

## Family Camping @ Swift High Adventure Base

What: A two-night camp outing for the whole family

Where: [Swift High Adventure Base](#) @ S-F Scout Ranch

When: July 2-4 or July 5-7. Please plan to arrive between 5:00 – 7:00 PM on your check-in day and depart by 3:00 PM on your checkout day.

Price: \$20/night per family. Pay in the camp office upon arrival.

Lodging: Families will stay in the provided canvas wall tents on wooden frames. The tents can sleep up to three. Electricity is not available on the campsites. Families are welcome to bring their own tents, if preferred.

Program:

- Staff will be onsite to provide lifeguarding for aquatic activities, including swimming, canoeing, and kayaking. All participants must complete a BSA Swimmers Test (see reverse for details). Participants not completing the Swimmers Test will be allowed to swim and boat according to their ability level. The hours for aquatic activities are 9:00 AM - 12:00 PM and 2:00 PM - 5:00 PM.
- BB Guns and/or Archery will be available upon request.
- Staff will conduct Pontoon tours of Nims Lake in the evening for anyone that is interested.
- Staff will lead a short hike to Castle Rock in the evening for anyone that is interested.

Meals: Meals are the responsibility of each family.

Additional Information: Swift High Adventure Base features a large outdoor pavilion that families are welcome to use. Swift Lodge is available for anyone needing internet access. The lodge also has the camp store that all are welcome to visit. A recommended packing list is provided on page two of this document.

## BSA Swimmer Classifications

*To be completed at the Swift Aquatic Area before beginning swimming or boating activities.  
Staff will conduct the swim test.*

**Swimmer**- can swim in all areas and use all types of boats (Stand Up Paddle boards limited to those 11 years or older due to size)

Test:

- Jump feet first into water over the head, level off, and begin swimming.
- Swim 75 yards in a strong manner using one or more of the following strokes: side, breast, trudgen, or front crawl. Swim 25 yards using an easy, resting backstroke.
- The 100 yards must be completed without stops and must include at least one sharp turn.
- Rest by floating - Long enough to demonstrate ability to rest when exhausted.

**Beginner**- can swim in the beginner's or learner's area and can ride along in limited boats.

Test:

- Jump feet first into water over the head, level off, and begin swimming.
- Swim 25 feet on the surface.
- Stop, turn, and resume swimming back to the starting place

**Non-Swimmer**- can swim in the learner's area and can ride along in limited boats with an adult.

Test:

- Did not complete either of the swimming tests

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### Recommended Packing List

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| • Water bottle                                     | • Toothbrush & paste               |
| • BSA Annual Health & Medical Record – Parts A & B | • Hairbrush or comb                |
| • Medications                                      | • Hand sanitizer                   |
| • Face covering                                    | • Flashlight & batteries           |
| • Swimsuit   | • Insect repellent (non-aerosol)   |
| • Towels   | • Personal first aid kit           |
| • Hiking shoes/boots                               | • Sleeping bag or sheets & blanket |
| • Rain jacket/poncho                               | • Pillow                           |
| • Sunscreen  | • Pajamas                          |
| • Shower shoes/sandals                             | • Camp chair                       |
| • Underwear  | • Spending money                   |
| • Socks  |                                    |
| • Washcloth  |                                    |
| • Soap & shampoo                                   |                                    |

Prohibited items: firearms or ammunition, fireworks, alcoholic beverages, sheath knives, and aerosol product