

TREKKING PROGRAM 2026



LEADER GUIDE

WELCOME TO CAMP ORR TREKKING!



Hello Scouts, Scoutmasters, and parents,

The trek staff of Camp Orr High Adventure Base is excited to welcome you to our premier camp facility for the summer of 2026. Your stay with us will be filled with fun, discovery, and unforgettable adventure.

While your time in base camp may be brief, the days you spend on trek will create stories and memories that last a lifetime. This year, our revamped trek program offers even more opportunities to explore the incredible Ozarks. Participants can embark on the classic Canoe Expedition, paddling miles down the pristine Buffalo National River and camping on its beautiful gravel bars, or set out on the new Ozark Discovery Expedition, an immersive backcountry experience through rugged trails and hidden vistas.

The Buffalo National River remains unmatched for its towering bluff lines and crystal-clear waters, while the Ozark National Forest provides nature at its finest for those ready to go off the beaten path. Both treks promise challenging journeys rewarded with breathtaking views and encounters with abundant wildlife.

Prepare yourself for adventure, growth, and the kind of natural beauty that defines Arkansas as the Natural State. We can't wait for you to experience the wild splendor of Camp Orr and discover why some places must be explored to be truly understood.

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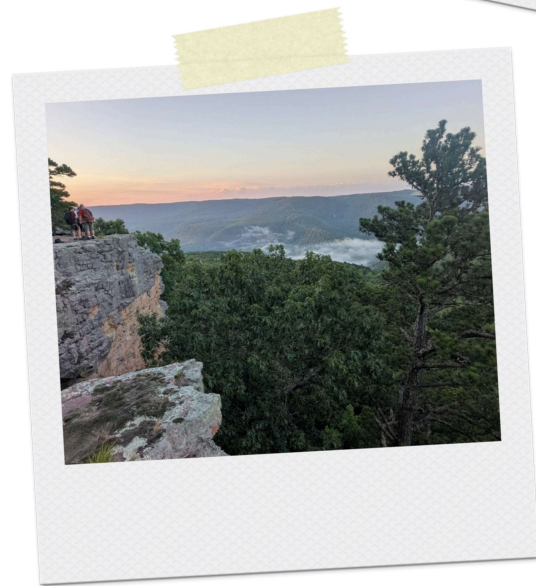
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NATURAL STATE COUNCIL CONTACT INFORMATION

CAMP INFORMATION & ASSISTANCE

For assistance with Tentaroo, campership requests, special camp needs requests, summer camp staff information or hiring paperwork, or refunds please contact Andrew Batten at andrew.batten@scouting.org.

For assistance with camp registrations and payments, merit badge class selection, invoices, customer service, or product ordering please contact Kim Brainard at kim.brainard@scouting.org.

COUNCIL CAMPING DIRECTOR

Haley Hunt - haley.hunt@scouting.org
501-561-8353

SUMMER CAMP DIRECTOR

Mark Gormley - wmcgrommet@gmail.com

SUMMER CAMP TREK DIRECTOR

Trey Park - etreypark3@gmail.com

SUMMER CAMP COMMISSIONER

Herb Haile - herb.haile@gmail.com

CAMP ORR CONTACT INFORMATION

The Camp Orr office can be contacted via this number: 870-446-5444 during camp operation only.

Every Scout and Scoutmaster loves sending and receiving letters and postcards while at camp, but please remember that all mail must be addressed properly. Note that mail sent from home later than Wednesday may not arrive until after the unit departs from camp on Saturday. Mail can be sent to this address:

Camp Orr High Adventure Base
2495 NC 2306
Jasper, AR, 72641

TREK PROGRAM GENERAL INFORMATION

SUMMER CAMP 2026 SESSION DATES

Week 1: June 7 - June 13

Week 3: June 21 - June 27

Week 2: June 14 - June 20

Week 4: June 28 - July 4

CHECK-IN & CHECK-OUT TIMES

Check-in will begin no earlier than 12:00 PM and will end no later than 5:00 PM on Sunday. If a unit cannot check-in during these times, they must contact the camp administration at least a week prior to their arrival date to make arrangements to ensure the logistics surrounding a modified check-in can be organized prior to arrival. For units requesting an early arrival to camp (arriving Saturday night) there will be a \$50 convenience fee added to their reservation and is due upon arrival to camp. Please note that with early arrivals, camp staff, food, and program services are unavailable and the unit is asked to stay in their assigned campsite until check-in.

Check-out will begin no earlier than 6:30 AM and will end no later than 10:00 AM on Saturday. If a unit cannot check-out during these times, they must contact the administration building at least 48 hours prior to their departure date to make arrangements.

CHECK-IN PROCEDURES

Your Camp Orr adventure begins at the top of the hill. The steep, unpaved road down is not suitable for low-clearance vehicles. A staff member will be stationed at "Cool Your Brakes" sign to ensure it's safe to proceed. Upon arrival, a staff member will greet you. Scouts and additional adult leaders will be dropped off at the designated drop off point and then taken on a tour of camp while one leader completes the check-in process at the dining hall. The check-in procedure includes the following:

- Medical screening: screening forms and health forms collected
- Paperwork check: forms checked and outstanding payments collected
- Camp orientation and tour
- Swim tests

Scouts should have their swimsuits on or in their backpacks prior to check-in. All unit gear should be loaded into one unit vehicle for transport to the unit's campsite. The unit vehicle is to be immediately returned to the visitor parking lot after unloading. Trailers may be left in the unit's campsite.

PRE-TREK SWIM TESTS

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.

TREK PROGRAM GENERAL INFORMATION

RESERVATION DEPOSITS

Campsites will be assigned prior to arrival to camp. The initial camp payment should be a \$250 unit campsite deposit. Note that if a unit is bringing less participants than the capacity of the campsite, they may be assigned to share a campsite. Provisional campers do not need to request a campsite.

NATURAL STATE COUNCIL REFUND POLICY

- Units may reduce their numbers without penalty until 5/15/2026.
- After 5/15/2026, camper feeds will only be refunded in case of a documented illness, injury, emergency, military transfer, or unplanned summer school.
- Refund requests must be emailed to Andrew Batten at andrew.batten@scouting.org. Refunds will be calculated at 50% of fees paid.
- For units who cancel their entire reservation after 5/15/2026, a \$300 deposit will be retained for planning and operations purposes.

ONLINE REGISTRATION INSTRUCTIONS

All summer camp registrations and payments will be made using the online registration system. ***Full instructions with screenshots can be found at <https://users.tentaroo.com/>***

When registering be sure that:

1. The Scout's rank is correct.
2. Both **YOUTH** and **ADULT** names are added to the number of slots reserved.
3. Classes are selected for all Scouts (and leaders if applicable).
4. Survival packs, shirts, and other products have been pre-purchased.
5. That you **PAY IN FULL** before arrival to camp.

IMPORTANT REGISTRATION DATES

- 9/1/2025: Registration opens for campsite deposits
- 11/1/2025: Registration opens for camper names
- 2/28/2026: Early bird registration rates end
- 3/1/2026: Class registration opens
- 4/15/2026: Campership applications are due
- 5/1/2026: Campership notifications sent to unit leadership
- 5/15/2026: Regular registration rates end, number decrease and refund deadline
- 5/30/2026: Last date to guarantee shirts and survival packs

TREK PROGRAM GENERAL INFORMATION

SUMMER CAMP 2026 FEE SCHEDULE

Category	Fall Discount (ends 10/31/25)	Early (ends 3/1/26)	Base (ends 5/15/26)	Late (closes 5/31/26)
Youth	\$350	\$400	\$425	\$450
Youth Trek	\$375	\$425	\$450	\$475
Adults	\$150	\$175	\$200	\$200
Adult Trek	\$250	\$275	\$275	\$275

REGISTRATION FEE ADDITIONAL INFORMATION

- To sign up for classes, 50% of camp fees must be paid. It is recommended that the number of participants be added as the unit receives payment.
- The free leader discount ratio is as follows: receive 1 free leader for the first 5-10 youth, and 1 additional free leader for every 10 youth until the unit reaches 60 youth. For more details, please contact Haley Hunt at haley.hunt@scouting.org.
- To recognize the adult leaders who are unable to attend a full week of camp, leaders may register as part-time attendees for \$40 per day. Each day of part-time registration includes three meals: breakfast, lunch, and dinner.

LEADERSHIP GUIDELINES

Scouting America requires that all leaders attending camp for more than 72 hours must be registered leaders with Safeguarding Youth Training completed. Each unit must provide at least two adult leaders with current training. **To verify SYT certificates upon check-in, unit leadership must bring copies of their membership cards or certificates of training or a roster that shows proof of SYT training.**

ROTATING & PART-TIME LEADERS

Consistent leadership throughout camp is necessary for safety and for the program to run smoothly. When necessary, leaders may rotate in and out and share a single leader fee. The camp administration asks that rotating leadership sign in and out of the camp office when a leadership change occurs and that the camp wristband be passed on to the incoming leader. **Note that extra camp patches and leader recognition items will not be available for multiple leaders sharing the same leader slot.**

PREPARING FOR THE TREK PROGRAM

REQUIRED DOCUMENTS FOR CHECK-IN

- A unit roster of trek participants (youth and adult).
 - We recommend printing your recharter roster and highlighting participants to ensure that all attending are registered in the unit.
- Any outstanding payments.
- For each youth and adult leader:
 - Annual Health and Medical Record, Parts A, B, and C signed by a parent/guardian and dated within 12 months of attending camp. **Note: Part C requires a physical.**
 - Pre-camp medical screening form completely filled out and signed by a parent/guardian, participant, and driver.
 - Medication dosing form for each participant bringing prescription medication.
 - Any program-specific permission forms.
 - For out-of-council units/individuals: a copy of your local council's accident or insurance information.
- Unit health officer waiver form.
- At least two adults on a trek must present proof of current training in the following areas: **CPR and Wilderness First Aid.**
- Leaders on river treks must present current proof of **Safe Swim Defense** and **Safety Afloat.**

SUPPLIES PROVIDED BY CAMP ORR

- All food while on the trek and dining hall meals before and after a trek
- Lodging the night a crew arrives and the night before a crew leaves camp
- Canoes, paddles, and life jackets for river treks
- Trained Trek Guides
- Emergency contact device (SPOT)

SUPPLIES CREWS WILL NEED TO SUPPLY THEMSELVES

- Tents (two-person tents are recommended, one-person tents will be approved for odd-numbered crews or for gender/youth protection compliance.
- Backpacks with 65-86 liter carrying capacity for backpack treks, and backpacks should be waterproof for river trek participants.
- Backpacking stoves (minimum of 2 per crew required)
- For river treks crews will need to provide adequate transportation to and from river drop points.

PREPARING FOR THE TREK PROGRAM

PACKING LIST - BACKPACKING/HIKING TREK

- Backpack (MUST have load bearing hip belt and sternum strap)
- Pack cover
- Rain gear
- Lightweight tent
- Lightweight sleeping bag
- Sleeping pad
- Pack pillow
- Hiking pants
- Underwear and socks
- Moisture wicking shirts
- Long sleeve shirt
- Hiking boots or trail shoes (required)
- Water shoes for river crossing
- Wide-brimmed hat
- Compass
- Whistle
- Matches
- Watch
- Insect repellent
- Sunscreen/sun protection
- Headlamp and small flashlight
- Personal first aid kit
- Folding knife
- BIC or similar lighter
- Compression sacks (recommended)
- 3-4 liter water container
- Water filter or treatment tablets (straw style not recommended)
- Backpack stove and fuel
- Trail dishes and utensils
- Dish sanitizer materials
- Can opener (recommended)
- Personal hygiene kit
- Small trowel
- Trekking poles

PACKING LIST - RIVER TREK

- Two 20L dry bags or two 5 gallon buckets
- Day pack
- Rain gear
- Lightweight tent
- Lightweight sleeping bag
- Sleeping pad
- Pack pillow
- Hiking pants
- Underwear and socks
- Moisture wicking shirts
- Long sleeve shirt
- Water shoes (required)
- Hiking boots or trail shoes
- Swim gear
- Wide-brimmed hat
- Compass
- Whistle
- Matches
- Watch
- Insect repellent
- Sunscreen/sun protection
- Headlamp and small flashlight
- Personal first aid kit
- Folding knife
- BIC or similar lighter
- Compression sacks (recommended)
- 3-4 liter water container
- Water filter or treatment tablets (straw style not recommended)
- Backpack stove and fuel
- Trail dishes and utensils
- Dish sanitizer materials
- Can opener (recommended)
- Personal hygiene kit
- Small trowel
- Trekking poles
- Fishing gear and license (optional)

Expedition Discovery Treks will need to pack the same as the River Trek.

PREPARING FOR THE TREK PROGRAM

PREPARING & TRAINING FOR YOUR TREK

A Camp Orr High Adventure Base Trek truly begins long before you set foot on the trail or the river—it starts at home. These treks are designed to challenge and inspire, offering rugged backcountry routes and long days of paddling or hiking. Because of this, they are not intended for beginners.

To make the most of your experience, we strongly recommend that your crew begins physical conditioning and skill preparation several months in advance. Regular hikes with loaded packs, practice paddling trips, and team-building activities will help everyone build endurance, learn essential techniques, and grow as a cohesive unit. Arriving at Camp Orr ready for the demands of the trek ensures a safer journey, a stronger team, and an adventure that's as rewarding as it is unforgettable.

HEIGHT & WEIGHT RESTRICTIONS

Your safety is our highest priority at Camp Orr High Adventure Base. To help ensure that every participant can complete their trek safely, Scouting America has established height and weight guidelines based on current health and medical research. These guidelines are explained in the chart that follows and are also detailed in the Annual Health and Medical Record. **NOTE: Participants must be at least 13 years old, of healthy weight, and in appropriate physical condition and maturity for the trek program. This guideline ensures accessibility for all capable Scouts while allowing Scoutmasters discretion based on their judgement.**

If a participant exceeds the maximum recommended weight for their height and their planned high-adventure activity will take them more than 30 minutes from an emergency vehicle or accessible roadway, they may not be permitted to participate in that activity. This policy is not meant to discourage anyone, but rather to reduce the risk of serious medical complications in remote areas where emergency care may be delayed.

We ask all participants and leaders to review the Annual Health and Medical Record carefully and to work with their personal healthcare provider well in advance of their trek. Proper preparation and attention to these requirements help protect every member of the crew and allow all participants to focus on the adventure, knowing that their health and safety come first.

RISK ADVISORY

Camp Orr High Adventure Base has an outstanding safety record. Scouting 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.

PREPARING FOR THE TREK PROGRAM

PREPARING FOR HIKING/BACKPACKING TREKS

Trekking at Camp Orr means steep, rocky trails with climbs of up to 1,000 feet while carrying a pack that may weigh up to one-third of your body weight. To handle these challenges safely, start a regular aerobic fitness program at least six months before your trek. Aim for 30 minutes of exercise three to four times a week at an intensity that raises your heart rate to about 75% of your maximum (roughly 220 minus your age). If you are over 40 or haven't been very active, check with your doctor before beginning any new routine.

Activities like jogging, stair climbing, hiking with a loaded pack, swimming, or cycling are excellent preparation. Begin slowly and increase the intensity over time. Training with fellow crew members and keeping a fitness log will help track progress, encourage consistency, and build team motivation. Proper preparation will help you stay healthy, reduce medical risks, and make your Camp Orr trek far more enjoyable.

PREPARING FOR RIVER TREKS

A Camp Orr canoe trek can mean paddling 10 miles or more each day and carrying gear during portages, so all participants must be physically prepared for this rugged adventure. Strong arms and upper body strength are essential for paddling, while your back and legs will be put to work carrying equipment. To fully enjoy the trip and stay safe, both youth and adults should be in excellent physical condition well before arrival. Begin a regular fitness program at least six months in advance, with aerobic exercise three to five times a week for 30 to 60 minutes per session. Jogging, hiking with a loaded pack, stair climbing, swimming, and cycling are great ways to build endurance. Always check with your physician before starting any new program.

Include upper body workouts such as push-ups, pull-ups, weight training, or practice paddling to strengthen the muscles you'll rely on most. Start slowly and increase intensity over time, and consider training with your crew to stay motivated. Keeping a fitness log helps track progress and encourages accountability. Arriving at Camp Orr in top shape will reduce the risk of injury and make every mile of the canoe trek safer, smoother, and far more rewarding.

PRACTICING THE PATROL METHOD WITH YOUR CREW

Your Camp Orr trek is a chance to put Scouting skills into action and experience the Patrol Method in a true high-adventure setting. Each crew functions like a patrol, with members of similar age and experience working together to plan, lead, and support one another. The crew elects a Crew Leader and designates a Chaplain Aide and Leave No Trace Guide, while all participants rotate through daily leadership roles such as navigator, cook, or water gatherer. From shared cooking and dishwashing to managing camp tasks, every responsibility reinforces teamwork, servant leadership, and group accomplishment. Guided by a Trek Guide, your crew will grow closer, learn from each challenge, and discover the pride that comes from achieving goals together.

PREPARING FOR THE TREK PROGRAM

ORGANIZING YOUR CREW

A well-organized crew gets its chores done efficiently and has more time to enjoy all that Camp Orr offers. Your crew should be organized well before arriving and will consist of up to 11 Scouts and Scouters plus a Camp Orr Trek Guide. A majority of members must be under 21. Each crew should elect a Crew Leader several months in advance to coordinate duties, make decisions, and lead by example. This role requires someone respected by all who can recognize each member's strengths and help the group reach consensus. A Chaplain Aide should also be selected to help the crew live the 12th point of the Scout Law and assist with spiritual needs, and a Leave No Trace Guide will help ensure that the crew follows outdoor ethics to protect Camp Orr, the Buffalo River, and neighboring lands for future generations.

Your Trek Guide, a Camp Orr staff member, will serve as a teacher and resource, coaching the Crew Leader and supporting the crew throughout the trek. An Adult Advisor will counsel and assist the Crew Leader, ensuring safety and well-being while allowing youth leadership to guide the experience. Strong communication is critical, so be sure to set aside time each evening to review daily objectives and check in with every member. Crew congeniality is vital; encourage members to share positive feedback and support one another, especially when conditions are hot, tiring, or challenging.

To stay organized, create a daily duty roster before arriving. Rotate jobs so that both experienced and newer members work together, with clear instructions for every task. Good planning will help everyone know what to expect and ensure that responsibilities like cooking, cleaning, and camp setup are shared fairly. Finally, appoint a Reporter to document your crew's adventure by sharing stories and photos with local media, your council, or on social platforms, and to prepare a presentation for your troop or crew back home. This not only celebrates your trek but inspires younger Scouts to prepare for their own future Camp Orr high-adventure experience.

SETTING THE PACE & CONSERVING ENERGY

Proper packing and preparation make backpacking much easier and practice hikes help you find a steady rhythm. Travel in a single file line at a slow, consistent pace so everyone stays together, slowing further on steep climbs but keeping the group intact except for medical emergencies. Take short, frequent rests of about 60 seconds without removing your pack by bending forward and loosening your hip strap to relieve shoulder strain. On long ascents, use the "rest step," locking your knee briefly so your bones support your weight, and pair it with rhythmic breathing by matching breaths to steps, taking one per step on moderate slopes or two to three on steeper ones. Snack often and drink plenty of water to maintain energy and stay hydrated for a safer, more comfortable trek.

PREPARING FOR THE TREK PROGRAM

TENTS & PACKS

At Camp Orr, all crew members are required to sleep in tents due to terrain, wildlife, and changing weather. Each member should know how to set up, take down, and fold a tent. Two-person tents are preferred to minimize campsite space, and a 5' x 7' waterproof ground cloth should be used under each tent. Single-person tents are allowed for odd-numbered crews, gender balance, or youth protection compliance. **Camp Orr provides tents only for the first and last night—trekkers must bring their own.**

A sturdy, well-fitted backpack (65–85 liters) is essential for carrying gear, food, and water. Sleeping bags and less-needed items should go at the bottom, with heavier items placed according to your pack's frame type. All gear should be organized in waterproof bags, and essential items like maps, rain gear, and first aid kits should be easily accessible. Fully loaded packs should generally weigh 20–25 pounds without food and water and not exceed 25–30% of body weight. Practice putting on your pack properly to ensure comfort. **Camp Orr does not provide backpacks for rental.**

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. 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.

MAP & COMPASS

The Buffalo River Trail is marked, but not well enough to rely solely on memory. Always carry a map and compass, with at least two people sharing them, though ideally each camper has their own. Practice your map and compass skills so you always know your location and direction. Learn to read map symbols and colors: black, brown, blue, green, white, and red, and understand orientation and scale. Resources like the *BSA Fieldbook* and *Orienteering Merit Badge Pamphlet* are excellent guides for developing these skills.

PERSONAL GPS & EMERGENCY LOCATOR DEVICES

If a crew member brings a personal GPS or Emergency Locator Device, they must know how to operate and program it before arriving at Camp Orr. National Park Service maps (available at nps.gov/buff/planyourvisit/maps.htm) can be used to find UTM coordinates and elevations for the river, trails, and other key locations, which should be loaded into the device in advance. While these devices can send emergency messages, they do not replace the Trek Guide's procedures, and all programmed messages must be checked carefully to avoid false alerts. Incorrect messages create unnecessary stress for families and trigger responses from Camp Orr staff and local authorities, and any fees from non-Camp Orr devices are the crew's responsibility.

PREPARING FOR THE TREK PROGRAM

BACKPACKING STOVES

All crews must provide and use backpacking stoves under adult supervision, keeping them away from tents due to fire risk. Fuel should be carried in proper bottles, and isobutane or propane stoves designed to hold an 8-quart pot are acceptable, with preferred models having a separate fuel line to reduce heat transfer and allow safe temperature control. Smaller stoves may be useful for quickly heating water on the trail but do not meet Camp Orr's requirements for crew cooking. Biofuel stoves are not permitted due to frequent fire restrictions. A minimum of two stoves per crew is required. We ask that crews learn and follow these safety tips:

1. Keep fuel containers away from hot stoves and fires and 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 the stove on a level, secure surface before operating.
5. When lighting a stove, keep fuel bottles and extra canisters away and open the fuel valve slowly.
6. Refill stoves away from open flames and recap all containers before lighting stoves.
7. Do not overload a stove.
8. Do not leave a lighted stove unattended.
9. Perform stove maintenance regularly, both at home and while on the trail.
10. Store fuel in proper containers.

EXTREME WEATHER PREPAREDNESS

Camp Orr High Adventure Base's hot season runs June through August, with average highs above 81°F and peak temperatures around mid-July reaching 90°F (lows near 70°F). Humidity is a key factor for comfort and safety, measured by dew point, which changes slowly and can keep nights muggy after humid days. The muggier period lasts mid-May through September, with oppressive conditions at least 19% of the time and peaking in mid-July at about 76%. Your adventure falls within the wetter season, mid-March through July, when the chance of a wet day exceeds 20%. Weather can vary across the base due to elevation and terrain, so come prepared for heat, humidity, and rain.

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 \$30.00
<https://ar-web.s3licensing.com/>

PREPARING FOR THE TREK PROGRAM

CLOTHING

The Scouting America uniform is recommended for travel and base camp, but other clothing is fine on the trail. Pack long pants for cool nights and required conservation projects, and wear shorts and short sleeves for most days. Bring a sweater or fleece for chilly mornings, evenings, and sudden rain or hail. A durable rain jacket and pants are essential—ponchos or cheap vinyl suits won't hold up. Dress in several light layers for better insulation and temperature control. Wool and synthetics stay warm when wet, while down and cotton lose insulation and dry slowly.

FOOTWEAR & CARING FOR YOUR FEET

High-quality, broken-in hiking boots are required for Camp Orr's steep, rocky trails. Proper fit and break-in prevent injury, so get fitted at an outdoor store and wear the socks you plan to hike in when trying boots. Bring a pair of sturdy, lightweight closed-toe shoes for camp use, short hikes without a pack, rock climbing, biking, and stream crossings. Sandals are only suitable in campsites.

Choose backpacking socks made of wool or synthetics for cushioning, wicking, and warmth. Liners keep feet dry under other socks, lightweight socks excel in warm weather, and midweight socks add padding and warmth. Wear your trek socks when fitting boots, as socks add volume. Address any foot issues before arrival and practice good foot care on the trail to avoid preventable problems.

LABELING YOUR GEAR

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.

HEALTH & SAFETY

ANNUAL HEALTH & MEDICAL RECORD

NOTE: This is the area that causes the most issues at check in so please adhere to the policies listed below. **WE CANNOT MAKE EXCEPTIONS** to the health form requirements as it is a violation of National Camp Standards.

Annual Health and Medical Records completed and dated within the last 12 months are required for all campers and leaders who are on property during summer camp. Here are some very important points regarding the Health and Medical Records:

- All 3 parts (A, B, and C which includes a physical dated within 12 months of the last day of camp) are **REQUIRED** for all campers on property more than 72 hours.
- It is the responsibility of each parent/guardian to ensure that their Scout has the correct medical forms. There is **no file of health forms** at camp or the council office from previous activities. A new form must be brought to camp either with the unit or the Scout.
- Rotating leaders on property less than 72 hours require form A and B.
- The Annual Health and Medical Record is located under the resources section of the summer camp page. This is the **only form** allowed. Sports and school physicals will not be accepted.
- This form is a fillable PDF (Parts A and B). A typed form is preferred over a handwritten form for legibility purposes.
- All information should be filled out completely, including immunization and emergency contact information.
- Certified and licensed health-care providers recognized by Scouting America to perform these exams include physicians (MD, DO), nurse practitioners, and physician's assistants.
- Please only send **copies** of your health form to camp.
- Do not mail, email or bring health forms to the council office prior to camp. All health forms should be brought to camp.
- Units can assist us by pre-checking all health forms to ensure they are accurate and complete and neatly organized in a binder alphabetically.

NOTE: If you do not have the complete and correct health forms you will not be permitted to check into camp.

HEALTH & SAFETY

THE HEALTH LODGE

The camp health lodge is staffed around the clock by qualified health officers ready to take care of scrapes, bruises, and minor injuries. If a Scout needs care beyond what the health lodge can provide, they'll be referred to urgent care or the local hospital's emergency room. For everyone's safety and insurance purposes, all accidents and illnesses must be reported and logged at the health lodge. Camp administration works closely with unit leaders to make sure Scouts get the proper medical attention and transportation if needed.

If a Scout needs hospital care, the unit leader will help contact the Scout's parents as soon as possible to keep them informed. Our goal is simple: every Scout should have a safe, healthy, and fun experience at camp. That means staff and leaders should keep an eye on campers' health and mood, especially during mealtime when you can tell a lot by appetite. If a Scout isn't eating like they normally would, and it's not just about food preferences, check in with them to see how they're feeling. Remember, good hygiene is a must, and it gets hot at camp, so stay hydrated and drink plenty of water. Keeping everyone healthy helps make camp the best adventure it can be!

EMERGENCY MEDICAL PROCEDURES

Participants requiring the attention of a doctor or the services of a hospital should know the following information.

It is the responsibility of the unit leadership to provide transportation for the unit member(s) requiring attention from a doctor or a hospital, unless the health officer determines that emergency transport is necessary. One adult leader from the unit, and one additional adult leader, will accompany the unit member(s) requiring services and is asked to carry insurance forms in for completion. They must obtain the Scout's health and medical form from the Health Lodge before going to the doctor or hospital. Parents or guardians will be notified by the camp director immediately of any serious illness or injury. If parents will not be at home while the Scout is at camp, have them advise the unit how they can be contacted. The health officer must clear all cases requiring outside medical care.

The following medical facilities are the designated summer camp providers:

- North Arkansas Regional Medical Center, 620 N. Main St., Harrison, AR, 72601

ACCIDENT & SICKNESS INSURANCE

Each participant should have a copy of their personal health/accident insurance card attached to their health form. The Scouting America - Council Accident and Sickness Insurance Plan provides secondary coverage for registered Scouts. Natural State Council provides insurance for all units registered in the council.

NOTE: Out-of-council units will be required to show proof of unit insurance at check-in.

HEALTH & SAFETY

ADMINISTERING PRESCRIPTION MEDICATION

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.

HEALTH & SANITATION

Trekking along the Buffalo River will come with certain guidelines and restrictions that must be followed. Every trek participant must abide by the following rules:

- ✓ Bathing with soap/shampoo in the river and streams is not allowed
- ✓ Collect a bucket/pan of water and wash at least 100 feet away from the water
- ✓ When disposing of human feces, dig a hole at least 100 feet away from the water and over with toilet paper and organic soil
- ✓ Bury food scraps in soil away from camp and pack out any trash

HEIGHT & WEIGHT RESTRICTIONS

At Camp Orr High Adventure Base, participant safety is our top priority. Scouting America has established height and weight guidelines, based on current health research, to ensure everyone can complete their trek safely; these are detailed in the accompanying chart and in the Annual Health and Medical Record. Participants exceeding the recommended weight for their height may be restricted from activities that take them more than 30 minutes from emergency access, not to discourage anyone but to minimize the risk of serious medical complications in remote areas. We encourage all participants and leaders to review the Health and Medical Record carefully and consult their healthcare provider in advance so everyone can focus on the adventure knowing their safety comes first.

HEIGHT/WEIGHT CHART

Height (Inches)	Max Weight (Pounds)	Height (Inches)	Max Weight (Pounds)
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

TREK RULES & POLICIES

TREKKING AT CAMP ORR

Camp Orr and the Buffalo National River abound in 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 the risks involved, Camp Orr strongly discourages hiking at night.

PRESERVING CAMP ORR & 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.

LITTER & 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 Natural State Council or National Park Service property and detracts from the "Camp Orr experience." Do not contribute to this problem.

WILDLIFE

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

TREK RULES & POLICIES

BEAR ENCOUNTERS

- Bears are a natural part of the Buffalo River environment and should always be treated with respect.
- Black bears are not usually aggressive, and many crews may never see one.
- Anything with an odor—not just food—can attract bears. This includes soaps, toothpaste, lip balm, sunscreen, insect repellent, film cartridges, and first aid kits.
- All scented items (“smellables”) must be stored in a bear bag at night and when away from camp. Each crew member should use a personal ditty bag for their own smellables.
- Store all uneaten food in a bear bag and never dispose of food in a latrine.
- Cook near the fire ring and away from sleeping areas, clean up only at the sump, and never eat inside tents since odors linger. Tents are for sleeping only.
- Human scent does not attract bears, but scented lotions, soaps, deodorants, shampoos, or spilled food can. Wash with scented products before mid-afternoon so smells dissipate before night, and avoid strong perfumes.
- Do not use deodorant on the trail, and apply sunscreen and insect repellent early so odors fade by evening.
- Clothing with spilled food must be removed from the sleeping area and stored properly.
- If a bear enters your campsite, stay away, make noise, and protect food only by keeping it properly hung—never risk injury to defend it.
- Bring an extra rope for hanging bear bags. Your Trek Guide will train you on best practices for keeping wildlife away from camp.

SNAKE ENCOUNTERS

- Camp Orr and the Buffalo River Wilderness Area are home to rattlesnakes and copperheads.
- If you see a snake, keep a safe distance and do not attempt to kill it—report the sighting to your Trek Guide.
- All native snakes, including venomous species, are protected by Arkansas law and may not be killed unless they pose a reasonable threat to people or property on private land.

INSECTS ON THE TRAIL

- During wet periods, mosquitoes are more active and may bite, potentially transmitting West Nile Virus.
- Keep tents zipped closed to reduce mosquito entry and use insect repellent on the trail.
- Camp Orr monitors mosquito-borne illness risks and provides updated information at the Advisors Meeting upon arrival.
- Bees and wasps are present at Camp Orr; if you are allergic, carry proper medication and inform a crew member of your condition and required treatment.

TREK RULES & POLICIES

TRAILS

- Respect the trails by not cutting green boughs or trees and avoiding marking on them.
- Stay on the path and do not cut across switchbacks.
- Leave trail signs intact and do not alter or change them.
- Remember that heavy use does not harm Camp Orr and the Buffalo National River, but carelessness and thoughtlessness can.
- Commit to the Outdoor Code and Leave No Trace to help keep Camp Orr and the Buffalo National River beautiful and clean for everyone to enjoy.

REPORTING ARTIFACTS

- Camp Orr High Adventure Base and the Buffalo River National Park are natural outdoor laboratories and museums of biology, geology, archaeology, and history.
- The area contains countless varieties of rocks, plants, and animals.
- Evidence of past human habitation includes prehistoric Indian artifacts such as arrowheads, potshards, and grinding stones.
- Remnants of old logging camps include bottles, cans, equipment, and cabins.
- Specimens of plants, animals (including deer antlers, elk sheds, and animal skulls), or artifacts should only be observed and documented, not removed.
- Written observations should be left at the Trek Headquarters during the check-out process.

SAFETY & HEALTH WHILE CAMPING, HIKING, & CANOEING

- Health & Cleanliness – Follow all health and safety practices, purify water, and rinse dishes to prevent illness. Stay personally clean to feel better and avoid sickness; short haircuts make washing easier. Showers may be available at some campsites.
- Foot Care – Address foot issues before arrival, keep feet clean and dry, change socks daily, and treat hotspots early to prevent blisters. Use moleskin or medical tape on blisters and treat cuts with antiseptic.
- Hydration & Heat – Drink 6–8 quarts of water daily and alternate with ½-strength sports drinks to prevent dehydration, which can occur even without thirst. Plan early hikes, take frequent breaks, and watch for symptoms such as dizziness, cramps, or nausea. Treat heat exhaustion with rest and fluids; heat stroke is life-threatening—cool the person immediately and get help.
- Stress & Group Dynamics – Long treks can cause emotional strain. Crew members should avoid irritating habits and leaders should listen, make group-focused decisions, and address conflicts early. Seek help from a Trek Guide or camp staff if needed.

TREK RULES & POLICIES

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.)
- 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, but be sure you have an escape route to higher ground in case the river comes up at night.
- When backpacking, select a site that is at least 50 feet off the trail and 100 feet away from a waterway.
- When leaving your campsite, follow Leave No Trace guidelines and check the area to pick up any stray bits of trash.

CAMPFIRES

- Use only dead and down wood and 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 should be scattered.
- Completely extinguish the fire before leaving camp.
- Do not attempt to burn your trash and garbage in the fire.
- Do not burn food scraps or plastic, as they do not burn completely and plastic can give off dangerous fumes and remember, aluminum, glass, and steel do not burn.
- During certain periods of high fire danger, campfires may be prohibited unless they are contained in a barbecue grill.

PREVENTING WILDFIRES

- Forests at Camp Orr are dry in summer, so wildfire prevention is everyone’s responsibility.
- Never build fires against trees, stumps, roots, or logs. and avoid building fires on grassy areas to protect the vegetation.
- Rake up flammable material before starting a fire.
- Never discard matches; extinguish completely before disposal.
- Never leave a fire unattended.
- Do not try to put out a fire by scattering it.
- Extinguish fires with water, sand, or damp earth; stir ashes and check by hand to ensure it is out.
- Always consider the safety of forests, wildlife, and humans when handling fire.
- Be alert for wildfires. Report any fire sightings to your Advisor or Trek Guide.
- Crews should not fight wildfires; trained firefighters will handle them.

TREK RULES & POLICIES

WATER USE

- 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.
- Purify all water from springs, streams, or wells. The most effective method is heating to a rolling boil. If using a filter, also use additives or boiling to kill viruses. Bring extra cartridges and spare parts.
- After meals, scrape and wipe dishes clean, wash with mild biodegradable soap in warm water, scrub off hardened food, and rinse in boiling water. Before each meal, sterilize dishes, utensils, and pots in boiling water for at least 30 seconds to disinfect pack contamination. Wash dishes away from camp to avoid contaminating the area.
- Strain wastewater before disposal and dump it at least 200 feet from campsites or water sources. Pack out solid matter to the next National Park Service campsite.

DISPOSAL OF TRASH

- Dispose of trash and garbage properly to keep camp clean and protect everyone's health.
- Never bury garbage or dump it in latrines—bears and rodents will dig it up.
- Place all trash in a plastic bag and deposit it in a trash receptacle at the nearest National Park Service campsite.
- Follow recycling programs for approved backcountry items as explained by your Trek Guide.

LATRINES

- When no facilities are available, dig a cat hole at least 200 feet from trails, water, or campsites.
- Dig the hole about 6 inches deep, staying within the organic topsoil.
- After use, fill the hole completely, pack the earth, and mound it slightly to prevent erosion.
- Never put garbage or trash in any latrine, as animals will dig it out.

SANITATION

- Bathing with soap or shampoo 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 improve sanitation in camp.
- Bury the food scraps in organic soil away from camp and haul out the trash.

TREK RULES & POLICIES

ELECTRONIC DEVICES ON THE TRAIL

- While at Camp Orr, the Buffalo River Trail and the Buffalo National River, there is no cell signal available, so cell phones are not an approved communication system while on the trail, or on the river.
- 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 at Camp Orr.
- Campers must stay constantly alert when climbing steep, rocky slopes.
- Use common sense to identify and avoid dangerous areas.
- Rock climbing is not allowed unless properly supervised.
- Avoid throwing or rolling rocks, especially in steep areas, as other hikers may be below.
- Remember the "A-B-C" of mountain safety: Always Be Careful.

WHAT TO DO WHEN LOST OR CONFUSED

- Hike together as a crew rather than spreading out to reduce the chance of anyone getting lost.
- Use a map and compass proficiently to always know your location.
- Never allow a crew member to leave camp or side hike alone.
- Follow the "rule of four": always hike in groups of four or more.
- If someone is injured, one person stays to treat them while the other two go for help.
- If confused on the trail, stay put, make camp in a safe spot, build and maintain a fire to help rescuers.
- Prepare your crew for a comfortable night; extra food can boost morale in a confusing situation.

MEDICAL TREATMENT

- Each crew carries its own first aid kit to treat minor cuts, scratches, and burns.
- At least two crew members must be currently certified in Wilderness First Aid and CPR (or equivalent).
- Protective gloves must be worn when providing first aid involving blood or body fluids.
- Anyone who comes into contact with body fluids should immediately wash affected skin with soap and water.
- All incidents involving body fluids must be reported to the Trek Guide and again to the Camp Director upon returning to base camp.
- For medical emergencies, illnesses, or injuries requiring more advanced treatment than Wilderness First Aid, follow proper emergency procedures.
- All participants are covered by a limited accident and sickness plan through Health Special Risk, Inc. and will

TREK OPTIONS & SCHEDULES

RIVER EXPEDITION

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>

BACKPACKING EXPEDITION

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.

Check out the links below for detailed 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>

TREK OPTIONS & SCHEDULES

TRADITIONAL TREK SCHEDULE

Day 1 at Camp Orr:

- A staff member will assist you with check-in, unloading, and parking so please follow instructions carefully.
- Plan to arrive at Camp Orr before 1:00 PM so that trek planning and gear checks can be completed.
- At check-in you will meet your Trek Guide who will assist your crew on your expedition.
- Crews will receive tent assignments at check-in for the first night at Camp Orr.
- The Crew Advisor will meet with the registrar to ensure that training certifications are in place and that any outstanding fees are paid.
- A medical re-check will be given to all crew members and all medical forms will be checked. Note: any participants who do not meet the height/weight requirements will not be allowed to participate and will be required to stay at base camp until their crew returns.
- A gear check and skills assessment will be completed at base camp, so crews should be prepared to unpack gear and demonstrate the skills needed to have a successful expedition. Note: any participants who cannot demonstrate sufficient knowledge of skills will be asked to remain in camp and an alternate in-camp program will be offered.
- A crew meeting will be held to ensure that backcountry conditions will allow for a safe and fun expedition experience in the administration building.
- A tour of camp will be provided if time allows.
- Dinner will be served in the Camp Orr dining hall.
- The crew is invited to participate in the opening campfire program.
- Following the campfire program, crews will return to their campsite to rest before departing on their trek the following morning after breakfast.
- Crews with vehicles are asked to store their belongings in their vehicles; when crews embark on their expedition no personal items should be left in tents.

Day 2 at Trek Headquarters:

- Report to the administration building after breakfast for departure; be sure to bring all personal equipment and belongings you will need with you.
- The crew will be transported to the starting location or launch site, and we ask that crew leadership assist in transporting crews before, during, and after treks.
- At trek headquarters, your Trek Guide will cover navigation, hiking etiquette, weather safety, emergency procedures, first aid, fire safety, backcountry hygiene, campsite setup, water and food safety, waste disposal, wildlife procedures, Leave No Trace and the Outdoor Code, and low-impact camping skills and techniques.

TREK OPTIONS & SCHEDULES

TRADITIONAL TREK SCHEDULE

Days 2-6 on the Expedition:

- Crews and Trek Guides will progress on their agreed-upon trek schedule, making sure to stay in contact with the Trek Director about progress and difficulties.
- Crews that experience emergencies or other events that would affect the health and safety of the participants are required to contact the Trek Director and other Camp Orr administration staff so that participants can be safely taken back to base camp.
- After breaking camp on the morning of the 6th day, crews will make their way to the designated pick-up point and be transported back to Camp Orr, unless scheduled to hike/canoe into camp.
- **Crews should not return to base camp until the date and time indicated on your itinerary. Meals and accommodations are not available for your crew until the scheduled date and time.**

Day 7 at Camp Orr:

- A “grab and go” breakfast will be served in the dining hall starting at 6:30 AM.
- After checking out of your campsite, crews will load gear into their vehicles.
- Crews should pick up health forms, medications, and any items left for safekeeping while on the trek before leaving camp.

TREK OPTIONS & SCHEDULES

OZARK DISCOVERY EXPEDITION

Camp Orr High Adventure is proud to introduce the “Ozark Discovery Expedition,” a premier, multi-discipline outdoor experience inspired by the world-class programs at Philmont. This week-long adventure goes beyond hiking and river trips, immersing participants in the history, rugged beauty, and spirit of the Ozarks. The expedition combines river expeditions, historic exploration, technical climbing, and heritage crafts into a single, challenging program that builds outdoor skills, fosters conservation awareness, and deepens appreciation for the culture and history of the region, all while creating lasting memories and testing personal limits.

OZARK DISCOVERY EXPEDITION SCHEDULE

Monday - River Voyage & Ghost Town Experience

- Breakfast and departure from Camp Orr
- Float from Dillard’s Ferry to Rush
- Camp at Rush and explore the historic zinc mine and ghost town.

Tuesday - Living History Base Camp & Conservation Trek

- Return to Camp Orr and establish a base camp at Living History
- Hike to Gar Hole or Hendren Hollow via Bench Trail for conservation lessons and Ozark History

Wednesday - Antenna Pine Climbing & Rappelling

- Technical climbing and rappelling challenges
- Return to Living History base camp for evening programs

Thursday - Riverman Heritage Immersion

- Learn about blacksmithing, crosscut saw work, pioneer tool craft, and riverman lore
- Celebrate the week’s achievements around the campfire

Friday - Riverman Open to Camp

- Learn about blacksmithing, crosscut saw work, pioneer tool craft, and riverman lore
- Return to Camp Orr for closing campfire program

NOTE: The Ozark Discovery Expedition Trek will only be available the 3rd and 4th weeks of camp.

TREK MENUS

ANTICIPATED MENU - HIKING & RIVER TREKS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST						
	Chicken & Waffles Hashbrowns	Granola/Oatmeal Carnation Drink Honey Sticks Granola Bar Trail Mix/Nuts Jerky & Fruit	Freeze-Dry Meal Honey Sticks Granola Bar Trail Mix/Nuts Jerky & Fruit	Granola/Oatmeal Carnation Drink Honey Sticks Granola Bar Trail Mix/Nuts Jerky & Fruit	Freeze-Dry Meal Honey Sticks Granola Bar Trail Mix/Nuts Jerky & Fruit	Grab & Go (pastries)
LUNCH						
	Canned Chicken/Tuna Crackers/Tortilla Honey Stick Granola Bar Trail Mix/Nuts Jerky & Fruit	Freeze-Dry Meal Energy Chew Granola Bar Trail Mix/Nuts Jerky & Fruit	Pita Chips Hummus Energy Chew Granola Bar Trail Mix/Nuts Jerky & Fruit	Freeze-Dry Meal Honey Stick Granola Bar Trail Mix/Nuts Jerky & Fruit	Freeze-Dry Meal Honey Stick Granola Bar Trail Mix/Nuts Jerky & Fruit	
DINNER						
BBQ Sandwich Potato Salad Baked Beans Watermelon	Freeze-Dry Meal Crackers/Tortilla Package Cookies	Canned Chicken Spanish Rice Tortilla Rice Crispie	Freeze-Dry Meal Crackers/Tortilla Package Cookies	Protein Noodles Trail Dessert Nachos	Chicken Breast Mashed Potato Green Beans Dinner Roll Fruit Cobbler	

ANTICIPATED MENU - OZARK DISCOVERY EXPEDITION

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST						
	Chicken & Waffles Hashbrowns	Granola/Oatmeal Carnation Drink Honey Sticks Granola Bar Trail Mix/Nuts Jerky & Fruit	Freeze-Dry Meal Honey Sticks Granola Bar Trail Mix/Nuts Jerky & Fruit	Granola/Oatmeal Carnation Drink Honey Sticks Granola Bar Trail Mix/Nuts Jerky & Fruit	Freeze-Dry Meal Honey Sticks Granola Bar Trail Mix/Nuts Jerky & Fruit	Grab & Go (pastries)
LUNCH						
	Canned Chicken/Tuna Crackers/Tortilla Honey Stick Granola Bar Trail Mix/Nuts Jerky & Fruit	Lunch at the Ozark Cafe	Pita Chips Hummus Energy Chew Granola Bar Trail Mix/Nuts Jerky & Fruit	Freeze-Dry Meal Honey Stick Granola Bar Trail Mix/Nuts Jerky & Fruit	Freeze-Dry Meal Honey Stick Granola Bar Trail Mix/Nuts Jerky & Fruit	
DINNER						
BBQ Sandwich Potato Salad Baked Beans Watermelon	Freeze-Dry Meal Crackers/Tortilla Package Cookies	Canned Chicken Spanish Rice Tortilla Package Cookies	Chili/Stew Bar Chips/Crackers Banana Pudding	Protein Noodles Trail Dessert Nachos	Chicken Breast Mashed Potato Green Beans Dinner Roll Fruit Cobbler	

NOTE: All scheduled meals are subject to change due to ingredient availability and other logistical concerns.



HIGH ADVENTURE BASE

www.CampOrr.org
www.NaturalStateCouncil.org



PROGRAM AREA AND FACILITY LOCATOR

DH	Dining Hall	HA	Handicraft	CL	Climbing Wall
PG	Parade Ground	BT	Buffalo Trail	SH	Shotgun
TP	Trading Post	SC	Scoutcraft	R/A	Rifle/Archery
QM	Quartermaster	EC	Ecology	WF	Waterfront

CAMPSITE LOCATOR

1	Dogwood	13	Blackfoot	21	River Trail
2	Cherokee	14	Deer		
3	Trail's Peak	15	Fox		
4	Elk	16	Polecat		
5	Greenbriar	17	Limestone		
6	Rattlesnake	18	Cedarvale		
7	Mickory Hgts.	19	Sassafras		
8	Bobcat	20	Staff Area		
9	Osage				
10	Sequoyah				
11	Sioux				
12	Shady Valley				

