



Register for the Leadership Challenge online at [www.whitestagmonterey.com](http://www.whitestagmonterey.com) click the "Registration Link"  
To register with a paper form, please email [register@whitestagcamp.org](mailto:register@whitestagcamp.org)

## 2024 White Stag Monterey Leadership Challenge Information

### **In This Packet**

1. Important Dates and times.
2. Directions to the C-Day Orientation Day in Monterey & Directions to the Piney Creek Summer Training Location
3. Packing and Equipment List & Tips
4. The Medical Examination form that needs to be signed by a doctor and uploaded the registration system.
5. About the White Stag Program.

### **Instructions for registering online**

1. Go to [www.whitestagmonterey.com](http://www.whitestagmonterey.com) and click the link to register.
2. After you register and pay, you will receive a confirmation email. (Save the email to upload the completed Medical Exam form). We accept current BSA Scouting Part C forms. No substitutions like sports forms.
3. Print the Medical Exam form on page 9 of this packet. (BSA Scouting Part C medical form).
4. Make an appointment with your physician for a physical exam.
5. Take the form with you and have the doctor fill it out and sign and date it.
6. Return to your confirmation email and upload the form to your account.
7. Also upload a facial picture of the participant for our file.
8. This will complete your registration.

### **Participant Eligibility**

The program is coed and open to youth who are at least 10 years old and have completed the fifth grade by the session start date or are 11, but not yet 18 years old by the start of the session start.

No experience of any kind is required, however, this is an age-appropriate, challenging outdoor adventure that does require core character traits such as a willingness to try, the ability to respect and work with others, and age-appropriate self-control. We reserve the right to dismiss a participant if their behavior is inappropriate or disruptive, with no refund given. For each participant's success, group placement is made by age, grade, and experience. Full disclosure of any special needs, physical or development differences during the registration process is required so that plans for a good experience can be prepared.

Participants may not arrive to camp late or leave early. Each participant must attend the course in its entirety. Our program is dependent on each participant attending the complete course. If we allowed early departure or late arrival, it would hurt the experience of the child, and negatively impact the other children in their small group.

### **Dates and Times of Events**

#### Orientation Day – "C Day"

Saturday, May 18, 2024 8:45 AM – 3:00 PM. This is not mandatory, but a good opportunity to meet the Staff and get information. Participants have an activity based experience. (Bring sack lunch, water, notebook, pen/pencil, light jacket) **Parent Orientation** 10:00 AM – 12:00 PM (Have lunch in beautiful Monterey) We will tell you about the program and give you packing information and other logistical information. The location is the Presidio of Monterey Boy Scout Lodge, located at Ewing Rd. & Pvt Bolio Rd, Monterey, CA – Google Maps "POM Boy Scout Lodge, Monterey, CA"

Summer Sessions – June 23-29, 2024 ~ Piney Creek Camp, 44890 E Carmel Valley Rd., Greenfield, CA 93927

July 14-20, 2024 ~ Camp Pico Blanco, 41352 Palo Colorado Rd, Carmel-by-the-Sea, 93923

Drop-off, Sunday, 10:00 AM – No early arrivals or late arrivals.

Pick-up & Graduation Ceremony, Saturday – Arrive at 10:00 AM. Graduation is at 10:30. Dismissal 12:30 – 1:00 PM.

INDABA – Reunion of Graduates, Youth Staff & Alumni

Saturday, September 20, 2024 – 10:00 AM – 3:00 PM at the same place as C Day, in Monterey. (see above)

## **Graduation Ceremony**

Family members and friends are strongly encouraged to attend. Youth participants love having their families watch them celebrate their success from the week. The Graduation Ceremony starts at 10:30. Arrive at 10:00 AM to allow time to park and walk to the graduation site held at the campfire bowl. Temperatures at camp can be hot. Please make sure you bring sunscreen, hat, water, and a camp chair if desired. Once the ceremony is over, participants go pick up their gear and leave. Parents/guardians not picking up their child must email us the name of the person who will be picking them up. **Do not** bring pets to pick up. They must stay in the car, and it is **too hot** and **dangerous** for them.

## **Piney Creek Facility**

The rustic camping facility borders thousands of acres of wilderness and offers excellent opportunities for hiking and backpacking and an action-filled week of leadership development. Individuals learn leadership skills best through hands-on learning and practice in small groups. The experience of living and supporting each other in the outdoors is perfect. Participants also learn and practice the outdoor skills necessary to live in nature.

## **Equipment**

There is a Packing and Equipment list included this packet, as well as Packing Tips. If you have questions about what to purchase, outdoor sporting goods stores can be very helpful places to learn more about camping equipment. Do not buy expensive items. The major brand department stores also sell adequate gear at reasonable prices. Each participant needs their own 2-person or smaller tent. Tents may not be shared with friends or family since they may not be in the same small group. Each group has designated camping areas. Participants will only take their sleeping bags, pads, a tarp, and change of clothes with them on the overnight backpacking trips. Most of their gear will stay at the camp inside their tents.

## **Uniforms & Clothing**

It is important to have everyone wear uniforms while participating in the program. It creates a feeling of belonging, reduces distractions, and also instills discipline. Participants are required to wear tan or khaki pants or shorts, or official Scouting pants, or shorts. Participants are provided with two uniform shirts. Extra shirts may be purchased during the registration process. Shorts must not be shorter than to the fingertips with their arm hanging straight down. Other plain shirts from home can be worn during some parts of the day, but they may not contain graphics. All swimming suits must be modest. One piece or females and trunks or jammers for males. No bikinis or male speedo-type racing suits. SPF swimming tops are encouraged. Boots should be "broken-in" to avoid blisters. Everyone should bring sturdy tennis shoes that can get wet for creek crossings and water play. Old ones work great!

## **How Our Program is Organized**

Participants who range in age from 10.5 -18 years naturally bring a wide variety of skills and needs to the leadership development program. The program is organized into three phases so to better meet the needs of all the participants. Each phase level will teach a particular range of skills for the proper level of maturity. The degree and emphasis of the competencies increase from phase to phase. Completion of Phase 1 is not required to participate in Phase 2. Similarly, completion of Phase 1 or Phase 2 is not required for participation in Phase 3. It is common for a participant to repeat a phase when they are not old enough to go on to the next phase. Repeating a phase can be very advantageous for the child. It gives them time to mature and to practice and use the leadership skills they learned the previous year with their peers before moving to the next phase level. No prior camping or backing experience is necessary for any level.

The following are the guidelines for the placement of candidates into a phase. Final candidate placement will be the decision of the White Stag Directors. Applicants seeking age exceptions **must attend C Day** and age exceptions are not guaranteed.

### Phase 1, Group Member Development (Patrol Member Development)

For youth ages 10.5 - 13, rising grades 6<sup>th</sup> – 7<sup>th</sup>. Participants will experience the dynamics and power of a close-knit group. They are exposed to the responsibilities of group membership and leadership skills. They go on an overnight backpacking trip.

### Phase 2, Group Leadership Development (Patrol Leader Development)

For youth ages 13 –15, rising grades 7<sup>th</sup> – 9<sup>th</sup> (or 12 years with the approval of Phase Leader and Director, for youth who have previously completed Phase 1). Participants learn the skills of small group leadership. They are exposed to advanced levels of leadership competencies and have guided opportunities to lead a small group. They will go on a 1-2 night backpacking trip.

### Phase 3, Large Group Leadership Development (Troop Leader Development)

For youth ages 15 - 17, rising 9<sup>th</sup> – 12<sup>th</sup> (or 14 with approval of the Phase Leader and Director, for youth who have previously completed Phase 2). Participants learn the skills of large-group leadership and small group leadership. They receive opportunities to practice leadership skills at a high level. They will go on a multi-night backpacking trip.

### **The Leadership Competencies**

The program teaches youth a specific set of leadership competencies. Your child will receive hands-on, fun learning experiences designed to help them use proven leadership competencies pioneered by White Stag. The outdoor adventure experience is the foundation for the leadership training program. It instills confidence while learning and accomplishing new things, develops emotional intelligence while working with others, and the ability to work and lead others as a team. Each participant will acquire greater depth and breadth of knowledge in the following leadership competencies:

- Getting and giving information
- Knowing and using your available resources
- Controlling your group's performance
- Understand group needs and characteristics
- Planning and decision making
- Managing the learning by using goals and objectives
- Setting the example
- Sharing leadership
- Counseling
- Representing your group
- Evaluating and process improvement

### **The Program Background**

White Stag has its roots in Scouting, but in 2008 incorporated as a public benefit 501C3 non-profit charity, White Stag Leadership Development Academy, Inc. The corporation is an all-volunteer entity that sponsors Boy Scouts of America, Venturing Crew 122, which runs a year-round program to plan and present two, one-week leadership training sessions each summer. During the training week, participants get repeated opportunities to learn, be challenged, and practice leadership skills in small and large group settings. They develop plans for applying these skills in their home organizations, programs, family, and community. Experienced adults and trained youth leaders carefully monitor all elements of the program.

We take our name from the Legend of the White Stag, a Hungarian legend and the symbol of the 1933 Scouting World Jamboree held in Hungary. This Jamboree was the last one attended by the founder of Scouting, Lord Baden-Powell. The White Stag was the symbol of challenge to reach for goals beyond perceived limitations and a challenge to grow as individuals. It is a fitting symbol for a leadership program.

White Stag was founded in 1958 by educational psychologist and Scouter, Dr. Bela Banathy. He conceived the idea of a program that defined and taught specific leadership competencies to youth. With the input of other social scientists and the assistance of a key group of fellow Scouters, Bela formulated and tested a method for managing the learning of leadership skills. The program was adapted in 1972 by the National Council of the Boy Scouts of America as the official nationwide Junior Leader Training Program. In 2008, Venture Crew 122, sponsored by White Stag Leadership Development Academy, Inc. began offering the week-long program to boys and girls

### **Refund Policy**

Registration fees are NON-REFUNDABLE. Clear your calendar before registering. This policy applies to all participants. The White Stag Leadership Development Academy, Inc. is an all volunteer, 501c3 public benefit charity. Registration fees support the program throughout the year. Fees are kept low to reach as many youth a possible. For this reason we are unable to issue refunds. You may request a donation receipt in the amount you paid towards your registration as a charitable donation for your income tax return. We will allow another child you know to attend in their place. In some cases we are able to issue a credit to your account which may be used the following summer. Please contact us by email at register@whitestagcamp.org.

### **Non-Discrimination Policy**

The White Stag Leadership Development Academy, Inc., BSA Crew and Troop 122/9122 makes decisions in regards to administration of its educational policies, admissions policies, scholarships, and other administered programs without regard to race, religious creed, color, ethnicity, national origin, ancestry, citizenship, primary language, immigration status, sex, gender, sexual orientation, gender identity (defined as each person's internal understanding of their gender or perception of a person's gender identity, which may include male, female, neither male nor female, a gender different from the person's sex assigned at birth, or transgender), gender expression (defined as a person's gender-related appearance or behavior, or the perception of such appearance or behavior, whether or not stereotypically associated with the person's sex assigned at birth), physical or mental disability, medical condition, genetic information, marital status, or any other basis protected by local, state, or federal laws, and ensures equal access to all the rights, privileges, programs, and activities generally accorded or made available to other youth in the program.

# Packing Information and Equipment List

We are excited you are attending The White Stag Challenge! Be prepared. Bring all your gear packed in a multi-day, backpacking backpack ready for a hike. **No suitcases, duffle bags, etc. instead of a backpack. You will be doing some backpacking.** You must bring all the items on the list. Do not bring anything else with you, including cell phones and personal electronics. The week will be electronics-free. There are no power plugs, and the dust is not good for electronic devices. There will be a pack-check. Non-essential items will be taken and stored for safekeeping during camp. Mark your stuff with your name to make it easier to return when misplaced. We are not responsible for any items lost, damaged, or misplaced. Medication must be in the original package with dosing information and inside a Ziploc bag.

## **Parents:**

Do not purchase expensive equipment! Many department stores, sporting goods stores and online stores sell adequate items. For a good, comfortable fit, the participant should try on the backpacking backpack before purchasing. Participants wear uniforms. Pants and shorts must be Khaki or Tan colored, or official BSA uniform pants. NO Other Colors! Two uniform tee shirts will be provided. There is an option to pre-order extra uniform tee shirts during registration. All participants need their own tent. No tent sharing since family members and friends may not be assigned to the same groups and may be tenting in separate areas.

**Personal Gear to Bring to Camp** (Packed in a multi-day, 50-80 liter, backpacking pack that fits the person properly) Arrive with everything inside or strapped to your backpack. Some items can go into your small daypack. During the overnight backpacking trip out of camp, you will take only your sleeping bag, pad, change of clothes, small tarp for your sleeping bag, utensils, water, personal items, jacket and food. Your tent will stay in camp with your extra gear left inside.

## **Gear**

- Sack lunch and water for Sunday check-in
- Backpacking Backpack – Make sure it fits you!  
50 - 80 liter with waist belt (adjusted to fit)
- Sleeping bag (mummy type 15-20 degree)
- Sleeping pad and small travel pillow
- Small 4x6ft plastic tarp for hiking - **Important!**
- Day pack (school bookbag type)
- Your own Tent (small 2-person size. NOT LARGER)
- Eating utensils (spoon, fork, plate, bowl, & cup)
- 2 – 13 Gallon trash bags for dirty clothes and trash
- 1 - 30 gallon black trash bag
- Compass
- 3 - 32 oz. reusable water bottles (**Yes, three**)
- Personal first aid kit (small)
- Flashlight - small light with extra batteries
- Whistle
- Pens and pencils
- Locking Blade** Pocket Knife - 3-inch or less  
(To avoid accidents the blade must lock. No razor blades)
- Watch – Phase 2, Phase 3 only
- Alarm clock (battery – travel size) *No cell phone*
- Small Sewing kit (Phase 3 only)
- Sunscreen / sunglasses / hat with brim
- Insect repellent
- Camera (disposable — optional)
- Hiking boots with ankle support  
**(wear and break in before camp!)**
- Sturdy Tennis shoes that can get wet. Old ones are fine. **(in addition to hiking boots)**

## **Clothing**

- Underwear (6 pair)
- Socks (6 pair)
- Boot socks (2 pair)
- Sleeping clothes – (Always change at night)
- Warm jacket

- Flip flops / sandals (for shower/pool area)
- Swimsuit – Modest = one-piece, tankini, trunks or jammers, a swimming shirt is encouraged.  
**No bikinis or speedo type racing bottoms!**

## **Personal Items**

- Optional 15 disposable face masks
- Toothbrush, toothpaste, & floss
- Shampoo & soap
- Comb / brush / hair ties
- Washcloth & towel
- Baby Wipes - for hiking days
- Deodorant
- Feminine products – Just in case!
- Medications / inhaler / EpiPen

## **White Stag Uniform requirements to bring:**

- 2 Tan or Khaki colored long pants (No other colors except green Scout Pants)
- 2 Tan or Khaki colored shorts (No other colors. Mid-thigh - No shorter than the fingertips with arm down)
- 2 or 3 plain tee shirts (2 uniform shirts are provided. Registration option to pre-order more).

## NOTES:

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# Packing Tips

Below a detailed packing guide. It is not meant to replace your packing list, but instead to simply give a more in-depth explanation as to what each piece of gear is needed for, as well as general recommendations on what to look for when buying your gear.

If you plan on buying outdoor gear and plan on reusing it later, it is generally advised to pay more money upfront for a higher quality, more durable product as opposed to a cheaper, lower quality gear since high quality outdoor gear can easily withstand years of use.

If you do not intend to use the gear very often, then it is recommended that you buy cheaper gear or borrow from friends and family to save money.

## SHELTER

Tent	<p><b>Price Range: \$20-\$300</b></p> <p>2 person tents are more than enough for a candidate to use for a week. It is strongly recommended that you practice setting up the tent at home before coming to camp. Bring a small tarp for underneath if it does not have one built in.</p> <p><b>Note:</b> It is important for every camper to have their own tent, as sharing tents is not allowed due program restrictions.</p>
Sleeping Pad	<p><b>Price Range: \$15-\$40</b></p> <p>Both foam pads and air pads can be used for camp. A foam backpacking pad is advised. It is very helpful to learn how to inflate/deflate air pads before camp, as they can be difficult to use without practice. Because the size of pad is important when packed away, it is best to get a smaller pad while retaining comfort.</p>
Sleeping Bag	<p><b>Price Range: \$20-\$60</b></p> <p>While it can get hot during the day, the nights at Piney Creek can get very cold, so it's important to buy a good sleeping bag. Mummy sleeping bags are preferable, as they do the best job of keeping your body heat in. We suggest a 20 degree bag, as it is the most comfortable for our temperature ranges at camp.</p> <p><b>Note:</b> It is common for sleeping bags to have certain temperatures. These are generally the lowest temperatures the sleeping bag can keep a person warm. However, these labels assume maximum insulation, meaning you have to wear thermals, jackets, etc. As a result, the ratings are not very applicable to the week of camp.</p>
Camp Pillow	<p><b>Price Range: \$5-\$40</b></p> <p>These can be very helpful for giving additional comfort. However, they are not necessary, as it is very possible to go through the week without having one or use a jacket under your head.</p>

## ESSENTIALS

Frame backpack	<p><b>Price Range: \$70-\$150</b></p> <p>This is absolutely necessary, as it will hold all of your stuff. It should be at least big enough to hold all of your clothes, mess kit, and toiletries inside, and should be able to hold your tent and sleeping pad on the outside. 40-60 liter size is recommended. Your sleeping bag can be either inside or outside, depending on the backpack. Both internal and external frame packs are good. No suitcases or duffle bags. They are too hard to carry and you cannot take them backpacking.</p>
Day pack	<p><b>Price Range: \$15-\$60</b></p> <p>This will be a smaller backpack to hold miscellaneous items that you will be able to carry around throughout the day, such as your knife, first aid kit, water, notebook, etc. Be sure it is big enough to carry at least 2 liters of water. School backpacks are a good choice.</p>
Water bottle	<p><b>Recommended quantity: At least 3 liters ( 3 - 32 oz.)</b></p> <p>There are many water bottle options. Generally, any reusable water bottle should work if it is at least 32 oz. Camelbaks and other water reservoir systems are great. However, if you choose to use one, you should bring another water bottle that is easier to carry around.</p>
Sun gear	<p>The sun can be very intense at camp, so make sure to bring sunglasses, sunscreen, and a hat.</p>

Bug gear	We share the outdoors with bugs, so insect repellent and some form of itch reliever are both strongly recommended.
Mess kit and utensil	<b>Recommended Type: Metal or Plastic</b> (include: plate, spoon, fork, bowl) Silicon mess kits are good because they are generally pretty durable, very portable, and easy to clean. Metal and plastic mess kits also work. The utensils that come with most mess kits are generally very good. However, if your mess kit doesn't come with utensils, there are other options. Generally, pocket eating utensils are good enough.

### CLOTHES

Underwear	<b>Recommended Quantity: 6-7</b> This is self-explanatory. Synthetic ones are nice since they're sweat wicking.
Sleep Gear	<b>Recommended Quantity: 1 set</b> For the sake of comfort, it is recommended you bring a set of clothes that you will wear exclusively to sleep. Clothes often get dirty and might touch poison oak during the day, so if you wear them to sleep in, they will also get your sleeping bag dirty. Exercise clothing or thermal underwear are a good choice
Swimwear	This is very necessary because campers will be showering and using the pool during the week. No speedos or two-piece swimsuits. If you're bringing a two-piece swimsuit, bring a shirt to wear over it.
Khaki Pants	<b>Recommended Quantity: 2-3 sets</b> These will be part of your uniform which you will have to wear throughout the week, so it will be important to bring multiple pairs. Brighter khakis are generally better, as they allow you to see any bugs and thorns that might be on them. Pants with detachable pant legs are helpful, since they can be adjusted based on the circumstances. <b>Note:</b> Scouting uniform pants are also acceptable.
Socks	<b>Recommended Quantity: 6-7 pairs</b> Standard socks are good enough for the week of camp. Additionally, 1-2 pairs of boot socks are recommended for hiking.
Shirts	<b>Recommended Quantity: 3 from home</b> A special White Stag shirt will be provided that will be part of the uniform. Plain shirts from home may be worn part of the day. Extra camp T-shirts may be purchased before and after camp. <b>Note:</b> Shirts brought from home can not contain any inappropriate content.
Outerwear	<b>Recommended Quantity: 1-2</b> A warm jacket and sweater are nice, as they keep you warm during the night. Zip up sweaters are preferred.
Hiking Boots	There will be a lot of hiking throughout the week of camp, so it is important to bring a good pair of hiking boots to avoid blisters. These should be worn at home to "break them in" before wearing at camp.
Extra Shoes	You need to bring a second pair of lightweight <b>closed-toed</b> shoes for water crossings and to wear when not hiking. It is alright to bring an additional pair of opened-toed shoes for pool/shower time

### TOILETRIES & PERSONAL ITEMS

General	Bring whatever you need: Toothpaste/toothbrush, shower gel + shampoo, towel, deodorant, etc. Shower stalls are private, but we ask that you shower in your swimsuit. <b>Note:</b> Pack light with only the essentials.
Wet Wipes	These are very helpful to keep yourself clean, as you will often not have access to showers/running water, especially on the backpacking trips.

Toilet Paper	Not always necessary, but when you need it, you <i>really</i> need it. Make sure they are biodegradable so it doesn't damage the environment.
Female Items	Sometimes the unexpected can happen. Bring feminine hygiene supplies just in case. Hygiene items are also available for the asking from anyone you feel comfortable asking. A plastic Ziploc is good for used product.
Sanitizer & Face Masks	For keeping your hands clean. Bring several face masks that are disposable. Plan on wearing 1-2 per day.
Personal trash bag	<b>Recommended Quantity: 2-3</b> Great for keeping trash out of your campsites, organizing wet/dirty clothes, and making backpacks waterproof. <b>Note:</b> Gallon-sized Ziploc bags work well, plus a larger bag.
Contacts/ Glasses	Prescription glasses are better than contacts. It is dusty at camp and contacts are easily lost. On overnight backpacking trips, the process of insertion and removing them is harder.
Medical	If you use/need an EpiPen, Inhaler, or other medications, don't forget them and check in at medical upon arrival!

### OTHER

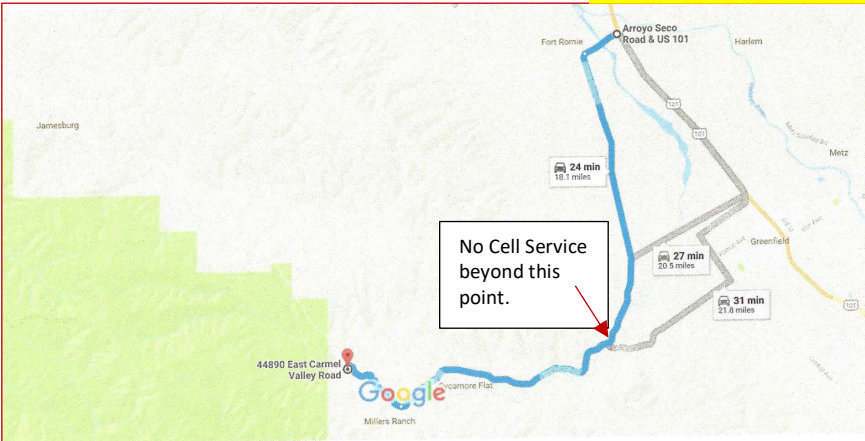
Sewing kit	This is a must for Phase 3. Campers may be required to sew things together during the week of camp, so it is important to not only bring one of these, but also know how to use it.
Locking knife	Campers will need to use knives for various activities throughout the week, such as cooking and whittling. They should be lock blade and no longer than 3 inches. Knife safety will be taught.
First Aid kit	People can receive small injuries living in the outdoors so it is good to have a first aid kit to treat any potential injuries.
Time Piece Phase 2 Phase 3	A watch is important. Everything is be scheduled. It is important to be on time! Don't bring expensive watches. Bring an inexpensive, one that does not need recharging. Bring a small alarm clock if your watch does not have an alarm.
Flashlight and extra batteries	Camp is dark at night and it is important to be able to see. You will need a flashlight to use during after dark activities and inside your tent. Newer LED lights are very bright, and extra batteries. Headlamps are also a good choice. You can purchase inexpensive ones many places.
Extra tarp	This is required for all phases. Each person needs their own personal tarp to sleep on when they go on an overnighter away from their normal campgrounds. A 4x6 feet tarp to accommodate your sleeping bag is recommended.
Camera	Since cell phones are not allowed, you can bring an old fashioned camera if you would like to. Disposable is best for a few pictures of your friends!
Electronics/ Phones	Just leave them at home! They are excluded from all activities. The dust is not good for them and they could be lost. There is no cell phone service available.
Other Items	Bring 2-3 pens or pencils. You will need to write things down. You will be learning how to use a compass, so bring one of those. Also bring a whistle just in case. Use it to alert others if you get separated from your group. Others can easily find you if you blow your whistle.

## “C Day” Orientation and INDABA Reunion Location



**Presidio of Monterey Scout Lodge** is located just above the Coast Guard wharf in Monterey. From downtown Monterey, take Del Monte Blvd. through the tunnel. Stay to the right and take the first slight right onto Foam St. Take the first left onto Reeside Ave., go one block and turn left onto Lighthouse Ave. Go one block and turn right onto Private Bolio, and turn left immediately. The Scout Lodge is the first building visible to you. Search Google Maps, POM Scout Lodge, Monterey, CA

## White Stag Leadership Adventure Session 1 Location

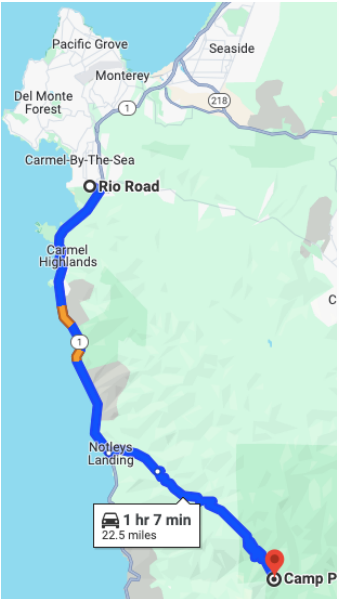


**Piney Creek Camp** –  
44870 Carmel Valley Road  
Greenfield, CA 93927  
From Highway 101 south take Arroyo Seco Road in Soledad. After approx. 17 miles turn right onto Carmel Valley Road. Go 1.7 miles. The driveway is on the left.

Google Maps Search  
“White Stag Piney Creek,  
Greenfield, CA”

via Arroyo Seco Rd Fastest route	24 min 18.1 miles
via US-101 S and Arroyo Seco Rd	27 min 20.5 miles

## White Stag Leadership Adventure Session 2 Location



- Rio Rd**  
Carmel-By-The-Sea, CA
- ↑ Head southeast on Rio Rd toward Mission Fields Rd  
0.4 mi
  - ↪ Turn right onto CA-1 S  
11.1 mi
  - ↶ Turn left onto Palo Colorado Rd  
2.3 mi
  - ↶ Turn left to stay on Palo Colorado Rd  
8.7 mi
- ▲ Partial restricted usage road

**Camp Pico Blanco**  
41352 Palo Colorado Rd, Carmel-By-The-Sea, CA 93923

**Camp Pico Blanco**  
41352 Palo Colorado Rd.  
Carmel-by-the Sea, 93923  
From Highway 101 South take Palo Colorado Rd. From Rio Road in Carmel, it takes approximately 1 hour 10 minutes and is 22.5 into Camp.

Google Maps Search  
“Camp Pico blanco”

Cell service is spotty to none.



## Part C: Pre-Participation Physical

This part must be completed by certified and licensed physicians (MD, DO), nurse practitioners, or physician assistants.

Full name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

**High-adventure base participants:**  
 Expedition/crew No.: \_\_\_\_\_  
 or staff position: \_\_\_\_\_

 You are being asked to certify that this individual has no contraindication for participation in a Scouting experience. For individuals who will be attending a high-adventure program, including one of the national high-adventure bases, please refer to the supplemental information on the following pages or the form provided by your patient. You can also visit [www.scouting.org/health-and-safety/ahmr](http://www.scouting.org/health-and-safety/ahmr) to view this information online.

Please fill in the following information:

	Yes	No	Explain
Medical restrictions to participate			

Yes	No	Allergies or Reactions	Explain	Yes	No	Allergies or Reactions	Explain
		Medication				Plants	
		Food				Insect bites/stings	

Height (inches)	Weight (lbs.)	BMI	Blood Pressure	Pulse
			/	

	Normal	Abnormal	Explain Abnormalities
Eyes			
Ears/nose/throat			
Lungs			
Heart			
Abdomen			
Genitalia/hernia			
Musculoskeletal			
Neurological			
Skin issues			
Other			

### Examiner's Certification

I certify that I have reviewed the health history and examined this person and find no contraindications for participation in a Scouting experience. This participant (with noted restrictions):

True	False	Explain
		Meets height/weight requirements.
		Has no uncontrolled heart disease, lung disease, or hypertension.
		Has not had an orthopedic injury, musculoskeletal problems, or orthopedic surgery in the last six months or possesses a letter of clearance from his or her orthopedic surgeon or treating physician.
		Has no uncontrolled psychiatric disorders.
		Has had no seizures in the last year.
		Does not have poorly controlled diabetes.
		If planning to scuba dive, does not have diabetes, asthma, or seizures.

Examiner's signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Examiner's printed name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP code: \_\_\_\_\_  
 Office phone: \_\_\_\_\_

### 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.

Maximum weight for height:

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



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