

# CHAPTER 9

## High Adventure Awards of Los Padres Council

### AQUATIC ADVENTURE

#### Requirements:

1. Any type of craft may be used so long as it is safe and complies with all state and federal laws.
2. Each aquatic adventure shall be at least four (4) days on water using an appropriate craft. All equipment shall be carried in the craft daily, the unit breaking and setting a fresh camp daily.
3. Comply with the General Requirements.
4. Each participant must be able to: Swim 100 yards, perform mouth to mouth resuscitation, perform J-stroke, sweep stroke, backwater stroke, draw stroke, rudder stroke - both bow, crossbow and stern. Demonstrate how to trim craft, swamp and bring swamped craft to shore. Perform exchanging places in craft. Perform exiting and entering craft in deep water.
5. Study Canoe Merit Badge Book and follow safety rules and requirements.

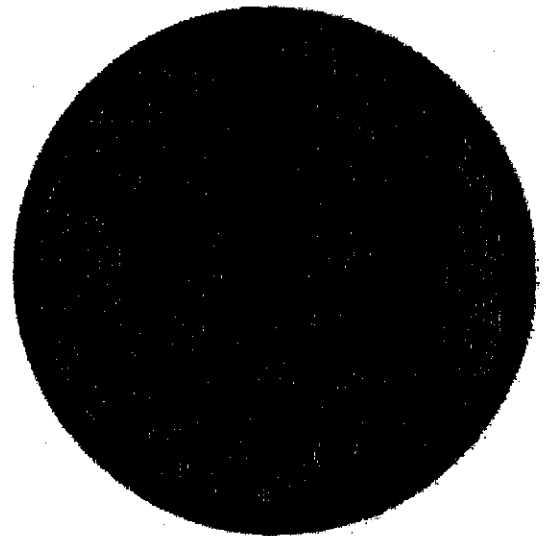


FIG. 9-1  
AQUATIC ADVENTURE  
3" DIA.

### FAR WESTERN ADVENTURE

#### Requirements:

1. Take a long term backpack trip anywhere EXCEPT the Sierras.
2. Take four (4) conditioning hikes, two of these trips to be equivalent to training trips or better and two to be equivalent to weekend trips or better. Two (2) trips must be taken within three (3) months preceding the TREK.
3. The long term backpack hike must be at least 6 days and 5 nights of approximately 25 hours (round-trip) scheduled backpack time.
4. Comply with the General Requirements.
5. Take notes and map comments for use in preparing hike report.
6. Submit completed application with hike notes and comments.

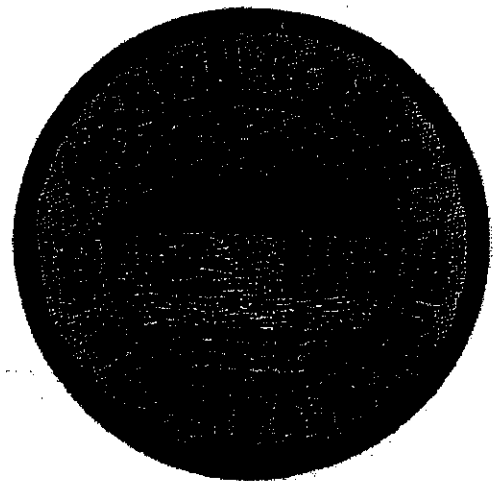


FIG. 9-2  
FAR WESTERN ADVENTURE  
3" DIA.