



Expeditions Winter 2023 BSAC High Adventure

BSA High Adventure Bases - 2024



Northern Tier

Philmont



Summit Bechtel Reserve

Sea Base

National High Adventure is the opportunity to take scouting experiences to the next level. Different from a traditional Scout summer camp, merit badges aren't the focus, although a few may be earned, and instead it's all about making memories and getting experiences that will last a lifetime.

To learn more about each of the four National Adventure Bases to plan an adventure, search [Open4Adventure2024/Boy Scouts of America](#).

Muskegon State Park, Michigan



Located on the shores of Lake Michigan in picturesque Muskegon State Park is one of the finest winter sports centers in Western Michigan. The complex boasts one of three luge tracks in the United States and is operated and designed for introducing beginners to the sport of luge. The complex also has the original “Nordic Nights” lighted x-c ski trail system with 4.5 miles of lighted and groomed trails and an additional 5 miles of advanced days trails. There are three ice skating rinks catering to hockey, family skating, and a kiddie rink. Snowshoe trails traverse through dunes on the shore of Lake Michigan. The heated sports lodge is complete with rentals, food service and a fireplace warming area.

For more information, search www.msports.org/

Sawyer Quarry Nature Preserve



Sawyer Quarry Nature Preserve, located at 26940 Lime City Road, Perrysburg, Ohio, is a former limestone quarry, the dry quarry has stairs going down into it for multi-level exploration. There are artifacts, varying elevations and geological features to explore. There are over 2 miles of trails. The Ann B. Sawyer Interpretation Center is free and open during park hours. Inside the center is a low-level climbing wall, history of the preserve, and wildlife observation windows. The Sawyer Quarry Nature Preserve is open 365 days a year from 8:00 am – 30 minutes after sunset.

Winter Activity Safety



There is magic to camping in winter. It is one of the most challenging outdoor adventures. However, potentially extreme weather conditions, cold temperatures, and unique hazards associated with outdoor winter activities require careful planning to ensure safety.

GENERAL INFORMATION

Eating the right type of food when camping or playing in the cold is important.

One of the best ways to remember what is appropriate to eat when you are spending extended periods of time outside in cold weather is to use good nutrition to build the fire within. Make sure your food consumption includes sugars, which act like a fire starter; carbohydrates and proteins, which act as kindling; and fats that produce the energy needed to keep the fire burning and your body running at peak performance. Stay away from caffeinated drinks such as soda, coffee, and tea; drink plenty of plain water to keep yourself properly hydrated.

Keeping warm is the most important part of cold-weather camping and outdoor activities. Use the “C-O-L-D” method to stay warm.

- **C=Clean:** Since insulation is only effective when heat is trapped by dead air spaces, keep your insulating layers clean and fluffy. Dirt, grime, and perspiration can mat down those air spaces and reduce the warmth of a garment.
- **O=Overheating:** Avoid overheating by adjusting the layers of your clothing to meet the outside temperature and the exertions of your activities. Stay hydrated by drinking plenty of water, and refrain from drinking caffeinated drinks that act as diuretics.

- **L=Loose layers:** A steady flow of warm blood is essential to keeping all parts of your body heated. Wear several loosely fitting layers of clothing and footgear that will allow maximum insulation without impeding your circulation. Having clothing that is brightly colored (orange or red) is also a good idea, so hunters and sportsmen can see you in snowy conditions. Always have a hat and wear it.
- **D=Dry:** Sweaty, damp clothing and skin can cause your body to cool quickly, possibly leading to frostnip and hypothermia. Keep dry by avoiding clothes that absorb moisture. Always brush away snow on your clothes before you enter a heated area. Keep clothing around your neck loosened so that body heat and moisture can escape instead of soaking through your layers.