



HIGH ADVENTURE
✦ BASE ✦

2023 TREKKING PROGRAM LEADER'S GUIDE



SCOUTS
BSA



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WELCOME TO CAMP ORR TREKKING!

The trek staff of Camp Orr High Adventure Base welcomes you to our premier camp facility. We know your stay with us will be full of fun, learning, and adventure creating memories to last a lifetime.

While your time in base camp may be short, the time spent on your trek will create memories that will last a lifetime.

The Buffalo National River is unparalleled when it comes to beauty and natural bluff lines. The Ozark National Forest offers nature at its finest to be enjoyed by those wishing to go off the beaten path.

Be prepared for a challenging but rewarding experience highlighted by scenic vistas and bountiful wildlife.

We can't wait to have you join us this summer so you can see for yourself why Arkansas is called the Natural State, and why we believe that the beauty in nature here is something that must be experienced to be understood.

See you soon!

Mike Boness
Camp Orr Camp Director



Boys Scouts of America
Westark Area Council
1401 Old Greenwood Road
Fort Smith, AR 72901
479-782-7244

Camp Orr High Adventure Base
HCR 70, Box 140
Jasper, AR 72641
870446-5444



HIGH ADVENTURE
BASE

WHY TREK AT *Camp* ORR ?



LOCATION

Camp Orr is a local council High Adventure base, owned and operated by the Westark Area Council, Boy Scouts of America. Camp Orr is located on the banks of the Buffalo National River, near Jasper, Arkansas.

HISTORY

Camp Orr High Adventure Base was established in 1953 and has been host to Scouts BSA Resident Camping, Cub Scout Resident Camping, weekend camps and high adventure opportunities for over 50 years.

WILDLIFE

Camp Orr and the Buffalo National River is abundant with wildlife - deer, elk, coyote, wild hogs, wild turkey, bear and others. The river and surrounding areas teem with birds and offers some of the best small-mouth bass fishing around.

BEAUTY

Your drive down into Camp Orr, viewing the majestic bluffs of the Buffalo River, will begin this great adventure. Of the many wonders to be found at Camp Orr, the most significant is our natural surroundings. Camp Orr is the only BSA accredited High Adventure Base sheltered on all sides by the National Park Service. This insures a healthy biosphere of wildlife and vegetation, back yard access to scenic backpacking and float trips, awesome climbing opportunities, and a therapeutic isolation from the cares of the outside world.

PROGRAM

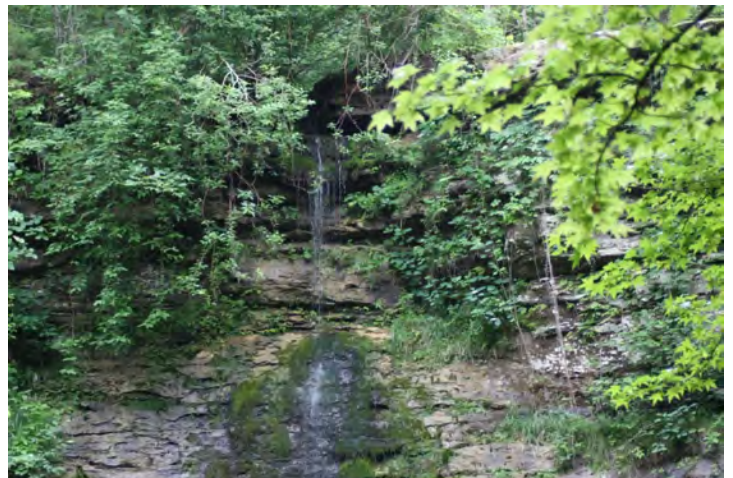
Camp Orr provides unforgettable adventures, from an opportunity to canoe America's first national river, the Buffalo River, to backpacking along Buffalo River Trail (BRT).

FELLOWSHIP

Camp Orr means camping with your own unit as well as meeting and sharing experiences with other Scouts from all over the Southern Region. This is an opportunity for fellowship and understanding unequalled anywhere in America.

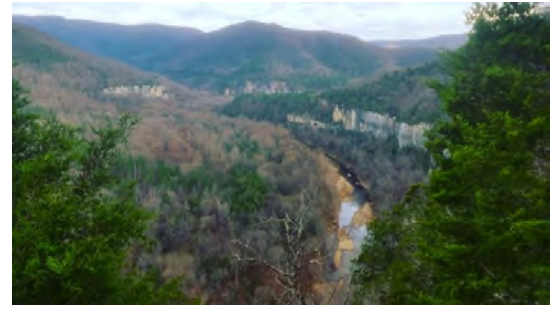
STAFF

Camp Orr has the finest staff in America. Each Trek Guide is carefully selected and trained. Scouting spirit, knowledge of camping skills, keen interest in their respective program specialties, and a love for Camp Orr make the staff dedicated to seeing that you have a rewarding and memorable experience.



HIKING/BACKPACKING PROGRAM

BUFFALO RIVER TRAIL (BRT)



The BRT follows high ridgelines to offer sweeping views of the Buffalo River. NPS Photo

Your hiking/backpacking adventure will take place on the Buffalo River Trail (BRT). The trail is 37 miles long (one way). It begins near Whiteley Cemetery in Boxley Valley and winds along the bluffs, gravel bars, and banks that cradle the river. The BRT passes scenic overlooks, old home sites, and wild areas, giving visitors a firsthand look at what best characterizes the Buffalo River.

The BRT is a moderate to strenuous hike. Hiking is most strenuous between Boxley Valley and Erbie, where long, steep bluff lines lead to spectacular views of the river and all the beauty that surrounds it. Downstream of Erbie, the trail gradually gives way to a gentler terrain that is more forgiving to hikers. Trailheads to the BRT are located at the south end of Boxley Valley, Ponca Low Water Bridge, Steel Creek, Kyle's Landing, Erbie, Ozark, and Pruitt.

You will work with your Trek Guide to develop your specific itinerary.

Checkout the links below for detailed trail maps.

You can also download detailed maps on your smartphone by using the GAIA GPS app available on Google Play or the Apple App Store.



Trail Maps:

- | | |
|---|---|
| Boxley to Ponca (11.3 miles) | https://www.nps.gov/buff/planyourvisit/images/BRT-Complete-2-1_1.jpg |
| Ponca to Steel Creek (2.2 miles) | https://www.nps.gov/buff/planyourvisit/images/BRT-Complete-3-1.jpg |
| Steel Creek to Kyle's Landing (8 miles) | https://www.nps.gov/buff/planyourvisit/images/BRT-Complete-4-1.jpg |
| Kyle's Landing to Erbie (6.7 miles) | https://www.nps.gov/buff/planyourvisit/images/BRT-Complete-5-1.jpg |
| Erbie to Ozark (5.9 miles) | https://www.nps.gov/buff/planyourvisit/images/BRT-Complete-6-1.jpg |
| Ozark to Pruitt (2.5 miles) | https://www.nps.gov/buff/planyourvisit/images/BRT-Complete-7-1.jpg |

RIVER TREK PROGRAM

River Treks take place on the Buffalo National River. Trek Crews will use canoes provided by Camp Orr and we will ask units to assist in providing shuttles. You will work with your Trek Guide to develop a specific itinerary.



NPS Photo

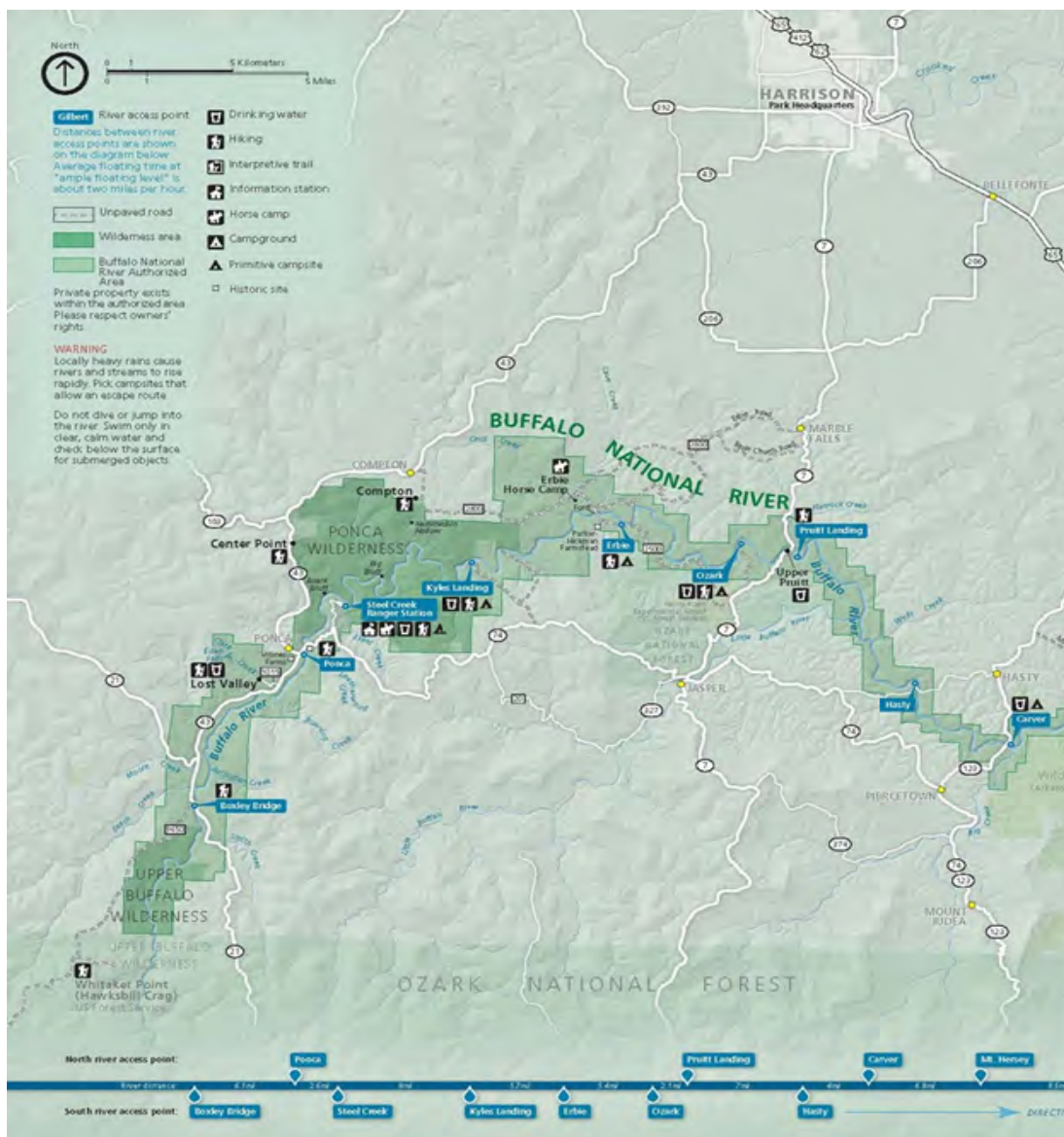
Routes will be based on river conditions and the skill level of those involved. In the event of low water levels, alternate program may be warranted. The Trek Director will communicate any changes with the unit leaders prior to camp.

Check out the links below for detailed river maps (Camp Orr is located in the Upper District):

Upper District: <https://www.nps.gov/buff/planyourvisit/upper-district-paddling.htm>

Middle District: <https://www.nps.gov/buff/planyourvisit/middle-district-paddling.htm>

Lower District: <https://www.nps.gov/buff/planyourvisit/lower-district-paddling.htm>



WHO MAY PARTICIPATE?

In keeping with the policies of the Boy Scouts of America, rules for participation are the same for everyone without regard to race, color, national origin, religion, age, sex, gender, sexual orientation, marital or familial status, genetic information, citizenship status, protected activity, or any other status or classification protected by applicable federal, state, and/or local laws.

Participants must be registered members of the BSA, 14-years of age OR completed 8th grade and be at least 13 years of age prior to participation. Please do NOT request or expect any exceptions to this rule.

ALL River Trek participants MUST be classified as a “swimmer” prior to arrival at Camp Orr. Non-swimmers and beginners cannot participate in a River Trek. All River Trek participants will be required to take a swim test before leaving on the trek due to the nature of the water.

Camp Orr High Adventure Base will offer trekking opportunities to four (4) crews each week. Crews will be made up of 11 Scouts and Scouters plus your Camp Orr staff member called a Trek Guide. A crew must have a majority of its members under age 21. Each participant must be capable of participating in the hiking or canoeing. Each participant must meet the health requirements as outlined in the Annual Health and Medical Record.

Camp Dates

Week 1: June 11 - 17 Week 2: June 18 - 24 Week 3: June 25 - July 1 Week 4: July 2 - July 8

Camper Fees

Camper Type	Out-of-Council	In-Council
Trekking Program - Scouts	\$395	\$345
Trekking Program - Adults	\$220	\$195

How to Register

Many of the steps below may be completed at www.CampOrr.org under the 2023 Camp Registration tab.

1. Camp Application - Each Unit should complete and submit the Camp Orr reservation form. This can be completed online or on paper and submitted to Westark Area Council. The reservation will include leader contact information, and an estimated number of Campers. To reserve a spot for your Unit, you must include your \$200 non-refundable deposit. This deposit will count toward Unit fees.
2. Reconfirmation Fee - A Reconfirmation Fee of \$350 is due by January 30, 2023. This fee is non-refundable, but will apply towards total of fees due.)
3. Advance Payment - A payment of \$100 per Scout is due by March 1, 2023. Making the advance payment allows you to register the Scouts to register for the trekking option.
4. Final Payment - The final balance for all participants is due to Westark Area Council May 4, 2023. The original \$200 deposit is counted toward this final payment.

Payments

Payments may be made online at www.camporr.org (preferred) or by mailing a check payable to Westark Area Council, with Camp Orr in the memo line. Mail checks to Westark Area Council, Boy Scouts of America, 1401 Old Greenwood Road, Fort Smith, AR 72901.

Refunds

Prior to May 15, 2023 - Refunds for Scouts or Leaders who are unable to attend camp due to extenuating circumstances will be made only to units, not individuals. A request for a refund must be made prior to May 15, 2023. Refunds are contingent upon the approval of the Council Executive Board

After May 15, 2023 - Any reductions in youth participants after May 15, 2023 will incur a \$200 cancellation fee per youth. Registrations and payments may be transferred to a new Scout within a unit. We ask that all transfer requests be made in writing at least one week prior to scheduled camp arrival.

Check-in

When you arrive at camp, you should have all required forms and paperwork, which can be found at camporr.org or in this Leader's Guide. During check-in, the staff will work with you to up-date any schedules and settle any remaining balances.

*Refunds or transfers cannot be granted for those who choose to arrive late or depart early.

Photo(Talent)Release Information

All Camp Orr High Adventure Base participants are informed that photographs, film, video tapes, electronic representations and/or sound recordings may be made during their visit to Camp Orr High Adventure Base. These images may be used for training and promotion purposes for Camp Orr High Adventure Base and other projects approved by the Westark Area Council, Boy Scouts of America.

By completing the Annual Health and Medical Record "Part A: Informed Consent, Release Agreement, and Authorization", each participant will fulfill the necessary Photo (Talent) Release requirements for Camp Orr High Adventure Base. (For the complete statement please refer to Part A of the Annual Health and Medical Record.)

Awards

Two unique awards may be presented to participants who successfully meet the challenge of a Camp Orr High Adventure Trek.

The Buffalo Head Patch

An individual camper award presented by your Adult Advisor when you have:

1. Attended the opening campfire
2. Completed a Camp Orr High Adventure Base-approved itinerary (except for medical reasons) with your crew
3. Completed at least three hours of staff supervised conservation work or a camp improvement project on Camp Orr High Adventure Base and taken advantage of every opportunity to learn about and improve our ecology and practiced the art of outdoor living in ways that minimize pollution of soil, water, and air
4. Fulfilled the personal commitment to Outdoor Code
5. LIVED THE SCOUT OATH AND LAW



50-Miler Award

The 50-Miler Award, given by the National Council, BSA, may be earned by members of unit or council contingent groups. Requirements for this award include: hiking or canoeing at least 50 miles and performing a 10-hour conservation project (3 hours or more will be earned at Camp Orr and the remaining hours in your council). The Camp Orr itineraries have been developed to meet the 50-Miler distance requirement. The award is secured through your local council service center.



PREPARING AND TRAINING

A Camp Orr High Adventure Case Expedition begins at home. Treks are not designed for beginners. Months before arriving at Camp Orr, you should begin planning and training.

ANNUAL HEALTH AND MEDICAL RECORD/PHYSICAL EVALUATION

You must have a current Annual Health and Medical Record completed before departing for Camp Orr. Physical evaluations by a physician are valid through the end of the 12th month from the date it was administered by your medical provider. You are required to have had a tetanus shot or booster within 10 years. A current measles vaccination is highly recommended.

Advisors should collect the Annual Health and Medical Record form well in advance of departing on your Camp Orr trip to ensure that participants meet all Camp Orr requirements. Participants **MUST NOT** exceed the maximum acceptance on the height/weight chart at the time of their arrival at Camp Orr. Participants who arrive at Camp Orr without having the required examination may have a medical exam and vaccinations completed by a qualified medical professional at the clinic in the nearby town of Jasper, Arkansas. Participants who do not wish to have vaccinations or specific medical treatment due to personal or religious reasons should fill out the vaccination exemption form and attach it to the Annual Health and Medical Record.

Due to Camp Orr's remote location it is imperative that participants have any emergency medication they may need and know how to administer it, this includes rescue inhalers and EpiPens. Emergency medications will be checked during the medical recheck process to ensure that the medications are in date and there is sufficient quantity for your trip.

A copy of the Annual Health and Medical Record, High Adventure Risk Advisory to Health-Care Providers and Parents, Vaccination Exemption form, and Frequently Asked Questions can be found at <http://www.scouting.org/HealthandSafety/ahmr.aspx>.

Height/Weight Restrictions: If you exceed the maximum weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from an emergency vehicle/accessible roadway, you may not be allowed to participate. Review Annual Health and Medical Record for additional information regarding the height/weight restrictions.

Height/Weight Chart

Height (inches)	Max Weight	Height (inches)	Max Weight
60	166	70	226
61	172	71	233
62	178	72	239
63	183	73	246
64	189	74	252
65	195	75	260
66	201	76	267
67	207	77	274
68	214	78	281
69	220	79 & over	295

Adult Leadership

Two registered adult leaders 21 years of age or over are required at all Scouting activities, including meetings. There must be a registered female adult leader over 21 in every unit serving females. A registered female adult leader over 21 must be present for any activity involving female youth. Notwithstanding the minimum leader requirements, age and program-appropriate supervision must always be provided. Each crew must present proof of adult leader training upon arrival.

AT LEAST TWO ADULTS ON A TREK MUST PRESENT PROOF OF CURRENT TRAINING IN THE FOLLOWING:

CPR, WILDERNESS FIRST AID, AND WEATHER HAZARDS.



Additionally, leaders on River Treks must present current proof of *Safe Swim Defense* and *Safety Afloat*.



All adults must present proof of current *Youth Protection Training*.



It is highly recommended that River Trek adult leaders complete BSA Paddle Craft Safety training prior to attending Camp Orr. The schedule does not allow time for taking this training after you arrive.



Risk Advisory

Your safety is of the utmost importance to us. Camp Orr High Adventure Base has an outstanding safety record. The Boy Scouts of America and Camp Orr emphasize safety through education and strict adherence to established policies and procedures. The safety of your group is dependent upon your attention to these procedures as well as being physically fit, properly equipped and trained for the rigors of remote wilderness canoeing, backpacking and hiking. Following these policies and procedures maximizes the potential for a safe and enjoyable experience for all involved. Parents, leaders and participants should be advised that despite our best attempts at risk management, it is not possible to remove ALL risk from a wilderness expedition.

PHYSICAL TRAINING

All Camp Orr High Adventure Base activities are physically demanding. Even if you are able to pass a physical examination with flying colors, you will need to get in shape for Camp Orr.

HIKING/BACKPACKING TREKS

Steep, rocky trails with 1,000-foot climbs are typical. Remember, you will be carrying a pack weighing up to 1/3 of your body weight. Breathing may be labored, especially at the start of your trek.

A program of regular aerobic exercise that begins six months or more before you come to Camp Orr is highly recommended. Exercise for at least 30 minutes 3 to 4 times a week at an intensity that boosts your heart rate about 75% of your maximum. An average maximum heart rate is 220 minus your age. If you are older than 40, or have not been very active, consult your doctor before beginning an exercise program.

Jogging, hiking uphill or up long flights of stairs, and hiking with a full pack are excellent preparation. Other aerobic exercises such as swimming, bicycling, and aerobic exercise classes can be used to supplement your training. Start slowly and gradually increase the duration of your exercise.

Exercise individually or with other members of your crew. Set aside regular periods of time to do it. Plan to be in top physical shape when you arrive at Camp Orr. You will enjoy your experience more and be less likely to have a medical problem. This is a great opportunity to break in boots and other gear that you will be using on your Camp Orr trek.

Camp Orr suggests that you maintain a fitness log of all physical activities. This will help you stay focused and provide a way to monitor your progress. By comparing information from your log with other members of the crew, you will be able to encourage each other to physically prepare for the adventure.

RIVER TREKS

To ensure safety, all participants must be physically prepared to enjoy a rugged canoe trip. On a canoe trip, you may be paddling 10 miles a day or more. You will be using your arms and upper body for paddling and your back and legs for portaging. It is important that everyone be in very good condition so that both youth and adults can participate in the level of adventure that they deserve.

A regular program of physical conditioning for at least six months prior to the trip is very strongly recommended. Plan some type of aerobic exercise for 30 to 60 minutes a session, three to five times a week. Jogging, running up and walking down hills or flights of stairs, and hiking with a full pack are excellent methods of physical preparation. How fast you can run or how far you go is not as important as regular exercise. Other aerobic exercises such as swimming, bicycling, stationary cycling and aerobic exercise classes can supplement your training. Start slowly and gradually increase the duration and intensity of your exercises.

You should also do some upper body exercises such as push-ups, weight training, pull-ups or best of all, paddling. Remember; the first step is to check with your physician before starting any physical fitness program.

Exercise individually or with other members of your crew. Set aside regular periods of time to do it. Plan to be in top physical shape when you arrive at Camp Orr. You will enjoy your experience more and be less likely to have a medical problem. Camp Orr suggests that you maintain a fitness log of all physical activities. This will help you stay focused and provide a way to monitor your progress. By comparing information from your log with other members of the crew, you will be able to encourage each other to physically prepare for the adventure.

HARASSMENT

Camp Orr and the Boy Scouts of America prohibit language or behavior that belittles or puts down members of the opposite sex, unwelcome advances, racial slurs, chastisement for religious or other beliefs or any other actions or comments that are derogatory of people. We need to lift people up for the good things they do and refrain from putting them down for mistakes or poor judgment.

MAIL AND CAMP ORR ADDRESS

Incoming mail may be picked up at the Buffalo River Trading Company (Trading Post) when your crew arrives at Camp Orr and when you return to Main Camp from the trail.

Camp Orr High Adventure Base address:

Your Name
Camp Orr High Adventure Base
HCR 70 Box 140
Jasper, AR 72641

Emergency Telephone Number at Camp Orr is: (479) 446-5444.

Telephone calls to you are restricted to EXTREME EMERGENCIES ONLY. Since your trek will take place off of the Camp Orr property in a wilderness area, it may require several hours to transport you from some camps to return an emergency phone call.

PRACTICE THE PATROL METHOD WITH YOUR CREW

Your Camp Orr trek will provide you an opportunity to practice the many skills that you have learned while participating in your Scouts BSA Troop or Venturing Crew. This experience brings in focus the importance of the Patrol Method.

Each crew is a small group of participants much like a patrol. The crew members are close in age and experience level and working together helps each other develop a sense of pride and identity. The participants elect their Crew Leader, divide up the jobs to be done, and share in the satisfaction of accepting and fulfilling group responsibilities. Three members of the crew will have a leadership responsibility that lasts throughout the trek: Crew Leader, Chaplain Aide and Leave No Trace Guide. In addition, all members of the crew will serve in some leadership role each day, either as the primary or the assistant. Examples of rotated leadership responsibilities for the crew include: navigator, cook, dishwasher, bear bags manager, water gatherer, and fire watchman (when fires are permitted). The camping methods practiced at Camp Orr High Adventure Base support the Patrol Method concept. Two examples of this include cooking and washing dishes as one group. Members of the crew will rotate through the trek and fulfill these important responsibilities. This allows crew members to practice servant leadership as they take on a task that will support the entire crew.

Some of the current wilderness camping methods focus on the individual. In support of the Boy Scouts of America, Camp Orr will focus on the crew and the accomplishments that they can achieve by working together as a team, the Patrol Method.

The Trek Guide assigned to the crew will help the entire crew achieve the most from their Camp Orr Adventure!

HIKING, CANOEING AND CAMPING SKILLS

Time and effort spent in sharpening your hiking or canoeing and camping skills will allow you more time to enjoy the natural beauties and features of Camp Orr. The best way to practice and develop these skills is to participate in several outings with your crew. Use the Backpacking Merit Badge and the Canoeing Merit Badge pamphlets to guide your preparation and training. Camp Orr suggests two shakedown weekends. Step by step guides for shakedown weekends are available at www.camporr.org.

GATHERING YOUR EQUIPMENT

Backpacking/Hiking Treks

Backpacking requires proper equipment just as any outdoor sport. Without suitable equipment you will face unnecessary hardships. Take only what you need. After several overnight camps you should be able to conduct your own shakedown to eliminate items that you don't need. Remember, the key to successful backpacking is to go lightly. Check your equipment against the recommended list. This is the maximum. All backpackers can reduce this list and still be comfortable, clean and safe. All equipment must be able to hold up to the rigors of a 7-day backpacking adventure. Learn techniques for taking care of your equipment.

River Treks

Canoeing requires proper equipment just as any outdoor sport. Without suitable equipment you will face unnecessary hardships. You will be furnished a canoe, paddles and PFD. You are responsible for your personal gear and your crew is responsible for crew gear. Take only what you need. After several canoe trips you should be able to conduct your own shakedown to eliminate items that you don't need. Remember, you will be on the water so carry your gear in waterproof bags and secure those bags in the canoe for the key to a successful adventure. Check your equipment against the recommended list. This is the maximum. All equipment must be able to hold up to the rigors of a 7-day canoeing adventure. Learn techniques for taking care of your equipment.

ORGANIZING YOUR CREW

A well-organized crew gets its chores accomplished quickly and has more time to enjoy Camp Orr. Your crew should be organized before you arrive at Camp Orr. Crews will be made up of 11 Scouts and Scouters plus your Camp Orr staff member called a Trek Guide. A crew must have a majority of its members under age 21.

Each crew should elect a Crew Leader several months prior to coming to Camp Orr. Your Crew Leader is responsible for organizing the crew, assigning duties, making decisions and recognizing the capabilities and limitations of each member. He or she leads by example and discusses ideas and alternatives with the entire crew to arrive at a consensus before acting. This responsibility requires someone with leadership ability who is respected by everyone.

Each crew should also select a Chaplain Aide, perhaps a member of the crew who has received a religious award in Scouting. The Chaplain Aide is responsible for assisting the crew in meeting their responsibility to the 12th point of the Scout Law, as well as working with the Crew Leader and Advisor to ensure the smooth operation of the crew.

Each crew will select a Leave No Trace Guide. This individual will help the crew understand the principles of the Outdoor Code and Leave No Trace. This person will help the crew focus on camping practices that will adhere to the wilderness ethics outlined in the two approaches. With thousands of Scouts BSA participants and several non-Scouts hiking, camping, and canoeing each summer at Camp Orr and the Buffalo River National Park, it is important that each person do their share to ensure that we protect Camp Orr High Adventure Base, the Buffalo River National Park, and our neighbor's properties for generations to come.

A Trek Guide will be assigned to serve as a teacher and resource for your crew. This person will coach the Crew Leader as well as the entire crew. The Trek Guide will work with your crew for the duration of your time at Camp Orr. Your Trek Guide may be either male or female.

Your Adult Advisor counsels and advises your Crew Leader and crew. The Adult Advisor assists if discipline is required. With the assistance of your Trek Guide, your Adult Advisor is responsible for ensuring the safety and well-being of each crew member. The Adult Advisor lets the Crew Leader lead the crew.

The entire crew and especially the Crew Leader and Adult Advisor need to effectively relate to everyone in the crew. Crew congeniality is important to crew harmony. Make it a point to say something positive to each member of your crew at least once a day. Tell each person what he or she did well.

Good communication is crucial to your crew's success. Make sure that everyone participates in determining the objectives for the crew each day. After the evening meal is an ideal time to accomplish this.

Remember, when you are hot and tired, hungry and irritable, so is your crew. Everyone is expected to control personal behavior, especially when the going is tough. The Crew Leader needs to continually monitor the crew's dynamics.

A daily duty roster will help to organize your crew. Each crew member is assigned a responsibility for each day. Jobs should be rotated so that at least one experienced and one new crew member work together. Every job should be clearly defined. Your crew should have a list of all tasks for each job so that everyone knows what is expected. A form is provided to your Crew Leader upon arrival at Camp Orr.

Before departing for Camp Orr, your crew should select one member to serve as its reporter. The reporter should contact local news media and arrange to have one or two articles about your Camp Orr Trek published. The reporter should also work with their council, troop and crew members to share stories and photos on social media and should also plan a presentation for their unit back home to share with their families. These methods will also help encourage younger Scouts to continue working on advancements for preparing for their own Camp Orr adventure in their future.

BACKPACKING- SETTING THE PACE

If you pack properly, backpacking will be much easier. Practice hikes will help. Your pace is the key to good backpacking. It should be slow enough to allow everyone to keep together without bunching up. Single file is the rule. A steady, constant pace is best. When climbing steep grades, your pace should be slower, but still constant. Always keep your crew together. A medical emergency is the only reason to separate your crew.

Rest stops should be short and frequent. Any member of the crew can call for a rest stop at any time. Sixty second rests will let you catch your breath. Learn to rest without removing your pack; if you bend over and loosen your hip strap, you can remove the weight from your shoulders.

Conserving Energy

Use as many energy-saving techniques as possible; nibble snacks and drink plenty of liquids to sustain you throughout the day. On steep ascents, use the “rest step”. Place the sole and heel of one foot flat on the ground. Lean forward and momentarily lock your knee. For an instant the bones of your leg and hips will support your weight, allowing the muscles of your thigh and calf to rest. Repeat this sequence with your other foot. Your pace will be slow, but you will save energy and make steady progress up the slopes.

Use “rhythmic breathing” in conjunction with the rest step. To breathe rhythmically, synchronize your breaths with your steps. On moderate slopes, take one breath per step; on steep slopes, take two or three breaths per step to take in more oxygen.

TIPS ON EQUIPMENT AND CLOTHING

Tents

Due to the terrain, wildlife, and sudden change in weather conditions, tents are a required shelter for a Camp Orr trek and therefore all crew members are required to sleep in a tent. Every member of your crew should be able to set up, take down, and fold the tent.

Space for tents in most campsites is limited. Use of two-person tents minimizes the footprint. Two one-person tents take up nearly twice as much space as one 2-person tent. A 5' x 7' waterproof ground cloth should be used under each tent.

Camp Orr will allow a single person tent in the event of an odd numbered crew, gender numbers and for youth protection compliance.

CAMP ORR DOES NOT SUPPLY TENTS FOR YOUR TREK (FIRST AND LAST NIGHT HOUSING ONLY)

Packs

A sturdy, well-fitted pack is essential for backpacking at Camp Orr. A pack with a 65-85 liter carrying capacity will fit personal gear, crew gear, food, and water. There are many choices of packs and having a pack fitted to your body with appropriate sizing of shoulder straps and hip belt is essential.

Whether you choose an external or internal frame, there is a method for packing that is basic to all. Nearly all backpackers stow their sleeping bag in the bottom of the pack. This is also a good place for other items you won't need until you make camp at night: sleepwear, camp pillow, sleeping pad. Internal frame packs should have heaviest items placed on top of the sleeping bag and centered in your pack. For external frames, the heaviest items should be placed at the top and against the frame of the pack near your shoulders.

All items in your pack should be neatly organized and packed in waterproof bags or stuff sacks. Your map, compass, sunscreen, rain gear, camera, and first aid kit should be readily accessible. A waterproof rain cover is recommended to keep your pack dry at night and while hiking in the rain.

Check your pack weight. 20 - 25 pounds without food and water is preferred. Comfortable pack weights vary considerably with physical condition, age, and experience. Your training hikes will help you find out what is best for you. As a regular rule of thumb, a fully loaded pack should not exceed 25-30% of your body weight.

With your pack fully loaded, practice putting it on your back by first balancing it on one knee with the pack straps facing you, slip your nearest arm through the appropriate strap and smoothly swing the pack behind you, reaching down and back to slip your free arm through the second strap and jiggle your pack into a comfortable position.

CAMP ORR DOES NOT HAVE BACPACKS AVAILABLE FOR RENTAL.

Map & Compass

The Buffalo River Trail is a marked trail, but it not so well marked that you can put your map and compass away and forget them. At the least, two (2) people share a map and compass. It's best if each camper has their own.

Learn and practice your map and compass skills. You will be able to know where you are at all times and where you are headed. Look at a map. Do you know what the symbols mean? What do the colors—black, brown, blue, green, white, and red—stand for?

You must be able to orient a map, understand symbols and scale. The BSA "Fieldbook" and the "Orienteering Merit Badge Pamphlet" are excellent resources.

Personal GPS and Emergency Locator Devices

If a member of your crew brings a personal GPS or Emergency Locator Device, they should know how to use and program them, and be very familiar with them prior to coming to Camp Orr. National Park Service maps, available online at <https://www.nps.gov/buff/planyourvisit/maps.htm>, may be used to determine the UTM coordinates and elevations for the river, trails, and other locations; these locations should be loaded into the device(s) prior to coming to Camp Orr.

Emergency Locator Devices have many capabilities for sending messages. These do not replace the procedures that crews are taught by their Trek Guide. Please check that the emergency message is programmed correctly as are any other messages the device will send. Every summer, erroneous messages are sent requesting emergency assistance. These create stress at home, if that is where the message is sent, and cause Camp Orr staff and local law enforcement to react to them as is done with any other emergency. Any fee charged for an emergency message sent from other than a Camp Orr Emergency Locator Device will be the responsibility of the crew, not Camp Orr High Adventure Base or Westark Area Council.

Backpacking Stoves

All crews must provide backpacking stoves and the use of stoves is required. Backpacking stoves must be used with adult supervision and should never be used in or near tents because of fire danger. Bottles designed to carry fuel should be used. Isobutane/propane fuel stoves are also acceptable.

If using isobutane/propane fuel stoves, be sure that they are designed to hold an 8-quart pot. The safest stoves on the market that accomplish this requirement have a fuel line that separates the canister from the stove. This reduces the reflected heat from impacting the canister and permits the user the ability to adjust the temperature safely.

Smaller one or two-person stoves have become available and popular, however they do not meet the requirements for crew cooking (Patrol Method) at Camp Orr High Adventure Base. A small stove might be a good addition for quick heating of water for coffee, tea or cocoa while on the trail. Biofuel stoves are generally small, although due to frequent fire restrictions, these are not permitted for use at Camp Orr.

A minimum of two stoves for your crew is required. Learn and follow these safety tips:

1. Keep fuel containers away from hot stoves and fires. Never use fuel to start a campfire.
2. Let hot stoves cool before changing cylinders or refilling.
3. Never fuel or operate a stove in a tent, building, or dining fly.
4. Place stove on a level, secure surface before operating.
5. When lighting a stove, keep fuel bottles and extra canisters well away, do not hover over stove, open fuel valve slowly, and light carefully.
6. Refill stoves away from open flames. Recap all containers before lighting stoves.
7. Do not overload the stove.
8. Do not leave a lighted stove unattended.
9. Perform stove maintenance regularly, at home, and while on the trail.
10. Store fuel in proper containers.

Be Prepared for Extremes of Weather

The hot season for Camp Orr High Adventure Base lasts for 3 months from June through August, with an average daily high temperature above 81°F. The hottest day of the year is usually around mid-July with an average high of 90°F and low of 70°F.

Humidity needs to be factored in for health and safety as well as comfort. We base the humidity comfort level on the dew point, as it determines whether perspiration will evaporate from the skin, thereby cooling the body. Lower dew points feel drier and higher dew points feel more humid. Unlike temperature, which typically varies significantly between night and day, dew point tends to change more slowly, so while the temperature may drop at night, a muggy day is typically followed by a muggy night.

Camp Orr High Adventure Base experiences extreme seasonal variation in the perceived humidity during the hot season.

The muggier period of the year lasts for 4 months, from mid-May through September, during which time the comfort level is muggy, oppressive, or miserable at least 19% of the time. The muggiest day of the year is usually around mid-July, with muggy conditions 76% of the time.

Your adventure is planned during the wetter season at Camp Orr High Adventure Base which lasts about 4 months from mid-March through July with a greater than 20% chance of a given day being a wet day.

Weather conditions vary from one area of the base to another depending upon elevation, terrain and irregular weather patterns. You should be prepared for all of the above weather conditions.

Clothing

While the official BSA uniform is highly recommended for use when traveling to and from Camp Orr High Adventure Base and wearing at base camp, you may choose to wear other clothing on the trail. Long pants are recommended for cool nights and are required for conservation projects. Shorts and short-sleeved shirts will generally be sufficient during the day; however, a sweater or fleece jacket is necessary for cool mornings and evenings and possible downpours of rain or hail.

To be comfortable and dry during rain, a good quality rain suit is essential. Inexpensive vinyl rain suits or ponchos will not hold up under extended use. A poncho is not adequate. You need to have a durable rain jacket and pants.

During cool periods, it is especially important to stay dry since wet clothing loses much of its insulating value (90 percent or more). Several light layers of clothing are better than one heavy layer since air trapped between layers of clothing provides a high degree of insulation. As the atmosphere warms you can remove one layer of clothing at a time for proper body heat management. Keep in mind that wool and synthetics insulate when wet. Down or cotton layers such as sweatshirts and sweatpants drain body heat when wet, and dry very slowly.

Glass and Aerosol Containers

No glass containers or aerosol cans should be carried on the trail. Glass breaks easily and aerosol cans are bulky and may erupt in packs.

Money

Campers spend an average of \$100 at the Buffalo River Trading Company, Camp Orr's trading post. There should be no expenses while on the trail or the river. If you must take money, \$20 - \$50 will be more than enough. Money taken to the backcountry should be in small bills.

Fishing

If your Expedition plans to fish, fishing licenses for participants over 16 years of age are required to be purchased in advance through the Arkansas Game and Fish Commission's mandatory web-based sales system that was launched in 2014. Fishing licenses for participants 16 and older will NOT be available for purchase at Camp Orr High Adventure Base or in the backcountry.

Fees for non-resident fisherman will be as follows:

3-Day Trip Fishing License \$16.00

7-Day Trip Fishing License \$25.00

<https://ar-web.s3licensing.com/>

Sleeping Bags

Your sleeping bag should be summer weight and less than 5 pounds. When your sleeping bag is packed it should be no more than 20 inches long and 10 inches in diameter, and it should weigh 5 pounds or less. Use a waterproof stuff sack to store your sleeping bag or if you do not have one, line the stuff sack with a heavy-duty (4 to 6 mil) plastic bag safely secured. This will keep your sleeping bag dry even in wet weather.

Boots and Shoes

High quality hiking boots that are broken-in are required for the trails at Camp Orr. Your trek will cover uneven rocky surfaces and steep trails. Hiking boots that fit properly and are broken in will prevent injury. Visit your local outdoor store and the sales staff will be happy to help you.

You will also need a pair of sturdy lightweight, closed toe shoes for use around camp and occasionally when hiking without your pack. These will also be used when rock climbing, biking, and potentially crossing streams. Sandals are not recommended but can be used in campsites only.

The socks you wear on the trails will have a significant effect on your experience. Just like boots, choose your socks carefully. Socks for backpacking are designed to provide cushioning and abrasion resistance as well as warmth. You should choose socks made of synthetic materials or wool.

There are 3 categories of socks:

- Liners - These are thin wicking socks that you wear next to your skin. They keep your feet dry and comfortable and are meant to be worn underneath other socks.
- Lightweight Hiking Socks - These socks stress wicking performance over warmth. They are relatively thin so that you stay comfortable on warm weather trips. They can be worn with or without sock liners.
- Midweight Hiking Socks - These socks are thicker and warmer than the lightweight hiking socks. Many have extra padding built into the heel and the ball of the foot for maximum comfort. They can be worn with or without liners.

Socks can add volume to your footwear. When you are fitted for your boots, make sure you wear the socks you have chosen to wear on your trek.

Caring for Your Feet

Proper foot care starts before you come to Camp Orr. Make sure all foot problems are addressed by your family doctor or your foot specialist before arriving. While on the trek, you don't want to leave your group due to a preventable foot problem.

Stretching

Hiking at Camp Orr can be as strenuous as any sport. Proper stretching before and after a hike can make your hike more enjoyable and prevent injuries. This can be extremely helpful for the Advisors.

Crew Photographer

Although optional, a camera will record memorable experiences and beautiful scenes. Some crews select a crew photographer who takes shots for everyone. Another weight-saving scheme is for several crew members to share a camera and share photos once you return home. Digital photography can dramatically change your picture taking and sharing ability. Be sure to bring replacement batteries or a small lightweight solar charger.

Labels

Be sure to label all of your clothing and equipment with your name and Expedition Number so you can readily identify what is yours and so any of your belongings sent to Lost and Found can be returned.

PERSONAL EQUIPMENT LIST

NOTE – SOME EQUIPMENT MAY BE SHARED AMONG CREW MEMBERS

Backpacking/Hiking Trek

- Backpack (MUST have load bearing hip belt & sternum strap. Load lifter straps are strongly recommended)
- Pack Cover
- Rainsuit (Frogg-Toggs or similar)
- Lightweight Tent
- Lightweight Sleeping Pad
- Lightweight Sleeping Bag
- Pack Pillow (optional)
- Hiking Pants (Zip-off legs recommended)
- Underwear (3 pairs recommended)
- Moisture Wicking T-Shirt (2 recommended)
- Long Sleeve Shirt (at least one if prone to sunburn)
- Liner Socks and Socks (at least 3 pairs recommended)
- Quality Hiking Boots or Trail Shoes
- Lightweight Water Shoes for River Crossings
- Wide-Brimmed Hat
- Compass
- Whistle
- Matches
- Watch
- Insect Repellant
- Sunblock & SPF Lip Balm
- Sunglasses (optional)
- Headlamp & Small Backup Flashlight with Extra Batteries
- Small Personal First Aid Kit
- Small Folding Knife
- BIC or similar lighter
- Small stuff/compression sacks (recommended)
- Ability to carry 3 to 4 liters of water (CamelBak style permitted, but not recommended)
- Water Filter or Water Treatment Tablets (Straw style filter not recommended)
- Ultralight Backpack Stove and Fuel
- Small Plastic Bowl or Plate
- Spork
- P38 Can Opener (optional)
- Small Personal Hygiene Kit
- Small Trowel
- Trekking Poles (optional)



River Trek

- Minimum of two 20L Dry Bags or two 5 gallon "Pickle Buckets"
- Day Pack
- Rainsuit (Frogg-Toggs or similar)
- Lightweight Tent
- Lightweight Sleeping Pad
- Lightweight Sleeping Bag
- Pack Pillow (optional)
- Hiking Pants (Zip-off legs recommended)
- Underwear (3 pairs recommended)
- Moisture Wicking T-Shirt (2 recommended)
- Long Sleeve Shirt (at least one if prone to sunburn)
- Water Shoes
- Lightweight Shoes and socks for evenings and side-hikes
- Swim Clothing
- Wide Brimmed Hat
- Compass
- Whistle
- Matches
- Watch
- Insect Repellant
- Sunblock & SPF Lip Balm
- Sunglasses (highly recommended)
- Headlamp & Small Backup Flashlight with Extra Batteries
- Small Personal First Aid Kit
- Small Folding Knife (1 per crew)
- BIC or similar lighter
- Small stuff/compression sacks (recommended)
- Ability to carry 3 to 4 liters of water (CamelBak style permitted, but not recommended)
- Water Filter or Water Treatment Tablets (Straw style filter not recommended)
- Ultralight Backpack Stove and Fuel
- Small Plastic Bowl or Plate
- Spork
- P38 Can Opener (optional)
- Small Personal Hygiene Kit
- Small Trowel
- Fishing Gear & License (optional)

NOTE: If you plan to participate in the River Trek, we ask that you pack appropriately (Be Prepared) to participate in another high adventure option in the event that river levels are below floatable conditions or at flood stage.

Camp Orr High Adventure Base Supplies the Following:

- All food while on the trail and meals in the dining hall prior to and upon scheduled return of trek.
- Lodging the night you arrive and the night before you leave
- Canoes, paddles and life jackets (River Trek only)
- Trained Staff Member (Trek Guide).
- Emergency communications device (SPOT)

* Please note fees will be assessed for any loss or damages incurred while on your trip.

ARRIVING AT CAMP ORR HIGH ADVENTURE BASE

Day One at Camp Orr

At last you're here! You will be greeted by a staff member with complete instructions for unloading and parking. Please follow them carefully. Please arrange to arrive at Camp Orr Prior to 1:00 PM so trek planning and gear checks can be completed.

Meet Your Trek Guide

At Check In, you will meet your Trek Guide, a well-qualified male or female who has a sincere interest in your group and has been trained to help your crew get started on a successful Expedition.

The Trek Guide's job is to lead you through the Camp Orr check-in process, assess your hiking, camping and canoeing skills and to accompany you on the trail or river for the duration of your trek.

Camp Orr Check-In

Before your crew hits the trail, the following steps must be completed:

1. **Start hydrating now!**
2. **Tent Assignment:** You will receive tent assignments at Check In for your first night at Camp Orr. Your Trek Guide will show your crew to their assigned tents.
3. **Your Advisor Meets the Registrar:** Your contingent leader or Lead Advisor will meet the registrar. Camp Orr requires that two persons in each crew be currently certified in Wilderness First Aid Basic and CPR. Current certifications will need to be presented. A large envelope will be provided to store extra money, credit cards and/or valuable documents in the safe while your crew is on the trail. At this time, you will pay any outstanding fees.
4. **Medical Recheck:** A medical recheck will be given to all crew members. Your Trek Guide will give you the procedures for this required recheck. You will need to bring your medical forms and any medication with you to the recheck (in original container). A participant whose weight exceeds the maximum allowable on the height/weight chart will not be allowed to participate and will be required to remain in base camp until the trek returns.
5. **Shakedown and Skills Test:** In a place designated by your Trek Guide you will unpack everything. Your Trek Guide will review the necessary items and demonstrate the best methods of packing at Camp Orr. Store excess items in your vehicle. You will also be required to participate in a skills test. If a participant cannot demonstrate the basic skills necessary for health and safety for the chosen trek, Camp Orr reserves the right to require the participant remain in camp. An alternate in-camp program will be offered.

PLEASE NOTE: After leaving Camp Orr, there is NO opportunity to return excess baggage. If you have doubts about taking certain items, discuss them with your Trek Guide. You are responsible to carry everything you take with you for the duration of your trek.

6. **Tour Camp –** As time permits, your Trek Guide can give you a tour of Camp Orr.
7. **Buffalo River Trading Company -** Your tour should include a visit to the Buffalo River Trading Company where Camp Orr items, other souvenirs and snacks are available.

8. Camp Orr Dining Hall: At Camp Orr, you will eat in the dining hall before and after your trek. The menus are well-balanced and nutritious.
9. Opening Campfire: This single event will set the pace for the entire week. There will be songs, skits, and stunts full of energy and enthusiasm provided by your Camp Orr Staff.
10. Trek Crew Meeting: Topics will include current backcountry conditions as well as tips to improve your Expedition. This meeting will take place in the Administration Building.
11. A Good Night's Sleep: Following the campfire, quietly return to your tent for a good night's sleep so you can and be ready to hit the trail or river! Be sure your crew adheres to the nightly quiet hours. Your actions can negatively impact others. **Treks depart at 6:00 AM.**
12. Security: Crews with vehicles will store belongings in their vehicles. When you hit the trail/river, nothing can be left in your tent. Do not leave valuables in tents while in Base Camp – Camp Orr is not responsible for lost or stolen items.

DAY TWO AT CAMP ORR

AT HEADQUARTERS

Report to the Administration Building at 6:00 AM for your departure. You will need all of your crew and personal equipment at this time.

IN ROUTE TO STARTING POINT OR LAUNCH SITE

Your crew will be transported to your starting point or launch site. We ask that unit leaders assist in transporting crews. Treks that embark and return from Camp Orr will not be transported.

STARTING CAMP

HERE YOUR TREK GUIDE WILL WORK WITH YOU ON:

- Map & compass navigation
- Hiking etiquette
- Lightning safety
- Emergency procedures and first aid
- Wildfire safety
- Backcountry hygiene
- Campsite setup
- Water purification
- Stove and campfire safety
- Cooking, cleaning, and disposal of waste
- Wildlife procedures
- Leave No Trace ethics & the Outdoor Code
- Low-impact and minimum-trace camping skills and techniques

Trekking at Camp Orr

Camp Orr and the Buffalo National River abound with picturesque areas. Take time to enjoy your beautiful surroundings. When your crew is quiet you may see wildlife including deer, turkey, porcupine, elk, bobcat, coyote, badger, and bear.

Hiking on the Buffalo River Trail is often difficult. Weighty packs, steep trails, and high altitudes challenge even the best backpackers. Remember, your trek is a team effort. Stronger hikers are expected to help weaker ones. Faster hikers should hike near the end of the line and encourage the slower ones in front. Your crew should always hike together, staying within sight and sound of one another. This avoids the terrifying experience of someone being lost.

Due to risks involved, Camp Orr strongly discourages hiking at night.

Preserving Camp Orr and the Buffalo National River

Floating or hiking or both, just overnight or for several days, the Buffalo National River offers visitors several ways for exploring the vast scenic backcountry and wilderness areas throughout the park. In order to minimize impacts and help preserve the pristine beauty of the wilderness for generations to come, please follow the rules listed below.

- A backcountry permit is not required within the Buffalo National River.
- Pets are not permitted on trails, in backcountry, or wilderness areas.
- The possession or use of glass containers in caves, on trails or waterways, or within 100 ft (30.48 meters) of any river or stream is prohibited.
- Do not cut or carve live vegetation.
- Do not drive nails into trees to hang lanterns.
- Do not leave flagging or other markings hanging in trees to mark your route. Trails are marked with white blazes for hiking only and yellow blazes for hiking/horse riding.

Camping

- No camping is allowed within ½ mile (805 meters) of any National Park Service developed area unless it is in a designated campsite.
- Camping is not permitted in or near historic sites and buildings, in hayfields or pastures, or in abandoned buildings or on private land. (Note: All fields in the Boxley Valley are private land and camping is not permitted in this area.)
- No person or party is allowed to camp at Buffalo National River for more than 30 consecutive days in a calendar year.
- Camping is prohibited in all caves and rock shelters within Buffalo National River, as well as, the entire length of the Lost Valley Trail.
- Select campsites that are on a durable surface.
- When camping along the river, gravel bars are ideal campsites just be sure you have an escape route to higher ground in case the river comes up at night.
- When backpacking and not camping on a gravel bar, select a site that is at least 50 feet off the trail and 100 feet away from a waterway.
- When leaving your campsite, check the area to pick up any stray bits of trash. Try to make it look like you were never there.

Sanitation

- Bathing with soap or shampoos is not allowed in the river or streams.
- Collect a bucket or pan of water and wash up at least 100 feet from a waterway to prevent polluting the streams.
- When disposing of human feces dig a hole in organic soil at least 100 feet from a waterway and cover the feces and toilet paper with organic soil. This will prevent water pollution and improves sanitation in camp.
- Bury the food scraps in organic soil away from camp and haul out the trash.

Campfires

- Use only dead and down wood.
- Practice "Leave No Trace" principles by using wood no larger in diameter than your wrist.
- The use of hand saws, axes or other types of non-motorized devices is allowed.
- The use of chain saws or power saws is prohibited.
- If a fire ring is present in your camp, use it. Do not build new fire rings.
- Fires can be built directly on the ground, in a fire pan, or on a sand mound. When the fire is extinguished, nearly all evidence of the fire can easily be obliterated or scattered.
- Completely extinguish the fire before leaving camp.
- Do not attempt to burn your trash and garbage in the fire.
- Food scraps generally do not burn completely. Plastic rarely burns completely and gives off highly toxic compounds when burned.
- Aluminum, glass, and steel do not burn.
- During certain periods of high fire danger, campfires in the wilderness and backcountry may be prohibited unless they are contained in a barbecue grill.

Litter and Graffiti

- Each camper should make sure that all backcountry facilities, trails, campsites, and latrines are left neat and clean, including Trek Headquarters, shower and tent areas.
- While litter can be picked up, graffiti often permanently defaces BSA or National Park Service property and detracts from the “Camp Orr experience”. Do not contribute to this problem.

Wildlife

Respect wildlife, including livestock. Follow all guidelines regarding food handling and trash disposal. Never feed or harass livestock or wild animals.

Water

Conservation and wise use of water has been practiced since the first person entered this land. Use water properly; never bathe, do laundry, wash dishes, or play in or near a spring or stream. Do not disturb or throw rocks in springs or touch any solar pumps. They are easily damaged, and the flow of water can be disrupted. Everyone needs water, and you should leave each spring and stream as clean as you found it.

Trails

Pledge to respect the trails. Do not cut green boughs or trees, or mark on them. Do not cut across switchbacks, and do not alter or change trail signs.

Camp Orr and the Buffalo National River serves thousands of Scouts, leaders, and the general public each year. Consequently, some trails and camps are subjected to heavy use. Nevertheless, it is not the wear of so many pairs of boots that mars Camp Orr and the Buffalo National River. It is the carelessness and thoughtlessness of inconsiderate campers. It is our sincere hope that through your commitment to the Outdoor Code and Leave No Trace principles, Camp Orr and the Buffalo National River will always remain a beautiful and clean place to enjoy high adventure.

Cooking and Food

Packaged in durable, recyclable poly bags, these lightweight trail meals have been carefully developed and checked for quality and quantity for rugged mountain hiking and backpacking/canoeing needs of energetic young people and leaders who participate in Camp Orr treks. Concentrated foods do not always look or taste the same as fresh, frozen, or canned foods, but when properly prepared they are appetizing and nourishing. Your crew may find it helpful to practice cooking freeze dried/dehydrated food before your trek begins.

You will be issued food for your entire trek before you leave base camp.

Camp Orr trek food is by necessity a high-carbohydrate, high-caloric diet. It is high in wheat, milk products, sugar and corn syrup, and artificial coloring/flavoring. If an individual in your crew is allergic to some food products on our menu or requires a special diet, suitable replacement food must be purchased at home and brought to Camp Orr to replace those items. Camp Orr asks that food substitutions be made only for medical (including allergies) or religious reasons. There is no fee reduction for individuals who bring their own food.

When putting the substitute together, keep in mind that trek participants need approximately 3,000 calories a day.

On the day of your arrival at Camp Orr, your crew’s Trek Guide, the Crew Leader, and individual(s) needing the substitute food, should bring the food bags to the Admin Building.

Managing food allergies is the responsibility of the participant, and a participant should be able to exercise good judgement in food selection and read food labels prior to arrival at Camp Orr. Appropriate substitutions can be arranged for food served in the dining hall by speaking with the dining hall manager upon your arrival at Camp Orr.

Report Artifacts

Camp Orr High Adventure Base and the Buffalo River National Park 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 logging camps (bottles, cans, equipment, cabins, etc.). Specimens of plants and animals (including deer antlers, elk sheds, or animal skulls), or artifacts mentioned above, are to be observed and helpful in reconstructing Camp Orr and the Buffalo National River's archaeological and historical past. These should be put in writing and left at the Trek Headquarters during the check-out process.

Safe and Healthy Camping, Hiking, and Canoeing

Strict adherence to proper health and safety practices is crucial at Camp Orr. Campers are responsible to themselves for remaining strong and healthy. Failure to purify water or to rinse dishes thoroughly may affect everyone in the crew. Health and safety are a crew responsibility, as well as individual ones. Here are some wise trail practices that will help you and your crew be strong, safe, and healthy.

Keep Personally Clean

Good campers are clean. Personal cleanliness will make you feel better. Take pride in the personal appearance of yourself and your crew. A short haircut is recommended the day before you leave for Camp Orr. Short hair is easier to wash and comb when you are in the rugged, challenging wilderness. Showers may be available at some National Park Service campsites.

Caring for Your Feet

Proper foot care is essential to a successful Camp Orr trek. Blisters and foot injuries are one of the most common injuries suffered at Camp Orr but are completely preventable with some simple steps. Address ingrown toenails and foot issues at home well in advance of your trek. Cut your toenails short and square-don't round corners. Clean feet before and after hiking to remove any dirt or debris that may cause blisters. Change your socks daily. Always keep your feet and socks dry. Prevent blisters by treating hotspots before they become blisters. If a blister occurs, reduce friction in the affected area by changing shoes and socks, surround with a ring of moleskin or cover with medical tape. Treat cuts and sores on your feet with antiseptic and adhesive bandages.

Dehydration

Extreme heat and strenuous activity cause your body to lose enormous amounts of fluids and electrolytes. This fluid loss is occurring even though you may not feel like you are sweating and may not feel thirsty. You need to drink more water than you normally would at home, drinking six to eight quarts per day may be necessary to maintain adequate hydration. The salt content of Camp Orr's menus is adequate to replace your loss of salt from sweating. Salt tablets are not recommended, but alternating water and ½ strength sports drinks is encouraged.

Symptoms of dehydration include light-headedness, dizziness, nausea, general weakness, muscle cramps, and sometimes fever and chills. Heat, humidity and heat index temperatures accelerate loss of body fluids. To prevent potential dehydration problems plan to hike early in the morning to avoid the intense heat of midday and take more water breaks than you normally would. As always prevention is key.

Heat Exhaustion

Prolonged physical exertion in a hot environment may cause heat exhaustion. Symptoms of heat exhaustion are faint or weak feeling, dizziness, nausea, or a rapid pulse. Body temperature usually remains near normal. The afflicted person should rest in a comfortable, shaded environment and drink fluids.

Heat Stroke

If heat exhaustion is left unrecognized and untreated it may progress into heat stroke. In heat stroke the body's cooling mechanisms stop functioning and the body temperature soars. Symptoms of heat stroke may include hot, red, dry skin, but is most recognizable by the change in the level of consciousness. To treat heat stroke, cool the patient immediately with a dip in a stream or put him/her in the shade and drape bare skin with wet cloths. When the patient is able to drink, give fluids. Treat for shock and get help.

Hyperventilation

A feeling of panic accompanied by rapid breathing with shallow breath is symptomatic of hyperventilation. The subject loses carbon dioxide from the bloodstream and may become numb around the mouth and in the extremities. If untreated, the person may experience violent spasms in the hands and feet and even lose consciousness. Hyperventilation occurs fairly frequently, especially among teenagers and young adults while undergoing strenuous activity at high elevation. Having difficulty breathing or breathing heavily while hiking is normal and shouldn't be confused with hyperventilation.

Although it is usually not serious for an otherwise healthy person, the symptoms of hyperventilation can be frightening to the subject and the crew. The most effective treatment is to have the subject re-breathe his or her own air from a plastic or stuff sack. The higher concentration of carbon dioxide in re-breathed air will enter the lungs within 10-20 minutes, the carbon dioxide will restore to a normal balance. Reassure the subject and tell the person to take long, deep breaths from the bag.

Hypothermia

Hypothermia results from exposure to cold, wet weather, with most cases developing in air temperatures of 30° to 50° F. Wind, wet clothing, or exhaustion increase the chance of hypothermia. Always carry rain gear with you on side hikes and put it on before it begins to rain. Symptoms include faltering coordination, slurred speech, loss of good judgment, disorientation, numbness, and fatigue. Wet clothing must be replaced with dry, (preferably wool or polypropylene) clothing. Apply heat to the head, neck, sides, and groin with warm-water bottles. Put the patient in a sleeping bag and give hot sugary liquids (if able to drink without choking). Do not rub the subject's body, as that may cause injury. If the patient is able to sit up and eat encourage him or her to eat a snack as increased metabolism from digestion will help to warm the patient.

Sunburn

Prevent sunburn by wearing a broad-brimmed hat and applying a high-numbered sunscreen (at least 25 SPF). Cover the most susceptible parts of your body (nose, head, face, neck, ears, back of knees, and legs). Fair-skinned campers should apply protection early in the morning and reapply it during the day. If you do become sunburned, treat it immediately. Get the afflicted person to shade and administer fluids. The incidence of developing skin cancer is fairly high among people who have been severely sunburned during childhood. Taking preventative measures is a wise precaution.

Avoid the Plague

Rabies and bubonic plague are potentially transmitted by fleas carried by rabbits, bats, ground squirrels, chipmunks, and other rodents. Do not handle any animals. Do not feed any animals. Keep your tent zipped closed to prevent rodents entering.

Accidents

Most accidents occur late in the day in camp, not on the trail or river. Many of them involve horseplay. Fatigue, mild dehydration, and altitude effects may impair a crew member's 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 fire lays are prevalent causes of accidents. To avoid them, individual and crew discipline should be maintained, and safety practiced in all activities.

Stress and Group Dynamics

Seven days on the Buffalo River Trail or the Buffalo River sometimes produces mental and emotional stress, especially for members of crews whose training and preparation back home has been minimal. Personality differences and minor internal crew conflicts sometimes produce emotional stress. Each crew member should ask, “How can I eliminate or reduce my habits that may be offensive to others?” Good leadership on the part of the Crew Leader can help reduce the potential for conflicts. The Crew Leader should 1) discuss alternative choices with the crew, 2) listen to each crew member’s ideas, 3) make decisions in the best interest of the entire crew, 4) assign duties to implement those decisions, 5) evaluate how the crew did with input from each individual. Giving objective feedback based on observed behaviors rather than directing it to a specific person or persons can be extremely beneficial in resolving conflicts.

If stress is beyond the capabilities of the crew to manage, ask the Trek Guide for help. Depending upon the circumstances, a camp director or chaplain may be called in to assist. If a serious conflict develops, a camp director or chaplain has better success in helping the crew overcome it when called early, instead of allowing it to escalate.

Purify All Drinking Water

All water from all sources—including springs, streams and wells—must be purified.

The most effective treatment to purify water is to heat it to a rolling boil.

Camp Orr recommends that you use a purifier. (Purifiers remove giardia, bacteria, cryptosporidia and viruses – filters do not remove viruses.) If using a filter, you must also use additives, or boiling to kill all viruses. You must bring extra cartridges and spare parts.

Dishwashing Procedures

After each meal, scrape and wipe dishes, utensils, and pots as clean as possible. Wash using a mild, biodegradable soap in warm water. Use scrub pads to remove hardened food remains. Rinse dishes in boiling water. Before each meal sterilize dishes, utensils and pots for at least 30 seconds in boiling water. This disinfects any contamination from being in a pack.

Wash your dishes away from your campsite which may contaminate the area. Proper washing, rinsing, and sterilizing of dishes and utensils will prevent diarrhea, dysentery and a host of other medical problems.

Disposal of Waste Water

When disposing of waste water, drain it through a strainer. The water should be disposed of at least 200 feet, from any campsite or water source. Solid matter should be carried to the next National Park Service campsite.

Disposal of Trash and Garbage

Proper disposal of trash and garbage insures a clean camp and protects everyone’s health. Do not bury garbage or dump it in latrines; bears and rodents will soon retrieve it. Put trash and garbage in a plastic bag and place it in a trash receptacle at the nearest National Park Service campsite. Your Trek Guide will explain the recycling programs available for some backcountry items.

Latrines

Your itinerary may include stops that include National Park Service facilities. They should be kept clean and free of graffiti by members of your crew. In other locations, you may need to dig a cat hole. Dig it at least 200 feet from any trail, water, or campsite. Dig the hole about 6 inches deep, but no deeper than the organic topsoil. After use, fill the hole completely, pack and mound the earth to avoid erosion. Garbage and trash must not be put in any latrine because animals will dig it out.

Tobacco

Our Scout Oath reminds us to keep ourselves physically strong. The use of smokeless or smoking tobacco adversely affects the body and causes cancer. Because of the ever-present wildland fire danger, smoking is not permitted on Camp Orr or the Buffalo National River. If adults must smoke during the trek, do it in an established camp near an unused fire ring. No smoking is permitted in Camp Orr Base Camp except in the designated area.

Alcohol and Drugs

Possession or use of alcoholic beverages and un-prescribed drugs or misuse of prescribed drugs or chemicals are expressly prohibited. Groups or individuals found in violation of this national Boy Scouts of America policy will be sent home immediately at their expense.

Firearms, Weapons, Fireworks

Firearms, ammunition, archery equipment, and other weapons are used at Camp Orr on a closely controlled basis. Personal firearms, ammunition and other weapons are not used on Camp Orr or National Park Service property under any circumstance. Firearms are strictly prohibited at Camp Orr and must not be brought with you. Federal and state law restricts the transportation of most firearms across state lines so be sure to comply. If you cannot avoid bringing a firearm, it must be in a locked case and checked in at the registration office when you arrive and checked out when you depart Camp Orr. Secure storage is provided at Trek Headquarters; DO NOT store firearms in vehicles!

Sheath knives (fixed blade) and hatchets are not allowed.

Shooting fireworks is prohibited. They are a great fire and safety hazard and must not be brought with you.

Prevent Wildfires

Our forests are a beautiful and valuable heritage. You will be visiting Camp Orr during the summer month when rainfall might be limited. Because of this, the vegetation may be very dry and a fire could grow out of control very quickly. This circumstance requires everyone's cooperation to prevent wildfires.

The United States Forest Service points out that good outdoorsmen follow these practices when using fires:

1. Never build a fire against a tree, stump, root, or log as it may be difficult to control or put out.
2. Avoid building a fire on a grassy area, as this destroys one of our most valuable assets. Grass will not grow for several years on a fire spot.
3. Rake up flammable material before building a fire.
4. Never toss a match away. Put it in the fire or hold the match until it stops smoking, then break it between the thumb and fingers of one hand and step on it.
5. Never leave a fire unwatched, even for a few minutes.
6. Never try to put a fire out by scattering it.
7. Put out your fire with sand, damp earth or, best of all, water. After the first soaking, stir the ashes with a stick and add more water, then carefully feel it with your hands to make sure it is out.
8. Keep in mind the forest and wildlife resources and possibly, human lives you are protecting by your care in handling fire

Be alert for wildfires. If you spot a fire or think you have, report it to your Advisor or Trek Guide. The Trek Guide will contact the National Park Service. Your crew should not attempt to fight wildfires and should quickly leave the area. Trained fire fighters will extinguish fires quickly once they are reported.

Smart Phones

On most of Camp Orr, the Buffalo River Trail and the Buffalo National River, there is no cell signal available. Therefore, cell phones are not an approved communication system while in camp, on the trail, or on the river.

Drones

Camp Orr does not allow the use of drones by participants for any purpose.

Climbing

Falls from cliffs and rocky ridges are the most serious accidents that may occur at Camp Orr. Campers should be constantly alert to this very present danger when climbing steep, rocky, mountain slopes. Common sense will enable you to differentiate between difficult and dangerous areas and to bypass dangerous areas completely.

Because rock climbing must be carried out under proper supervision, it is not allowed.

Avoid throwing or rolling rocks. This is particularly dangerous in steep country. There may be other hikers below you. The “A-B-C” of mountain climbing is Always Be Careful.

Beware of Lightning

Reduce lightning risk on your trek by timing your visits to high-risk areas with local weather patterns, find safer terrain if you hear thunder, avoid trees and long conductors once lightning gets close, and get in the lightning position if lightning is striking nearby and you can't get to safer terrain. There is not a safe place outside in a thunderstorm.

- **Types of Lightning Danger:**

- **Ground Current** - 50-55% of all injuries - is electrical current dispersing through the ground. **KEEP YOUR FEET TOGETHER AND TOUCHING. (One point of contact)**
- **Side Flash** - 30-35% of all injuries - occurs by lightning arching away from a tall object to less resistance and not following the object to the ground. **AVOID STANDING CLOSE TO TALL OBJECTS.**
- **Upward Leaders** - 10-15% of all injuries - launched from the tops of tall objects including people near each downward leader. Suppress the tendency to launch a streamer by **CROUCHING WHILE IN THE LIGHTNING POSITION.**
- **Touch Volt** - 3-5% of all injuries - caused by contacting voltage in another object such as a wire or metal fence. **AVOID CONTACT during lightning storms.**
- **Direct Strike** - 3-5% of all injuries - is the least common of all lightning strike injuries. **STRIVE TO MOVE TO SAFER TERRAIN**

Lightning Position

It is important to keep your feet together and touching. (Ground Current) If possible move to a crouching position. (Upward Leaders) It is also acceptable to sit on your backpack and pull your knees in to create the smallest contact with the pack. The crew should try and spread out at least 30 feet apart. If one member of your crew is jolted, the rest of you can give assistance. Keep track of one another by numbering off in a loud voice from time to time. If you are in a tent and a lightning storm approaches, sit up on your foam pad and pull your knees in to create the smallest contact with the ground. Be sure to pitch your tent in an area that is protected from lightning strikes.

Beware of Flash Floods

In mountainous country, small streams can become raging rivers in a few minutes or even seconds. It is important to be alert to the possibility of flash floods and take steps to avoid a dangerous encounter. During and after periods of heavy rain, stay away from natural drainage areas. Always know where you are and how to get to higher ground. Watch for indicators of flash flooding such as an increase in the speed or volume of stream flow.

What to Do When Confused

When your crew hikes together, instead of spreading out over a long distance on the trail, the possibility of anyone becoming confused is remote. By using a map and a compass with reasonable proficiency, you will always know where you are. Never allow one member of your crew to leave camp or side hike alone. Follow the “rule of four” by always hiking together in groups of four or more. If one person is injured, one treats the injured and the other two go for help. The Buffalo National River has many trails. If you become confused, it is best to stay put. Make camp at a safe place, build a fire, and keep it going. This may help a search party. Prepare your crew for a comfortable night. Extra food can boost the morale of a confused crew.

Bears

Bears are a unique and natural part of the Buffalo River environment. Like all wild animals they must be treated with respect. The black bear is not normally aggressive, and many crews will not even see one. Anything with an odor (except the human scent) may attract bears. It does not matter if the odor is food-related. Any odor may generate a curiosity in a bear which may result in a closer examination of that odor. At Camp Orr, all items with a smell are placed in a bear bag and hung at night or during the day when participating in program. It would be useful for each member of the crew to have their own ditty bag with their personal smellables in it to put in the bear bag. A few of these items are food, soaps, toothbrushes and toothpaste, lip balm, sunscreen, mosquito repellent, film cartridges, and first aid kits. Good Scout camping practices are the best way to avoid contact with the bears. Avoid carelessness that results in improperly disposed food. Store all uneaten food in a bear bag. Do not put uneaten food in a latrine. Cook close to the fire ring and away from the sleeping area. Clean up only at the sump. Never eat food in a tent—the odor remains after the food is gone. **Tents must be used for sleeping.**

Human scent does not attract bears. The superficial application of scented lotions, soaps, deodorants, shampoo, or spilled food may however, attract the attention of bears. Washing the body with various products should be done before mid-afternoon so that the residual smells have dissipated before night. Avoid perfumed products with strong odors. Any clothing on which food has been spilled must be placed

Deodorant is not allowed on the trail. Use sunscreen and insect repellent in time for odors to dissipate before night.

If a bear does visit your campsite, stay away from it and make noise. Protect your food by hanging it in a bear bag. Crews will need an extra rope for hanging bear bags. Never risk injury by attempting to protect your food or equipment from a bear. When you arrive at Camp Orr, your Trek Guide will thoroughly train you on those camping practices that are most effective in keeping wildlife away from your camp.

Rattlesnakes and Copperheads

Camp Orr and the Buffalo River Wilderness Area are inhabited by rattlesnakes and copperheads. If you see one, give it a respectful distance. Do not attempt to kill one yourself—report it to the Trek Guide.

From the Arkansas Game and Fish Commission:

All native snakes, including venomous snakes, are protected by law and are illegal to kill unless they ‘pose reasonable threat or endangerment to persons or property’ on your private property, according to the Arkansas Game and Fish Commission wildlife code.

Insects

During wet periods mosquitoes take a new lease on life and they love to feast on young blood. Caution should be taken to prevent possible infection by West Nile Virus. Keep tents zipped closed to reduce the number of mosquitoes from entering. Insect repellent is recommended for the trail.

Camp Orr monitors the risk of any mosquito borne illnesses in our area. Updated information will be shared at the Advisors Meeting upon arrival.

There are bees and wasps at Camp Orr. If you are allergic to stings, be sure you have proper medication and that a crew member is informed of your condition and the treatment you may require.

Medical Treatment

Each crew carries its own first aid kit to treat minor cuts, scratches and burns. Camp Orr requires that at least two persons in each crew be currently certified in Wilderness First Aid and CPR (or equivalent).

Everyone who gives first aid when blood or body fluids may be present must wear protective gloves.

Anyone who comes into contact with body fluids or substances should immediately wash with soap and water skin surfaces that came in contact with body fluids. **Report the incident immediately to your Trek Guide and again to the Camp Director upon returning to base camp.**

In the event of a medical emergency, illness or injury that requires more advanced treatment than Wilderness First Aid, medical evacuations and rescue services are coordinated by Camp Orr in close coordination with local authorities.

Crew First Aid Kit

These items are recommended for a first aid kit to be used by a crew en route to, during, and returning home from a Camp Orr trek.

- 25 Assorted Band-Aids
- Blister Kit
- 10 Gauze Pads 4x4
- Antihistamines (Benadryl)
- 1 Tape Roll 1"x5 yards
- Disposable Alcohol Wipes
- 1 Elastic Bandage 4"
- Triple Antibiotic Ointment
- Hydrocortisone Cream
- CPR Barrier Device
- Tylenol
- Triangular Bandage
- Ibuprofen
- Small Scissors
- Antacids
- Throat Lozenges
- Medicated Foot Powder
- Tweezers
- Non-Latex Gloves
- Ziploc or Small Biohazard Bag

Camper Insurance Coverage

All campers and leaders are covered by a limited accident and sickness plan through Health Special Risk, Inc. The policy has a maximum coverage of \$15,000 for medical benefits and \$7,500 for sickness expense benefits and includes an excess insurance provision. The plan will pay all eligible expenses incurred from a covered accident or sickness not paid by any other collectable insurance or pre-paid health plan. There is no deductible under this plan.

FINAL PROCESSING AT TREK HEADQUARTERS

After breaking camp on the morning of the 6th day, you will hike/canoe to a designated pickup point, and you will be transported to Camp Orr Base Camp—unless you are scheduled to hike/canoe in to camp. We will ask that unit leaders help provide transportation for the return trip to Camp Orr. Do not return to Camp Orr Base Camp until the date and time indicated on your itinerary. Meals and accommodations for your crew are not available until that time.

At Trek Headquarters

You will:

1. Be assigned tents.
2. Return crew gear.
3. Eat in the dining hall as indicated on your itinerary.
4. Have an opportunity to buy souvenirs from the Buffalo River Trading Company.
5. Participate in the evening Closing Campfire.

Advisors should also:

1. Check in at Camp Director's office and receive medical forms and any items left for safekeeping.
2. Pick up and distribute your mail from the Buffalo River Trading Company.
3. Receive certification toward the 50-Miler Award (need Crew Leader copy)
4. Return equipment.

Homebound – Morning of the 7th Day

A “grab and go breakfast” is available at 7:30 a.m. in the dining hall.

After checking out of camp site (please leave it clean for campers who will follow), you will load your gear on your vehicle.

Remember to pick up your health forms, medications, and any items left for safe keeping while you were on your trek before leaving camp.

The Camp Orr Challenge

Camp Orr means more than just a series of scenic river treks or hiking trails. It is more than just a physical challenge. It is an experience in living together and cooperating with others under sometimes difficult circumstances. It is learning to surmount the challenges of hiking, camping and canoeing and learning to live in harmony with nature. You may get soaked to the skin in torrential downpour. You will breathe harder and faster than ever before in climbing a ridge or mountain, and after that you may even burn your supper. But you will make it, even though there will be times when you feel as if you can go no further.

In conquering these challenges, you will gain confidence and a belief in your ability and go on to even greater achievements. This new knowledge of yourself will inspire you to do something for your fellow man, your God, and your country. Now is the time to act! Set your goals high and resolve to achieve them. You can do it. You will be better for it and your Camp Orr High Adventure Base experience will become even more meaningful. It will never really end.



CAMP ORR HIGH ADVENTURE BASE

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