**Winter camp 2023 guide**

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

This is our third, best ever, winter camp for the Old North State Council. We will be continuing traditions, beginning new traditions, and rejuvenating other 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.

**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 road 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 all of 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 will occur in the campsite. There will not be a tour of the camp.

Provisional: arrive between 2pm and 230 pm December 27. Place your gear in the designated camp vehicle in the parking lot. Provisional scouts will check in the medical officer and a provisional scoutmaster in the parking lot. As provisional participants arrive, they will walk to the provisional site in groups. The campers’ gear will be driven to their campsite in the camp vehicle. Scouts will be responsible for unloading their own gear and setting up “camp” in the spaces assigned by the provisional Scoutmaster

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 precamp check (in this manual).

**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.

Vehicles will be allowed in camp to pick up trailers / gear only at specified times during the program day. If you brought gear in other vehicles that will be arriving later, transport gear out of camp in the available vehicles and transfer it at scout pickup.

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 no more than 24 months apart in age (including siblings) will share an Adirondack. All Youth Protection rules apply including no adults sharing a shelter with any youth (even parents). Each Adirondack will have four mattresses 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 or Chris Cobitz. Unit leaders must remain on site and be accessible at all times during winter camp.

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 and Cherokee Scout Reservation welcome a diverse group of youth and prohibit 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 at all times and in all instances.

**Showers water and sanitation**

Thanks to new winterization procedures and modifications to camp plumbing, Adults and scouts will be able to access hot showers in the regional shower houses. All Youth Protection guidelines must be followed at the shower houses at all times. This includes, but is not limited to: two deep adult leadership, and traveling to and from the shower house from the campsite as a group and no cellphones whatsoever at the bath house (including supervising leaders).

Site Latrines are available year-round. Flush commodes will be available at the dining hall, headquarters, OA lodge, and regional shower houses.

Plan for the water in campsites to be turned off for the season.

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

**Meals**

Two meal shifts will occur in the dining hall 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 course occurring during Winter Camp. 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 a 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.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **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 |
| **12:00 PM** |  | Lunch 1 | Lunch 1 | | Lunch 1 |
| **12:40 PM** |  | Lunch 2 | Lunch 2 | | Lunch 2 |
| **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** |  |
| **9:00 PM** |  | Star gazing | cracker barrel/chess tournament |
| **9:30 PM** |  |  |  |
| **10:00 PM** |  | Taps/commissioner meeting | Taps/commissioner meeting | Taps/commissioner meeting |

**Required documents**

All participants need to have a BSA AMHR completed at check in Due to the length of camp, this form must include part “C”. All participants must complete the pre-camp screening including temperature checks upon arrival. Health rechecks, and temperature checks will occur in the campsite

**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 a minimum of 3 feet 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.

[Access the Merit Badge/Activity/Training Matrix using this link](https://docs.google.com/spreadsheets/d/1fKM3x12dCBCDGiVFxAwcIWVWy9TBKuNKHS7HmRy_3eA/edit?usp=sharing).

<https://docs.google.com/spreadsheets/d/1fKM3x12dCBCDGiVFxAwcIWVWy9TBKuNKHS7HmRy_3eA/edit?usp=sharing>

CHEROKEE SCOUT RESERVATION

Winter Camp Menu

|  |  |  |  |
| --- | --- | --- | --- |
| BLUE Indicates Staff Meals  HOT SOUP will be available each day with lunch | THUR. BREAKFAST  Pancakes/Waffles  Syrup  Bacon 2s  Cereal 1c  Mandarin Oranges  Milk / Juice | FRI.BREAKFAST  Eggs ½ c  Turkey Sausage 2 patties  Hash Brown ½ c  Biscuits  Cereal 1 c  Fruit Salad  Milk/Juice | SAT. BREAKFAST  French Toast Sticks 3 Bacon 2s  Hash Brown ½ c or 1  Cereal 1 c  Fresh Fruit  Milk/Juice |
| WED. LUNCH  Chicken Florentine Ravioli  Garlic Toast  Corn  Side Salad  Oreo Cookies  Water | THUR. LUNCH  Choice of Loaded Potato  Soup or Tomato Basil Bisque  Grilled Cheese Sandwich  Side Salad  Fruit Cocktail Water | FRI. LUNCH  Chicken Tenders 3ea  BBQ Sauce & Ranch  French Fries  Cole Slaw  Ice Cream Sandwich  Water | SAT. LUNCH  Baked Potato  Chili con Carne  Cheese Sauce  Sour cream/butter  Side Salad  Cookies  Water |
| WED. SUPPER  Glazed Ham 4 oz  Macaroni & Cheese ½ c  Green Beans½ c  Yeast Roll  Cherry Cobbler ½ c  Water/Tea/Fruit Drink | THUR. SUPPER  Lasagna 4 oz  Tossed Salad 1c  Dressing of choice  Garlic Toast 1  Chocolate Cake  Water/Tea/Fruit Drink | FRI. SUPPER  Cheese/Hamburger 4 oz  Lettuce/Tomato/Pickle  Baked Beans ½ c  Fresh baked cookies  Water/Tea/Fruit Drink | SAT. SUPPER  Country Style Steak  /Gravy 4oz  Mashed Potatoes ½ c  Green Beans ½ c  Roll  Peach Cobbler ½ c  Water/Tea/Fruit Drink |

\*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.

Updated –November 18 , 20223

**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 and 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. In 2022, it was much cooler with highs in the 60’s and lows in the 30’s

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 ¾ 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/>

\_\_\_\_\_\_ 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