

Celebrating 100 years
CAMP EMERALD BAY



Rugged Adventurers Guide 2024

For units and individuals participating in
Rugged Adventurers

Dear Scoutmaster/Unit Leader,

Thank you for choosing Camp Emerald Bay as your 2024 Scout Summer Camp. We look forward to your arrival on Catalina Island. From the beauty of the surrounding hills to the incredibly clear waters of the bay and nearby coves, you will soon see why many consider this one of the finest camps in the United States.

For 100 years Camp Emerald Bay's rich history of servant leadership, stewardship, and personal growth has been the driving force. Our vision as a staff is to help you and your sponsoring organization build men and woman of character in a fun and safe place. We are committed to providing each Scout a program that inspires them to have a genuine interest in protecting the environment, caring for their community, and growing into responsible adults.

Under your leadership Scouts are embarking on an adventure to explore opportunities unlike any other. This may very well be their first time away from home. Your guidance will be vital to ensure a positive and rewarding outdoor experience. Our camp staff is here to help you achieve success in your role.

By preparing for your camp experience, your Scouts will get the most out of their investment. We do ask that you act as a first source of information for the parents of your unit. This book should answer most of the basic questions but, if not, we will be holding a Leaders' Meeting in the spring where you can clarify any remaining questions.

You can also email us any time at camping@bsa-la.org.

The camp continues to build upon the tradition of excellence in servant leadership, stewardship, and personal growth and will provide youth experiences that they can only have in the BSA and at Camp Emerald Bay. We are very excited about the summer of 2024 and look forward to serving any of your needs during your week at Camp Emerald Bay.

Sincerely,

Camp Staff 2024

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ABOUT THIS BOOK

This guide is divided into sections to help make your preparation for camp as straightforward as possible. This guide will dive into program offerings and gear lists for anyone looking to participate in an adventure to be remembered.

We will hold a Leaders' Meeting in the spring where you will receive additional information and paperwork to help you prepare for the summer. There will also be a Spring Leaders' Guide that will contain logistics, camp expectations, payment information, etc. **We recommend you attend one of the meetings live via zoom or watch the video recording at campemeraldbay.org.**

While this book will answer questions regarding the programs we offer at camp, you may still need to speak with someone. Please feel free to contact the camping department of the Western Los Angeles County Council any time:

Phone (818) 933-0130

Email: camping@bsa-la.org

Just as your troop completes warm-up hikes prior to a week-long backpacking trip, every troop meeting, cook-out, and camping trip helps prepare Scouts for a great summer camp. Please take a moment to read through this book to familiarize yourself and your Scouts with some of our program offerings. Please keep in mind that this book is just a guide and every Scout's summer camp experience should be unique.

PLEASE NOTE: High Adventure programs are separate from traditional program. If you would like information about traditional summer camps, please visit us on the web at www.campemeraldbay.org for more information.



PROGRAM INFORMATION

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RUGGED PHILOSOPHY

Camp Emerald Bay offers the Rugged Adventurers programs for youth 14 years of age and above as well as adult leaders. Our programs offer participants a chance to apply the basic outdoor skills and Scouting values they have already learned in a group setting. And allow for discussions on how those values can be applied to real ethical dilemmas prevalent in today's world. Leadership of each activity will be the responsibility of a member of the crew. Each Scout who participates in a Rugged Adventure can expect to find themselves leading their crew at some point. There is a large emphasis on leadership development during challenging circumstances.

All Rugged Adventure programs are physically difficult. Each of them offers an opportunity to visit parts of Catalina Island seen by only a very few tourists. Each location has an environment for fun, excitement, and many challenges. They are not for the faint of heart. If you have concerns about your abilities to participate in the strenuous activity, or have questions about specifics, please contact our Program Director, Patrick Roque, at patrick.roque@scouting.org.



RUGGED EXPLORERS

(Rugged 'E')

In Rugged Explorers, your Scout's adventure will start the moment they set foot on Catalina Island. Our Rugged staff will be waiting to meet all those who wish to participate on the pier and will direct you to the Rugged Check-in.

The first challenge of the week, held on Sunday, will be the Rugged Fitness Test which is comprised of an extended swim check, two-mile run/walk, and gear check. Once given the ok to participate in Rugged E, orientation and team-building activities will begin. Camp management will provide program switches for any scout unable to complete the fitness test or who wishes to not participate in Rugged.

The weeks adventures will range from hiking from sea-level to one of the tallest peaks on Catalina Island, to conquering a two-mile climb and two-mile descent on mountain bikes, to paddling an eight-man canoe as the sun rises over the San Pedro Channel. Their reward? Memories, self-confidence, leadership development, comradery, making new friends and taking in breathtaking scenery. They will explore their limits and develop important leadership skills.

Every participant will find themselves leader of the day at some point throughout the week. Mentored by our experienced staff to make decisions based on the Scout Oath and Law, their ability to lead their peers will be sharpened. While Scouts will be responsible for the success of their trips, our staff will be present to ensure proper BSA safety and program guidelines are followed. Most of the success of the week, however, will depend on the decisions made by the Scouts.

Given the rugged nature of the Explorers program, it is important that the all participants arrive in good physical condition and be able to accomplish 50 miles in a one-week time. Participants will need to be able to hike, bike, and canoe for several hours at a time. It is likely that everyone will struggle at some point during their week, and often those who struggle the most, gain the most from their experience. Your week on Catalina will be full of activities that are likely to tire even the strongest participant at some point. Be sure to prepare appropriately.

Participants in Rugged Explorers must be 14 years old. No exceptions.



RUGGED CANOERS

(Rugged 'C')

In Rugged C, your week will begin like Rugged E. Rugged staff will meet you on the pier once you arrive in camp, and guide you to the Rugged check-in.



The Rugged C Fitness Test differs from the Rugged E Fitness Test in that there is no run involved. Held on Sunday of arrival, The Rugged C fitness test is comprised of an extended swim check, paddle skill check, an unassisted canoe entry from the water with a lifejacket on, and a gear check. The paddle skills portion will consist of a short instructional period to allow scouts time to practice the necessary skills to keep their canoe upright. Each scout must complete all aspects of the fitness test to be given the ok to participate. Camp management will provide program switches for any scout unable to complete the fitness test or who wishes to not participate in Rugged.

Like Rugged E, Scouts will be tested mentally and physically to reach their destination for the night. Paddling through and navigating swell and breaking surf, reveling in the natural wonders of awe-inspiring cliffs, snorkeling in pristine ocean waters, and enjoying a meal in the harbor town of Avalon are just a few things your scouts can look forward to experiencing. Our canoes are not motorized - successful completion of the day's voyage relies solely on the effort of each participant and their will to delight in the adventures at each destination.

In Rugged C, Scouts will be doing a lot more than canoeing; each destination they arrive at hosts a myriad of extracurricular activities. Short hikes, snorkeling, campfires, cooking, and of course the ever elusive "rugged nap."



Catalina Island consistently rates among the top dive destinations in the world. Scouts will lead the crew along the back side of the island, passing cliffs and coves accessible only by boat and observing destinations explored by very few people. As canoers make the grand loop of Catalina Island, they will be crossing heavily trafficked dolphin migration routes, and if they are lucky, pods of thousands of dolphins may surround their boat and delight their eyes with natural acrobatics.



Every participant will find themselves leader of the day at some point throughout the week. Mentored by our experienced staff to make decisions based on the Scout Oath and Law, their ability to lead their peers will be sharpened. While Scouts will be responsible for the success of their trips, our staff will be present to ensure proper BSA safety and program guidelines are followed. Most of the success of the week, however, will depend on the decisions made by the Scouts.

Given the rugged nature of Rugged C expedition, it is important that all participants arrive in good physical condition. Scouts' week around Catalina will be full of activities that are likely to tire even

the strongest participant at some point. Be sure to prepare appropriately. While most of the gear will be provided for the experience, there are many important personal items they must bring. Please be sure to pay attention to the required and recommended items in the **What to Bring** section of this guide.

Rugged C is a physical and mental challenge. Participants will need to be able to canoe and hike for several hours at a time. While not quite as physically intensive as Rugged E, it is likely that everyone participating in Rugged C will struggle at some point during their week. Often those who struggle the most, gain the most from their experience. A moderate level of fitness is required of anyone wishing to participate in Rugged C.

Participants in Rugged Canoers must be 14 years old. No exceptions.

RUGGED TREK

(RUGGED 'T')

Participants in Rugged T are in for a physically demanding yet rewarding summer experience as they log miles along the ridgeline trail known as the Trans-Catalina Trail. Our Rugged staff will meet you on the pier to welcome you to the Rugged check-in.

The Rugged T Fitness test is, held on arrival day, is different than the rest. Participants will first go through a gear check, don their pack with the weeks required items, and set out on a 3-mile hike. The Fitness test is to ensure every participant's gear is in working order, shoes are broken in, and participants are in proper physical condition. Each scout must complete all aspects of the fitness test to be given the ok to participate. Camp management will provide program switches for any scout unable to complete the fitness test or who wishes to not participate in Rugged.

Rugged T participants will set out on Monday morning hiking the west end loop from Emerald Bay past starlight beach, up and over silver peak to Two Harbor campgrounds. Rugged T will hit the trail early throughout the week to best utilize the marine cloud cover, as there is little to no shade throughout the trail.



Day two is a jaunt up and over rolling hills to Little Harbor. The resident bison are sure to be a unique site for many Scouts and Scouters. Day three is a long ascent from sea-level to the mountain top campground of Blackjack. Along the way, participants will have the opportunity to stop for lunch at the world-renowned Airport in the Sky. Make sure to snag one of the local favorites, a chocolate hazelnut cookie. Day 4 is filled with rolling hills and an abundance of greenery on the east end of the island as participants make their way to Hermit Gulch campground in the town of Avalon.

There is a total elevation change of near 10000 ft. throughout the trail with long climbs, rocky terrain, little shade. Participants should be in good physical conditioning, prepared with capacity for 4 liters of water, broken in hiking shoes, and properly fitting packs. A week full of memories, comradery, and self-confidence building awaits those who set foot on the trail.

WHAT TO BRING

REQUIRED DOCUMENTS

The following forms are required by all participants attending Emerald Bay. Please ensure your troop has each form ready for submission at the Opening Camp (in camp) Leaders' Meeting.

Individual Forms:

- **Health Forms*:** The Boy Scout Annual Health and Medical Record must be completed in its entirety for **ALL** Emerald Bay participants. Please ensure each Scout and Scouter has completed the form and attained the required physician physical within 12 months of attendance. The current health forms can be downloaded at:
<http://www.scouting.org/scoutsource/healthandsafety/ahmr.aspx>
***If you have a scout who will leave camp early you must have a Pre-camp release form.**
- **Permission to Treat*:** Camp Emerald Bay is proud to have a dedicated team of physicians who volunteer their time each summer to care for our Scouts. This form allows those physicians to treat illness and injuries that occur at Emerald Bay.
- **Permission to Shoot:** This form is required for any person under the age of 18 who plans to participate in any of the various Emerald Bay Shooting Sports activities. While Rugged Adventurers participants are out of camp most of the time, they sometimes do have time to use the rifle or shot gun range, so it is recommended to have this form completed.
- Members of the Christian Science faith must have a written statement from a licensed health care practitioner attesting to their health and must complete a request for religious exemption from medical care and treatment form. This form is available at your local Council office. If you opt for this, you must still complete the self-evaluation portion of the medical form.

WHAT TO BRING

PACKING LIST

MANDATORY ITEMS

Completed forms
Scout Handbook
Mess Kit*
Flashlight*

CAMPING GEAR

Sleeping Bag
Sleeping Pad
Duffel Bag (With name and Troop #)
Dry Bag
Day Pack (30-40L)

TOILET KIT

Toothbrush and Toothpaste*
Soap and Shampoo*
Medication (If needed)
Bath Towels/Washcloth
Deodorant*
Shaving Gear

Comb
Sunscreen*- **VERY IMPORTANT**
Chapstick*

CLOTHING

Scout Uniform (Field) required for travel and closing ceremony
Pajamas
Sweater/Jacket*
Hat or Visor*
Long pants
T-Shirts (min. 4)
Shorts (min. 2)
Swimsuit (min. 2)
Hiking Shoes
Tennis Shoes
Water Shoes/Old Tennis Shoes
Socks (min. 5 pair)
Undergarments (min. 6 pair)

*Can be purchased from the Ship's Store

MISCELLANEOUS

O/A Sash
Camera
Flashlight Batteries*
Compass*
Scout Knife*
Water Bottle*
Daypack

Watch
Mask, Snorkel, Fins (available at camp)
Fishing Tackle (camp does not provide)
Spending Money (\$75-85 recommended)

*Can be purchased from the Ship's Store

WHAT TO BRING

(Continued)

The following items are additional necessities specific to each of our Rugged programs. All participants should bring a lightweight tent or other shelter for overnight trips. Please contact the Program Director, Patrick Roque, with questions at patrick.roque@scouting.org

Rugged Canoers:

Additional spending money (Scouts will have an opportunity to buy dinner in Avalon.)

Gloves for canoeing

Wet Bag (mesh bag or some other bag that can get wet and hold snorkeling gear.)

30-40L Dry Bag (Absolutely necessary for Rugged C participants)

Rugged Explorers:

Additional spending money (Scouts will have an opportunity to buy breakfast in Two Harbors.)

Day Pack (large enough to hold mess kit, swimsuit, jacket, long pants, shirt, and clean underwear. This pack should be comfortable enough to wear while bicycling.)

Padded cycling shorts (optional)

Gloves for canoeing

Wet Bag (mesh bag or some other bag that can get wet and hold snorkeling gear.)

10-20L Dry Bag

THINGS TO LEAVE AT HOME

Please do not bring the following items to camp.

Valuables

Water Balloons

Firearms of Any Kind

Personal Archery Equipment

Boats

Matches

Radios

Comic Books

Large/Illegal Knives

Gang Paraphernalia

Illegal Substances

Water Guns

Fish Spears

Boogie Boards/Floaties

Fireworks

Music Players

Pornography

Framed Backpacks

Alcohol

Pets

Bikes

Ammunition

Footlockers

Televisions

Jewelry

Fuel/Lanterns (available for
rent from the Ship's Store



EMERALD BAY
ASSOCIATION

Welcome to the Emerald Bay Association!

The Emerald Bay Association is an all-volunteer, independent non-profit organization whose mission is to provide Camp Emerald Bay with volunteer, material, and financial support through the fellowship of current and former staff, scoutmasters, campers, and friends of the camp.

In recent years, we have supported Emerald Bay with various capital improvement projects, including the new Campfire Circle, docks at the waterfront, tents with platforms cots and mattresses, contributions towards the new Rifle Range, and purchasing mountain bikes and kayaks.

We also hold several fellowship events throughout the year, such as the summer reunion and our spring wine tasting event, fall barbeque, winter ski trip, SCUBA dive events, -- and we send out "The Emerald Bay Chronicle," our quarterly newsletter.

To learn more, please visit our website at www.emeraldbayalumni.org.

For ongoing updates, become a "fan" on Facebook at

www.facebook.com/emeraldbayalumni.

Finally, please join our mailing list at eba.donortools.com.

We hope you and your troop have a terrific time at Emerald Bay this summer!