

**Los Angeles Area Council**

**Boy Scouts of America**



**Log Cabin Wilderness Camp**

**Leader's Guide**

**2004**

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## **Section I      INTRODUCTION**

### **Mission Statement**

The mission of the Log Cabin Wilderness Camp is to achieve the purpose of the Boy Scouts of America and to serve older youth by providing a fun-filled and challenging High Adventure Program. We will seek to instill awareness and respect for our wilderness by sharing the principles of Leave No Trace and providing guidance in the discovery of their application.

### **Welcome**

Welcome to Log Cabin Wilderness Camp, the Los Angeles Area Council's high adventure base in the eastern Sierra Nevada, twelve miles from Yosemite National Park.

Our High Country Gateway and Sierra Nevada Mountain Man programs offer a high adventure experience like none other in the world. Your crew can hike through the mountains that John Muir called "the range of light." You can climb mountains over 12,000 ft. high. You can stand at the top of the highest waterfall in America and photograph the same scenes as Ansel Adams.

In the Gateway program, you will hike through the second oldest national park in the U.S. and while it is one of the most visited, your chances of seeing more than a dozen people are remote.

The Mountain Man program will teach your crew technical climbing and belaying and how to work together as a team to achieve their final goal of standing atop 13,325 ft. Mt. Warren.

This guide contains the basic information and material that will help you plan your Log Cabin experience. Take time to study this information and return your choice of trips in order of preference. Due the wilderness permit process, we cannot guarantee that you will get your first choice.

You will receive a notice informing you of a leader's orientation meeting to be held sometime in June at the Los Angeles Area council service Center. Please plan to attend so that our staff can answer any questions you may have. Your SPL, Post President or Crew Leader should also attend this informative session.

Thank you for choosing Log Cabin as your summer long-term program. We look forward to seeing you at the highest Boy Scout camp in America.

## **History of Log Cabin Wilderness Camp**

Gold was discovered in California in 1849. By the thousands, miners came from all over the world to make their fortunes. From the seaports of San Francisco and Eureka, they spread out in all directions following the rivers to the high country where gold was just waiting to be picked up. In the north they followed the Trinity and Klamath Rivers high into the Klamath Mountains and Trinity Alps. From San Francisco, they worked their way through the Sierra Nevada's following the Tuolumne and Merced Rivers.

Thirty miles from Mono Lake, the population of the sleepy town of Bodie exploded. Search for the elusive mother lode drove the miners higher into the mountains until in 1910, at an elevation of 9600 ft. above sea level, the Log Cabin Gold Mine hit paydirt. Over the next thirty years, the mine became famous for the gold it produced and for the harsh winters the miners endured. The mine was closed at the onset of World War II by order of President Roosevelt.

By 1950, new mining techniques and the high price of gold presented an attractive proposition to reopen the mine. Unfortunately, efforts to upgrade the equipment and buildings were not a part of nature's plan for the mountain. The parts of the mine that were not buried under twenty feet of snow were whipped by winds in excess of 80 mph. Nature's one-two punch was too much for the modern day miners and the Log Cabin Gold Mine was closed permanently in 1956.

In 1971, the Hathaway and Garbutt families who owned the mine, donated the property to the Los Angeles Area Council. The gift included the land, the mill operation, all buildings and equipment. This unique piece of property sits just north of Tioga Pass Road on the rugged and picturesque eastern slope of the Sierra Nevada overlooking Mono Lake.

In 1981, the Clem C. Glass Eagle's Nest was built to serve as headquarters for the Log Cabin Wilderness Camp. Today, the Eagle's Nest has been expanded to include a program center, trading post, health lodge, showers, whirlpool spa, kitchen and dining room.

Over the years, Log Cabin was transformed from a traditional summer camp to a high adventure base camp. In 1973, the camp hosted the first "Quest Beyond Eagle" a two-week challenge open only to Eagle Scouts. The program was expanded to include the High Country Gateway program, offering one-week backpacking trips through the Yosemite Wilderness. In 1998, the program was expanded again to include the Sierra Nevada Mountain Man Adventure.

Log cabin Wilderness Camp is truly a unique and special place that your crew will want to return to again and again.

## QUICK REFERENCE GUIDE

### Camp Calendar 2004

	Gateway		Mountain Man
Session 1	<b>July 3-10</b>	Session 1	<b>July 3-9</b>
Session 2	<b>July 10-14</b>	Session 2	<b>July 10-16</b>
Session 3	<b>July 17-24</b>	Session 3	<b>July 17-23</b>
Session 4	<b>July 24-July 31</b>	Session 4	<b>July 24-July 30</b>
Session 5	<b>July 31-Aug 7</b>	Session 5	<b>July 31-Aug 6</b>
Session 6	<b>Aug 7-14</b>	Session 6	<b>Aug 7-13</b>

**Combined session capacity is forty-five participants.  
Early registration is strongly recommended.**

**Arrival Time:** 3:00 PM on first day of each session.

**Departure:** 9:00 AM on last day of each session.

**BEFORE ARRIVAL AT CAMP:** Please hold a familiarization meeting with your scouts and their parents. Make them an integral part of this long-term experience.

<b>PROGRAM COSTS:</b>	High Country Gateway	\$285.00
	Sierra Nevada Mountain Man	\$285.00

#### DOCUMENTS REQUIRED AT CHECK IN:

- Copy of Tour permit-on file with Local Council Service Center
- Class 3 Medical Forms- (Youth and Adult) Signed by a licensed health care professional within the past 12 months.
- Parent Permission Form - Signed by scout's parents or legal guardian
- Complete Crew roster
- High Country Gateway Planning Form (if applicable)
- Payment Receipts (Full Payment is due 30 Days before arrival)

## Program Overview

The Log Cabin Wilderness Camp with the Clem C. Glass Memorial Eagles Nest is situated at an elevation of 9,640 feet above sea level in the Inyo National Forest. This is the base camp for the Los Angeles Area Council High Adventure Summer Program. The camp is located 320 miles from Los Angeles on the eastern slopes of the Sierra Nevada bordering the Hoover Wilderness and Yosemite National Park. Log Cabin is your **Gateway to the Sierras** and provides the ultimate in High Adventure through our High Country Gateway and Sierra Nevada Mountain Man Programs.

**The High Country Gateway Program** features a C.O.P.E. Course, Leave-No-Trace training, and a one-week backpack trip in the Yosemite Wilderness, Hoover Wilderness or surrounding area. Eighteen preplanned itineraries allow a choice of treks based on the age, experience, and capabilities of your crew. Your trek can include peak climbing, day hikes and lots of great fishing.

**The Sierra Nevada Mountain Man Program** is geared more toward crews with less high adventure experience. It also includes a C.O.P.E. course and Leave-No-Trace training but also includes additional practice in map and compass use, trail cooking, and technical climbing. Short overnight trips for rock climbing and peak bagging are the highlights of the Mountain Man Program.

**The Log Cabin Peak Bagging Program** is incorporated into both Gateway and Mountain Man programs. The program is separate from and not related to the Peak Bagger Award program sponsored by the LAAC High Adventure Team. Participants earn a patch for bagging one or more peaks on the approved list. Mono Dome, Lee Vining Peak, and Mt. Warren are all within a short distance of base camp and are excellent destinations for day hikes. Returning crews often choose this option rather than repeating the C.O.P.E. course. Other peaks require that your crew choose a specific trek to within close proximity of the selected peak.

**Challenging Outdoor Personal Experience** is the full name of the C.O.P.E. course. First year groups go through the C.O.P.E. course as a part of their team building process. The high elements consist of a giants ladder, two-line traverse, caving ladder, and zip line. The low elements are selected from the wild woosey, slack wire, noose traverse, nitro crossing, the wall and the trust fall. We also offer initiative games and team building exercises as a warm-up to get the group working together.

**Leave No Trace** teaches an awareness and an attitude rather than a set of rules. It applies in your back yard or local park as well as in the backcountry. Our staff will share with your crew the principles of Leave No Trace and how they are applied on your Log Cabin Adventure. Each crew will be trained in Leave No Trace principles and receive a patch upon successful completion of the program.

**Ranger Training for Venture Crews** was added to the Log Cabin program in 2002. Venturers can tailor a program to the specific desires of their crew. Trained leaders will guide your group through selected elements of Ranger advancement including backpacking, land navigation, wilderness survival, rock climbing, conservation, and first aid.

*A High Adventure Experience can be a defining force that changes a youth's entire outlook. The enthusiasm generated, the recognition achieved, the challenges overcome, and the independence enjoyed will remain with him for a lifetime.*

## SECTION II Information and Facilities

**Getting to Camp.** Log Cabin provides transportation between Lee Vining Ranger Station on Route 120 and the camp. The camp road is five miles of rugged, steep switchbacks. Units are requested to call the camp from Bishop to schedule pickup at the ranger station. This allows the staff approximately one hour to arrange your pickup. You should allow at least six hours driving time from Los Angeles and plan your trip to arrive between 3:00 and 5:00 p.m. If you choose to bring your own vehicle to camp, high ground clearance and four-wheel drive are strongly recommended. All vehicles must be parked in the designated parking area outside of the camp during your stay. Only camp vehicles are permitted to park in the camp proper.

Upon your arrival, leaders will check in with the camp director. Your crew will be assigned a tent site, and have a medical recheck. A member of the staff will assist you with check-in and inspection of your campsite.

Adult leaders and SPL's or crew leaders will meet with the camp staff before dinner to review the program, meet your trail safeties, and begin working on the details of your trip.

**Facilities and equipment.** Log Cabin base camp provides comfort and convenience before and after your wilderness trek or during your Mountain Man adventure. Hot showers, platform tents with cots, an appetizing menu prepared by our experienced staff, a dining and game room, a conference room and a hot tub. In addition, a complete menu of trail meals is provided for your trek. A limited amount of crew equipment is available for rent, including tents, backpacking stoves, cook sets, and bear canisters.

Our highly trained and experienced staff runs the camp. Staff members prepare all meals in camp, supervise the C.O.P.E. Course, and conduct seminars on mountain skills and Leave-No-Trace camping. Staff members are all experienced backpackers who assist and advise crews on trail selection, obtain permits, and a trail safety will accompany your crew on your high adventure trek.

**Emergency Mobilization.** Even at camp there is always the possibility of an emergency, such as a fire, or severe storm. In these situations it is very important to account for the safety of everyone. To do this we call for an emergency mobilization.

A siren will sound the alarm for an emergency mobilization. When this occurs, all campers are instructed to walk quickly to the camp assembly area. Leaders will take a head count and inform staff leadership. If an evacuation is necessary, you will be advised by a staff member. Please wait for instructions. An emergency mobilization drill will take place within 24 hours of your arrival.

### **Your Adventure**

**Begins in Camp**

**Moves to the High Country**

**And Ends With Memories.**

**Fees.** The camp fee is \$285.00(Gateway) and \$285 (Mountain Man) per person. This includes all meals in camp, food distribution for the trail, and white gas. A \$100.00 (Non - refundable) deposit is due with your application; \$50.00 per person is due by March 1, 2004 and the balance is due 60 days prior to your arrival at camp. All deposits are applied to the final camp fee, not individually. Individual fees are transferable. They are refundable (minus the \$100.00 application fee) only with specific reason (in writing) submitted two weeks prior to your arrival date at camp minus a \$50.00 fee per canceled camper.

**Camperships.** Camperships are available for Log Cabin Wilderness Camp for all scouts and venturers registered with LAAC units. All campership applications must be reviewed by and signed by your Unit Leader and your District Executive. Deadline for turning in campership applications is **May 1, 2004 without exception.** Call the Camping Department at the Council Service Center for more information.

**Medical Forms.** All participants, youth and adults, are required to have a Class 3 High Adventure medical form (#4412A) completed within the past 12 months. Forms can be obtained from the Boy Scout office. Medical information required includes a current medical history supported by a medical evaluation performed by a licensed health-care practitioner. A participant that arrives at camp with an incorrect medical form will need to go to Mammoth Hospital (with the correct medical form) for a physical at a cost to the participant of approximately \$50.00. The camp carries primary medical insurance for each member in your party. We have an agreement with Mammoth Centinela Hospital for emergency services. Since Log Cabin Wilderness Camp is a property of the Los Angeles Area Council, BSA a local or national tour permit is required for your group. We will secure your wilderness permit(s) on the Sunday or Wednesday prior to your departure for the trail. A wilderness permit is not the same as a tour permit.

**Leadership.** All units need to conform to BSA policy of having a minimum of two adult leaders for every outing (primary leader minimum of 21 years of age, secondary leader minimum of 18 years of age). Both Leaders and Scouts must be registered members of the Boy Scouts of America.

Wilderness permits limit the number in a group to 15 people, 8 in some areas. For this reason large groups have to hike occasionally on separate trails. Any group that is coed (both boys and girls) must have both adult male and female leaders that are over 21 years of age and all groups must have at least two adult leaders at all times. An experienced Trail Safety (18 years or older) may accompany your group on the trail for the entire trip. The Trail Safety is not a leader for your group. They are to help out with hike related needs and emergencies that may arise on the hike. If the unit would like more involvement from the Trail Safeties, this would need to be specified to the Trail Safeties prior to leaving for the trail. All youth attending Log Cabin must be 13 years of age by January 1, 2003 or in the seventh grade. Troops who rotate adult leadership must make sure that this requirement is met the entire time they are at camp. Units not meeting this standard will not be allowed to participate in any camp activity.

**Pre-Trip Leaders Meetings.** A leader meeting will be held at the council service center in order to answer any questions that units may have prior to visiting Log Cabin Wilderness Camp. The meeting will be Thursday May 25. Staff members are available upon request to visit a troop meeting for a brief presentation, question and answer session. Please contact the Council office to make arrangements.

**Special Needs.** If your group, or anyone in your group, has any special needs that we should know about you must call us a week before you arrive at Log Cabin and let us know. This includes dietary needs such as allergies or vegetarian meals. Call the camp at (760) 647-6439.

**Arrival and Departure.** Upon the crew arrival at your campsite a member of the staff will assist you with check-in inspection of your campsite. This is to insure that any discrepancies or

damages are brought to the staff's attention, so that faults can be rectified. These will be noted on the check-in sheet/out form.

Before the crew's departure from your campsite a member of the staff will assist you with an inventory and evaluation of your campsite equipment and tentage. Any damage or missing items will be noted on the check-in/out form. Your crew will be liable for any repairs and/or replacements cost on departure.

**Uniforms.** Scouts and leaders are encouraged to wear proper uniform when traveling to or from camp. As a High Adventure base camp we do not advocate a strict adherence to a prescribed uniform. Weather conditions, safety, type of activities, comfort and versatility play a role in selection of clothing. Each crewmember thus has latitude in dress but compliance to basic rules of proper grooming and attire are mandatory. We do encourage leaders to set the example and promote a dress code, which fosters unity among the crew.

**In Camp.** The time you spend in camp is essential to help you become acclimated to the high elevations you will be living in for the next week. Specific times will be assigned to each unit for use of showers, hot tub, and other camp facilities.

**Mail.**

Outgoing:	Leave in the mailbox outside the Program Center
Incoming:	Will be handed out at the dinner meal when in camp
Mail Address:	Log Cabin Wilderness Camp Scout's/Adult Name and Troop Number PO Box 342 Lee Vining, CA 93541

**Emergency Phone Number.** A camp telephone is available for **emergency purposes** only. The telephone number is (760) 647-6439. If there is an urgent but non-emergency message to be conveyed, please call the Council Service Center at (213) 413-4400 ext. 257. The camping secretary is in contact with the camp on a daily basis and will forward messages as required.

The camp phone is monitored on a 24-hour basis either by staff or an answering machine. Due to the terrain at camp, cellular telephones may or may not work in the area.

**Crew Size.** Crew size is limited by the controlling agencies for wilderness permits. The maximum number of people on any permit is 15. In some sensitive areas, the maximum crew size is limited to 12 or even 8. When planning your Log Cabin trip, be sure to take into account possible limits and how they affect your group and your leadership requirements. Larger units may have to hike as separate groups.

In 1869, John Muir looked down from these very heights and called these granite peaks

**“The Range of Light”**

**Crew Sites.** Crew site equipment consists of tents, cots, dining fly and one picnic table. Garbage cans are placed for easy access. Garbage bags should be placed in the camp trash bin by 7:00 p.m. each evening. No trash is to be left in the crew site overnight. No foodstuffs are to be stored or consumed in tents at any time. This will discourage any animals from visiting the site at night, and preserve our excellent safety record. Porta-potties are conveniently located near each crew site. Each crew is responsible for the cleanliness of their campsite, latrines, and tents. Leaders should check daily for personal and campsite cleanliness.

Program Center shower, washroom, spa and toilet facilities are scheduled when your crew arrives at camp. Facilities are limited so it is essential that your crew strictly adhere to your scheduled times.

Leaders are reminded that there are NO OPEN FLAMES IN ANY TENT.

Fire pits MAY NOT be constructed in the crew sites. Campfires are restricted to designated areas and are supervised by the camp staff.

**Natural Wildlife.** Camp abounds with natural wildlife: Deer, birds, bears and other creatures. For this reason we do not allow any pets from home to be brought into camp. These animals are wild and should not be interfered with. This is also a good reason not to keep food in tents

**Awards.** There are high adventure awards that can be earned through the Los Angeles Area Council BSA aside from the Peak Bagger patch award given out at Log Cabin Wilderness Camp High Country Gateway program. For more information contact the Los Angeles Area Council Camping department at (213) 413-4400. Log Cabin Wilderness Camp does not have merit badge counselors.

**Physical Preparation.** To enjoy a Log Cabin Wilderness experience everyone who plans to take a trek must be physically prepared. At Log Cabin every person will typically carry a 30-40 lb. (or more) pack over steep, rocky trails at elevations ranging from 4,000 to 11,000 feet. A regular program of physical conditioning for three to six months prior to taking a trek is essential. A longer period is required for those who are more than 25 lbs. overweight and for those unaccustomed to physical exercise.

The first step is to get a physical examination from your physician. Use the forms provided by Boy Scouts of America. Complete the health history and schedule a time for a physical exam. **A current (within past twelve months) High Adventure medical form (4412A class 3) is required for all participants attending camp, including adults.**

Health care providers at Log Cabin reserve the right to deny access to the trails to any adult or camper on the basis of the physical recheck at Log Cabin. The Log Cabin medical staff will check all medical evaluation forms. Areas of concern include, but are not limited to: heart disease, seizure disorder, sickle cell anemia and hemophilia. Blood pressure without medication must be less than 150/95 for any participant to be permitted to hike on trails. Adults or youth participants who are more than 25 lbs. overweight should begin a program of exercise and dieting at least six months prior to a trek. If there are any doubts after the individual has had a physical examination, contact the Log Cabin Staff.

Backpacking is the best way to prepare for a Log Cabin trek. It is highly recommended that everyone in a crew fulfill the requirements for Backpacking merit badge. These include three 15-mile treks with two oversights each and one five day backpacking trek covering at least 30 miles. Fulfilling these requirements will enable you to enjoy a Log Cabin trek. Be prepared!

## Section III PROGRAM AND SCHEDULES

### HIGH COUNTRY GATEWAY

**Dates:** High Country Gateway program will be in session from Saturday July 3 through Saturday Aug 13. Your group will arrive at Log Cabin Wilderness Camp on a Saturday, and depart from Log Cabin back to Los Angeles after breakfast on the following Saturday.

**Program:** Sunday is spent in base camp in order to become acclimated to an altitude of 9,640ft. The participants may go through the C.O.P.E. course events, or other various activities offered, and brush up on the following areas: trail safety/courtesy, forest service regulations, sanitation, first aid, use of a stove, and preparing trail meals. Sunday after lunch the trail food is distributed and there will be a pack check so that participants are not taking unnecessary items onto the trail. Extra personal articles are limited to one bag to be left in camp while on the hike. A crew locker will be assigned for safekeeping of your belongings. Only your crew advisor will have the key. All unattended gear and clothing must be stowed in your crew locker or vehicle when you leave for the trail. Food or aromatic toiletries should not be left in vehicles. **Nothing** can be left in your tent.

**Treks:** Units can choose from approximately 18 different treks rated from leisurely, to moderate, to strenuous. The treks are anywhere from 13 to 55 miles long, and cover various areas in Yosemite National Park and the Hoover Wilderness. Modifications can be made on some treks to better accommodate units. Units will be assessed for appropriate choice of trail to insure a challenging, enjoyable, and safe experience. Gateway treks all begin on Monday and end on Friday.

**Equipment and Food:** Mountaineering stoves (MSR Whisperlites), aluminum cooking equipment, and three season tents (10 lbs.) are available for units that do not have their own. White gas is supplied at no cost to the participants. We do not provide any type of water purification devices. Units must bring their own water purification devices. There are a variety to choose from in sporting good stores such as Sports Chalet, REI, and A-16. Water purification devices vary in price from \$25.00 to \$200.00 dollars. If a device is purchased, it is necessary to know how to properly operate the device. It is recommended to use the water purification equipment on a training trip prior to attending Log Cabin Wilderness Camp. A back up method is always recommended; such as, water purification tablets which can be purchased at the Trading Post at camp for a cost of roughly \$6.00 dollars. The boiling method of water purification in the backcountry will be taught at Log Cabin prior to leaving for the trail.

**Bear Canisters.** Bear Canisters are **now required for all Log Cabin treks**. A limited number of bear canisters are available for rent for a fee of \$5.00 per person per trek. Unit leaders should make sure before arriving at Log Cabin that all crewmembers are outfitted with bear canisters. Persons desiring to rent bear canisters at Log cabin must make prior arrangements with the camp to ensure availability.

**Leadership on the Trail.** Please refer to the Leadership section for specific requirements. Trail Safeties are provided by Log Cabin to support your unit's high adventure activities; they are not available for fulfilling any part of your unit leadership responsibilities.

## High Country Camp Gateway Schedule

### Saturday:

3:00 p.m. - 5:00 p.m. Arrive at Log Cabin  
Medical recheck/Camp and Camp Tour  
5:00 p.m. - 6:00 p.m. Leader and SPL Meeting with camp staff/trip planning  
7:00 p.m. - 10:00 p.m. Settle in/Free time  
10:00 p.m. Lights Out

### Sunday:

7:00 a.m. - 8:00 a.m. Breakfast Prepared by staff  
8:00 a.m. - 9:00 a.m. Scouts Own  
9:00 a.m. - 12:00 p.m. Leave-No-Trace Training  
Trail Sanitation  
Whisperlite Cooking  
Back Country Edict/Forest Regulations  
First Aid and Safety  
12:00 p.m. - 1:00 p.m. Lunch Prepared by staff  
1:00 p.m. - 5:30 p.m. C.O.P.E. or other events for returning groups  
Food Issue  
Showers/Hot Tub  
6:00 p.m. - 7:00 p.m. Dinner Prepared by staff  
7:00 p.m. 10:00 p.m. Pack Check  
10:00 p.m. Lights Out

### Monday:

7:00 a.m. - 7:30 a.m. Breakfast (time approximate based on distance to trailhead)  
7:30 a.m. Drive to trail head

### Friday:

TBA Return From Trail  
5:00p.m. - 6:00 p.m. Showers/Hot Tub  
6:00p.m. - 7:00 p.m. Dinner Prepared by staff  
8:00p.m. - 9:00 p.m. Campfire  
9:00p.m. - 9:45 p.m. Free Time  
10:00 p.m. Lights Out

### Saturday:

7:00 a.m. - 8:00 a.m. Breakfast  
9:00 a.m. Leave for home

Have a Safe Trip Home

## SIERRA NEVADA MOUNTAIN MAN

**Dates:** Sierra Nevada Mountain Man program will be in session from Saturday, July 3 to Friday, August 13. Your group will arrive at Log Cabin Wilderness Camp on a Saturday, and depart from Log Cabin back to Los Angeles after breakfast on the following Friday.

**Program:** Sunday is spent in base camp in order to become acclimated to an altitude of 9,640ft. Morning activities include Leave-No-Trace principles and exercises followed by team building and the low elements of the C.O.P.E. course. The afternoon is devoted to the high elements of C.O.P.E. Monday continues LNT training and navigation practice with map and compass. Tuesday sessions include first aid and backcountry cooking. Tuesday afternoon, crews hike to the rock pile, set up the climbing base camp and receive instruction in technical climbing (with rope and harness). Crews continue their climbing activities all day Wednesday and spend Wednesday night at climbing base camp. Thursday morning, the crew climbs Mt. Warren and return to Log Cabin in the afternoon.

**Leadership.** Please refer to the Leadership section for specific requirements. Any group that is coed (such as explorers or venturers) must have both adult male and female leaders who are over 21 years of age.

## Sierra Nevada Mountain Man Schedule

### Saturday:

3:00 p.m. - 5:30 p.m.	Arrive at Log Cabin Medical recheck/Camp and Camp Tour
6:00 p.m. - 7:00 p.m.	Dinner                      Prepared by staff
7:30 p.m. - 9:00 p.m.	Settle in/Free time
9:00 p.m. - 9:30 p.m.	Opening Campfire/ Welcome
9:30 p.m. - 9:45 p.m.	Cracker Barrel
10:00 p.m.	Lights Out

### Sunday:

7:00 a.m. - 8:00 a.m.	Breakfast                      Prepared by staff
8:00 a.m. - 9:00 a.m.	Scouts Own                      Activity: Passing the Wilderness Leave No Trace principle #7 Activity: Scavenger Hunt
9:00 a.m. - 12:00 p.m.	Introduction and morning program C.O.P.E. - Warm-ups - Spotting techniques Low elements – Team building
12:00 p.m.- 1:00 p.m.	Lunch                              Prepared by staff
1:00 p.m. - 5:30 p.m.	Program                              C.O.P.E – High elements
5:30 p.m. - 6:30 p.m.	Showers and Hot Tub
6:30 p.m. - 7:30 p.m.	Dinner                              Prepared by staff
7:30 p.m. - 8:30 p.m.	Information Session/Walk to the point
8:30 p.m. - 9:45 p.m.	Cracker Barrel
10:00 p.m.	Lights Out

### Monday:

7:30 a.m. - 8:30 a.m.	Breakfast                              Prepared by staff
8:30 a.m. - 9:00 a.m.	Activity                              "Web of Life"
9:00 a.m. - 12:00 a.m.	Hike to upper spring box meadow/old Log Cabin Leave No Trace principle #2 Travel & Camp on Durable Surfaces Leave No Trace Principle #5 Leave What You Find
12:00 p.m. - 1:00 p.m.	Lunch                                      Prepared by staff
1:00 a.m. - 2:30 p.m.	Map & Compass – Navigation practice
2:30 p.m. - 5:30 p.m.	Orienteering Course
5:30 p.m. - 6:30 p.m.	Showers                              Hot tub
6:30 p.m. - 7:30 p.m.	Dinner                                      Prepared by staff
7:30 p.m. - 8:30 p.m.	Map & Compass activities at the point
8:30 p.m. - 9:45 p.m.	Free Time
10:00 p.m.	Lights Out

**Tuesday:**

7:30 a.m. - 8:30 a.m.	Breakfast	Prepared by staff
8:30 a.m. - 9:00 a.m.	Video	"Ice & Fire"
9:00 a.m. - 10:00 a.m.	First Aid and Safety	- LNT Principle # 1 Plan Ahead & Prepare
10:00 a.m. - 11:00 a.m.	Whisperlite Cooking	-LNT Principle # 5 Minimize impact of fire Forest Service Regulations
11:00 a.m. - 12:00 p.m.	Trek Preparation	- LNT Principle # 1 Plan Ahead & Prepare Backpack food issue Pack for cross-country travel
12:00 p.m. - 1:00 p.m.	Lunch	Prepared by staff
1:00 p.m. - 3:00 p.m.	Hike to Rock Climbing Base Camp	Set up base camp
3:00 p.m. - 5:30 p.m.	Rope and Belay Practice	- Practice knots, belay, calls
5:30 p.m. - 6:30 p.m.	Dinner	Prepared by scouts in field
7:30 p.m. - 8:30 p.m.	Campfire	LNT Principle #5 Minimize Impact of fire
10:00 p.m.	Lights out	

**Wednesday:**

7:30 a.m. - 8:30 a.m.	Breakfast	Prepared by scouts on trail
7:30 a.m. - 12:00 p.m.	Low Side Climbing	Climb, Rappel, Belay
12:00 p.m. - 1:00 p.m.	Lunch	At climbing base camp
1:00 p.m. - 5:00 p.m.	High Side Climbing	Climb, Rappel, Belay
5:00 p.m. - 5:30 p.m.	Clean Up	
5:30 p.m. - 6:30 p.m.	Dinner	Prepared by scouts on trail
7:30 p.m. - 8:30 p.m.	Debrief day's activities	
10:00 p.m.	Lights Out	

**Thursday:**

6:30 a.m. - 7:00 a.m.	Breakfast	Prepared by scouts on trail
7:00 a.m. - 1:00 p.m.	Peak Bag Mt. Warren	
1:00 p.m. - 2:00 p.m.	Break Climbing Base Camp	
2:00 p.m. - 4:00 p.m.	Hike To Lee Vining Base Camp	Set up Lee Vining Base Camp
4:00 p.m. - 5:00 p.m.	Dinner	Prepare an early dinner on trail
5:00 p.m. - 8:00 p.m.	Sunset climb - Peak Bag Mono Dome	
8:00 p.m. - 9:00 p.m.	Lee Vining Oven Bake	
10:00 p.m.	Lights out	

**Friday:**

7:00 a.m. - 8:00 a.m.	Breakfast	Prepared by staff
8:00 a.m. - 8:30 a.m.	Pictures	
8:30 a.m. - 9:00 a.m.	Shuttle To Lee Vining Ranger Station	
9:00 a.m.	Departure	

Have a Safe Trip Home

## LOG CABIN PEAK BAGGERS

Log Cabin offers a peak-bagging program. This program is not the same as the High Adventure peak-bagging program sponsored by Los Angeles Area Council High Adventure Team. The only requirement for our program is that your group bags the peaks while attending Log Cabin Wilderness Camp. Returning groups may bag a peak or take a day hike instead of participating in C.O.P.E. The following is a list of approved peaks near Log Cabin. The award consists of a Log Cabin Peak Bagger patch with the name of the peak on it.

Peaks that also qualify for the high adventure peak bagging award are designated by their group (A through E) and include the number of the Gateway trek that comes close to the peak. For more information on the high adventure Peak Bagger Award, see High Adventure Hike Aid #6, available in the LAAC Scout Shop.

### Approved Peaks:

Peak	Elevation (ft.)	Group	Trek(s)
Camiaca peak	11,739		5,9
Mt. Conness	12,590	F	15
Mt. Dana	13,053	D	
Donohue Peak	12,023	E	1
Excelsior Mtn.	12,446		5,9
Fletcher Peak	11,410		16
Mt. Gibbs	12,773		
Mt. Hoffmann	10,850		2,11
Kiop Peak	12,962		
Kuna Peak	13,002		
Lee Vining *	11,690	C	14
Mt. Lewis	12,342		
Mammoth Peak	12,016		1
Matterhorn Peak	12,279	F	8,9
Mono Dome *	10,622	A	14
North Peak	12,242		5,15
Parker Peak	12,851		
Price Peak	10,717		6,7
Rafferty Peak	11,110		16
Sheep Peak	11,842		5,15
Slide Mtn.	10,458		8,9
Smith Peak			12
Tioga Peak	11,513	B	
Tuolumne Peak	10,845		2,3,11
Virginia Peak	12,001		5,9
Vogalsang Peak	11,493		16
Volunteer Peak	10,481		6,7
Mt. Warren *	12,327	C	15
White Mtn.	12,057		15
Whorl Mtn.	12,033		8,9
Mt. Wood	12,657		

\* Indicates peaks that can be bagged from Log Cabin base camp.

-- Note: Some of the peaks on the list require your group to chose a certain trek that your group will pass on the way.

## LOG CABIN VENTURING PROGRAM

**Dates:** The Log Cabin Venturing Program will be in session from Saturday, July 3 to Friday, August 13. Your group will arrive at Log Cabin Wilderness Camp on a Saturday, and depart from Log Cabin back to Los Angeles after breakfast on the following Friday.

**Program:** Log Cabin staff will work with your Venturing Crew to assist your Venturers in earning their Ranger Award. This award is designed to promote an awareness of and develop proficiency in outdoor skills. The award was designed to supplement the programs of Outdoor Venturers.

In most cases, not all elements of the selected core requirements and electives can be completed in one week at Log Cabin.

Your Crew will choose a combination of activities from the *Ranger Guidebook*.

Choose one activity from the A list:

And one from the B list:

<b>A</b>	<b>B</b>
First Aid	Mountaineering (partial)
Project C.O.P.E	Backpacking (partial)
Leave-No-Trace (Parts A & C)	Rock Climbing
Conservation	Land Navigation
	Wilderness Survival

By selecting your program ahead of time, your Venturers can begin work on their core requirements and electives at home and make great progress toward their Ranger Award at Log Cabin Wilderness Camp.

## Venturing Program Schedule

### Saturday:

3:00 p.m. - 5:30 p.m.	Arrive at Log Cabin Medical recheck/Camp and Camp Tour
6:00 p.m. - 7:00 p.m.	Dinner                      Prepared by staff
7:30 p.m. - 9:00 p.m.	Settle in/Free time
9:00 p.m. - 9:30 p.m.	Opening Campfire/ Welcome
9:30 p.m. - 9:45 p.m.	Cracker Barrel
10:00 p.m.	Lights Out

### Sunday:

7:00 a.m. - 8:00 a.m.	Breakfast                      Prepared by staff
8:00 a.m. - 9:00 a.m.	Scouts Own                      Activity: Passing the Wilderness Leave No Trace principle #7
9:00 a.m. - 12:00 a.m.	Hike to upper spring box meadow/old Log Cabin Leave No Trace principle #2 Travel & Camp on Durable Surfaces Leave No Trace Principle #5 Leave What You Find
12:00 p.m. - 1:00 p.m.	Lunch                      Prepared by staff
1:00 a.m. - 2:30 p.m.	Map & Compass – Navigation practice
2:30 p.m. - 5:30 p.m.	Orienteering Course
5:30 p.m. - 6:30 p.m.	Showers                      Hot tub
6:30 p.m. - 7:30 p.m.	Dinner                      Prepared by staff
7:30 p.m. - 8:30 p.m.	Map & Compass activities at the point
8:30 p.m. - 9:45 p.m.	Free Time
10:00 p.m.	Lights Out

### Monday:

7:00 a.m. - 8:00 a.m.	Breakfast                      Prepared by staff
8:00 a.m. - 9:00 a.m.	Introduction and morning program Activity
9:00 a.m. - 12:00 p.m.	Group A activity – Discussion/Preparation
12:00 p.m.- 1:00 p.m.	Lunch                      Prepared by staff
1:00 p.m. - 5:30 p.m.	Group A activity -- Outdoor Experience
5:30 p.m. - 6:30 p.m.	Showers and Hot Tub
6:30 p.m. - 7:30 p.m.	Dinner                      Prepared by staff
7:30 p.m. - 8:30 p.m.	Information Session/Walk to the point
8:30 p.m. - 9:45 p.m.	Cracker Barrel
10:00 p.m.	Lights Out

**Tuesday:**

7:00 a.m. - 8:00 a.m.	Breakfast	Prepared by staff
8:00 a.m. - 9:00 a.m.	Review Group A activity from Monday	
9:00 a.m. - 10:00 a.m.	First Aid and Safety - LNT Principle # 1 - Plan Ahead & Prepare	
10:00 a.m. - 11:00 a.m.	Group B activity – Discussion/Preparation	
11:00 a.m. - 12:00 p.m.	Food and equipment issue for Group B activity	
12:00 p.m. - 1:00 p.m.	Lunch	Prepared by staff
1:00 p.m. - 5:30 p.m.	Group B activity – begin outdoor experience	
5:30 p.m. - 6:30 p.m.	Dinner	Prepared by scouts in field
7:30 p.m. - 8:30 p.m.	Campfire	LNT Principle #5 Minimize Impact of fire
10:00 p.m.	Lights out	

**Wednesday:**

7:00 a.m. - 8:30 a.m.	Breakfast	Prepared by scouts in field
8:30 a.m. - 12:00 p.m.	Group B activity – Outdoor experience	
12:00 p.m. - 1:00 p.m.	Lunch	Prepared by scouts in field
1:00 p.m. - 5:00 p.m.	Continue Group B activity	
5:00 p.m. - 5:30 p.m.	Clean Up	
5:30 p.m. - 6:30 p.m.	Dinner	Prepared by scouts in field
7:30 p.m. - 8:30 p.m.	Debrief day's activities	
10:00 p.m.	Lights Out	

**Thursday:**

6:30 a.m. - 7:00 a.m.	Breakfast	Prepared by scouts in field
7:00 a.m. - 1:00 p.m.	Peak Bag or day hike	
1:00 p.m. - 2:00 p.m.	Break Base Camp	
2:00 p.m. - 4:00 p.m.	Hike To Log Cabin Base Camp	
4:00 p.m. - 5:00 p.m.	Dinner	Early dinner prepared by staff
5:00 p.m. - 8:00 p.m.	Debrief Group B activity	
8:00 p.m. - 9:00 p.m.	Review requirements for Group A and Group B activities	
10:00 p.m.	Lights out	

**Friday:**

7:00 a.m. - 8:00 a.m.	Breakfast	Prepared by staff
8:00 a.m. - 8:30 a.m.	Pictures	
8:30 a.m. - 9:00 a.m.	Shuttle To Lee Vining Ranger Station	
9:00 a.m.	Departure	

Have a Safe Trip Home

## Section IV POLICIES AND PROCEDURES

In order to insure a safe outing for all camping participants there are certain policies and procedures that must be followed while attending Log Cabin Wilderness Camp.

### Policy Statements:

**Camp Law.** At Log Cabin Wilderness Camp we have but one law: A scout is .....followed by the 12 points to that law. These 12 points guide our camp. All camper and staff conduct is judged as to how it measures against these guidelines.

At camp we cannot tolerate nor will we permit activities that do not meet the criteria of standards set by the 12 points of the Scout Law.

We ask your cooperation and understanding as responsible individuals in helping us maintain high standards of moral and personal behavior.

**Harassment.** It is the policy of the Los Angeles Area Council and the Boy Scouts of America to prohibit language or behavior that belittles, demeans or causes mental anguish /discomfort to anyone in our society. Unwelcome advances, racial slurs, chastisement for religious beliefs or any other actions or comments that are derogatory of people are not in keeping with the high standards of conduct to which we adhere. To avoid possible misinterpretation, public displays of affection are also discouraged.

**Release of Campers.** Should it be necessary for a scout to leave camp early without his leader, the camp director must be notified at the earliest opportunity. A completed camp early release form is required before a scout will be considered for release. It is the responsibility of the adult crew leader to release a scout from camp to a parent or to persons other than the legal parent or guardian. The crew leader should have a letter from the scouts parent/legal guardian as to whom is going to pick up the scout and when and at what time. The camp will not release any scout; it is up to the crew leader. However, concurrence from the camp is director is mandatory prior to leaving camp.

**Youth Protection.** Under the youth protection guidelines of the Boy Scouts of America, adults are not allowed to sleep in the same tent, shower, or swim (including hot Tub) with underage boys or girls, unless they are the child's parent. There are lakes and streams along most of the treks that can be swam in. While swimming, proper swimming attire must be worn (bathing suit). Staff members at Log Cabin do not hold a BSA lifeguard certificate; therefore, we recommend not swimming at the lakes unless the Adult Leader is willing to take on full responsibility of the scouts in accordance with Safe Swim Defense Guidelines.

**Smoke Free Policy.** It is the policy of the council camping committee that all buildings and facilities under the control of the Los Angeles Area Council are to be designated as non-smoking facilities. Smoking outside entrance/exit doors is not permitted at any location. Generally smoking is discouraged in camp, but it is permitted in designated outdoor places in camp. Please do not smoke around scouts.

**U. S FOREST SERVICE** guidelines/regulations will be followed while in camp and on the trail.

**ON THE TRAIL.** The National Park Service and Forest Service have rules that must be followed while hiking and camping in the wilderness. These rules are not Log Cabin rules, but the staff at Log Cabin agrees with them and they will be enforced. These rules will be discussed with your group before you go on trail. The Trail Safeties reserve the right to pull a group from the backcountry, or report them to a ranger if the rules are not being followed.

Fishing licenses are required for all persons sixteen years of age or older. Fishing licenses can be purchased at most sporting goods stores or bait shops.

Failure to follow the rules is cause to have a group, or individuals from the group, removed from the Log Cabin Camp.

**Prohibited/Restricted Items:**

Alcoholic beverages	Illegal drugs	Fixed blade sheath knives
Firearms	Ammunition	Fireworks
Pets	Bicycles	Archery gear

**RESTRICTED AREAS**

**Mine area.** Log Cabin Wilderness Camp is located near an abandoned gold mine. The mine possesses serious safety hazards, and because of this it is off limits to campers.

**C.O.P.E. Course.** The C.O.P.E. course at Log Cabin has both high and low elements. The C.O.P.E. course can only be used when supervised by properly trained staff members. For this reason the course is off limits unless accompanied by the Log Cabin C.O.P.E. staff.

**Camp Staff Living Areas.** All camp staff berthing areas will be identified during the camp tour upon arrival. Scouts are asked to stay out of these areas. If anything is needed from the staff areas please contact the camp director and your need will be handled promptly, if appropriate.

**Visitors.** There are no facilities for overnight accommodations of visitors, but parents and friends are always welcome at camp. **All visitors must check in at the camp office upon arrival at camp.** A parking lot is provided at the camp entrance for leaders or visitors who drive vehicles. **Only camp vehicles are permitted beyond the parking lot on the camp service roads.**

**Guest Meals.** Often times when a parent decides to stay a little longer – or when a leadership changeover takes place during the week, an extra meal is involved. Guest meals are available and need to be paid for in advance at the Camp Headquarters (\$3.00-Breakfast; \$4.00-Lunch; \$5.00-Dinner).

**Valuable Personal Property.** In consideration of the risk of loss or damage we recommend that no valuable or fragile personal articles be brought to camp. We do not have adequate storage capability for such items. Leaders are also urged to manage scouts money in individual accounts and return only when needed. We suggest a lock box stored in a secure location.

**Security and Lost and Found.** Any issues involving security or lost and found should be addressed to the camp directors office. Please do not leave valuables in your tents, Log Cabin Wilderness Camp is not responsible for lost or stolen items.

**Artifacts.** Log Cabin Wilderness Camp and its surrounding forests are a natural outdoor biological, geological, archaeological and historical laboratory and museum. Countless varieties of rock, plants and animals are found here as well as abundant evidence of past human habitation from prehistoric Indians (arrowheads, potshards, grinding stones etc.) to old mining

camps (bottles, cans, equipment, cabins etc.) Specimens of plants, animals, or artifacts are to be observed and left where you discovered them for the future enjoyment of those who will follow you. Nothing should ever be collected or removed.

**Damage To Camp Equipment.** Any equipment that is loaned to your group must be properly taken care of and returned as issued less normal wear and tear. Equipment must be cleaned before returning it to the quartermaster. Your group will be charged for any damage that is done to any of the equipment. The same rules apply to equipment used at base camp, including bunks and tents.

Equipment Damage Charges: Each crew is responsible for taking care of camp equipment that has been assigned for their use. A campsite inventory sheet is included in the appendix to record the condition of equipment upon arrival and at checkout.

Crews will be charged for damaged bunks and tents using the following scale.

Bunk Beds	
Mattress replacement (rips, cuts, or writing on cover)	\$ 20.00
Bunk replacement: (When frame is damaged)	\$ 74.00
Spring replacement (each)	\$ 13.00
Tents	
Rips & tears per INCH	\$ 5.00
Writing on canvas per PANEL	\$ 15.00
Tent replacement	\$213.00
Miscellaneous	
Discharge of fire extinguisher	\$ 15.00
Garden hose replacement	\$ 12.00
Tent platform, board replacement by individual case	\$150.00

## Section V HEALTH AND SAFETY

### RISK ADVISORY

Log Cabin Wilderness Camp has an excellent health and safety record with several thousands scouts using the facility since 1971. Log Cabin strives to minimize risks to participants and advisers by emphasizing proper safety precautions. Most participants in Log Cabin programs do not experience injuries, because they are prepared, are conscious of risks, and take safety precautions. If you decide to attend Log Cabin, you should be physically fit, have proper clothing and equipment, be willing to follow instructions and work as a team with your crew and take responsibility for your own health and safety. Like other wilderness areas, Log Cabin is not risk free and you should be prepared to listen to safety instructions carefully, follow directions and take appropriate steps to safeguard yourself and others.

Parents, guardians and potential participants in Log Cabin programs are advised that journeying to and from Lee Vining, and their stay at Log Cabin, can involve exposure to accident, illness, and/or injury associated with a high elevation, physically demanding high adventure program in a remote mountainous area. Campers may be exposed to occasional severe weather conditions such as lightning, hail, flash floods, snow, and heat. Other accidental possibilities include injuries from tripping and falling, motor vehicle accidents, asthma and diabetes related incidents, heart attacks, hypothermia and heat exhaustion.

Wild animals such as bears, deer, squirrels and mountain lions are native and usually present little danger if proper precautions are taken. Information concerning risks and measures that can be taken to avoid accidents can be obtained from the local ranger station. At no time should you attempt to feed any wild or injured animals.

The Log Cabin staff is trained in accident prevention, first aid and CPR and is prepared to assist in recognizing, reacting and responding to accidents, injuries and illnesses. Everyone on the Log Cabin staff is an American Red Cross certified First Aid provider.

### RECOMMENDATIONS REGARDING CHRONIC ILLNESSES

**Cardiac or Cardiovascular Disease.** Adults who have had any of the following should undergo a thorough evaluation by a physician before considering participation in High Country Gateway. A high adventure medical form (see Section II) from the Los Angeles Area Council is mandatory to participate in the Log Cabin Wilderness Camp program.

1. Angina (chest pain caused by coronary artery disease)
2. Myocardial infraction (heart attack)
3. Surgery or angioplasty to treat coronary artery disease
4. Stroke or transient ischemic attacks
5. Claudication (leg pain with exercise caused by hardening of the arteries)
6. Family history of heart disease under age 50

The altitude at Log Cabin and the physical exertion involved may cause either a heart attack or stroke in susceptible persons. Any adult who is forty years of age or over or who has experienced any of the six above conditions should have a physician supervised stress test. Each adult should have an exercise stress with thallium within 3-6 months before the scheduled trek to assess the adequacy of the heart muscle blood supply. **Even if the stress test is normal, the results of testing done at lower elevations and without the backpacks carried at Log Cabin do not guarantee safety.** If the test results are abnormal, the individual is advised not to participate.

**Hypertension (high blood pressure).** The combination of stress and altitude appears to cause significant increase in blood pressure in many individuals hiking at Log Cabin. Occasionally hypertension reaches such a level that it is no longer safe to engage in strenuous activity. Persons whose blood pressures are increased mildly (greater than 135/85) may benefit from being treated before coming to Log Cabin. Those persons who have exhibited signs of hypertension before coming to Log Cabin (blood pressure greater than 150/95) are urged strongly to be treated and to have normal blood pressure (less than 135/85) before coming. Medication should be continued while on the trail if necessary. Those individuals with a blood pressure greater than 150/95 may be kept off the trail until the blood pressure decreases.

**Insulin-Dependent Diabetes Mellitus.** Exercise and the type of food eaten affect insulin requirements. Any individual with insulin-dependent diabetes mellitus should be able to monitor personal blood glucose and know how to adjust insulin doses based on these factors. The diabetic person also should know how to give a self-injection. Both the diabetic person and one other person in the group should be able to recognize indications of excessively high blood sugar (diabetic ketoacidosis) and to recognize indications of excessively low blood sugar (hypoglycemia). The diabetic person and one other individual should know the appropriate initial responses for these conditions. It is recommended that the diabetic person and one other individual carry insulin on the trek (in case of accidents) and that third vial be kept at the Log Cabin for backup. Insulin can be carried in a small thermos and refrigerated in streams or lakes.

A diabetic person who has had frequent hospitalizations for diabetic ketoacidosis or who has had frequent problems with hypoglycemia should not participate at Log Cabin until better control of the diabetes has been achieved.

**Seizures (epilepsy).** A seizure disorder or epilepsy does not exclude an individual from participating in the program. However, the seizure disorder should be well controlled by medications. A minimum one-year seizure-free period is considered to be adequate control. The Medical Staff at Log Cabin, in consulting with the council's chief medical officer, may place some restrictions on activities (e.g. rock climbing) for those individuals who are approved for participation, but whose seizures are incompletely controlled.

**Asthma.** It is expected that the individual with asthma will have consulted with the physician in order to establish "good" control of it. The asthma should be controlled to essentially normal lung function with the use of oral and/or aerosol bronchodilator. The patient should bring ample supplies of medication to Log Cabin. Individuals undergoing allergic desensitization therapy who require injections while at Log Cabin should bring and store them in the Medical office on arrival.

Asthmatic individuals whose exercise-induced asthma cannot be prevented with bronchodilator premeditation; individuals requiring systemic corticosteroid therapy and/or who have required multiple hospitalizations for asthma should know how to recognize an asthma attack, how to recognize worsening of an attack, and how to administer bronchodilator therapy.

**Medications.** Each participant at Log Cabin who has a condition requiring medication should bring an appropriate supply. In certain circumstances duplicate or even triplicate supplies of vital medications are appropriate. A duplicate supply of medications should be carried by one of the adult leaders in the group in case something happens to the original supply.

Adult leaders are responsible for making sure that scouts receive the proper medication at the proper times no matter where the medication is stored. All prescription medication at camp must be stored under lock either by the adult leader or the camp medical officer.

***An individual should always contact the family physician first and call Log Cabin at 760/647-6439 if there are questions about the advisability of participation.***

Log Cabin's chief medical officer and other medical staff reserve the right to make medical decisions regarding the participation of individuals at Log Cabin.

**Water-borne Pathogens.** Giardia (gee-ar-dye-a-sis) is an intestinal disorder caused by water-borne pathogens. Giardia may or may not be present, but there is no way to tell by looking at the water. Because the consequences of infection are so unpleasant, the best approach is prevention. Water treatment involves either boiling the water, using chemicals such as potable aqua tablets, or water purification filters.

Symptoms of Giardia usually include diarrhea, increased gas, loss of appetite, abdominal cramps and bloating. These discomforts may first appear a few days to a few weeks after ingestion of the bacteria and may last up to six weeks. If not treated the symptoms may disappear on their own, only to recur intermittently over a period of many months. Other diseases can have similar symptoms, but if you have drunk untreated water you should suspect giardiasis and so inform your doctor. With proper diagnosis the disease is curable with medication prescribed by a physician.

There is another water borne pathogen that has the same effects as Giardia three days after drinking the water. This new virus is called Cryptosporidium.

Whatever type of water purification you use, be sure you understand how to properly filter your water. **Log Cabin does not provide water purification devices; however, Potable Aqua is available for purchase in our trading post.** You should have a backup water purification device in case the primary one fails.

**Ticks.** Ticks carry a variety of diseases, including Tick Fever, Relapsing Fever, Spotted Fever, Tularemia, Babesiosis and Lyme Disease. A visual inspection of all body parts at least twice daily is recommended, as adult ticks generally stay on the body for a few hours before attaching. Even after a tick has attached itself, prompt removal may prevent the transmission of disease. To remove an embedded tick: grasp the tick as close to the skin as possible with tweezers or gloved fingers. Pull the tick out with steady pressure. Clean the bite site thoroughly with antiseptic soap. Traditional tick removal methods (a hot match head, nail polish or alcohol) may induce the tick to regurgitate into the wound causing infection.

**Accidents.** Most accidents occur late in the day in camp, not on the trail. Many of them involve horseplay. Fatigue, mild dehydration and altitude effects may impair a crewmembers performance and judgment. Rock throwing, improper use of equipment, foolishness in hanging bear bags, climbing steep, rocky ridges, running through campsites, climbing trees and carelessness around cook stoves are prevalent causes of accidents. To avoid them, individual and crew discipline should be maintained and safety practiced at all times

## **Section VI GATEWAY TREK INFORMATION**

**Permits and Trail Head Information**

**YOSEMITE NATIONAL PARK:**

Tuolumne Meadows Permit Station: (209) 372-0309

**Trail Head:**

**Distance From Log Cabin:**

Tuolumne meadows	23.3 miles - 1 hour (Glen Aulin, Lyle Fork)
Bud Creek (Cathedral Lakes)	23.3 miles - 1 hour
Murphy Creek (Tenaya Lake)	30.8 miles - 1 hour 15 min.
Yosemite Creek/Ten Lakes	43.6 miles - 1 hour 45
White Wolf	48.7 miles - 2 hours

**INYO/MONO NATIONAL FOREST:**

Lee Vining Ranger Station: (760) 647-6525

**Trail Head:**

Silver Lake	25 miles - 40 minutes
Sawmill	20 miles - 35 minutes
Saddlebag Lake	18 miles - 35 minutes

**BRIDGEPORT:**

**Bridgeport Ranger Station:** (760) 932-7070

**Trailhead:**

Virginia Lakes	21 miles - 1 hour
Green Creek	35 miles - 1 hour 15 min.
Twin Lakes	42 miles - 1 hour 15 min.

## High Country Gateway Planning Form

Welcome! You have chosen to participate in a program that offers one of the most enjoyable and flexible opportunities for high adventure available in the Western United States. This planning form will provide the information needed to begin the coordination and scheduling necessary to help assure you a successful and rewarding experience. Please, provide this information at least two weeks prior to your arrival at camp.

You have given us your arrival plans and the details on your Log Cabin Wilderness Camp reservation form. In order to assist you in the completion of your preparation for the trek, please send us the following information.

### Trek Membership

Leader \_\_\_\_\_ Name of Group \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone (day) ( ) \_\_\_\_\_ No. in group \_\_\_\_ youth \_\_\_\_ Adult \_\_\_\_\_

Asst. Leader(s) \_\_\_\_\_ Phone ( ) ( ) \_\_\_\_\_

**Crew size may be limited based on National Forest/Park Restrictions**

### Program Choice (Review Pre-planned Trips)

1<sup>st</sup> choice \_\_\_\_\_ 2<sup>nd</sup> choice \_\_\_\_\_

3<sup>rd</sup> choice \_\_\_\_\_

### Experience/Training

Backpack experience of group: Number of weekend backpacks \_\_\_\_\_

Most recent date \_\_\_\_\_ Long Term (50 Miler) backpacks \_\_\_\_\_

Name \_\_\_\_\_ Start Point \_\_\_\_\_ Year \_\_\_\_\_

Name \_\_\_\_\_ Start Point \_\_\_\_\_ Year \_\_\_\_\_

Adult Leader Backpack Trained Name \_\_\_\_\_ Year \_\_\_\_\_

Name \_\_\_\_\_ Year \_\_\_\_\_

Red Cross/First aid Training Name \_\_\_\_\_ Date \_\_\_\_\_

If your group wishes to plan their own trip, please use the trail profile and description forms found in the appendix and mail the completed forms to Log Cabin prior to your arrival.

## HIGH COUNTRY GATEWAY 2003 PRE-PLANNED TRIPS

Trip 1	A) Tuolumne Meadows To Silver Lake B) Silver Lake To Tuolumne Meadows	A. Easy/Moderate B. Moderate
Trip 2	A) Budd Creek To Tenaya Lake B) Tenaya Lake To Bud Creek	A. Moderate B. Moderate
Trip 3	A) Tenaya Lake To Yosemite Creek B) Yosemite Creek To Tenaya Lake	A. Moderate B. Moderate
Trip 4	A) Tuolumne Meadows To White Wolf B) White Wolf To Tuolumne Meadows	A. Moderate /Strenuous B. Moderate
Trip 5	A) Tuolumne Meadows To Green Creek B) Green Creek To Tuolumne Meadows	A. Moderate B. Moderate
Trip 6	A) White Wolf To Twin Lakes B) Twin Lakes To White Wolf	A. Strenuous B. Strenuous
Trip 7	A) Tuolumne Meadows To Twin Lakes B) Twin Lakes To Tuolumne Meadows	A. Strenuous B. Moderate/Strenuous
Trip 8	A) Tenaya Lake To Twin Lakes B) Twin Lakes To Tenaya Lake	A. Moderate/Strenuous B. Moderate/Strenuous
Trip 9	A) Green Creek To Twin Lakes B) Twin Lakes To Green Creek	A. Moderate/Strenuous B. Moderate/Strenuous
Trip 10	A) Virginia Lake To Tenaya Lake B) Tenaya Lake To Virginia Lake	A. Moderate/Strenuous B. Moderate/Strenuous
Trip 11	A) Yosemite Creek To Ten Lakes	A. Moderate
Trip 12	A) White Wolf To White Wolf Loop Trail	A. Moderate
Trip 13	A) Tuolumne Meadows To Budd Creek B) Budd Creek To Tuolumne Meadows Loop Trail	A. Moderate B. Moderate
Trip 14	A) Three Peaks Trail Log Cabin Loop Trail	A. Moderate
Trip 15	A) Saddlebag Lake To Tuolumne Meadows B) Tuolumne Meadows To Saddlebag Lake Cross Country	A. Moderate B. Moderate
Trip 16	A) Tuolumne Meadows to Vogalsang Loop	A. Moderate
Trip 17	A) Tenaya Lake to Half Dome Loop	A. Moderate/Strenuous

## Trip Descriptions

### Trip 1:

Tuolumne Meadows to Silver Lake	27 mi.	+2750'	Easy/Moderate
Silver Lake to Tuolumne Meadows	27 mi.	+3930'	Moderate

Peaks along this trail: Mammoth and Donohue

On this trail you will hike Donohue Pass, one of Yosemite's highest passes. You will have views of the ruggedly beautiful Minaret Mountains as well as most of Yosemite. You will see the second largest glacier in the Sierras on Mount Lyell. Your group can fish or swim in Lyell Fork, Waugh Lake, Gem Lake, and Agnew Lake. There is no shortage of water on this hike, however, this trail is known for its bears. Because Donohue Pass has a fragile ecosystem, the park service limits the number of people allowed on a permit to eight per group.

### Trip 2:

Yosemite Creek to Tenaya Lake	34 mi.	+3400'	Moderate
Tenaya Lake to Yosemite Creek	34 mi.	+3800'	Moderate

via Yosemite Falls

Peaks along this trail: Mt. Hoffman and Tuolumne

This hike offers breathtaking views of Yosemite Valley. A short side hike to North Dome provides a view of the entire Yosemite Valley. Experience the majesty of Yosemite Falls from the top. You will see water rush over Upper Yosemite falls as it plunges over a thousand feet to the valley floor. You also will have great views of Half Dome from the north rim of the valley. Fish or swim in May Lake and along Yosemite Creek and Snow Creek.

### Trip 3:

Tenaya Lake to Yosemite Creek	22 mi.	+3870'	Moderate
Yosemite Creek to Tenaya Lake	22 mi.	+4550'	Moderate

via Ten Lakes

Peaks along this trail: Tuolumne

On this hike you will climb three moderate passes that offer views of most of Yosemite. Ten Lakes offer some of the best swimming and fishing in Yosemite. A nice side trip you can take is to Polly Dome Lakes. The lakes do not have fish in them but are great for swimming.

### Trip 4:

White Wolf to Tuolumne Meadows	34 mi.	+4700'	Moderate
Tuolumne Meadows to White Wolf	34 mi.	+4000'	Mod./Strenuous

Peaks along this trail: None

Hike through the majestic grand canyon of the Tuolumne. This hike offers views of beautiful waterfalls along the Tuolumne River. You will see Tuolumne Falls, Cascade Falls, California Falls, Le Conte Falls, and Waterwheel Falls. Your group can fish or swim in the Tuolumne River and Harden Lake (no fish).

### Trip 5:

Tuolumne Meadows to Green Creek	31 mi.	+4430'	Moderate
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Green Creek to Tuolumne Meadows 31 mi. +3870' Moderate  
 Peaks along this trail: Sheep, Camaica, Virginia, North Peak, and Excelsior Mountain

This hike travels through beautiful Cold Canyon and Virginia Canyon. Summit Lake sits on the boundary of the park at 10,400 ft. You will see both Tuolumne falls and Cascade Falls near Glen Aulin. Your group can fish or swim in the Tuolumne River, McCabe Lakes, Return Creek, Summit Lake, Hoover Lake, East Lake, and Green Lake.

**Trip 6:**

White Wolf to Twin Lakes 45 mi. +7100' Strenuous  
 Twin Lakes to White Wolf 45 mi. +8300' Strenuous

Peaks along this trail: Price and Volunteer

On this hike you will go from one of the lowest areas in Yosemite (Pate Valley) to some of the highest. Along the way you will pass beautiful lakes and see most of Yosemite from the three passes you will climb. Your group can fish or swim in the Tuolumne River, Murdock Lake, Benson Lake, Peeler Lake, and Barney Lake. **This hike is strenuous and should only be hiked by experienced backpacking groups.**

**Trip 7:**

Tuolumne Meadows to Twin lakes 51 mi. +6700' Strenuous  
 Twin lakes to Tuolumne Meadows 51 mi. +8100' Strenuous

Peaks along this trail: Volunteer and Price

On this hike you will have breath-taking views of Yosemite from the four passes you will climb. You will also hike through beautiful Cold Canyon, Virginia Canyon, and Matterhorn Canyon. Along the way your group can fish or swim in the Tuolumne River, Return Creek, Miller Lake, Benson Lake, Snow Lake, Crown Lake, and Barney Lake. **This hike is strenuous and should only be hiked by experienced backpacking groups.**

**Trip 8:**

8A) Tenaya Lake to Twin Lakes 41 mi. +6200' Moderate/Strenuous  
 8B) Twin Lakes to Tenaya Lake 41 mi. +7300' Moderate/Strenuous

Peaks along this trail: Matterhorn, Slide, and Whorl Mtn.

On this hike you will hike in beautiful Cold Canyon, Virginia Canyon, and Matterhorn Canyon. You will see both Matterhorn Peak and the Sawtooth Ridge. The views from the three passes you will climb will be spectacular. Your group can fish or swim in McGee Lake (no fish), Tuolumne River, Return Creek, Miller Lake (no fish), Crown Lake, and Barney Lake. You may want to fill up on water before entering Cold Canyon.

**Trip 9:**

Green Creek to Twin Lakes 39 mi. +6400' Moderate/Strenuous  
 Twin Lakes to Green Creek 39 mi. +7400' Moderate/Strenuous

Peaks along this trail: Virginia, Camaica, Matterhorn, Slide, Excelsior, and Whorl

On this hike you will have breathtaking views from the four passes you will climb. You will also see both Matterhorn Peak and the Sawtooth Ridge. Your group can fish or swim in Green Lake, East Lake, Hoover Lake, Summit Lake, Return Creek, Miller Lake (no fish), Crown Lake, and Barney Lake.

**Trip 10:**

Virginia Lake to Budd Creek 47 mi. +6950' Moderate/Strenuous  
 Budd Creek to Virginia Lake 47 mi. +8270' Moderate/Strenuous

Peaks along this trail: None



This hike offers extra adventure in that there is no trail over much of the hike. You will hike over one pass that has views of both 20 Lakes Basin and Upper McCabe Lake. Your group can fish or swim in the 20 Lakes Basin, McCabe Lakes, Roosevelt Lake, and Young Lakes. This hike should only be attempted by experienced backpacking groups. Because this is a cross-country hike only eight People are allowed on a permit.

**Trip 16:**

Tuolumne Meadows to Vogalsang      41 mi.      +5100'      Moderate  
Loop Trail  
Peaks along this trail: Vogalsang Peak, Rafferty Peak, and Fletcher Peak

On this hike you will visit many beautiful lakes and Meadows. From the two passes you will climb you will have views of the surrounding peaks. You will also see beautiful cascading streams as you hike through the canyons. Your group can fish or swim in Lyell Fork, Ireland Lake, Evelyn Lake, Fletcher Lake, Vogalsang Lake, Bernice Lake, Babcock Lake, Emeric Lake, and Boothe Lake. **This trail is very popular, therefore, may be hard to get permits for.**

**Trip 17:**

Tenaya Lake to Half Dome      38 mi.      +7230'      Moderate/Strenuous  
Loop Trail  
Peaks along this trail: Half Dome

On this hike you will see breathtaking views as you pass over Clouds Rest and climb Half Dome. You will also see beautiful streams, meadows, and glacial sculpted canyons. This trail uses part of the John Muir Trail, so it may be crowded with people. **This trail is very popular, therefore, may be hard to get permits for.**

**Your Own Trip:**

Your group may plan your own trip or modify one of our already planed trips to fit your needs. If you plan to do this, we ask that you send us a trip plan **BEFORE YOUR ARRIVAL AT LOG CABIN** so that we may look it over and answer any questions that you may have. Use the trail profile and hike description forms found at the end of the Trail Profiles Section to plan your trip.

**Section VII HIKE PROFILES**

**THIS SECTION HAS BEEN MOVED TO A SEPARATE FILE**

**See TRAIL\_PROFILES\_2004 for information on Log Cabin pre-planned hikes**