Scouting America

National Capital Area Council

36th Annual Potomac District Klondike Derby

@ Little Bennett Campground

January 22 - January 24, 2027

Adult Leader's Guide



2027 Patch Design by Jake Hill, Troop 461

2027 Potomac District Klondike Derby
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Highlights for 2027

- Campsite assignments will be emailed at least one week before the event.
- **Knowledge of how to recognize and treat cold weather risks such as hypothermia is mandatory**; Proper Cold Weather packing and Cold Weather Risks are discussed in detailed in this Leader's Guide.
- Derby Stations
  - We are open to new Station ideas. If your Unit is interested, email earlsmithjd@gmail.com
  - If your Troop/Post is able to dedicate a minimum of two (2) YPT trained adults who can work both between 9-12 am & 1-4 pm sharp on Saturday, your troop will receive a $50 credit against their fees. Check "Yes" when prompted while completing the on-line registration to indicate a *willingness / availability* to run a Station.
  - If your assistance is needed, you will be contacted in advance of the Klondike for confirmation + Station assignment.
  - An offer to run a Station MUST be accepted / confirmed by Klondike leadership **BEFORE** the Klondike in order to receive the $50 credit (i.e., simply indicating a *willingness* to run a Station during online registration does not mean that you ***ARE*** going to run a station).
- Registration, First Aid and the Klondike Derby Headquarters are in the usual location - on the lower level of the Little Bennett Camp Store. Please follow signage.
- **Check or cash are the preferred methods of payment for registration, although credit cards will be accepted at Check-In**.
- Location of Religious Services will be announced at Orientation.
- **Any riders ON the sleds during the Sunday morning sled races MUST wear a helmet.**
- You may use the campground's dumpsters for your trash.
- TENTATIVE dates for the 2028 Klondike Derby are **Friday January 21, 2028** through **Sunday January 23, 2028**.

2027 Potomac District Klondike Derby
Schedule

Friday 22nd

5:00 – 9:00 pm	Registration – HQ (Camp Store Lower Level) .
7:30 – 9:00 pm	Patrols Check in – OA Inspect Survival Kit and Sled and accept 2028 Patch Design proposals (Parking Lot outside HQ****
9:00 – 9:30 pm	Orientation – Amphitheater behind HQ (**Scoutmaster & SPL only**)
9:30 – 9:45 pm	Station Mayor Meeting – Amphitheater (**Only unit adults working as Station Mayors are to attend this short but mandatory meeting where they will be given Station-specific information and scoring gear**).
10:00 pm	Taps – Quiet in Camp. All lights out.

Saturday 23rd

7:00 am	Reveille
7:00 – 8:00 am	Registration for Latecomers – HQ
7:00 – 8:30 am	Breakfast at Your Campsite(s)
8:45 – 8:55 am	Flag Raising – Loop A Field
9:15 – 12:00 pm	Morning Station Sessions****
12:00 – 1:00 pm	Lunch (no stations open during this hour)
	Campsite Gateway Judging**
1:00 – 4:00 pm	Afternoon Station Sessions****
4:00 pm	Flag Lowering – Loop A Field
4:30 – 5:30 pm	**PL+1** submit Campfire Skit Entry to OA at amphitheater behind HQ****
5:00 – 7:30 pm	Dinner at Your Campsite(s)
6:30 – 7:00 pm	Dessert Contest - Patrol Leaders submit at HQ****
8:00 – 9:00 pm	Campfire & OA Call-Out – at amphitheater behind HQ
9:00 pm	Cracker Barrel – HQ (OA Staff Volunteers)
10:00 pm	Taps – Quiet in Camp. All lights out.
1:00 – 4:00 pm	Webelos Invitational - Check-in at Entrance Gatehouse (Gate will be manned)

**** denotes scored event**

Sunday 24th

7:00 am	Reveille
7:00 – 8:30 am	Breakfast at Your Campsite(s)
9:00 am	Worship Services (Location to be determined):
10:00 am	Sled Races – Loop A Field
	Closing Ceremony – Loop A Field
10:30 – 11:30 am	Site Inspections (see Check-Out instructions)
12:00 pm	Park closes.

2027 Potomac District Klondike Derby
General Information

When 5:00 pm Friday January 22rd through 11:30 AM Sunday January 24th, 2027.

Location Little Bennett Campground, 23705 Frederick Road, Clarksburg, Maryland 20871. Enter through the Campground Entrance – it is the second entrance on Frederick Road. (the first entrance is the Maintenance Yard, which is the parking for the Webelos event

Invitees Troops & Venture Crews in the National Capital Area Council and surrounding Councils / Districts.

No specific physical conditioning, experience, or training is required to successfully complete a Klondike Derby. Success during the competition depends on knowledge of basic Scouting skills and teamwork.

Adult Participation Adults are prohibited from accompanying / helping Patrols during the Saturday Patrol competition. **The only exception to this is for Scouts with special needs and/or disabilities.** A great way to see all the action is by volunteering as Station Mayors. Observe Patrols from other units in action and pick up tips from the collective intellect of the Patrols at work.

Webelos Participation Webelos may observe the older Scouts in action but may not participate in these activities, nor camp overnight.

A separate Webelos Invitational will take place on Saturday 1:00 - 4:00 pm. See the separate registration link online for Webelos Invitational.

Warming Stations Warming Stations with hot chocolate (and coffee for adults) will be located near A Field and E Field.

First Aid A First Aid Station will be open 24/7. It is located in the lower level by HQ. All injuries, however slight, must be reported to the First Aid Station.

Payments We charge $175 per campsite plus $10 per person (youth or adult) attending the Klondike Derby. We grant a $50 credit for being the mayor of an activity station. The campsite fee is paid in advance with the registration, the per person fee is paid at check in (cash, check, or credit card). Make checks payable to: "NCAC". Memo on check "Cost Center 679 / Klondike Derby 2027." Credit cards will be accepted at Friday Check-In (but probably not Saturday morning).

Refunds Unless the event is cancelled, we do not give refunds. If, after you booked your campsite(s), your troop cannot attend the event for any reason, the Klondike Derby Director will make a good faith effort to resell your campsite to a different troop. All payments between the selling troop and purchasing troop are to be handled between the two troops.

Cancellation The event will NOT be postponed. If there is a major blizzard, the event may be cancelled altogether at which point we will do our best to refund in a fair and equitable manner any unspent funds. Updates will be made via email to unit contact given at the time of online registration.

Check-In **Friday Night - 5:00 pm to 9:00 pm (preferred)**
Saturday Morning - 7:00 am to 8:00 am (backup)

After arrival at your campsite(s), **one** adult from your Troop should Check In at HQ by bringing a copy of your completed "Troop Roster & Final Payment Form" plus any required payments. Adults working as Klondike Staff, OA and Station Mayors must asterisk (*) their names on the Roster to receive a **Staff** patch.

Check Out **Sunday, 10:30 – 11:30 am. A Klondike Derby Staff member must sign out every Unit.**

After your unit has completed site clean-up and has packed away unit gear, someone from your unit should find the OA Representative stationed near the middle of each camping loop (A, B, C, D, and E) and ask them to inspect the site(s). Once inspection is completed, the OA Representative will provide a signed card to be taken to HQ where Klondike Derby patches and a participation ribbon will be issued to the Unit leader. Early check-out can be arranged. **Troops leaving without being checked-out by a Staff member will not receive Klondike Derby patches.**

Vehicles: Parking is very limited, please make every effort to carpool. Vehicles must be parked on the parking pad at the campsite or in a designated parking space. Emergency vehicles must have unobstructed access to the sites. No parking off the gravel parking pad, or on the road. Cars parked on the side of any road will be subject to a parking ticket and towed. No parking is allowed on the playfields.

To assure the safety of participants during the event, drivers must: observe and obey speed limit signs posted in the park, be mindful of pedestrians on the roads and not drive to nor park their cars at or near the playfields.

Medical Forms This is a Unit-based event. Each leader of a unit must have an up-to-date Scouting America Annual Health and Medical Record form for each camper and adult leader, just as you would for any campout. These will **NOT** be collected at Check-In. However, they must be kept in a secure location (to protect participant privacy) and be available to both the unit leader and camp staff if needed. If you have any campers with limitations, special needs, or life-threatening circumstances, your unit leader should inform the health officer / first aid unit at Check-In.

Food This is a Unit-based event, meaning that each Troop is responsible for providing their own food, including transportation, storage, and preparation. Patrol cooking is encouraged, including a hot portion for each meal.

Fires Fires are permitted in the fire ring only. Fires must not be left unattended. Always have a shovel/rake and water or other extinguishing materials handy. Due to the spread of tree-harming invasive species, firewood may not be brought into the campground. Wood may be obtained from any downed trees. Firewood may also be purchased at the Camp Store. Cutting any standing tree is considered the destruction of property and subject to criminal penalty. The use of chain saws for any reason is prohibited.

Water Water will be available from spigots located throughout the campground and will be operable. **DO NOT WASH DISHES AT THE SPIGOTS! Please emphasize this with Scouts.** Dishes should be washed at your campsite. See "Camping Dishwashing Procedures" at that back of this packet.

Latrines Restroom buildings ("Bath Houses") throughout the campground are **closed and locked** for the winter. Portable toilets (aka "Port-a-John's") will be provided. Please have Scouts use them with respect. Vandalizing portable toilets will not be tolerated, nor should they be used to dispose of cooking scraps. **Please emphasize this with Scouts.**

Trash Troops are responsible for leaving Little Bennett better than they find it upon arrival. Units may use the campground dumpsters which are located at the Exit of Loop A, where it rejoins the main campground road; at the entrance to Loop D; and at the entrance to Loop E.

Lost & Found HQ will serve as the repository for found items. To minimize lost gear, Scouts should label all personal gear with their name and unit number.

Reminder Two YPT trained adult leaders MINIMUM (at least 21 years old), must always be present with the unit (except with Patrols during the competition). ALL adults staying overnight must be currently registered as an adult volunteer or an adult program participant. Adult volunteers must register in the position(s) they are serving in. Registration solely as a merit badge counselor does not meet this requirement. As always, drugs, alcohol, fireworks, etc. are not allowed.

Questions? Email KlondikeDerby@Gmail.com

Winter Camping
(2 nights)
Packing List

Clothes

- ☐ Long underwear (2-3 pairs, no cotton)
- ☐ Many layers of fleece and wool
- ☐ Water and Wind-proof jacket (preferably w/hood)
- ☐ Insulated Pants (fleece)
- ☐ Water and Wind-proof pants (ski or rain pants)
- ☐ Clean pants and torso layers for nighttime activities
- ☐ Clean clothes **for sleeping in <u>ONLY</u>**
- ☐ Waterproof gloves / mittens (1-2 pairs)
- ☐ Wool Hat (2)
- ☐ Sock liners
- ☐ Wool socks (5 pairs)
- ☐ Waterproof boots (2 pair)
- ☐ Class A Uniform (Shirt only)

Sleep System

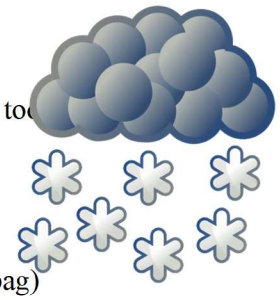
- ☐ Sleeping Bag
- ☐ Thick wool blanket or fleece liner
- ☐ Closed-cell Foam Pad (not an air mattress)
- ☐ Space Blanket (thick kind, not the foil ones)
- ☐ Extra Blanket

Before Going to Bed

- Take the Patrol for a walk around the loop
- Eat some trail mix
- Visit toilet (do it now rather than at 3 am)
- Change **<u>ALL</u>** clothes, including underwear (your old ones are wet/dirty)
- Put on a dry wool hat
- Put clothes for the next day in your sleeping bag
- Open your tent a little
- If you need to leave the tent at night, you MUST wake up your tent mate!

Camping Gear

- ☐ Water bottle (w/water)
- ☐ Mess Kit in mesh bag (plastic is best; metal cools to
- ☐ Insulated Mug w/handle
- ☐ Flashlight + spare batteries
- ☐ Knife
- ☐ Kleenex (keep dry in zip-top bag)
- ☐ First Aid Kit



Miscellaneous

- ☐ Money ($1's, 5's, 10's for camp store. NOT 20's)
- ☐ Watch
- ☐ Paper and Pencil [pens will freeze]
- ☐ Zip-top bags for clothes (keeps moist air out)
- ☐ Pillow
- ☐ Toiletries (toothbrush, toothpaste, washcloth, etc.)
- ☐ Trail Mix
- ☐ Scout Book (under 1st Class, should always have)
- ☐ Plastic trash bag for wet clothes
- ☐ _____

Tent

- Space blanket under everybody (shiny side up)
- Sleeping bag and wool blanket combo
- Wool blanket on top of everybody

Key Points

- It's easy to get cold; it's very hard to warm back up
- If you get wet, you *will* get cold. So Stay Dry!!!
- Don't overheat – sweat gets you wet and cold, fast
- <u>You</u> warm the sleeping bag, it does not warm you!
- Poor Planning = Poor Performance
- If you get cold, tell somebody!



MUST READS about Winter Camping

- You warm the sleeping bag; it does not warm you! Plan to dress lightly by changing into **clean, dry** clothes (even your underwear) when you retire for the night. The clothes you wear during a regular day contain about a pint of moisture from normal perspiration and increases your risk of hypothermia.

- You should place **all** clothes into heavy-duty sealable Ziploc bags before you pack them. Natural moisture in your clothes when you are camping can be uncomfortable when you get dressed in the morning. Backpacks and duffels are not waterproof and they do absorb moisture, therefore clothes in unsealed bags are damp.

- A closed-cell sleeping pad does **not** absorb moisture. Open-cell pads absorb moisture. An air mattress is useless in winter, actually wicking cold air from the ground to you! If you do not have a backpacking-type sleeping bag rated to at least 10-15 degrees F., bring an extra wool blanket. A fleece liner in your sleeping bag provides an extra layer of warmth.

- Wearing a **wool** watch cap when you sleep is helpful; remember the chimney effect. A scarf or neck gaiter also helps hold in the heat.

- Waterproof your shoes or boots with a "Sno-Seal" **before** your camping trip. Two or three treatments several days apart are useful. Mink oil does not waterproof.

- Putting some of the clothes you will wear the next day inside your sleeping bag when you go to bed will warm them up. Always bring at least one extra pair of **wool** socks and mittens or gloves for emergencies. Plan on using several pairs of socks each day.

- Ventilate your tent at night. A closed tent allows condensation to build up on the roof of the tent and it might "snow" or "rain" inside your tent.

- If you are cold or get wet, talk to your leaders. Don't wait until you are numb or until the early morning hours. Learn what **hypothermia** is before going winter camping and learn to prevent it.

- No one will have extra clothes or equipment to loan to you should yours gets wet. Take a few precautions **before you leave** to go winter camping, so you stay warm and dry. If you have questions, get answers to those questions before you leave. Keep an extra set of clothes in the car just in case; it's good insurance.

- Avoid overheating by adjusting the layers of your clothing to meet the outside temperature and the exertions of your activities. Excessive sweating can dampen your garments and cause chilling later on.

- Damp clothing and skin can cause your body to cool quickly, possibly leading to frostbite and hypothermia. Keep dry by avoiding cotton clothes that absorb moisture. Always brush away snow that is on your clothes before you enter a heated area. Keep the clothing around your neck loosened so that body heat and moisture can escape instead of soaking several layers of clothing.

- A steady flow of warm blood is essential to keep all parts of your body heated. Wear several loosely fitting layers of clothing and footgear that will allow maximum insulation without impeding your circulation.

BASIC COLD WEATHER CLOTHING LAYERS

1) The **base layer** is basically your underwear—the layer next to your skin. Synthetic and merino wool fabrics work best (avoid cotton). They wick perspiration away from your skin to outer layers so it can evaporate. They dry quickly so you spend minimal time in wet clothing. When snow camping, it's common to wear 2 base layers: a lightweight or midweight layer, then a thicker heavyweight layer.

2) The **middle layer** is your insulating layer. It is primarily designed to help you retain body heat. Consider wool, fleece or microfleece shirts, pants, and jacket and/or a goose down jacket.

3) The **outer layer**, or shell, is your waterproof/windproof/breathable layer. Laminates such as Gore-Tex, eVent or REI Elements offer premium protection. Less expensive alternatives use polyurethane-coated fabrics that are equally waterproof but somewhat less breathable. Look for core vents and underarm vents that expel excess heat and moisture.

HYPOTHERMIA 101

As the temperature dips, hypothermia can threaten survival for backwoods adventurers unaware of its warning signs. Hypothermia is an abnormally low body-core temperature caused by exposure to a cold environment.

Caution: First-aid management of hypothermic victims should not be based solely on measurements of body temperature because it is often difficult to obtain an accurate temperature in the field.

Mild Hypothermia
When core body temperature drops below 95ºF, mild **hypothermia** sets in.

- Person feels cold and shivers at maximum level.
- Person maintains normal consciousness level, remains alert, and has normal or slightly impaired coordination.
- When core body temperature drops below 93ºF, the person develops slurred speech, memory loss, poor judgment, and carelessness.

Mild Hypothermia Treatment:

1. Move the person from the cold environment to a sheltered environment.
2. Replace any wet clothing with dry, insulated garments.
3. Give the person warm food and lots of sugary hot fluids (an average size adult needs about 60 kilocalories of hot drinks or about 2 quarts of highly sugary liquids such as drink mixes) to elevate core temperature 10 F.
4. Slow heat loss by wrapping the person in a sleeping bag, plastic bag, or tarp. Huddling with the person in a sleeping bag will help slow heat loss.
5. Resist the urge to use hot water bottles or heat packs. They can turn off the body's shivering mechanism, and they add very little heat to the body core. Instead, bring water to a boil and have the person inhale the steam, or build a fire.

Profound Hypothermia:
When core body temperature drops below 90 degrees F, profound hypothermia develops.

- The person becomes weak and lethargic.
- The person has an altered mental state (is disoriented, confused, combative or irrational, or in a coma).
- The person is uncoordinated.
- When core body temperature drops below 88 degrees F, person stops shivering.
- When core body temperature drops below 86 degrees F, person's heart pumps less than two-thirds the normal amount of blood. Pulse and breathing are half their normal rates.
- When core body temperature drops below 83 degrees F, the heart is very irritable and unstable, and likely to develop abnormalities. The person is in danger of cardiac arrest. Rough handling of the person increases the potential for cardiac arrest.

Profound Hypothermia Treatment:
Treatment in the backcountry is aimed at stabilizing the person and preventing any further cooling.

1. Handle the person very gently. Rough handling may cause his heart to fail.
2. Place the person in a sleeping bag, or place blankets or clothing underneath and on top of him. Any heat that you can provide will probably not rewarm the person but will help prevent further cooling.
3. A person with significantly altered mental state should not be allowed to eat or drink because of the potential for choking or vomiting.
4. Rewarming is best done in a hospital, because of the potential complications associated with profound hypothermia. Professional assistance is usually needed to evacuate a profoundly hypothermic person.

It may be difficult to distinguish whether a person is profoundly hypothermic or dead. The profoundly hypothermic person may have a pulse and respirations that are barely detectable. Double-check carefully, feeling for the carotid pulse (it is found on either side of the center of the throat where the carotid artery goes to the head). Check this for at least one minute since the heart rate may be very slow. Place a glass or plastic surface next to the person's mouth to see if it fogs up.

When to perform CPR: If the person is breathing or has any pulse, no matter how slow, do not initiate CPR, as this may cause the heart to stop beating completely. If there is no sign of a pulse or breathing after one minute, what to do next depends on your situation:

1. If you are alone or with only one other person, cover the hypothermic person and place him in a protected shelter (place insulation beneath and on top of him). Both rescuers should go for help and stay together for safety.
2. If there are multiple rescuers, and it is safe to stay with the victim, begin CPR. Chest compressions should be done at one-half the normal rate. At least two people should go for help and stay together for safety.
3. If the person can be easily transported out of the backcountry on an improvised stretcher, the rescuers may elect to do this while performing CPR during the transport as best as possible.

Never assume that a profoundly hypothermic person is dead until his body has been warmed thoroughly and there are still no signs of life. It is possible, though rare, that one without detectable signs of life will recover when rewarmed.

Adapted from *Wilderness 911: A Step-by-Step Guide for Medical Emergencies and Improvised Care in the Backcountry*, Eric A. Weiss, MD

CAMPING DISHWASHING PROCEDURES

For individual camper health and for the good of the natural environment use these procedures at Little Bennett Campground and anywhere else you may camp!

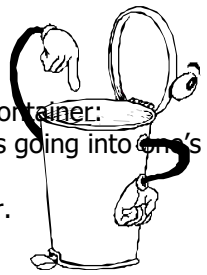
ABSOLUTELY NO DISHWASHING AT WATER SPIGOTS OR BATH-HOUSES!!!

MATERIALS NEEDED:

- Container for garbage
- Paper towel or napkin (from meal)
- 3 dishpans, tubs, or buckets
- Detergent (preferably biodegradable)
- Dish scrubber
- Bleach
- Plastic grocery bag

BEFORE SITTING DOWN FOR MEAL: Put large pot of water on to heat.

PRIOR TO WASHING DISHES:



- Set up container for garbage.
- Using small piece of paper towel or napkin, wipe ***ALL*** food particles into the garbage container:
    1. Wipe utensils first, cups second and plates third. This order ensures that items going into one's mouth are as clean as possible.
    2. After all personal gear is wiped, use the same steps for the Patrol cooking gear.

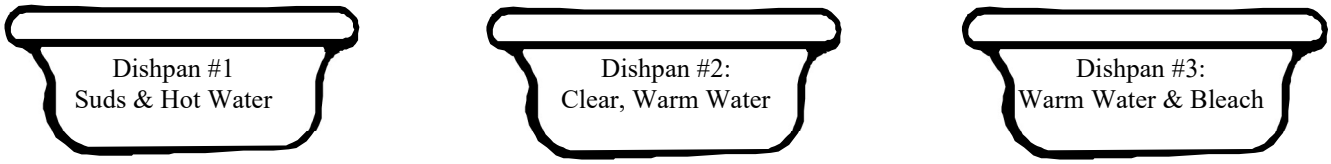
DO NOT ALLOW *any gear that* ***HAS NOT*** *been wiped free of food particles into Dishpan #1.*

PREPARING DISHWATER:

Dishpan #1 – **wash water:** small amount of liquid detergent in first, then add hot water

Dishpan #2 – **rinse water:** clear, warm water

Dishpan #3 – **sterilize:** lukewarm water with 1 tablespoon bleach for every gallon of water; add 1 tablespoon of bleach after every eight campers. Gear stays in this tub for one minute.



DISPOSING OF DISHWATER:

- Prepare a plastic grocery bag for straining any food particles that may have sneaked into the dishpans.
    1. Punch several small holes into the corner of the bag.
    2. Fill the corner with a small amount of leaves and/or pine needles to act as a filter.
- Carefully empty the dishpans into the bag in the following order and allow the bag to drain after each addition *in a different part of the woods each time*:
    1. Dishpan #1 into the bag.
    2. Dishpan #2 into #1, swish water around and then into the bag
    3. Dishpan #3 into #2, swish water around, then into #1, swish water around and then into the bag. This will ensure that all three dishpans will have an opportunity to be sterilized.
- Dispose of plastic bag properly.

