



# Camp Daniel Boone

## HIGH ADVENTURE GUIDE

## GENERAL INFORMATION

- ALL HIGH ADVENTURE Participants **must** be at least 13 years of age by June 1, 2025.
- Mixed gender treks are possible, perfect for older scouts who want a more exciting summer camp experience!
- **TWO (2) copies of the completed official BSA Medical Form are required for High Adventure Programs**
  - Other medical forms will not be accepted. Scouts arriving without the required medical form will be responsible for acquiring a physical, locally, prior to being permitted to begin their trek. Treks will not wait to depart for Scouts without a physical.

**NOTE:** The National Forest Service limits group size to 10 people in a wilderness area. For our backpacking treks this number will include a staff member and one other adult with the crew. (Example: eight Scouts, one adult leader and one trail guide or eight Scouts and two trail guides) Therefore group size is limited to nine participants inclusive of an adult or eight participants without an adult. Larger groups can be accommodated but cannot hike in certain wilderness areas.

Upon arrival at Camp after their unit photo, all high adventure participants will go through the medical check and take their swim test. They will then meet with their trek guide and proceed to The Outpost (located about a ¼ mile down the road from base camp).

**\*Note:** It is required that each participant take the swim test at Lake Allen upon their arrival at camp to participate in the high adventure (excluding Boonesboro). The outcome of the test will not impact their ability to participate on the trek, but they may not be allowed to swim during other times outside of NOC guided trips.

All participants will be sleeping in platform two-person tents while at The Outpost. Participants have the option to sleep in their personal tents or hammocks.

**All treks may be modified due to extenuating circumstances such as weather or natural disaster.**

- Basecamp and High Adventure Trek Trip numbers are due May 15th (5 Day Adventure Trek and Day Rafting Trips). There is no penalty for any decreases **prior** to May 15th.
- Final trip numbers are due one week (7 days) before each trip. There is no penalty for decreasing 3 or less guests per trip.
- Any decreases larger than 3 guests per trip will be charged a 100% cancellation fee
- Any cancellations after final numbers are given one week (7 days) before the trip date, will be charged a 100% cancellation fee.
- Additional spots added after May 15th will be added based on availability and are not guaranteed.

**All High-Adventure participants in any trek (excluding Boonesboro Village) must bring a waiver signed by a legal parent or guardian for the Nantahala Outdoor Center.** You can find it here:

<https://www.campdanielboone.org/files/38165/new-noc-waiver-2021>

# LOW-IMPACT CAMPING

Scouting America puts more youth and adults into the outdoors than any other single organization. Primitive backcountry wilderness areas are a national treasure and must be treated with respect. We must train our youth to utilize these areas responsibly- to observe and enjoy, but at the same time, to preserve and protect.

An understanding and appreciation of Leave-No-Trace and The Outdoor Code's backcountry ethics can add a new dimension to a Scout's outdoor experience. Low-impact camping techniques can help ensure that future generations have the opportunity to experience pristine wilderness areas. All CDB treks adhere to Leave No Trace backcountry ethics. Take only memories, leave only footprints.







# *Camp Daniel Boone*

## BACKPACKING TREKS

**No other adventure is the same as backpacking.** It is the perfect opportunity to be out in the backcountry with all you own on your back, walking to magnificent views and taking time to discover the simple and plentiful wonders of nature. **Indeed, the flagship of our High Adventure program is our backpacking treks.**

**Western North Carolina has over a million acres of National Forest land available with hundreds of miles of trails.** We have selected a variety of trails that will allow your Scouts to explore nature and improve their back-country skills. They will get unplugged and see stars they may never have seen before. In some areas, your crew may not see another person outside of your crew the entire time out, a truly remote wilderness experience.

**All treks are led by trained and experienced staff.** Our guides stress instruction and practice in Leave No Trace and Outdoor Code ethics, expedition behavior, the patrol method, and Scout run leadership. Instruction and practice in backpacking, hiking, camping, first aid, nature, and other backcountry outdoor skills takes place daily.

All backpacking treks use the patrol method. This helps facilitate a greater sense of group accomplishment as all challenges are faced from a group-centered perspective.

**It is STRONGLY RECOMMENDED that participants take part in some form of conditioning prior to arrival at camp, as trails in Western North Carolina are rugged. We recommend long day hikes with a weighted pack and/or weekend backpacking trips for your unit's springtime activities. Individual exercise also helps tremendously.**

If you and your Scouts are looking for the greatest of all Scouting classrooms, and a chance to explore Western North Carolina up close and personal, and if you are in decent physical shape and can handle the physical demands of living in the backcountry, then a backpacking trek is for you.

**Scouts will learn various low-impact camping methods and how to plan for future backpacking treks, including what cooking gear, food, group gear, and personal gear may be needed.** The high altitude balds are excellent places for Scouts to practice topographic map navigation with the endless views and all the terrain features visible below.

**All backpacking treks offer Friday for rafting on the Nantahala River as an optional activity.**

# ART LOEB TREK

**GROUP SIZE:** Minimum: 4 Maximum: 9

**FEE:** \$480

**AVAILABILITY:** All Summer!

**This trek requires VERY GOOD physical conditioning for EVERY participant. The Art Loeb trek is a four-day loop trip including a portion of the Art Loeb Trail through Pisgah National Forest and Shining Rock Wilderness.** The trail is famous for its rugged climbs and pristine views from atop the Eastern United States. It runs from the Davidson River across several landmark area peaks around the southern rim of the Davidson River valley. It crosses Pilot Mountain on the northern end of this dividing ridge, before climbing steeply to the Blue Ridge Parkway and Silvermine Bald, where it tops 6000' in elevation. Next, the trail crosses Black Balsam Knob, where there is a plaque commemorating Art Loeb and the Trail. This is the most famous section of the trail, and for a good reason! The views and uniqueness of this section of trail are second-to-none! **See photo below!**

Finally, it travels across the mountain balds and through the Shining Rock Wilderness past Shining Rock itself. Near Cold Mountain the trail climbs into 'The Narrows' and rugged ridgeline which slowly gets smaller and smaller with memorable views to the north and south. A side trip will take you to the summit of Cold Mountain, before descending steeply to end at Camp Daniel Boone.

This trail is a memorial to Art Loeb, a man who deeply loved these mountains. This trail was ranked as the #2 trail in America for high alpine views in the April 2007 Backpacker Magazine.





# PANTHERTOWN VALLEY TREK

**GROUP SIZE:** Minimum: 4 Maximum: 9

**FEE:** \$480

**AVAILABILITY:** All Summer!

This has become one of the more popular areas in the region. If your group wants relaxing adventures with tons of waterfalls and rivers, then this trek is for you. The vastly diverse ecosystems that occupy Panthertown Valley, along with the somewhat easier terrain, will surely allow for memorable adventures for each group (See photo below!) This trek invites those wishing to have a more leisurely week in the forest with short daily mileage and plenty of time to fish and play in numerous waterfalls!

Groups will have sufficient time to work on merit badge requirements (if they choose) as well as other backcountry camping techniques. This is a great area to set up a base camp and have day hikes to various locations throughout the week.







# Camp Daniel Boone

## "ROCK SCHOOL" CLIMBING TREK

**GROUP SIZE:** Minimum: 5, Maximum: 10

**FEE:** \$555

**AVAILABILITY:** June 15th-21st, Week 2 Only

### A week filled with climbing!

This sky-high adventure begins on Monday, when the group will review climbing equipment, commands, techniques, belaying, and rappelling while climbing and/or bouldering at camp. **Everything the Scouts learn on Monday will be reviewed and utilized throughout the rest of the week at the climbing sites.** Then, you'll spend Tuesday through Thursday climbing nearby natural rock faces such as Looking Glass, Rumbling Bald, Ship Rock, Snakes Den, or Linville Gorge. On Friday, you'll have a choice to make: You can either climb on for another day OR go white water rafting. **NOTE: Due to the level of physical and mental maturity required with rock climbing, we recommend that all participants be at least 14 years old. Also, the Ropes Trek Director has the right to refuse to take anyone away from camp that is behaving in an unsafe manner and might be of risk to anyone else in the group. Scouts who do not already have the climbing merit badge will earn the badge during the week.**





# PERSONAL EQUIPMENT FOR BACKPACKING & ROPES TREKS

**A Scout is Prepared.** Each Scout and Scouter must be equipped for cold, hot and WET weather. Although our treks take place in a summer setting, **the mountains of Western North Carolina are situated in a temperate rainforest and have peaks that exceed 6,000 feet. This can cause temperatures to range from 95°F during the day with no shade to below 40°F at night.** Throw in heavy winds and conditions can be somewhat extreme. Hypothermia is a real challenge in the mountains, even in summertime. Prolonged periods of rain or quick thunderstorms are not uncommon. Below are gear checklists for each activity we provide.

**Also, we recommend that each participant attempt to pack light.** We will have a group shakedown and remove any items deemed unnecessary to ensure there is room for food, extra water, and group gear. If you have any questions or concerns, please contact the council office.

We layer our clothing, combining different garments to achieve optimum insulation and protection from wind and rain. We use either synthetic or wool fibers, which insulate when wet. We avoid cotton, which is poor insulation when wet.

**Please plan on having a pair of clean clothes to wear when you return at the end of the week.** The Class A uniform is a great choice, and it prevents packing extra clothes.

**NOTE: Hikers will not be permitted to carry overweight packs regardless of age, size or experience.** The base weight of the pack should be no more than 25 pounds (base weight is the combined weight of the below items). Group equipment, water, and food will be added after the packs are weighed, so keep this in mind.

**NOTE: All of camp's equipment is furnished free of charge, providing that the equipment is returned in the condition issued.** To prevent any unnecessary purchases of new equipment, it will be required that any lost or damaged equipment be paid for by the participant(s) responsible.



# PACKING LIST FOR BACKPACKING & ROPES TREKS

These are minimal recommendations; A Scout is Prepared. Be mindful that what you pack, is what you intend to carry on your Trek. There is limited space to leave any unneeded items at the High Adventure Outpost.

## UPPER LAYERS

- 3 T-shirts (nylon, under armor, polyester etc....)
- 1 top layer (non-cotton jacket or other appropriate top for cold evenings)
- 1 **rain jacket with a hood** (no thin “Emergency Ponchos”)

## LOWER LAYERS

- 3 pairs of synthetic pants or shorts (Quick-dry materials preferred)
- 1 **pair of rain pants**
- 3 pairs of synthetic undergarments
- 4 -5 **pairs of non-cotton socks**

## EQUIPMENT

- 1 sleeping bag with stuff sack
- 1 sleeping pad
- 1 lightweight tent or hammock (If you bring a tent, please consider sharing to minimize our impact and practice the principles of Leave No Trace)
- 1 internal or external frame backpack
- 1 pack cover (we provide multiple large trash bags for water proofing if needed)
- 1 nylon dry bag or Zip-lock Bags to keep clothes dry
- 1 bowl or mess kit
- 1 eating utensil (preferably a spork)
- 2 Quart-sized water bottles (Nalgene, old Gatorade bottles, Camelbacks)
- 1 pair of Hiking Boots or hiking shoes (sturdy with good ankle support)
- 1 pair of camp shoes or closed-toed sandals to wear when not wearing boots
- One (1) copy NOC Waiver for rafting [https://www.campdanielboone.org/files/38165/new-noc-waiver-](https://www.campdanielboone.org/files/38165/new-noc-waiver-2021)

2021

## MISCELLANEOUS ITEMS NEEDED

- flashlight with extra batteries
- pocketknife
- extra tent stakes
- small cord or twine
- extra lighter and/or matches
- towel
- toiletry kit (biodegradable soap, hand sanitizer, toothpaste and toothbrush, toilet paper, etc. Please leave deodorants and body sprays at camp because they attract bears.)



## OPTIONAL ITEMS

- hats with brims
- bandana
- sunglasses
- insect repellent
- sunscreen
- watch
- camera
- backpacking stove
- water filter
- extra snacks
- extra money while on the road for meals or souvenirs
- notepad with pen or pencil,
- books, cards, etc.

## GROUP EQUIPMENT PROVIDED

- Food
- First aid kits
- Stoves
- Cook sets and pots
- Water purification systems and chemicals
- Trowels and toilet paper
- Large group tarps with line
- Fuel bottles and fuel
- Maps and Compass
- Dromedary bags
- Any other general equipment needed for the trek

## GROUP EQUIPMENT PROVIDED (CLIMBING ONLY)

- Helmets
- Harnesses (please do not bring your own harness)
- Ropes
- Belay Devices
- Hardware

# HIGH ADVENTURE EMERGENCY RESCUE POLICY

All emergency rescues and recoveries will be executed by local EMS and Search & Rescue officials. **All non-emergency extractions will be charged \$250. Since non-emergency extractions tax our resources, this fee is final and non-negotiable.** This includes any Scout(s) who wander off from their troops or campsites and cause Camp to enter Lost Camper mode. Remember, we operate in wilderness areas and travel to very remote locations. So, unless you are having a true emergency, please do not ask us to take you back to Camp once your trek has begun. Thank you for understanding and complying with this policy.



Camp Daniel Boone is proud to partner with the Nantahala Outdoor Center (NOC) to provide our Scouts with multiple Outdoor Adventure program opportunities. NOC has been in operation since 1972 and has been called "One of the Greatest Outfitters on Earth" by National Geographic Magazine. Their commitment to professionalism and safety are the cornerstones of their success.

## FIVE DAY ADVENTURE TREK

**CREW SIZE:** Minimum 8, Maximum 24

**FEE:** \$670

**AVAILABILITY:** All Summer!

Camp Daniel Boone's newest Trek Adventure! The 5 Day Adventure Trek pieces together the best outdoor activities that are at the heart of high adventure programming: Whitewater Rafting, Ziplining, and Mountain Biking! We will start the week off in the trees on the NOC's Zip Line Adventure Park where they will experience thrilling ariel obstacles 40 feet in the air. After lunch, they will then travel to Fontana Lake, where they will spend the afternoon canoeing and exploring North Carolina's deepest lake at 440' deep. On Tuesday, we whitewater raft down the Nantahala River. This will be a guided rafting adventure as your Scouts experience Class 1-3 rapids over 8 fun-filled miles, finishing with Nantahala Falls. On Wednesday, you will spend the majority of the day mountain biking in the Nantahala National Forest and Flint Ridge. On Thursday, we get back in the raft on the Ocoee River in Tennessee, paddling through Class 3 and 4 rapids! Finally, we end the week on the 3 oldest river in the world- the French Broad. This capstone rafting adventure lets us paddle through Class 2 and 3 rapids and end an exhilarating week with the new friends you've made along the way!

Crews will be housed at the High Adventure Outpost and cook their own evening meals (food provided).

**NOTE:** Scouts can NOT earn the Whitewater Merit Badge using a raft because the Whitewater Merit Badge only uses canoes and kayaks. **Participants MUST weigh between 100lbs and 250lbs for ziplines and between 60lbs and 250lbs for the ZLAP course.**

### WEEK AT A GLANCE:

**Monday:** ZLAP and Fontana Lake Tour

**Tuesday:** Nantahala River

**Wednesday:** Mountain Biking

**Thursday:** Ocoee River

**Friday:** French Broad River



# PERSONAL EQUIPMENT FOR ADVENTURE TREKS

Our water trips are somewhat different than our land treks. We layer our clothing, combining different garments to achieve optimum insulation and protection from wind and rain. We use either synthetic or wool fibers, which insulate when wet. We avoid cotton, which is poor insulation when wet.

It is not necessary to have a change of clothes for each day of the week. Ultimately you will be getting wet during these treks. **Try to bring one (1) set of clothes to wear each day while participating in your chosen activity.**

Please also plan on having a pair of clean clothes to wear when you return at the end of the week. The Class A uniform is a great choice, and it prevents packing extra clothes. If you have any questions or concerns, please contact the Camp Director.

## PACKING LIST FOR 5 DAY ADVENTURE TREK

### UPPER LAYERS

- 2 non-cotton shirts (nylon, under armor, polyester etc.) These will be worn during our activities. Long sleeves are recommended.
- 1 base layer (Long sleeve shirt to put on in the evenings, like long johns.)
- 1 mid layer (Thicker shirt to wear over base layer) OR 1 top layer (Fleece jacket or other appropriate top for cold evenings)
- 1 rain jacket with a hood (No "Emergency Ponchos")

### LOWER LAYERS

- 2 pair of synthetic shorts (to wear during activities)
- 1 pair of long pants for nights
- 1 pair of rain pants or rain chaps
- 3 pairs of socks

### EQUIPMENT

- 1 sleeping bag with stuff sack
- 1 sleeping pad (closed cell foam or inflatable pads such as Therma-rest)
- 1 backpack or duffle bag or trunk for all your gear.
- 1 daypack for daily activity supplies (water bottle, etc.).
- 1 bowl or mess kit
- 1 eating utensil (preferably a spork)
- 2 Quart sized water bottles AT LEAST (Nalgene, old Gatorade bottles, Camelbacks)
- 1 pair of sandals with a back strap or water shoes
- An extra pair of shoes to wear when not on the water
- Five (5) signed copies of the NOC Waiver for rafting  
<https://www.campdanielboone.org/files/38165/new-noc-waiver-2021>
- Money for dinner out on Thursday night (5 Day Adventure Trek has a very long day!)

## MISCELLANEOUS ITEMS NEEDED

- Flashlight with extra batteries
- Sunscreen
- Pocketknife
- Hats with brims
- Extra tent stakes
- Small cord or twine
- Extra lighter and/or matches
- Towel
- Sunglasses
- Bandana
- Toiletry kit (biodegradable soap, hand sanitizer, toothpaste and toothbrush, toilet paper, etc...please leave deodorants and body sprays at camp because they only attract bears.)

## OPTIONAL ITEMS

- Insect repellent
- Watch
- Camera
- Backpacking stove
- Water filter
- Extra snacks
- Extra money while on the road for meals or souvenirs
- Notepad with pen or pencil
- Books Cards

## GROUP EQUIPMENT PROVIDED

- Food
- First aid kits
- Stoves
- Cook sets, pots, and kitchen utensils
- Water purification systems and chemicals
- Trowels and toilet paper
- Large group tarps with line
- Fuel bottles and fuel
- Maps
- Dromedary bags
- Coolers
- Canoes
- PFD's (lifejacket)
- Paddles
- Any other general equipment used by a group (not personal gear).



# CAMP DANIEL BOONE HIGH ADVENTURE RISK POLICY

For the most UP TO DATE information on High-Risk Advisories from the BSA, please follow this link:  
<https://www.Scouting.org/health-and-safety/risk-factors/>

Parents, guardians, and potential participants in Camp Daniel Boone's High Adventure programs are advised that journeying to and from camp, and staying at camp, can involve exposure to accident, illness and/or injury associated with high elevation, physically demanding high adventure programs in a remote mountainous area.

Campers may be exposed to occasional severe weather conditions such as lightning, hail, flash floods and heat. Other accidental possibilities include injuries from tripping and falling, motor vehicle accidents, asthma and diabetes related incidents, heart attacks, heat exhaustion and falls from horses. Western North Carolina trails are steep and rocky. Wild animals such as bears, rattlesnakes and mountain lions are native and usually present little danger if proper precautions are taken.

Please refer to this guidebook, speak with previous high adventure participants, or call Camp Daniel Boone for further information concerning risks and measures which can be taken to avoid accidents. CDB staff are certified in wilderness first aid and CPR and are prepared to assist in recognizing, reacting, and responding to accidents, injuries, and illnesses. Medical and search and rescue services are provided by Haywood County and Camp Daniel Boone in response to an accident or emergency, however, response times can be affected by location, weather, or other emergencies and could be delayed 6 or more hours.

## RECOMMENDATIONS REGARDING CHRONIC ILLNESSES

Camp Daniel Boone requires that this information be shared with the parent(s) or guardian(s) and the examining physician of every participant. Camp Daniel Boone does not have facilities for extended care or treatment, therefore, participants who cannot meet these requirements will be sent home at their expense.

## CARDIAC OR CARDIOVASCULAR DISEASE

Adults or youth who have had any of the following should undergo a thorough evaluation by a physician before considering participation at Camp Daniel Boone High Adventure:

1. Angina (chest pain caused by heart or coronary artery disease)
2. Myocardial infarction (heart attack)
3. Surgery or angioplasty to treat coronary artery disease; surgery to treat congenital heart disease or other heart surgery.
4. Stroke or transient ischemic attacks
5. Claudication (leg pain with exercise caused by hardening of the arteries)
6. Family history of heart disease or a family member who died unexpectedly before the age of 50.
7. Excessive weight
8. Smoking

The altitude at our High Adventure Programs and the physical exertion involved may precipitate either a heart attack or stroke in susceptible persons. Participants with a history of any of the first six (6) conditions listed above should have a physician supervised stress test. A thallium stress test is recommended for participants who have coronary heart disease. Even if the test is normal, the results of testing done at lower elevations and without the backpacks carried at camp do not guarantee safety. If the test results are abnormal, the individual is advised not to participate.

## **EXCESSIVE BODY WEIGHT**

Any youth or advisor who exceeds the maximum weight limits on the Scouting weight chart is at extreme risk for health problems.

## **HYPERTENSION (HIGH BLOOD PRESSURE)**

The combination of stress and altitude appears to cause a significant increase in blood pressure in some individuals attending our high adventure programs. Occasionally hypertension reaches such a level that it is no longer safe to engage in strenuous activity. Hypertension can increase the risk of having a stroke, developing altitude sickness, or angina. Persons coming to camp should have a normal blood pressure (less than 135/85). Persons with significant hypertension (greater than 150/95) should be treated before coming to Camp and should continue medications while at Camp. The goal of treatment should be to lower the blood pressure to normal. Persons with mild hypertension (greater than 135/85 but less than 150/95) probably require treatment as well. It is the experience of the Camp Daniel Boone medical staff that such individuals often develop significant hypertension when they arrive at Camp Daniel Boone. Participants already on antihypertensive therapy with normal blood pressures should continue the medications. Diuretic therapy to control hypertension is not recommended because of the risks of dehydration which exist with strenuous activity at high altitude and low humidity. Each participant who is 18 years of age or older will have his or her blood pressure checked at Base Camp. Those individuals with a blood pressure consistently greater than 150/95 probably will be kept off the trail until the blood pressure decreases.

## **INSULIN DEPENDENT DIABETES MELLITUS**

Exercise and the type of food eaten affect insulin requirements. Any individual with insulin-dependent diabetes mellitus should be able to monitor personal blood glucose and to know how to adjust insulin doses based on these factors. The diabetic person also should know how to give a self-injection. Both the diabetic person and one other person in the group should be able to recognize indications of excessively high blood sugar (Hyperglycemia or diabetic ketoacidosis) and to recognize indications of excessively low blood sugar (hypoglycemia). The diabetic person and one other individual should know the appropriate initial responses for these conditions. It is recommended that the diabetic person and one other individual carry insulin on the trek (in case of accident) and that a third vial be kept at the Health Lodge for backup. Insulin can be carried in a small thermos which can be resupplied with ice or cold water. A diabetic person who has had frequent hospitalizations for diabetic ketoacidosis or who has had frequent problems with hypoglycemia should not participate in a trek at Camp Daniel Boone until better control of the diabetes has been achieved. Call Camp Daniel Boone Health Lodge at (828) 648-0442 to obtain permission from the chief medical officer for individuals hospitalized within the past year.

## **SEIZURES (EPILEPSY)**

A seizure disorder or epilepsy does not exclude an individual from participating on our High Adventure treks. However, the seizure disorder should be well controlled by medications. A minimum one-year seizure-free period is considered to be adequate control. Exceptions to this guideline may be considered by Camp Daniel Boone's chief medical officer and will be based on the specific type of seizure and the likely risks to the individual and to other members of the crew. The medical staff at the Health Lodge may place some restrictions on activities (rock-climbing, horse riding, etc.) for those individuals who are approved for participation but whose seizures are incompletely controlled.



WEIGHT LIMITS FOR BACKPACKING TREKS

Each participant in a Camp Daniel Boone trek should not exceed the maximum acceptable weight. The right-hand column shows the maximum acceptable weight for a person’s height in order to participate in a Camp Daniel Boone trek. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks. Every hiking trek involves hiking with a 35–50-pound backpack with elevation gains as much as 3,000 feet.

It is recommended that participants carry a pack weighing no more than 25-30% of their body weight. Participants 21 years and older who exceed the maximum acceptable weight limit for their height at the Camp Daniel Boone medical recheck, will not be permitted to backpack, or hike in our treks. For example, a person 5’10” cannot weigh more than 226 lbs. The maximum acceptable weight for individuals of any age 6’7” or taller is 295 lbs. This limit is necessary due to limitations of rescue equipment and for the safety of rescue personnel.

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