



EQUIPMENT RECOMMENDATIONS:

Clothing

- (1) pair shorts
- (2) T-shirts – (1 long sleeve for ATV-required)
- (1) pair of light weight pants (zip off preferred)
- (1) Belt
- (2) pair of underwear
- (2) pair of boot socks
- (2) pair of lightweight liner socks
- (1) pair of well broken-in boots (over the ankle for ATV-required)
- (1) Rain Jacket or rain gear
- (1) Swim suit
- (1) pair water / Closed toed shoes (for showers/ canoeing)
- (1) hat with brim

Eating Utensils

- (1) Plastic bowl or large cup
- (1) Drinking Cup
- (1) Spoon
- (2) – (3) liter (32 oz) water bottles

Personal Items

- (1) sleeping bag in waterproof sack or plastic* or **sleeping bag liner**
- (1) sleeping pad
- (1) pack cover
- (1) small towel
- (1) toothbrush and toothpaste
- (1) Personal first aid kit (gold bond, band aids, moleskin-keep it simple)

- (1) Pocketknife
- (1) small flashlight with extra batteries
- (1) watch -water proof or water resistant
- (1) compass
- (1) whistle
- (1) travel size bug spray/ sunscreen
- (1) dry bag for canoeing

Provided by Crew

- Crew tarp
- (2) backpacking stove & fuel
- Water purification filters/ pumps or pills
- Additional spices for cooking (if desired)
- Additional snacks for crew (if desired)
- Waterproof matches
- rope
- First Aid Kit
- Additional insect repellent/ sunscreen
- Small sewing kit/ equipment repair
- Trowel for cathole latrines
- (1) pair hot tongs
- Dry bags for canoeing for Crew gear
- Pots and Pans
- (1) roll of white toilet paper (in Ziploc bag)

Equipment Provided by Base

- Food
- Program Equipment
- Program Facilities
- Camp Soap (biodegradable liquid soap)
- Limited amount of drybags
- Garbage bags

*Light weight sleeping bags or **recommended sleeping bag liners. Bunk beds in Adirondacks, Tree Houses, small cabins, and Western Village DO NOT have mattresses so bring a good pad to use.**

*Note that tents are ***not*** required. Sleeping facilities will be made available. Hammocks are ***encouraged***.



F.A.Q.

WHAT IS A "CREW"?

A ZBASE Crew will be groups that attend ZBASE on a trek. Crews should be between 8 – 12 people (minimum of 2 adults and no more than 4 adults). Crews are meant to be led by the youth with the adults serving as advisors ensuring safety at all times.

WHAT IS THE MINIMUM AGE FOR A SCOUT TO ATTEND A TREK?

ZBASE will operate as a high adventure base and participants must be 14 years of age or 13 and completed the 8th grade. If there are Scouts that are close to this, but not yet of age, please contact Scott Thiessen at zbase@okscouts.org to inquire.

WHAT ADDITIONAL REQUIREMENTS ARE CREW MEMBERS EXPECTED TO HAVE?

Crews should be familiar with: canoeing, backpacking, Leave No Trace practices, orienteering, and general Scout Skills covered beginning from Scout to First Class Ranks. Crews do not have to be proficient but should be familiar with those skills. Using the months before your trek to practice or re-introduce would be advised. This should not be a first-time outdoor adventure. Participants should have been on previous Troop/ Venture Crew activities and campouts. Participants also need to be in good physical condition. The physical demands of a high adventure trek should not be taken lightly as this could put everyone in the Crew in danger.

HOW MUCH WILL THE BETA TREKS COST?

\$550 per person.

WHAT MERIT BADGES OR ADVANCEMENT WILL BE EARNED?

No direct Merit Badges or Rank Advancements will be taught. However, if there are skills or requirements that the adult crew leaders deem appropriate to sign off they can take back to the Troop/ Venture Crew Committee and compete as necessary or needed.

WHAT CERTIFICATIONS OR TRAININGS DO ADULTS NEED?

ZBASE will operate as a high adventure base and adult participants will need to be registered members of the BSA and have completed Youth Protection Training. At least one person (preferable two) must have completed CPR/ First Aid and a recognized Wilderness First Aid Course. They must bring proof of their certifications and membership with them to ZBASE. It is also preferred, but not required, that adults have the outdoor skills necessary to help the youth be safe and have fun on their adventure as there will be times that you will not have a ZBASE Staff member with you in your campsite.

WHAT, IF ANY, HEALTH RESTRICTIONS WILL THERE BE?

All participants will need to fill out and bring with them signed copies of the official BSA Annual Health and Medical Form with parts A, B, and C filled out. A discussion with your physician should include that you will be participating in high adventure activities in warm, humid weather such as, canoeing, camping, backpacking, zip lining, climbing, shooting sports, and more. A medical recheck will occur upon arrival at ZBASE Base Camp and any noted physical issues will be addressed. Please see the Risk Advisory at www.zbase.camp to view the BMI chart.



WHAT WILL THE FOOD BE WHILE ON THE TREK?

A full menu will be available in the spring; however, we are not planning on just dehydrated foods, but rather supplying crews with ingredients to make healthy and good meals while on the trail. There will be several meals that ZBASE will prepare or have ingredients available for you at an Adventure Area. Those menus will be available after you pick your trek.

WHAT ARE THE SLEEPING ARRANGEMENTS AND WHAT IS MEANT BY “LOW IMPACT” CAMPING?

While at Base Camp Crews will sleep in canvas platform tents on cots (cots provided). While on the trek, crews will sleep in Adirondack cabins (3 sided cabins with bunk beds), small cabins that have A/C, Tree Houses, and bunk houses, as well as hammocks (hammocks NOT provided by ZBASE). Crews can bring their own tent but are not required to bring on their trek. In all cases, Leave No Trace/ low impact camping will be practiced.

WHICH TREK WILL WE BE ON?

Crews will use our new online registration/ trek selection system or if signed up as a part of the Hale Scout Reservation/ ZBASE promotion a special trek will be designed for you to accommodate for the transportation to and from HSR. A full list of these treks will be made available in late 2019 or early 2020.

WHAT WILL WE DO ON OUR TREK?

Your trek will consist of an orientation/ prep day at Base Camp, 5 days on the trail visiting Adventure Areas, and 1 day back at Base Camp to clean up and enjoy closing ceremonies. Adventure Areas in 2019 include:

- Aerial Adventures (Adventure Tower & Zip Line)
- Mountain Bikes
- ATV
- Ninja Warrior Course/ Tree Houses
- Cable Wake Park
- Canoeing/ Kayaking
- Western Village – Cowboy Action Shooting
- Sporting Clays
- Wilderness Survival
- Native American/ Equestrian Area
- Swimming/ boating in Base Camp
- Jet Skis
- Backpacking

WHO DO WE CONTACT FOR QUESTIONS OR MORE INFORMATION?

Scott Thiessen- ZBASE Director

918-392-1227

zbase@okscouts.org

www.zbase.camp

www.facebook.com/ZBASE

www.instagram.com/zbase_ok



Intentionally left blank for notes/ reminders