



Leader Guide
Winter Camp 2022

This guide should help you prepare for winter camp. It is designed for all participants.

This is our second, best ever, winter camp for the Old North State Council. We will be continuing traditions, beginning new traditions, and rejuvenating many scout traditions. There will be songs that are familiar to many veteran scouters, and skits that may be new to all. The fire to open our camp will be lit by representatives of each unit. There will be a special traditional scouting activity as part of the opening fire. While we are at Cherokee, we will carry on the Cherokee way of providing great customer service and working to provide memorable experiences to each participant; winter camp is at Cherokee Scout Reservation, but it is not summer camp.

Contact People:

Camp Director Bud Harrelson, bud.harrelson@scouting.org

Program Director, Josh Rose, jbrose1@bellsouth.net

Check in

Regular campers: begins 2pm on December 27. Only one vehicle per unit will be allowed into the campsite. The vehicle must stay on the gravel roads or an established turn out. A trailer may be left in the site, but no vehicle capable of moving under its own power can be in camp after 5pm December 27. Plan for your unit to arrive at one time. Upon arrival, the designated vehicle will be directed to the campsite while all other vehicles park in the lot and all participants walk in. Medical rechecks screenings will occur in the campsite. There will not be a tour of the camp.

Provisional: arrive between 2pm and 3 pm December 27. Place your gear in the designated camp vehicle parked near headquarters in the parking lot. Once all provisional participants arrive, they will walk into the provisional site as a group. The campers' gear will be driven to their campsite in the camp vehicle.

Day campers: Arrive at 8am on your scheduled day(s) and report to the headquarters building. On the first day, bring your [medical forms](#) and [pre-camp medical screening form](#).

Check out

Camp ends after closing ceremonies on December 30 which begin at 5pm. The ceremonies should be complete by 5:30 pm. If you have additional transportation coming to camp, please arrange a 5pm arrival to whisk participants home after the closing ceremony.

Day campers: The day ends for day campers at 5pm. Please arrange to be in the parking lot to pick up your scout at 5pm knowing it will be a few minutes as they walk to the parking lot.

Accommodations

Participants will be staying in Adirondack shelters in the campsite. Four scouts of the same gender and with 2 years of age will share an Adirondack. All Youth Protection rules apply including no adults sharing a shelter with any youth (even parents). Four mattresses are in each Adirondack and participants will sleep in bunk beds.

Leadership and behavior

Following Scouting rules and practice, the two deep leadership and no one-on-one interaction prohibition will be followed at winter camp. Additionally, BSA requirements demand that an adult leader of the same gender as the youth in their care be available at all times during the event. Should a unit not have the required number of adult leaders or the adult leaders available do not meet the gender requirements, please contact Bud Harrelson (bud.harrelson@scouting.org) to arrange to share a site with another unit such that appropriate adult leadership will be available in camp at all times.

Per BSA policy, primary unit discipline lies with the unit adult leader. It is expected that adult unit leaders ensure scouts in their unit follow the best spirit of scouting and the schedules and rules of the camp. BSA welcomes a diverse group of youth and prohibits bullying on any basis. We will be recognizing a variety of religious and cultural holidays that coincide with the timing of winter camp. Since the scout law is the law of the camp, we expect participants to be reverent, courteous, and kind.

Showers water and sanitation

All of our shower houses will be open during winter camp.

At the shower houses, you will have access to single-use, single-gender restrooms and shower rooms. Shower rooms do have hot water.

Campsite latrines are available year-round.

Flush toilets will be available at the dining hall, headquarters, OA lodge, and shower houses.

Plan for the water in campsites to be turned off for the season. Units may want to bring igloo coolers to maintain cold and hot water in the campsite.

If the temperature permits, other more flexible options may be available.

Meals

Plan for two meal shifts to occur for each meal: Dinner on December 27th; breakfast, lunch, and dinner on the 28th; breakfast, lunch, and dinner on the 29th ; breakfast and lunch on the 30th.

At check in, your unit's meal assignment will be shared with the unit leader. Please use your assigned meal shift.

During the second meal, a section of the dining hall will be set aside for the NYLT cohort. Please respect their section and use other seating.

Units will not have assigned seating in the dining hall but there will be enough seating for all participants to sit inside (based on current health requirements as of this writing).

Wilderness First Aid participants will eat first breakfast on December 29th, First lunch on December 29th, and second dinner on the 29th to accommodate the training times.

Each evening there will be a cracker barrel for participants to have warm food before heading to their bunks.

Special nutrition requests were confirmed in the registration process. Participants with special meal requirements should use the special foods door on the right side of the dining hall to have their previously identified requirements accommodated.

Daily Schedule

Details will be provided upon check in. Each day, scouts will participate in one merit badge/activity. In the evening there will be a planned program including campfire on the 27th and a camp wide game on the 28th . As a special treat, there will be a scout friendly new years celebration on the 29th.

All scouts in camp will be expected to participate in the camp-wide game, either with their unit or a combined campsite / unit team.

WINTER CAMP + DAILY SCHEDULE

	Tuesday December 27	Wednesday December 28	Thursday December 29	Friday December 30
7:00 AM		Breakfast 1	Breakfast 1	Breakfast 1
7:28 AM		Sunrise	Sunrise	Sunrise
7:40 AM		Court of Eagles Assembly (All Camp)	Court of Eagles Assembly (All Camp)	Court of Eagles Assembly (All Camp)
7:50 AM		Breakfast 2	Breakfast 2	Breakfast 2
8:45 AM		Program Activities (8:45 AM -11:45 AM)	Program Activities (8:45 AM -11:45 AM)	Program Activities (8:45 AM -11:45 AM)
9:00 AM				
9:30 AM				
10:00 AM				
10:30 AM	staff arrival opens			
11:00 AM				
11:30 AM	Staff meeting/lunch	Lunch 1	Lunch 1	Lunch 1
12:00 PM		Lunch 2	Lunch 2	Lunch 2
12:40 PM				
1:30 PM		Program Activites (1:30 PM-4:30 PM)	Program Activites (1:30 PM-4:30 PM)	Program Activites (1:30 PM-4:30 PM)
2:00 PM	Check-in Begins			
2:30 PM	Check-in, Troop set up			
3:00 PM				
3:30 PM				
4:00 PM				
4:30 PM				
5:00 PM	Dinner 1	Dinner 1	Dinner 1	Assembly in council ring/recognition
5:20 PM				scouts depart/ staff dinner

5:40 PM	Full dark, Assembly Court of Eagles (All Camp)	Full dark, Assembly Court of Eagles (All Camp)	Full dark, Assembly Court of Eagles (All Camp)	Full dark
5:55 PM	Dinner 2	Dinner 2	Dinner 2	clean up/pack up
6:35 PM				
7:00 PM	Campfire	Camp wide Klondike competition	new year's eve party	Staff Departure
8:00 PM	cracker barrel			
8:30 PM		cracker barrel		
9:00 PM	Star gazing	cracker barrel/chess tournament	OA Brotherhod Ceremony	
9:30 PM		cracker barrel/chess tournament		
10:00 PM	Taps/commissioner meeting	Taps/commissioner meeting	Taps/commissioner meeting	

Additional Safety issues for winter camp

While we may be hoping for temperate weather, the weather forecast and weather conditions change daily. Scouts will be outdoors a majority of their time. Each instructional space will have a heat source. This ranges from central furnaces in the OA lodge and dining hall to propane space heaters in shelters to a fireplace in one space. Meals in the dining hall will be in a warm space.

Unfortunately, the synthetic materials that are ideal for cold weather can melt or catch fire if placed too near to high temperature heat sources. Participants are reminded to stay 3' from radiant propane heaters or campfires.

Completion reports:

All completion reports will be available in Black Pug 48 hours after camp ends. Please check these reports soon after availability to ensure any issues can be addressed if necessary.

Merit badge requirements covered etc.

See chart to identify what we will attempt to complete in camp.

Merit badge or activity	Requirements Completed	Requirements NOT Completed	Complete/Incomplete	Days Offered	Participation Requirements
Architecture	1, 2, 3, 4, 5		Complete	30	
ATV powersports	Basic ATV safety and skills		Not a merit badge	28, 29, 30	14 or older and \$65 fee Completion of Online rider Safety Course
Black powder shooting	basic black powder safety and practice		Not a merit badge	28 and 29 OR 29 and 30 (two days)	
Bull FROGS	1st- 1b, 4a, 4b, 5a, 5b, 5c, 5d, 9a, 9b, 2nd- 1b, 3a, 3b, 3c, 3d tenderfoot- 1c,		Not a merit badge	29	
Camping	1, 2, 3, 5a, 5b, 5c, 5d, 6a, 6b, 6c, 6d, 7a, 8a, 8b, 8c, 9c, 10	5e, 6e, 7b, 9a, 9b	INCOMPLETE	30	
Chess	1, 2, 3, 4, 5, 6a		Complete	29	
Citizenship in the World	1, 2d, 4, 5, 6, 7, 8		Complete	28 or 30	
Collections & Scouting Heritage	Collections 1, 2, 3, 4, 5, 6, 7 Scouting Heritage 1, 2, 3, 4c, 5, 7, 8	Scouting Heritage 6	Collections: Complete Scouting Heritage: Incomplete	30	have a collection (not coin or stamp)

Composite Materials	1, 2, 3, 4, 5, 6		Complete	29 or 30	
Dentistry	1, 2, 4a, 5, 6b	6c, 7	Incomplete	28	
Emergency preparedness	2a, 2b, 3, 4, 5, 6, 8	1, 2c, 7, 9	Incomplete	28	
FROGS			Not a merit badge	28	
Game design	1, 2, 3, 4, 5, 6, 7, 8b		Complete	29 or 30	
Geology	1, 2, 3, 4b, 5		Complete	28 or 29	
Health Care Professionals	1, 2, 3, 4, 5, 6, 7, 8, 9		Complete	30	scouts will assist in health checks during camp arrival
Law	1, 2, 3, 4, 5, 6b, 7, 8, 9, 10, 11		Complete	29	Discuss role of law enforcement officers with 5 people and interview officer
Orienteering	1, 2, 3, 4, 5, 6, 7, 8, 9, 10	10	Incomplete	29	
Personal Management	1, 3, 4, 5, 6, 7, 8a, 8b, 9, 10	2, 8c,	Incomplete	28 or 30	
Pioneering	1, 2, 3, 4, 5, 6, 7, 8, 9		Complete	30	
Public Health			Complete		
Pulp and Paper	1, 2, 3, 4, 5, 6, 7, 8		Complete	29 or 30	
Rifle			Complete	29 and 30	

				(Two Days)	
Shotgun			Complete	28 and 29 OR 29 and 30 (Two Days)	
Search and Rescue	1, 2, 3, 4, 5, 6, 7, 8, 9, 10		Complete	29	prior to winter camp, complete the online training and print the final screen from: https://emilms.fema.gov/is_0100c/curriculum/1.html
Soil & Water Conservation	1, 2, 3, 4, 5, 6, 7d, 7e		Complete	28	
Sustainability	1, 2 water b, food a(prepare for) and b, community A and C, Energy A and B(prepare plan), Stuff C, 3, 4a, 4c, 6	2 water a, 2 stuff a, 5	Incomplete	28, 29 or 30	
Truck Transportation	1, 2, 3, 4, 5, 6, 7, 8, 9, 10	4	Incomplete	30	
Wilderness Survival	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12		Complete	28 or 29	overnight experience in a shelter built by the scout

Wilderness First Aid	Complete the certification			29	14 or older and \$100 fee; complete online learning modules prior to camp, be certified in basic life support (cpr)
Basic Life Support	Complete the certification			28	14 or older and \$50 fee
Position Specific	Complete the training			28	

Winter Camp Menu

<p><u>MON. BREAKFAST</u> For Winter Camp Staff Eggs ½ c Turkey Sausage Patties 2 Hash Brown ½ c or 1 Biscuits Cereal 1 c Fruit Salad Milk/Juice</p>	<p><u>TUES. BREAKFAST</u> Pancakes/Waffles Syrup Bacon 2s Cereal 1c Mandarin Oranges Milk / Juice</p>	<p><u>WED. BREAKFAST</u> Eggs ½ c Turkey Sausage 2 patties Hash Brown ½ c Biscuits Cereal 1 c Fruit Salad Milk/Juice</p>	<p><u>THURS. BREAKFAST</u> French Toast Sticks 3 Bacon 2s Hash Brown ½ c or 1 Cereal 1 c Fresh Fruit Milk/Juice</p>
<p><u>MON. LUNCH</u> For Winter Camp Staff Chicken Tenders 3ea BBQ Sauce & Ranch French Fries Cole Slaw Ice Cream Sandwich Water</p>	<p><u>TUES. LUNCH</u> Chicken Filet 4oz Bun Lettuce / Tomato / Pickles Harvest Cheddar Sun Chips Oreo Cookies Water</p>	<p><u>WED. LUNCH</u> Choice of Loaded Potato Soup or Tomato Basil Bisque Grilled Cheese Sandwich Side Salad Fruit Cocktail Water</p>	<p><u>THURS. LUNCH</u> Baked Potato Chili con Carne Cheese Sauce Sour cream/butter Side Salad Cookies Water</p>
<p><u>MON. SUPPER</u> Glazed Ham 4 oz Macaroni & Cheese ½ c Green Beans ½ c Yeast Roll Cherry Cobbler ½ c Water/Tea/Fruit Drink</p>	<p><u>TUES. SUPPER</u> Lasagna 4 oz Tossed Salad 1c Dressing of choice Garlic Toast 1 Chocolate Cake Water/Tea/Fruit Drink</p>	<p><u>WED. SUPPER</u> Cheese/Hamburger 4 oz Lettuce/Tomato/Pickle Baked Beans ½ c Fresh baked cookies Water/Tea/Fruit Drink</p>	<p><u>THURS. SUPPER</u> For Winter Camp Staff Country Style Steak /Gravy 4oz Mashed Potatoes ½ c Green Beans ½ c Roll Peach Cobbler ½ c Water/Tea/Fruit Drink</p>

*Scouts with special dietary needs should inform the camp of their needs at least 12-days prior to arriving at summer camp. Special needs should be indicated during the registration process in Black Pug – our online reservation tool. The camp leadership will work with the Scout’s family to develop a meal plan that meets the Scout’s needs.

Cold weather packing tips (adapted from OKPIK)

When packing for Winter Camp, consider protection for each part of the body. Average low temperature at Cherokee in December is below freezing scouts will be outside most of the day. In 2021 the temperature during the day got up to 70 degrees with temperatures into the 50's at night. We cannot guarantee such wonderful temperatures this year so please BE PREPARED.

Being outside for 12 to 16 hours in cold weather is an experience and takes planning. While there will be warming stations and opportunities to get out of the cold, the scouts will be outside most of the day. At night the scouts will be sleeping in unheated Adirondacks. Wearing loose layers will allow the scout to adjust the insulation when it is warmer in the sun during the day and cooler at night. Wearing a head covering is very important if the weather is cold. Likewise, mittens or insulated gloves are vital. To stay warm, the scout will need to stay dry. This will require changing clothes at least once a day and avoiding water absorbing materials like COTTON. This also means airing out clothing at times during the day (such as opening the zipper on a coat or jacket). Having a t-shirt under a long sleeve shirt, under a vest or sweater, under a winter coat provides the necessary variability in layers to maintain warmth as necessary and comfort as layers are removed when warm.

Tight fitting cotton pants (like jeans) provide little insulation and are actually a cause of tremendous heat loss. The use of synthetic fabrics, insulation (such as long underwear) and loose-fitting pants are the ideal combination for optimum warmth. While rain pants may appear to be a great way to stay warm, using vinyl pants will keep moisture in and cause more heat loss. If using rain pants, fabrics like Gore-Tex that allows the fabric to breath will be more comfortable and efficient.

Wearing an insulating hat will keep you warmer than being without a hat. A hat also protects the ears from frostbite. In addition, consistently wearing gloves or mittens (or at night even both) will protect the fingers from frostbite.

In the event of snow or rain, rain gear is necessary to stay dry, and thus warm. Footwear is an issue in snow but also rain. During a week at summer camp, a pair of athletic shoes is comfortable and will dry in the sun if they get wet; however, at winter camp those same athletic shoes will rob heat from a scout and, possibly cause frostbite if wet. Layering socks with a wicking sock inside a heavier

insulating sock helps keep the feet warm if wearing a shoe that allows for this extra layer. Low running style socks lead to cold feet in cold weather as do cotton socks of any style.

Proper eating and drinking are important for maintaining health and warmth. Simply put, scouts use food as energy to stay warm. It is also highly possible for a scout to become dehydrated since the temperature is cool enough that they do not recognize they need to drink water. Just like summertime, drinking clear water and monitoring urine is important. Hot water and hot cocoa will be available for scouts throughout the camp. There are both latrines and bathrooms available for scout use. Washing and changing clothes are important to staying warm. Using baby wipes works if using water in the cold sounds frigid or if facilities are not available.

Scouts will actually feel warmer in a good sleeping bag with their clothes from the day stripped off (since those clothes have moisture from the scout's sweat, even when cold). The temperature rating on sleeping bags is absolutely personal preference. Each manufacturer uses a different method for rating sleeping bags. In general, lower temperature bags have more and better insulation than higher temperature bags. Buying a reputable brand and being aware that a bag rated as much as 10 degrees lower than the expected low temperature will help ensure comfort. Sleeping bag liners can lower the temperature rating of a bag by 10 more degrees. Commercially available ones are made from synthetics or silk. Using a twin bed flat sheet folded and sewn across the bottom and $\frac{3}{4}$ of the way up the open side will work well especially if it has a high synthetic content.

Since the scouts will be sleeping in the Adirondacks, they will be up off the ground and have a foam mattress and a piece of plywood under them. These both help to insulate the scout, but if they tend to sleep cold, an extra blanket under the sleeping bag and if larger than a twin size, folded over the top of the bag will add even more insulation.

Hot showers and flush toilets will be available to scouts.

Please bring these items:

_____ **A COMPLETED BSA AMHR form** signed by a Doctor in the last 12 months (this applies to both youth and adults). The parent or guardian of the youth must also sign the form. This form is available at: <https://www.scouting.org/health-and-safety/ahmr/>

_____ **A COMPLETED PRE-EVENT MEDICAL SCREENING FORM.** This form is available at: https://www.csr.camp/uploads/1/3/6/7/136745610/pre-event_checklist_2022.pdf

- _____ Sleeping bag. cold weather (rated 20 degrees or below), see discussion of cold weather
- _____ 2 Winter insulating caps, - one spare
- _____ 1 Winter jacket, preferably hooded
- _____ 2 pairs of mittens with outer shell (mittens are warmer than gloves)
- _____ 2 Sweaters and/or shirts, preferably wool or polar fleece. No Cotton
- _____ 3 t-shirts (preferably wicking or synthetic)
- _____ 2 pair of pants,
- _____ 2 pairs of long underwear tops (synthetic, not cotton).
- _____ 2 pairs of long underwear bottoms (synthetic, not cotton).
- _____ 3 or more pairs of light liner socks (preferably synthetic, i.e. polypropylene -not cotton)
- _____ 3 or more pairs of heavy insulating socks (preferably wool or synthetic, - not cotton)
- _____ 2 pairs of shoes, at least one water resistant
- _____ Toiletry articles (toothbrush, toothpaste, soap, towel, comb, etc.)
- _____ Cup, bowl, knife, fork, and spoon for use with troop provided snacks
- _____ pencils/pens
- _____ paper/notebook for use during merit badge classes

Personal essentials like any scout outing:

- _____ matches
- _____ compass
- _____ whistle
- _____ personal first aid kit
- _____ flashlight with lots of batteries
- _____ pocketknife (if you have totin chit)
- _____ water bottle (canteen at least 1 quart)
- _____ rain gear (it also helps if it snows)
- _____ sunscreen (yes even in winter)

Recommended individual items:

These items are optional, depending on personal preference and what you have available.

- _____ Insulated vest
- _____ Extra socks
- _____ Scarf or neck gaiter
- _____ Warm boots such as Sorels, “moon boots,” shoe pacs (preferably with removable liners)
- _____ 1 pair wool pants or an insulated snow pant.
- _____ Chapstick
- _____ foot powder
- _____ Sunglasses
- _____ Camera
- _____ Small package baby wipes for personal cleanliness
- _____ camp chair

Unit items:

- Propane stove
- Propane cylinder
- Coffee pot
- Pot for hot water for scouts
- Matches, lighters, fire starters
- Electric or propane lights (in addition to the lights already in the shelter)
- Clean 5 gallon bucket (like a paint bucket or a lowes/home depot bucket) for campwide game
- If having a fire in the campsite, two or more buckets to hold water for a fire guard (since water will likely not be available in the campsites due to winterization of camp).
- A holiday tree ornament with the troop number and year on it (will leave at camp)
- Troop first aid kit

Scouts taking Wilderness survival will also need (some overlap but be sure to have these):

- Extra blanket/ sleeping bag
- Tarp (bring during class when the natural shelter is being built)
- Cup
- two pairs of socks (1 thin pair and one thick pair)
- gloves
- Sweats or thermals
- T-shirt
- beanie/ or warm hat

