prior to

the trip. 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 (required)

This is a one-day informative program, held in March at the Arkansas 4-H Center, to prepare campers and parents on what to expect at their High Adventure location (clothing, equipment, programming, physical conditioning and logistics).

SHAKEDOWN (required)

Shakedown, held in April at the Arkansas 4-H Center, 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.

ADULT ADVISORS

An adult male and female advisor will accompany each crew of six to 10 campers. Lead adult advisors must be at least 25 years of age. The number of adults selected will depend on the number of crews.

CREW LEADERS

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 Meeting immediately following Shakedown at the Arkansas 4-H Center.

HIGH ADVENTURE TRIP DATES

The actual trip takes place for eight days sometime during late July – early 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.

APPLICATION:

Apply using the Arkansas 4-H Online system: <https://arkansas.4honline.com>.

Contact: Shannon Caldwell, 4-H Camping Coordinator
scaldwell@uaex.edu or 4hcamp@uaex.edu
501-821-6884

For more information: www.arkansas4hcenter.org/summercamp.

Facebook Group: Arkansas 4-H Camps

Twitter: @Arkansas4hcamps