



Developing High Adventure Training (HAT) In Your Troop

Boy Scouts of America
Orange County Council
Basic Backpacking Course





Instructor & Agenda

- Hunter Padar
 - Scoutmaster, Troop 733, Yorba Linda, CA
 - huntertroop733@gmail.com, 714-421-2063
- Agenda
 - Review the Annual Troop 733 Presentation on HAT
 - Discuss SM, ASM, Adult Advisor Roles in HAT
 - Answer Questions





High Adventure Training (HAT)

Troop 733

Yorba Linda, California



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Troop 733 High Adventure Patrol

- Are Actively Participating in the Patrol Method in the Troop
- Formed in advance of each HAT outing for interested Scouts
 - Includes Scouts from multiple patrols in the Troop
- Work together to schedule, train for, plan, and go on outings
 - Schedule / Plan yearly outings to satisfy Troop HAT needs
 - Route Planning, Menu Planning, & Duty Planning
- Are truly committed to growing in backcountry skills
 - Want to Learn, Grow, and Give back knowledge





Goals of Troop 733 HAT

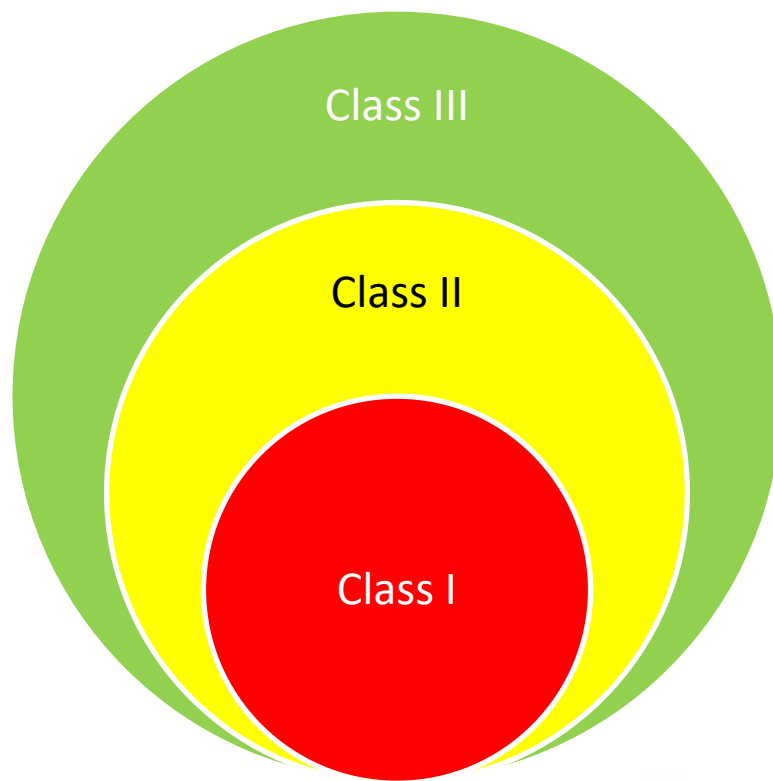
- **Learn, Grow, and Give**
 - **LEARN** to be self-sufficient and capable in the backcountry through learning sessions & outing levels
 - **GROW** in outdoorsman & leave no trace knowledge through participation in backcountry outings & teaching learning sessions
 - **GIVE** back to the Troop through helping younger scouts learn outdoorsman knowledge





Troop 733 HAT Classifications

- Class I
 - Day Backpack \geq 5 hours of trail time
- Class II
 - Overnight Backpack
 - Backpack In / Backpack Out
 - Includes 1 night of on-trail camping
 - \geq 4 hours of trail time per day
- Class III
 - Multiple Day Backpack
 - Backpack In / Backpack Out
 - \geq 2 nights of on-trail camping
 - \geq 4 hours of trail time per day
 - (unless rest day)





Troop 733 HAT Concept

	Learn
	Grow
	Give

101



Leave No Trace
Conditioning

Class I Backpack #1
Class I Backpack #2
Class I Backpack #3



Lead
Shake-
Out

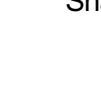
201



Packing a Pack
Map & Compass



Class II Backpack #1
Class II Backpack #2
Class II Backpack #3



Lead
Shake-
Out



Route Planning
Menu Planning

Class III Backpack #1
Class III Backpack #2
Class III Backpack #3



Lead
Shake-
Out

301



Guide



Wilderness First Aid



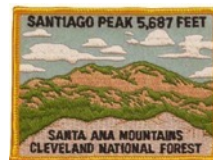
Lead
Shake-
Out





Troop 733 HAT Recognition

- Various BSA Hiking / Backpacking Awards



- Achievement levels

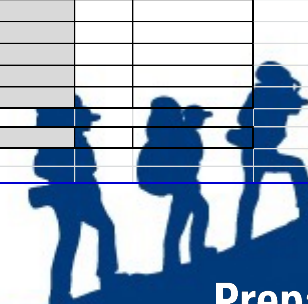
- Completion of HAT101
 - Custom Blaze Red Performance Poly T
- Completion of HAT201
 - Custom Bright Yellow Performance Poly T
- Completion of HAT301
 - Custom Bright Green Performance Poly T
- Assignment as Troop HAT Guide
 - Embroidered "Troop 733 HAT Guide" onto Scout Hat or Smokey The Bear Hat





Tracking High Adventure Progress

Scout Name:										
Troop 733 HAT Progression Tracker										
Completion Items	Attend Pre-Outing Shakedown		Outing Completion			Post-Outing Evaluation		Completed		
	Date	Advisor Signature	Date	Location	Advisor Signature	Date	Advisor Signature	Date	Advisor Signature	
HAT101	HAT Training #1	Leave No Trace								
	HAT Training #2	Conditioning								
	Class I HAT Outing #1									
	Class I HAT Outing #2									
	Class I HAT Outing #3									
	Ready for HAT201									
HAT201	HAT Training #3	Packing a Pack								
	HAT Training #4	Map & Compass								
	Class II HAT Outing #1									
	Class II HAT Outing #2									
	Class II HAT Outing #3									
	Train Leave No Trace for HAT101									
	Train Conditioning for HAT101									
	Lead HAT101 Pre-Outing Shakedown #1									
	Lead HAT101 Pre-Outing Shakedown #2									
Ready for HAT301										
HAT301	HAT Training #5	Route Planning								
	HAT Training #6	Menu Planning								
	Class III HAT Outing #1									
	Class III HAT Outing #2									
	Class III HAT Outing #3									
	Train Packing a Pack for HAT101									
	Train Map & Compass for HAT101									
	Lead HAT201 Pre-Outing Shakedown #1									
	Lead HAT201 Pre-Outing Shakedown #2									
Ready for HAT Troop Guide Trainee										
Troop HAT Guide Trainee	Attend Wilderness First Aid Class									
	Train Route Planning for HAT301									
	Train Menu Planning for HAT301									
	Lead HAT301 Pre-Outing Shakedown #1									
	Lead HAT301 Pre-Outing Shakedown #2									
Ready for Troop HAT Guide										
Troop 733 HAT Guide Conferred										





So, what did all of that Mean?







Eating GRUBS
like
Bear Grylls?

Hopefully Not...





Teaching
And Leading
Other
Scouts?

Yes!





Planning Ahead and Carrying Everything You'll Need?

Yes!





Becoming
a crazy
wolf-hide
wearing
**MOUNTAIN
MAN?**

Nope...





Hiking
With
Friends?

Yes!





Camping In the Outdoors?

Yes!





Glamping,
With style?

Well,
HECK NO!





Sleeping
Under
the
Stars?

Now You're
Talking!





Learning
How a
Map, Compass,
Pace Counter,
Watch and GPS
Work
together?

Yes!

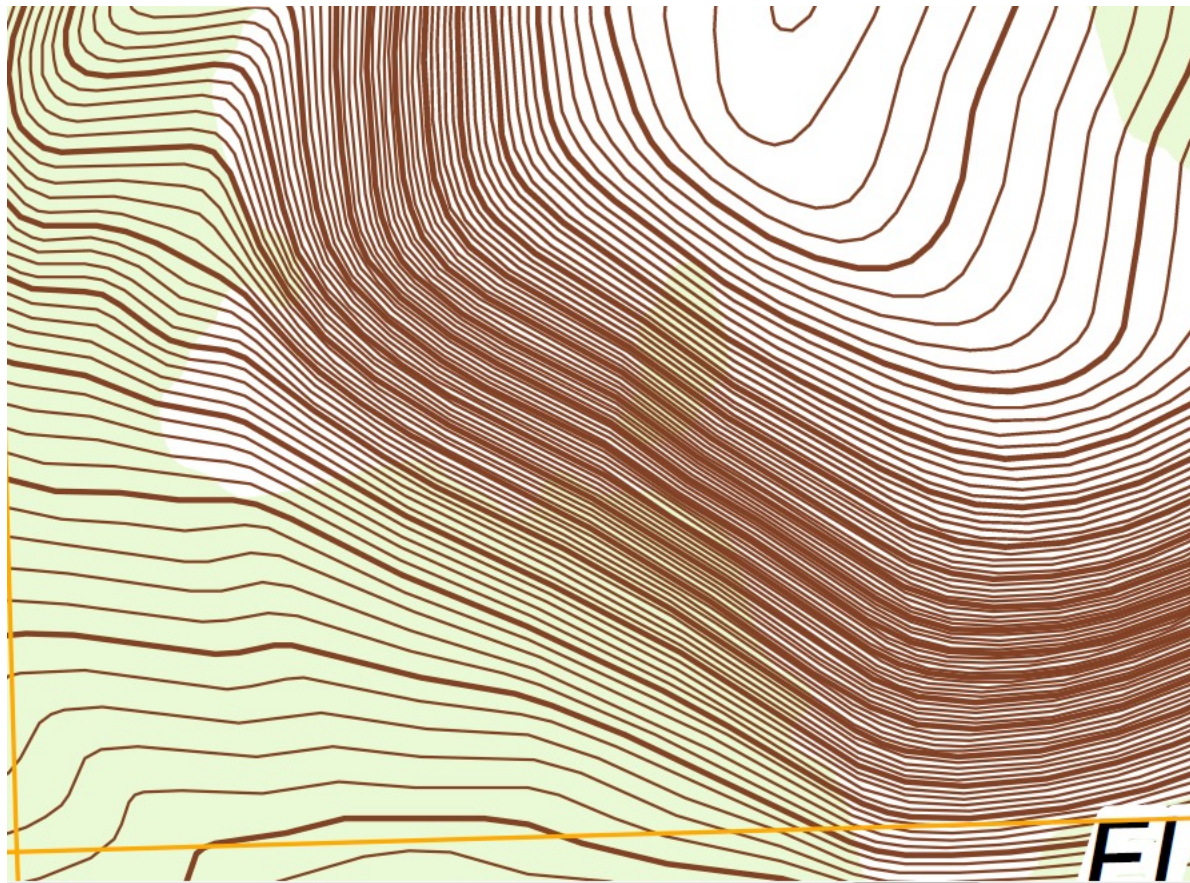




Backpacking Up that Cliff?

Uh, let me
Think...

NO!





Waking up
To the
Best views
Of your life?

Yes, Yes,
And YES!





Growing
In Self
Reliance?

Absolutely!





And, Along the way... Remembering to LEAVE NO TRACE?



YES,
Because....





....This is just wrong!!!





Oh, and BTW...



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This is

NOT

the goal of
T-733 HAT...



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If you venture
further into this
presentation, you
will see boring
HAT Advisor info...





HAT Advisor Characteristics

- OCBSA HAT Trained
- WFA Trained (NOLS or equivalent)
- Active Troop Patrol Advisor
- Single Empowered Authority on Participation
 - Scouts (Gauges Mental / Physical State/Abilities)
 - Adult HAT participants
 - Be careful of the “I used ta’s” , the “It’s been a while’s”, and the “Well, once, I was...’s”
 - Honest dialogue about health/capability/knowledge
- Responsible for “2-Deep Leadership”
- Comfortable with driving mountain roads / Going “Outdoors”
- Needs to Really Enjoy Hiking / Backpacking





HAT Advisor Duties

- Supports the Scout HAT Trek Leader by
 - Pre-reviewing Trek particulars
 - Packing training material
 - Ensuring Trek Safety
- Creating Trek Profiles
- Tracking Participation
- Ordering Awards
- Promoting the Program within the Troop



HAT Progression & Tracking

- Mutual Understanding of Commitment/Ability
 - Scout Gains Physical/Emotional Capability/Boundary Awareness
 - HAT Advisor understands commitment/capability level of scout and communicates and manages outing risk with scout and HAT patrol
 - Taking Unprepared/Incapable Scouts / Scouters will almost ensure a “more challenging” outing
 - Although a possible learning experience, it will likely generate the dreaded P-word!
- Tracking outing participation
 - Scout Requirement to track in Troop “Binder”
 - Sense of Achievement + Looks Good at that Eagle Court of Honor!
 - HAT Advisor Requirement to track for
 - Shirt Ordering
 - Awards Ordering





Consistent Training Resources

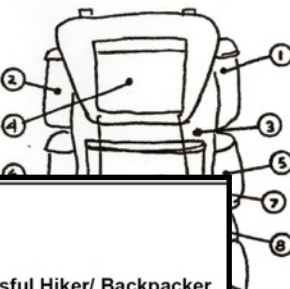
- Troop Website contains teaching documents
- Basic Training Message for the 80% / 20% knowledge level
- Understandable / Simple so Scouts "Get It"
- Short and Packable for Ease of "Field Instruction"

Learning Objectives

- To emphasize the importance of using Leave No Trace principles during the upcoming Outdoor Experience.
- To provide a better understanding of what Leave No Trace really is.
- To explore ways that participants can incorporate Leave No Trace message in the home and councils.

NE 0377

PACKING YOUR GOOD OLE BACKPACK



1 Emergency kit First aid kit Sewing kit Toilet articles	2 Canteen - 1 qt. full Sierra cup
3 Under shorts - 2 Tec shirts - 2 Cotton socks - 2 pr. Wool socks - 2 pr. Levis - no holes Long Slv. Shirt	4 Map of hike area Pencil & Paper Campfire plan Song book

ELEMENTARY MAP AND COMPASS

A) Why is a map and compass necessary?
A map and compass are navigation aids. They are necessary for navigation to a wilderness destination and returning safely and efficiently. On a well planned trip, the location of creeks and rivers to be crossed, ridges to be climbed, barriers to be bypassed, distances to traverse, landmarks to guide the way, and elevations to conquer, can be determined before commencing.

B) What is a topographical map?
A map is a representation of the Earth (or part of it), and is plotted to a definite scale. Traditionally, maps have been printed on paper, but they are also available on the computer. When a printed map is scanned, the computer file that is created may be called a raster graphic.

Topographical map is a two dimensional, detailed, graphic representation of part of the

Practical Tips for the Successful Hiker/ Backpacker

Conditioning for Hiking / Backpacking

You do not have to be a strong athletic type to enjoy hiking. There are pace and places for everyone. The joy of hiking will make you forget you are ever exercising! Take time to stop and view the beautiful scenery on each and every hike. You will always look forward to your next adventure. The more physically fit you are, the more you will enjoy your hiking excursion.

ACSM Guidelines for Aerobic Conditioning

- Exercise 3-5 days each week
- Warm up for 5-10 minutes for aerobic activity
- Maintain your exercise intensity for 30-45 minutes
- Gradually increase the intensity of your workout, then stretch to cool down

Meal Planning for Backpackers



What's for dinner?

As an outbound backpacker, your answer to that important question will come in advance. When you finally make camp after a full day of vigorous exercise with the decision you made. You want food that will nourish you, stretch





Troop HAT Resources

SAFETY CLOSED FACEBOOK

THE ADVENTURE
TROOP 733 BEGINS

**BOY SCOUT TROOP 733, YORBA LINDA, BREA,
PLACENTIA, FULLERTON, ANAHEIM
CALIFORNIA**



USER
hpadar
My Profile
Calendar Sync
Logout

MENU
Home
Summer Camp 2014
About Us / Photo Gallery
Active Participation
Expectations
Permission Forms
Photo Albums
Calendar
Troop Roster
Links
Files
Adult Troop Leadership
Eagles Nest
High Adventure Training
Merit Badge Books
Merit Badge Counselors
Outdoor Activities POC
Google Photo Gallery
Eagle Board of Review
Contact Us
Disclaimer

Home » Files



HAT -Program Information





Folder

- Create
- Edit/Delete

File

- Create

-  [Class I Outing Profiles & GPS Tracks](#)
-  [Class II Outing Profiles and GPS Tracks](#)
-  [Class III - Outing Profiles & GPS Tracks](#)
-  [HAT - Body of Knowledge](#)

	Emergency Response Plan	Emergency Response Plan Worksheet (edit)
	HAT Duty Roster	HAT Duty Roster (edit)
	HAT Duty Roster - Working File	HAT Duty Roster - Working File (edit)
	HAT Ten Essentials List	HAT Ten Essentials List (edit)
	HAT Trip Planner	HAT Trip Planner (edit)
	HAT Trip Planner - Working	HAT Trip Planner - Working Document (edit)

Outing Profiles

Training Sheets





Outing Profile Example

Troop 733 Yorba Linda, CA High Adventure Training Destination Profile		
Barker Valley		
What is it?	HAT Outing Class	Class II
	Destination Type	Palomar Mountain State Park
Where is it?	Directions to Trailhead or Trailhead Address	91 E, 15 S Exit 58 for CA-79 S (for 28.8 miles) Right on HalfWay Truck Road (mile marker 41.9) 5.7 miles to Trailhead
	Trip Time from Troop Meeting Place	1 hour 55 minutes
What Are The Specifics?	Hiking Distance	7.9 miles
	Elevation Gain	-1409 / +1409
	USGS Topographic Map Name(s)	Palomar Observatory
	Trailhead Name	Barker Valley Spur
	Camp Name(s)	Barker Valley (Target)
		Barker Valley Falls (Longer Option)
	Ranger Station	Palomar Ranger District
	Ranger Station Phone Number	619-788-0250 760-742-3462
Hike Elevation Plot		





Questions?

