



1<sup>st</sup> ANNUAL  
CUB RUN DISTRICT  
KLONDIKE DERBY



# ***POLAR PIRATES!***

January 17-19, 2025  
Camp Snyder | Haymarket, VA

# Contents

<b>EVENT INFORMATION .....</b>	<b>3</b>
Registration.....	4
Driving Instructions .....	4
Arrival and Check-in .....	4
General Information, Rules and Guidelines.....	5
<b>PATROL LEADER INFORMATION .....</b>	<b>7</b>
2025 Klondike Derby Cook-off Challenge .....	10
2025 Klondike Derby Schedule .....	11
2025 Klondike Derby Patrol Score Sheet .....	12
<b>ADULTS AND VOLUNTEERS: SCORING CRITERIA AND INFORMATION .....</b>	<b>13</b>
Sled Inspection.....	13
Running Klondike Stations .....	14
<b>2025 KLONDIKE DERBY UNIT REGISTRATION ROSTER.....</b>	<b>15</b>
<b>2025 KLONDIKE DERBY PARENT/GUARDIAN PERMISSION TO PARTICIPATE.....</b>	<b>16</b>
<b>IMPORTANT THINGS TO KNOW ABOUT WINTER CAMPING .....</b>	<b>18</b>

## **AHOY, DECKHANDS OF THE 2024 KLONDIKE DERBY!**

The crew be always on the lookout for able-bodied adults to assist in keepin' our Polar Pirates adventure shipshape! The tasks ye be needed for (times be approximate) include:

- **First Aid Station Quartermaster:** Tend the wounded and keep the crew hearty at Admiral's Deck.
- **Sled Inspection Buccaneers:** Cast yer critical eye upon the sleds o' the fleet (Saturday morning, 8:15 to 9:00).
- **Cocoa Keepers:** Serve up warm grog (hot cocoa) to weary adventurers at the Admiral's Deck during the morning and afternoon sessions.
- **Sled Race Hands:** Set up and judge the great race to find the swiftest sled (Saturday afternoon, 3:45 to 4:15).
- **Cook-off Connoisseurs:** Bring yer keen taste buds to judge the Pirate Stew Challenge (Saturday evening, Admiral's Deck 6:15 to 6:45).
- **Chaplain's Mate for the Scouts' Own Service:** Lend yer voice or support to the crew's reflection time (Sunday morning, 8:30).

If yer game to hoist the flag of volunteerism, send word by e-parrot (e-mail) to Quartermaster Danielle Wallace at [wallacedm@gmail.com](mailto:wallacedm@gmail.com) as soon as possible!

# EVENT INFORMATION

## Welcome Aboard the 2025 Polar Pirates Klondike Derby!

Ahoy, me hearties! Prepare to embark on an Arctic adventure like no other, where patrols will face daring challenges on the icy Klondike Trail, race their sleds in a battle for glory, and compete in the legendary Pirate Stew Challenge. Scouts will enjoy up to two nights of camping under the frosty stars (for Troops, Crews, and AOL Dens), gather around a blazing campfire for tall tales and camaraderie, and reflect at the Scouts' Own Service.

We be callin' on all Troops, Crews, and Packs to join this swashbuckling escapade – even if ye only weigh anchor for the daytime and campfire events on Saturday. Pack yer wit, courage, and cold-weather skills, and set yer sights on mastering the Klondike trail as true Polar Pirates!

**Arrr – the adventure awaits!**

---

<b>WHO</b>	All Scouts BSA, Venturers, and Arrow of Light Cubs are welcome to compete as patrols. Adult Leaders are needed to help with various activities. Please have at least one adult volunteer (see page 2).  Recent Scouting America program updates allow Arrow of Light Cub Scouts to participate in Troop-level camping events, including camping both nights. This becomes an opportunity for AOL scouts to check-out a Troop they are considering joining. They need to abide by Arrow of Light camping rules, including having a BALOO-trained leader. Under the new rules, no other Cub ranks (including Webelos) are allowed to attend a Scouts BSA camping event.
<b>WHERE</b>	Camp William B. Snyder   6100 Antioch Rd   Haymarket, VA (directions on page 4)
<b>WHEN</b>	January 17-19, 2025
<b>EVENTS</b>	The Klondike Derby will consist of these activities: <ul style="list-style-type: none"><li>• Klondike Derby Competition (sled judging and station challenges)</li><li>• Klondike Sled Race</li><li>• Chili Cook-Off Competition</li><li>• Campfire and awards program (led by the Order of the Arrow Chapter)</li><li>• Scouts Own Service</li></ul>
<b>PATCHES AND AWARDS</b>	Every registered individual will receive an event patch.  Awards will be presented to patrols in various categories.

---

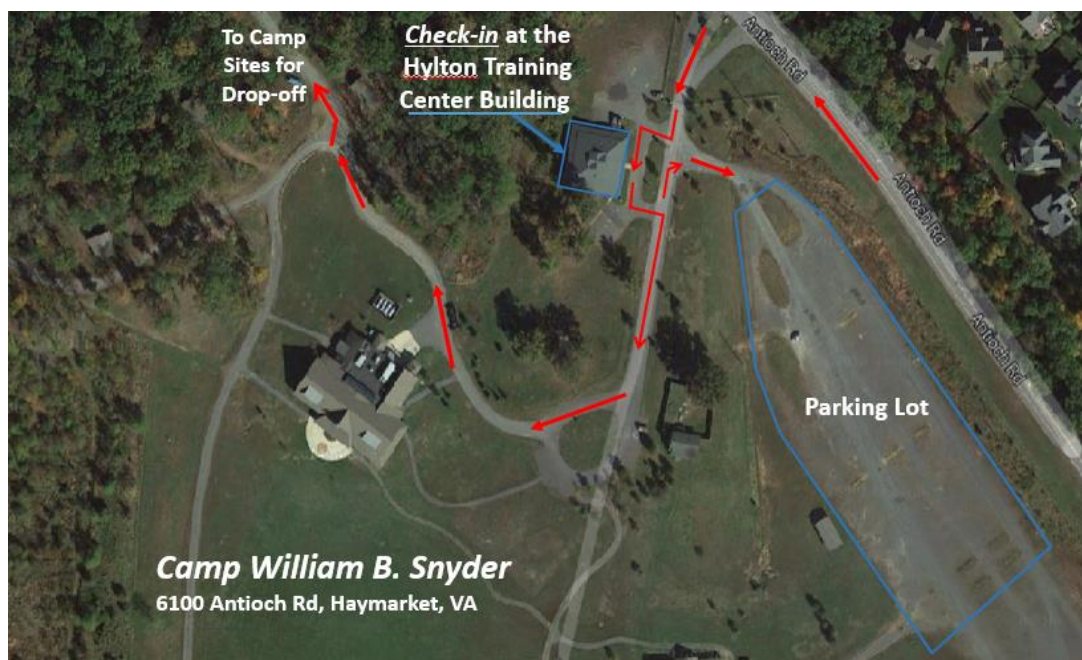
# Registration

If possible, please complete registration for your unit on the NCAC Calendar event. The online registration price is \$18 per camper or \$14 per Saturday for day-time only participants. The at-the-door price is \$20 per camper or \$15 per Saturday for day-time only participants.

## Driving Instructions

From points East

- Travel on Interstate 66 West.
- Take Exit #40 (Route 15), and turn left onto Route 15.
- Travel south about 0.3 mile and turn right onto Route 55 (John Marshall Hwy).
- Travel west about 0.9 mile and turn right onto Antioch Road
- Travel about 0.8 mile and Camp Snyder will be on the left.



## Arrival and Check-in

**CAMPING CHECK-IN.** Check-in begins Friday, January 17 at 6:00 p.m. Register your unit at the Hylton Training Center building. You will need to turn in your 'Registration Roster' (page 15). Your Troop/Crew will be advised of your assigned camping site. *Please remember to bring a check to pay the balance of fees due, if any.*

**SATURDAY CHECK-IN.** If you plan to arrive on Saturday morning to participate in the Saturday events/campfire only, complete the roster and bring it with you on Saturday. Check-in is at the Admiral's Deck (Handicraft Pavilion).

**PARKING:** Vehicles are permitted to drive to the camp site to drop off gear (1 Hour maximum time allowed). Troops/Crews/Packs may bring their trailer. Trailers may be parked off the road beside the campsite – not in the site itself. After dropping off gear, please park all vehicles in the main parking area. Parking at the campsite is not permitted.

## General Information, Rules and Guidelines

**SAFETY.** Leaders are responsible for the safety of the Scouts in their units at all times. Scouts are not allowed out of camp except during planned activities while under adult supervision of the unit.

**FIRST AID.** First aid will be handled by each respective Unit attending. *Report any injuries to the Admiral's Deck (Handicraft Pavilion).* First aid will also be available at the Admiral's Deck.

**PROPER CLOTHING.** It is the responsibility of the parents and unit leaders to ensure that all Scout clothing and footwear is appropriate for the weather of the day. We recommend that no tennis shoes be worn. Improperly dressed Scouts may be turned away.

**LATRINES.** Shower House 1 will be open. There will also be port-o-potties available near other Shower Houses. Please keep them clean!

**FIRES.** Fires are only permitted in the fire rings at each campsite and the amphitheater, or an elevated fire bowl may be used.

**FIREWOOD.** Chopped and ready wood at Snyder, and dead wood found on the ground can be burned. Absolutely no cutting of live trees.

**WATER.** We recommend that you bring water for Friday night. You can refill your water containers from hose bibs located through the camp sites and by the shower houses.

**DISCIPLINE.** Leaders are responsible for the behavior and discipline of their unit members. Units will be asked to leave if the situation warrants.

**KNIVES.** Only folding knives with blades less than 3" are allowed. Please keep them in your pocket, in a case or on your belt. Totin Chip / Whittlin Chip required!

**ALCOHOL.** Absolutely NO alcoholic beverages of any kind are allowed.

**PETS.** No pets or other animals are permitted.

**LOST AND FOUND.** Located at the Admiral's Deck. Please have your Scouts label all personal gear with name and unit number.

**TENTS.** Tents are permitted on the ground and on the tent platforms. Campers may also attach camping hammocks to trees or pavillion poles, if desired. Please be careful to leave no trace with camping equipment.

**OFF LIMITS.** ALL Camp Snyder Program Theme areas are off limits (e.g., Fort, Ship, etc.).

**CAMPFIRE PROGRAM.** A Saturday night campfire will be held in the Amphitheater, weather permitting. Each unit is invited to participate with a skit or a song. Skits and songs must be approved by the Troop's senior adult leader.

**EVENT CANCELLATION.** If the weather is in question, please call Danielle Wallace, Event Program Chair, at 571-723-5398. A message will be sent to the Cub Run District Group e-mail and posted to the Cub Run Facebook page (<https://www.facebook.com/CubRunDistrictScouts>) if the event is cancelled.

# PATROL LEADER INFORMATION

Don't forget to stop in at the hot chocolate station. HAVE A GREAT TIME!

## **PATROL SPECIFICATIONS**

- Natural Patrols with a minimum of 4 Scouts and a maximum of 10 Scouts per Patrol – NO EXCEPTIONS! Your Patrol will take the sled from station to station performing many tasks and earning points.
- There will be awards for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place Patrols for the Klondike Trail Competition. Webelos Patrols will not be in competition for awards but are welcome to try and complete all of the Klondike stations.
- Ensure Patrol members are dressed appropriately for the weather. Also, be prepared to give your Patrol cheer.
- Teamwork is important, go over this information with your Patrol and be prepared for FUN!!

## **SLED SPECIFICATIONS**

- The sled must be 'Klondike-like' but innovation is encouraged!
- You may have wheels for the Klondike Trail stations.
- You must have your Troop or Crew # and Patrol Name on your sled.
- Be sure to have all the equipment listed below on your sled for the Klondike Trail Stations.
- No wheels allowed for the Klondike Sled Race at 4:00 p.m.. The sled must slide on its runners (e.g. skis) during the Sled Race.
- The entire sled (except wheels) used for the Klondike Trail Stations must be used for the Sled Race.

## **SLED CHECK-IN AND INSPECTION**

- Your sled should be checked in and inspected prior to 9:00 a.m.
- Early arrival will ensure your Patrol is ready to go on time.
- IMPORTANT: The inspection of the sled and Patrol equipment constitutes a station and your Patrol can receive up to ten (10) points. Have your Patrol Score Sheet with you.

## **PATROL EQUIPMENT AND SUPPLIES TO BE CARRIED ON THE SLED**

- Patrol score sheet (see page 8)
- Scout handbook
- Kindling & firewood sufficient for one competition fire
- Matches
- Compass
- First Aid Kit
- Lunch items:
  - Fuel for one lunch fire, or stove & fuel
  - Pots & utensils for cooking & eating
  - Food for a Hot noon meal
  - Water for cooking and cleaning
  - Roll of paper towels
  - Trash bag

### **Sled Inspection Scoring Criteria**

2 points	If the sled conforms to the basic concept of a pulling device.
1 point	If the sled has the Troop number and Patrol name on the sled.
3 points	If the Patrol is properly dressed for the weather. (Important Note: If there is a safety concern about proper dress the Scout will not be allowed to participate until the concern has been addressed.)
3 points	If the Patrol has all the required Patrol equipment and supplies.
1 point	If the Patrol gives their patrol cheer.

### **SLED RACE RULES**

- The sled must be pushed/pulled by the Patrol with all Patrol members touching the sled or rope used to pull the sled.
- The sled cannot be carried.
- The sled's runners (e.g. skis) must be in contact with the ground during the sled race.

### **LUNCH**

- Your Patrol will carry its own food, fuel and water.
- Lunch will be cooked on the trail and will count as a station on the trail.
- Judging will be based on: type of food prepared (difficulty of preparation), Patrol effort, variety of food consumed (hot food is strongly encouraged), and cleanliness/clean-up.

### **Lunch Scoring Criteria**

2 points	If the Patrol checks in with the station leader and informs the station scorer about what the Patrol is eating and how it will be prepared.
4 points	If the Patrol safely cooks a hot lunch.
1 point	If the Patrol says grace before eating.
3 points	If the Patrol performs a field cleanup after eating and lets the station scorer evaluate their cleanup.

### **COOK-OFF COMPETITION RULES**

#### **Preparation and Cooking**

- Patrols may begin cooking at 4:00 p.m. and must finish by 6:30 p.m.
- Any dishes entered in the cook-off must be cooked by Scouts from start to finish. No pre-cooked or pre-assembled components are allowed.
- "Easy to prepare" canned, pre-made, or "just add" mixes are not allowed.
- Cooking must take place on-site using camp stoves, Dutch ovens, grills, or other portable methods. Patrols are responsible for bringing their own cooking equipment.
- An ingredient list must be presented at the Quarterdeck along with the final dish.
- **Secret Ingredient:** One secret ingredient will be revealed during the event and must be incorporated into the dish in a meaningful way.



- **Hygiene and Food Safety:** Patrols must operate all cooking equipment safely. Patrols must follow proper food hygiene practices, including washing hands and using clean equipment. An adult may supervise equipment setup for safety purposes, but all cooking must be done by Scouts.
- **Pirate Yarn:** Each patrol must create a pirate-themed story to accompany their dish. The story must be presented **in written form** along with the dish to the Quarterdeck at 6:30 p.m. The story should connect their stew to a pirate adventure, such as how the recipe was discovered or how the secret ingredient became part of their tale. The story may be drafted before the event.

### **Submission and Scoring**

- Each dish will be **submitted in an identical container provided by the organizers**. Patrols will receive an entry number for anonymous judging.
- Patrols must bring their dish in the proper container to the Quarterdeck (Headquarters Pavilion) promptly at 6:30 p.m. for check-in.
- **Active Participation:** Every Scout in the patrol must actively participate in some aspect of the challenge, such as set up, cooking, storytelling, or cleanup. Patrols will confirm this during check-in.
- **Judging:** The Judging will begin at 6:30 p.m. Winners will be announced at the Campfire.
- In the event of a tie, the Taste and Creativity score will determine the winner. If still tied, the judges will deliberate to select the most unique use of the secret ingredient.

### **Cook-off Scoring Criteria**

6 points	<b>Taste and Creativity.</b> How delicious is the stew? How well was the secret ingredient incorporated into the final dish?
3 points	<b>Pirate Yarn.</b> Is the story engaging, funny, and creative? How well does it connect to the dish and the pirate theme?
1 point	<b>Teamwork and logistics.</b> Did the patrol work well together and involve all Scouts?

# 2025 Klondike Derby Cook-off Challenge

## The Legend of the Buccaneers' Broth

Ahoy, me hearties! Long ago, in the icy waters of the Arctic, a crew of daring pirates known as the Polar Buccaneers sailed the frozen seas aboard their mighty ship, *The Frostbite Fury*. These brave swashbucklers weren't searching for gold or jewels—they were after a legendary recipe: **the Buccaneers' Broth**.

According to pirate lore, this magical stew could warm the coldest sailor, heal the sickliest sea dog, and fill the hungriest belly. The secret to the stew lay hidden in the icy wilderness, protected by the spirits of the sea. Adding to the challenge, the Polar Buccaneers discovered that the broth required a mysterious, elusive ingredient—a treasure unlike any other. Only the cleverest and most resourceful crews could unlock its power and master its flavor.

Supplies were scarce on the high seas, and every coin in the pirate treasury had to be carefully guarded. The Polar Buccaneers prided themselves on creating their famous broth from simple, humble ingredients, proving that a true pirate's treasure isn't found in gold, but in the cleverness of making the most of what ye have.

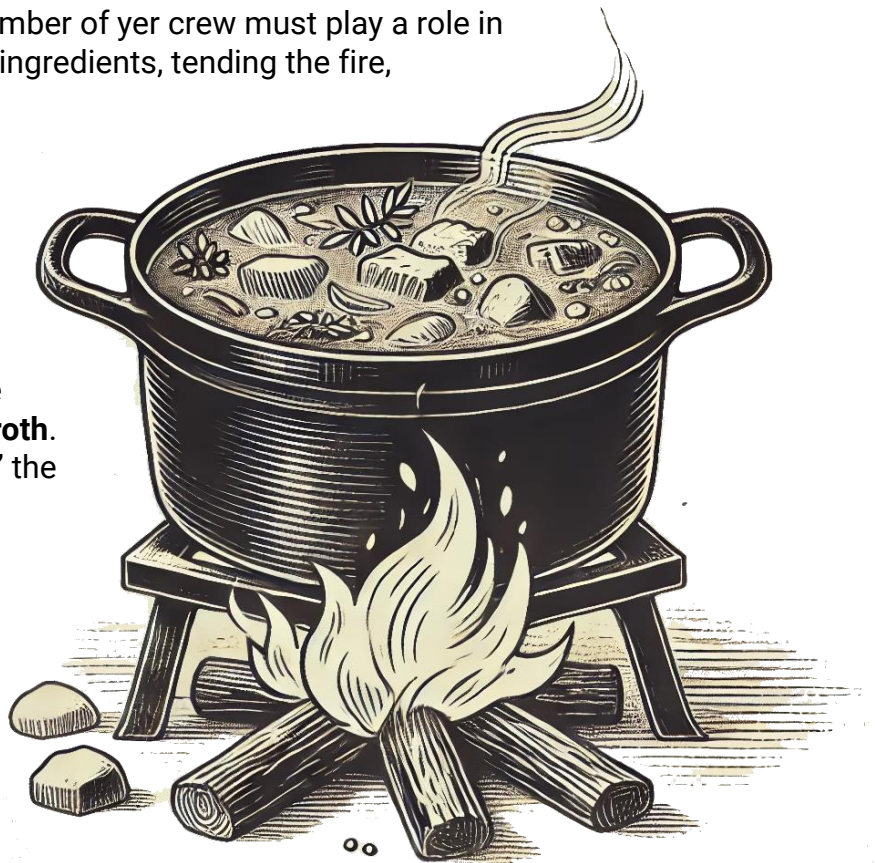
Now it's your turn, mateys! As patrols of intrepid Scouts, ye must band together to recreate the legendary Buccaneers' Broth. Ye'll plan yer provisions and prepare yer recipes, but beware—the spirits of the sea demand a twist. Ye'll be given a **secret ingredient** on the day of the challenge, and only the crews who can think on their feet and embrace the unexpected will master it.

But hear this, ye scallywags! Each member of yer crew must play a role in the adventure. Whether it's preparing ingredients, tending the fire, cleaning up, or crafting yer yarn of culinary daring, the spirits of the sea demand **total teamwork**.

Beware! The judges will be watchin' closely. Yer stew must be delicious and yer yarn must captivate with the spirit of the high seas. Only those who rise to the challenge will earn the title of **Masters of the Buccaneers' Broth**. Fail, and ye may find yerselves walkin' the plank into the frosty depths!

So gather yer crew, stoke the flames, and prepare for the adventure ahead.

**Arrr!**



## 2025 Klondike Derby Schedule

Time	Event	Location
<b>FRIDAY</b>		
6:00 p.m.	Camp opens; Check-in begins; Camp setup	Hylton Center
9:30 p.m.	SM / SPL meeting	Hylton Center
10:30 p.m.	Lights out	
<b>SATURDAY</b>		
8:30 a.m.	Sled inspection and day camp check-in	HQ Pavilion
9:00 a.m.–12:00 p.m.	Klondike – morning session	Klondike Trail
12:00 p.m.-12:45 p.m.	Lunch	Klondike Trail
1:00 p.m. – 3:00 p.m.	Klondike – afternoon session	Klondike Trail
4:00 p.m.	Sled Race	TBD
6:30 p.m.	Cook-of Judging	HQ Pavilion
8:00 p.m.	Campfire / Awards	Amphitheater
10:30 p.m.	Lights out	
<b>SUNDAY</b>		
8:30 a.m.	Scout’s Own Service	TBD
9:00 a.m.	Departure begins	
10:00 a.m.	Camp closes	

# 2025 Klondike Derby Patrol Score Sheet

Troop #		Patrol Name	
---------	--	-------------	--

STATION	Score			Score Keeper Initials
Sled Inspection		points of	10 possible points	
Lunch		points of	10 possible points	
TBD		points of	10 possible points	

Final Patrol Score Sheet

to be provided after all

Klondike Trail Stations are identified.

TBD		points of	10 possible points
TOTAL		points of	XXX possible points
BONUS Campfire Skit		points of	1 possible point

Note the following required equipment to have on your sled.

**COMPETITION ITEMS:** Patrol Score Sheet, Scout Handbook, Kindling and firewood sufficient for 1 competition fire, Matches, Compass, First Aid Kit.

**LUNCH ITEMS:** Fuel for one lunch fire or stove & fuel, Pots and utensils for cooking and eating, Food for a Hot Noon Meal, Water for cooking and cleaning, Roll of Paper Towels, Trash Bag.

# ADULTS AND VOLUNTEERS: Scoring Criteria and Information

## Sled Inspection

---

### **Sled Inspection Process**

Inspectors: Talk to the Patrol Leader, review the Patrol Leader Information for the inspection, and give the Patrol leader a Patrol Score Sheet (if one wasn't provided at check-in). Make sure that the Troop number and Patrol name are recorded on the Patrol Score Sheet.

Record the score on the Patrol's Score sheet and on the Station record sheet.

### **What to go over with the Patrol Leader**

- Review the map of the various station locations and help to orient where they are.
  - Explain that if there is a backup at a station, it can be skipped and returned to later. Scores are based on total points so be sure to visit as many stations as possible.
  - Remind the Patrol Leader that he/she is responsible for making sure the score and initials are recorded on the score sheet at each station.
  - Review the lunch procedure and schedule. At noon, the Patrol should prepare their meal and eat at whatever station they happen to be at.
  - Remind the Patrol Leader that he/she is responsible for watching for cold weather concerns, such as hypothermia (shivers, chattering, etc.) and to report problems to an adult immediately.
  - Inform the Patrol Leader that he/she is responsible for returning the score sheet to Admiral's Deck after the last station and then to get ready for the sled race.
- 

### **Sled Inspection Scoring Criteria**

2 points	If the sled conforms to the basic concept of a pulling device
1 point	If the sled has the Troop number and Patrol name on the sled.
3 points	If the Patrol is properly dressed for the weather. (Important Note: If there is a safety concern about proper dress the Scout will not be allowed to participate until the concern has been addressed.)
3 points	If the Patrol has all the required items (see Patrol Leader Information)
1 point	If the Patrol gives their patrol cheer.

# Running Klondike Stations

**Each Troop is expected to provide a station for the Klondike trail.** Stop by Admiral's Deck to pick up scoring sheets and additional information you will need to run your station. Please begin early enough to have your station ready to go by 9:00 a.m.

**Score Recording.** Use 0 to 10 point range with 10 as the best score. You will get a master score sheet to record each Patrol's score. As the Patrols complete your station, record their score on the master list and on the Patrol's Score sheet. Return the master score sheet to the Admiral's Deck at the end of the afternoon session.

**Lunch Scoring.** At Noon, any Patrols at your station should prepare their lunch. Let the Patrol Leader know where you want them to cook. Remember to record the lunch score on the separate Lunch score sheet and on the Patrol's score sheet.

Have the Patrols leave as soon as they are cleaned up but no later than 12:45 p.m.

## **Lunch Scoring Criteria.**

2 points	If the Patrol checks in with the station leader and informs the station scorer about what the Patrol is eating and how it will be prepared.
4 points	If the Patrol safely cooks a hot lunch.
1 point	If the Patrol says grace before eating.
3 points	If the Patrol performs a field cleanup after eating and lets the station scorer evaluate their cleanup.

Start the afternoon program at 1:00 p.m.

Each Patrol should spend a maximum of 30 minutes at each station. It is okay to be a little early but please try not to run over. If your station starts to have a backup, suggest to the arriving Patrol Leaders that they might want to go to another station and return later.

If possible, try to be prepared for at least two Patrols at your station at the same time. Patrols with sleds should be given priority over groups that are visiting and want to try out your station. Also, give priority to any Patrols that are visiting your station for the first time (if your station can be tried multiple times).

Have instructions for the Patrol Leader when the Patrol arrives (written or verbal) and explain the scoring system for your station.

**Close your station exactly at 3:15 p.m.** and clean your area. ALL WOOD FIRES NEED TO BE COMPLETELY OUT (unless you have someone monitoring the fire of course) AND ALL UNBURNED WOOD MUST BE RETURNED TO THE TREE LINE!

When you are finished, return to the Admiral's Deck to turn in your master score sheet.

# 2025 KLONDIKE DERBY Unit Registration Roster

(Submit this roster to registration upon arrival. Make checks payable to "Scouting America, NCAC".)

Unit Information		
Unit #		<input type="checkbox"/> Troop <input type="checkbox"/> Crew <input type="checkbox"/> Pack

Adult & Youth Leaders
-----------------------

Adult Unit Leader \_\_\_\_\_  
 Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Youth Unit Leader \_\_\_\_\_  
 Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Patrol Name(s) \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Registration and Fees
-----------------------

All Participants (Troops/Crews/AOLs)	#	Fees	Total
On-line pre-registration for overnight campers	_____	\$18 each	_____
On-line pre-registration for Saturday daytime only	_____	\$14 each	_____
At-the-door registration for overnight campers	_____	\$20 each	_____
At-the-door registration for Saturday daytime only	_____	\$14 each	_____
Daytime only accompanying adults	_____	(No fee)	_____
Total Participants	_____	Total Fees	_____
		Prepaid \$	_____
		Amount due \$	_____

# 2025 KLONDIKE DERBY

## Parent/Guardian Permission to Participate

[UNIT VERSIONS OF PERMISSION SLIPS/FORMS MAY BE USED IN PLACE OF THIS FORM]

Our Unit will be participating in the Cub Run District Klondike Derby, sponsored by the Cub Run District Committee, National Capitol Area Council, Scouting America, on **January 17-19, 2024** at Camp Snyder (6100 Antioch Rd, Haymarket, VA).

*In order for your Scout to participate in this activity, please complete the permission slip and health history information below and return to the Unit Leader as soon as possible.*

Scout Name	
Home Address	
Phone # at which parent/guardian can be reached during Klondike Derby	

The above named Scout has my permission to attend the Sully District Klondike Derby on February 9-11, 2024 and to participate in all related activities, except as herein noted by me below:

### Alternate Contact in case of emergency if I cannot be contacted

Name	Phone Number
------	--------------

Health Insurance Plan	Policy Number	Service Code

### Has your Scout had or is he subject to any of the following (Mark Yes or No)?

Asthma    Fainting Spells    Convulsions    Heart Trouble    Bleeding Disorder

Does your Scout have any medical condition that may require special care, medication, or diet? If yes, please explain. Also, list any allergies to medication, food, plants, or insects:



**Over the Counter Medications**

Is it acceptable for the Klondike Medical staff to provide your Scout with over-the-counter medications on an as need basis?

***(Initial below to show approval. No response will be assumed as a negative response.)***

I Approve \_\_\_\_\_

I DO NOT Approve \_\_\_\_\_

Please list all medicine brought to the event for dispensing by the unit’s adult leader

Medicine	Given
	_____ (#) times/day when
	_____ (#) times/day when
	_____ (#) times/day when
	_____ (#) times/day when

**Shot Record – Please indicate month and year**

Tetanus \_\_\_/\_\_\_ Diphtheria \_\_\_/\_\_\_ Polio \_\_\_/\_\_\_ Measles \_\_\_/\_\_\_

Mumps \_\_\_/\_\_\_ Pertussis \_\_\_/\_\_\_ Rubella \_\_\_/\_\_\_

\_\_\_\_\_  
*Signature of Parent or Guardian*

\_\_\_\_\_  
*Date*

**THIS FORM TO BE KEPT BY THE UNIT LEADER**

# IMPORTANT THINGS TO KNOW ABOUT WINTER CAMPING

Winter camping can be a thrilling adventure, but it requires careful preparation to stay safe and warm. The tips below will help you brave the cold and enjoy the experience without putting your health at risk.

## 1. Dress and Sleep Warm

- Your sleeping bag doesn't warm you—you warm it! Always change into **clean, dry clothes** before bed. Clothes worn during the day hold moisture from sweat, increasing your risk of hypothermia.

## 2. Sleeping Pads and Bags

- Use a **closed-cell sleeping pad** designed for cold weather, as it won't absorb moisture like open-cell pads. Air mattresses are ineffective in winter and can make you colder. For extra warmth, add a fleece liner or wool blanket to your sleeping bag rated at 10–15°F or lower.

## 3. Pack Clothes Properly

- Pack clothes in heavy-duty Ziploc or plastic bags to keep them dry. Most backpacks aren't waterproof, and damp clothes can be uncomfortable and cold.

## 4. Sleep with a Hat

- Wear a wool hat to bed. It helps retain heat and keeps your feet warmer by reducing heat loss through your head.

## 5. Waterproof Footwear

- Waterproof your boots with 'Sno-Seal' several days before your trip. Avoid mink oil, as it doesn't provide waterproofing.

## 6. Pre-Warm Clothes

- Place the next day's clothes inside your sleeping bag to warm them overnight. Always carry at least one extra pair of wool socks for emergencies.

## 7. Ventilation

- Ventilate your tent at night to prevent condensation. A sealed tent can lead to internal 'snow' or 'rain' as moisture freezes or drips back onto you.

## 8. Know the Signs of Cold Stress

- If you feel cold or get wet, tell a leader immediately—don't wait. Know the signs of hypothermia and how to prevent it before your trip.

## 9. Be Prepared

- Bring extra clothes and gear for yourself—no one will have spares to lend. Keeping a dry change of clothes in your car is smart insurance.

## 10. The C-O-L-D Method

- **Clean:** Keep insulation layers clean and fluffy for warmth.
- **Overheating:** Avoid sweating by adjusting layers to match your activity level.
- **Loose Layers:** Wear loose clothing and boots to allow circulation and maximize insulation.
- **Dry:** Stay dry by avoiding cotton and brushing off snow before entering warm areas.