

Abraham Lincoln Council  
**Zombie Apocalypse Klondike**



**Tactical Operation / (Leader's)  
Survival Guide**

**January 27-29, 2023**

The Zombie Apocalypse Virus has infected Camp Illinek. Scouts and leaders at camp have become exposed and the rest must use their Scouting Skills to survive and prove that they are "Tougher than Scouts BSA Zombies!" Unique skill sets (conveniently identified and associated with merit badges) have been identified to help Scouts survive the Zombie Apocalypse. Scouts will work together in Patrols to locate the cure to the virus.

# ***ZOMBIE INFESTATION AT CAMP ILLINEK!!!***

The Abraham Lincoln Council will field Expeditionary Teams to combat the Zombies reportedly discovered at Camp Illinek. The course is rugged, and the weather is brutal. Every scout skill will be tested to the limit. However, the potential rewards for each team are unlimited. Fight your way through the hoards of Zombies to locate the cure.

Our Camporee is a Zombie Apocalypse Survival Training event and will feature emergency preparedness and survival skill training and activities. The Zombie Apocalypse Survival Staff has developed an exciting and challenging series of scenarios for all participants, intended to increase every Scout's skill and preparedness for the imminent zombie invasion...or any other emergency. Along with skill, cool heads and teamwork are always valuable when facing tough situations

After your last station, with the chips collected on the trail, the team is on the final stretch. Report to the Command Office (Booth Lodge) to have your score sheets checked and recorded.

Saturday night after church services, chips earned during the day at each station will be used by patrols to bid on patrol items at the Saturday night auction. At least \$1000.00 worth of available camping gear

Every Boy Scout will want to be in on the Zombie Apocalypse. Look over the enclosed plan, talk it up, and get the patrols working now!! The Apocalypse committee is working to make this the best Camporee that has ever happened in our council.



**A. Lincoln Council 2023 Winter Camporee**

January 27-29, 2023  
Camp Illinek, Springfield IL

## ***Theme: Zombie Apocalypse***

Our weekend Camporee will include the Saturday Zombie Apocalypse, Saturday breakfast and dinner, and the spectacular Saturday evening Patrol Auction, where each patrol will have an opportunity to bid on at least \$1,000 worth of patrol camping gear. ***We are encouraging all troops to camp out the entire weekend, from Friday night until Sunday morning.*** Troops or Patrols are encouraged to build shelters to live in during the Camporee. Camp Illinek will be open on Saturday, January 21<sup>st</sup> for this purpose. Troops can come back the next day (Sunday) or other days to finish shelters if they wish. *Try not to place shelters where station events will be held.* Previously cut wood for shelter building from last year will be available on a first come first serve basis or wood can be brought in by troops. Troops can also cut saplings along the road into camp for shelter material (Troops **must** check with the ranger before cutting any wood at camp).

**The cost of the Camporee will be \$25.00 per Scout and \$15.00 per Adult until January 11. After January 11, the cost per Scout will be \$30.00 and the Adult fee will remain at \$15.00. The fee will include:**

A Cracker-barrel Friday Night (for SM & SPL)

Breakfast Saturday morning

Dinner Saturday night

A copy of this booklet for each youth patrol

A patch for each attendee

Auction items for the Saturday night auction

**Walk-ins on Friday night will not be provided meals but will still be charged \$30.00 per person**

***Pre-registration of patrols is important so that we know approximately how much food to purchase.***

Registration of the Scouts in each patrol (and adults) will be done in advance so we know how many will attend; changes can be made at the Camporee. All persons will be charged the \$25.00 fee whether they camp or not.

*No refunds will be given to those who choose not to participate in the breakfast, dinner, or auction.*

***Breakfast and dinner will be provided Saturday at Booth Lodge.***

The Rotary Lodge will be a warming station for the weekend. A wood stove will be going throughout the Camporee. Hot cocoa will be provided by our OA Illinek Lodge throughout the Camporee (bring your cup). Lunch is on your own, troop adults must provide hot lunch for their Scouts.

***Registration will take place at Booth Lodge both Friday night from 6:00-9:00 pm and Saturday morning from 7:00-8:45 am. A cracker-barrel and informational meeting will be held at Booth Lodge Friday at 8:30 pm for Scoutmasters and Senior Patrol Leaders.***

***Chips worth (A)500, (B)300, or (C)100 points will be awarded at each station.***

Saturday, at 8 pm, an auction will be held, and patrols will use the points they earned during the day to bid on camping gear. The more points earned, the more the patrol will have to spend bidding on gear. *Patrols will keep the gear they have purchased at the auction* – we hope that all patrols get to take home at least a couple of items, if not more. Items will vary, from Coleman lanterns to bow saws and other patrol-oriented gear. This is always a win/win situation for all patrols (no patrol rankings will be listed – the better a patrol does, the more goods they can buy). To keep it fair, we ask that patrols **not** combine their points during bidding

***The setting for this event is Zombie Apocalypse.***

All stations will be designated by the numbers shown on the map. Patrols of 4-8 Scouts are expected to participate. Patrols are expected to bring derby sleds/ land schooners.

***An equipment list for stations will not be provided.*** To determine what equipment will be needed at the Camporee, each patrol will need to read this booklet, check out each event, and make their determination as to what equipment they should bring along. **Good Luck!**

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# **Safety Procedures**

- 1. Troop numbers MUST be marked in large letters on the outside of the shelter.**
- 2. Mandatory that troops check in when they arrive. No matter what time of night or early morning it is.**
- 3. When checking in there will be a large map of Camp Illinek on the wall. Troop will mark the location of their shelter on that map. They will not be considered checked in for the event until they verify the location of their shelter.**
- 4. At least one leader per Troop has a cell phone with them at all times, and that number is on the check-in form.**
- 5. Mandatory that troops check out when they leave camp. Patches will be handed out when you check out.**
- 6. These rules are meant to make sure that everyone remains safe during the event and that all the Scouts have fun.**

# HIGH-LEVEL SCHEDULE:

## Friday, January 27th:

5:30 PM Troops start to arrive.

8:30 PM SM/SPL Orientation (Booth Lodge)

## Saturday, January 28th:

8:30 AM Opening Flag and Morning Announcements

9:00 AM Morning Event Stations

Noon Lunch (On your own)

1:00 PM Afternoon Event stations

5:15 PM Closing Flag and Evening Announcements

5:30 PM Dinner

7:00 PM Interfaith Worship Service

8:00 PM Auction

## Sunday, January 29th:

8:00 AM Morning Announcements and Clean-Up Duties

8:15 AM Check Out

## POINTS OF CONTACT:

Chief Zombie Hunter: Mark Wilson [wilsonm850@comcast.net](mailto:wilsonm850@comcast.net)

Director Zombie Response Team: Howard Olson [holson53@comcast.net](mailto:holson53@comcast.net)

Zombie Fodder: Pete Carteaux [Pete.Carteaux@scouting.org](mailto:Pete.Carteaux@scouting.org)



# REGISTRATION

**Patches:** Every registered Youth and Adult will receive a patch. That is if the zombies don't eat the delivery man.

**Membership:** For a Scout to attend the Zombie Apocalypse Camporee, they must be a registered Scout, Venturing Crew, Ship, or Explorer.

**Rosters:** Every unit needs to fill out a roster form attached. It should include the name of the Scouts and leaders attending and the contact number of each leader attending. Keeping track of your numbers is strongly advised when with the living dead.

**Medical Forms:** Like all Scouting events, the Zombie Apocalypse Camporee requires that each troop have Class A and B medical forms in their possession for all Scouts and Adults attending the event. Each unit is expected to bring a binder or folder containing these forms, in the unlikely event that medical care is required beyond first aid. The troops will hold onto the medical forms. **REMEMBER, ZOMBIES, DO BITE!**

**Campsites,** each site is outside of the known virus containment area, however, be aware that each site will be shared by multiple units, so be friendly and considerate neighbors! All stations will be designated by the numbers shown on the map.

Each unit is asked to provide one or more adult volunteers to act as assistants in program areas. Volunteer Sheet should provide the info requested for each volunteer. Units providing volunteers will receive bonus points toward their event scores.

**Registration:** Registration will open for the Zombie Apocalypse Camporee on the Council website on the Event page.

# CHECK-OUT PROCEDURES

Check-out will begin at 10:00 am on Sunday, January 29th.

Your campsite **MUST** be inspected by a member of the Camporee Staff before you leave. Before the inspection, please complete the following:

- Ensure the campsite is litter free.
- Restore your campsite to be better than you found it.
- Pack up your gear and be ready to depart.
- Carry out all garbage to be disposed of at home.

- Request a site inspection of a Camporee Staff member.
- Complete, and be ready to submit, a Camporee Evaluation Form.
- Complete the check-out.

The check-out sheet will be signed when the inspection is completed. You will receive your Camporee

Patches with submission of the signed check-out form.

## **CAMPOREE GENERAL RULES**

- The Scout Oath and Law will govern the behavior of all participants!
- The Buddy System must be followed by all Scouts at all times.
- Leave No Trace applies as always.
- No one may leave the Camporee site early unless approved by the Scoutmaster. Please have everyone check out at Booth Lodge before leaving the Camporee area. We need to ensure no one is infected with the (ab144MW/H) new variant virus.
- As with any Scout event, there will be no illegal drugs, alcohol, fireworks, firearms, or other weapons.
- Sheath knives and fixed-blade scabbard knives are prohibited.
- Wood tools must be properly stored and used in the ax yard (see the Scout Handbook for proper Patrol campsite setup). Improper use of wood tools is prohibited.
- Campfires must be built in an established fire ring/pit or raised above the ground and must be properly extinguished when the campsite is unattended. Keep a filled water bucket handy.
- Report all accidents, injuries, or other emergencies to a member of Camporee Staff. Medical personnel will always be on-site during the Camporee.
- Lost and found items should be brought to the Admin Building.
- Class B T-shirt, Zombie costume, or similar Troop/Patrol attire is encouraged for all other activities.

## **SCOUTMASTER GUIDANCE**

The Camporee will not be called off because of the weather.

Check the map at the end of the booklet to see where camping is allowed. If you set up in a Program area you will be asked to move.

Friday evening check-in is from 5:30-8:30 PM at the Administration building. Please be prepared to show a binder with medical forms for your unit at check-in. Unit Leaders will keep possession of medical forms.

Early departure must be declared at registration.

Scoutmaster and SPL meetings: Friday 8:30 PM at the Booth Lodge. Event Judges will have a meeting at the Sailing Center at 9:00 PM.



**ALL** Vehicles must be parked in lots designated by the Camp Ranger. The Camporee Chairman & Camp Ranger must approve exceptions to this policy **BEFORE** unit check-in (Troop Trailers will be allowed in campsites).

Only one vehicle per troop is allowed to go to the campsite to drop gear.

**No vehicles can go to the campsite once the camporee starts.**

No sheath knives, fireworks, alcoholic beverages, or firearms; **ALL FIRES MUST BE CONTAINED WITHIN A ROCK FIRE RING WITH PROPER CLEARING** and fire buckets.

Anything beyond basic first aid must be reported to Camporee medical staff.

Dutch oven cooking must be contained within fire rings or off the ground.

Each unit is asked to provide 1 or 2 adults to assist in the judging of the patrol competition.

The Camporee committee will judge campsites. While an adult from the Troop is not required to be there it is encouraged that one is in camp.

Patrols must have a patrol score sheet to participate in patrol competitions.

Judges running the events will strictly adhere to the rules contained in this guide. The Camporee Chairman will be the final authority on any disputes. The Camporee committee reserves the right to alter competition events depending on weather conditions. All score sheets must be turned in to the Camporee Chairman before supper Saturday evening.

Units are responsible for removing all the trash from the campsites and event areas. Leave the camp better than we found it.

## **SPL GUIDANCE**

These are some reminders of the important items for the weekend. Each activity will begin at the time indicated in the schedule, please ensure that your unit is on time. A detailed schedule is located in this guide.

Scoutmaster and SPL meetings: Friday 8:30 PM at Booth Lodge.

Each unit is asked to provide 1 or 2 adults to assist in the judging of the patrol competition. Judge meeting Friday at 9:00 PM at the Sailing Center.

Practical jokes are not Scout-like and will not be tolerated.

Patrol Flags will be carried by all patrols at all times except during the judging period.

They will not be required to be in camp for Campsite Inspection. Troop Flags are required for the opening and closing ceremonies, along with campsite judging.

Campsite judging will begin in conjunction with the patrol competitions. Ensure that all vehicles are removed from your campsite. (The Camporee Chairman & Camp Ranger must approve exceptions to this policy before check-in) **Troops' will be penalized in Campsite Competition for non-authorized vehicles in the troop campsite;** This penalty does not apply to trailers.

If a Dutch oven is used for cooking, it may be done at your campsite. However, it must be elevated high enough, so you do not burn the grass beneath the fire or contained within a rock fire ring.

Lights are out Friday and Saturday at 11 PM. Due to the proximity of units, this policy will be strictly enforced.

Checkout: Make sure your campsite is clean following Leave No Trace principles.



## Can you survive out in the wild without a tent?

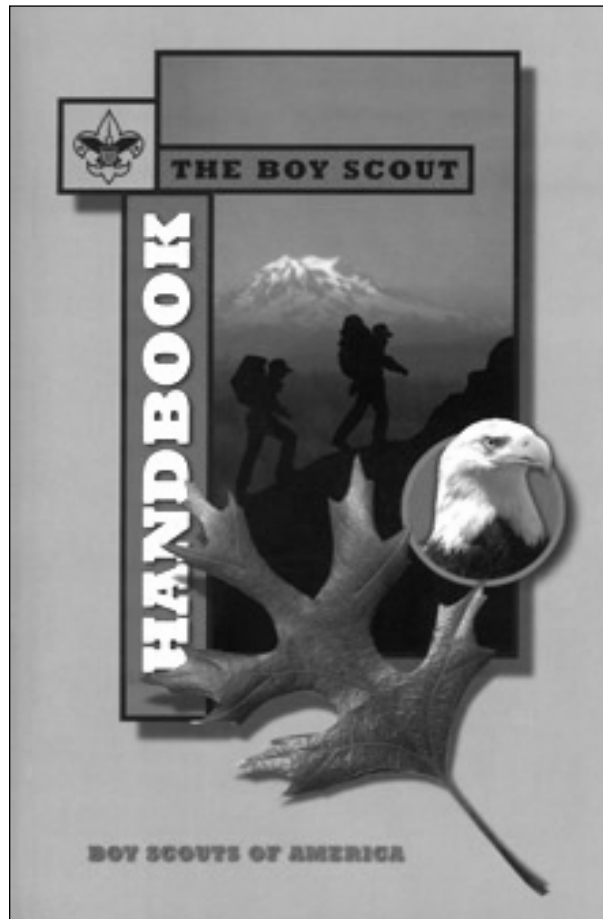
Build a shelter and spend the night in it. 300 points will be given to the shelter building. 100 additional points will be given to each boy that spends the ENTIRE night in the shelter. Total points will be divided by the number of boys in patrol.



## Zombies on the Loose!

**Patrols Beware!** A couple of sets of “Zombies” have been spotted in the area. These scoundrels will take every chip you have if they get a chance. The zombies are known to “hold up” patrols as they pass. Patrols will be asked Scout-related questions. For each question missed, the zombies will steal 100 points. You can be jumped twice during the day. Sleds are then marked with a ribbon so they will not be jumped again.

**Special Brew!** The Order of the Arrow has concocted a special brew that helps fight off any Zombie infection, and it tastes just like hot chocolate! Wander over to Rotary Lodge, number 12 on the map, and get your patrol set to fight off the hoards.



## Save the camp!

You have the cure that is desperately needed for the zombie outbreak at Camp Illinek This medication can freeze or break if not handled properly.

Patrols will come to the event, which lasts throughout the day of competitions, prepared to carry two raw eggs. These will represent the medication. The eggs must not freeze, crack or break. The eggs will be judged at the end of the day's events when you reach the Admin Building.

Scoring:	Ingenuity of packaging	100 point
	Satisfactory completion of the event	100 points
	Patrol/Scouting Spirit	100 points

## Banner Judging (Patrol Flags)

Everywhere we go, people want to know, who we are, so we tell them, we are Scouts. If you are creating a new patrol for the camporee why not show your creative side and create a new patrol flag? Concept: Patrols will carry their flag to all activities. They are to be presented after the last event. Flags that cannot be identified will not be judged. Scoring: Patrol Flag will be scored on the following:

100 Points Unit # /Patrol Name

100 points Attached to a flag pole

100 points Originality



## #1 Inoculation Day

### **Preparedness**

Each patrol sled will have the following:

1. All of the equipment needed for the day
2. All equipment packed securely with proper knots and lashings
3. Troop number identification
4. Patrol flag on a pole of three feet or higher

All patrol members should be properly equipped and dressed for the weather and conditions; footwear, clothing & outer clothing. Each patrol member should know his measurements.

No patrol may leave the starting point without at least a minimum of equipment.

Scoring: 100 Points

### **Sled Design & Construction**

Patrols will be given up to 100 points for innovative sled design and construction.

Scoring: 100 points

Total 200 Points

**NOTE:**

**Patrol Check-in will be from 7:30am-9:00am at both East Shower House *and* the Friendship Circle.**

**Patrols will be assigned a check-in point when they register, and a starting point near their check-in point. These will be printed on their Patrol Scorecards. If they show up at the wrong check-in point they will be sent to their correct one before they can start.**

**Breakfast will be served in Booth Lodge from 7:00am-8:45am.**

**Patrols may check in, leave their sledge near their starting point and go eat breakfast, or eat breakfast first before check-in.**

**There will be a shotgun start at 9:00 when all stations open.**

## #2

### **Zombie Trap (Knot tying)**

Zombies are not bright; they can be trapped if the patrol can tie a series of knots to make a circle of rope to keep the Zombies contained. Concept: Scouts will have five minutes to tie six knots to keep the Zombie trapped inside the containment field.

- Square Knot (Tenderfoot 3a)
- Two Half-Hitches (Tenderfoot 3b)
- Taut-Line Hitch (Tenderfoot 3c)
- Sheet Bend (Second-Class 2f)
- Bowline (Second-Class 2g)
- Clove Hitch (First-Class 3b)

Scoring: Points for Zombie Trap are based on the following:

100 points for each knot tied correctly

500 points for the Zombie not escaping





#3

## **The Living vs. The Walking Dead Disc Golf (Friszy Zombies or Frisbees)**

The Zombies have taken over the Disc Golf Course. The Scouts must shoot past the Zombies to score points. The zombie walks slowly in front of the goal to block it. Concept: Each Scout gets 3 shots (discs) at the goal to score and/or to disable the Zombie. Scoring: Points for Disc Golf are based on the following:

Hit the Zombie in the Head the Zombie is dead. Minus 200 points

Hit a limb (arm or leg). Minus 100 points

Score a goal. 200 points

Hit to the body the Zombie moves 5 feet closer to the Scouts. (Body shots make the Zombie angrier).





#4

## Zombie Obstacle Course (First aid/stretcher race)

One patrol member was attacked by a Zombie horde. He will be alright if his patrol mates can get him some help quick enough; the only problem is they have to get through the obstacle course that's been overrun by Zombies. Concept: Provide basic first aid for one of your patrol members and then get them through the obstacle course. Scoring: Scoring for the Zombie Obstacle Course is based on the following:

100 points for participation

300 points for each correctly treated injury; 100 points penalty for incorrect treatment

500 points for completing the course without being 'attacked' by the Zombies



#5

## Zombie Animals (Archery)

The Zombie virus has infected the animal around Camp Knox. Scouts must show their Archery skills by shooting the killer zombies. Scouts will have the opportunity to shoot three arrows at multiple Zombie animals in a 3D archery setting. You can tell the Zombie animals by looking at their eyes. Scoring: Points for Zombie Animals are based on the following:

100 points if each Scout in the patrol participates

100 points for each Zombie animal hit

500 points if each Scout in the patrol hits one animal Zombie



#6

## Slingshots (Rifle Range Event)

Zombies are all about the “brains”. This is an opportunity to blast and splatter a few brains. Concept: Scouts will get 5 shots to shoot multiple Zombie brains. Scoring: Points for Zombie Slingshots are based on the following:

100 points if each Scout in the patrol participates

100 points for each Zombie's brain hit

500 points if Patrol Leader explodes the special Zombie brain.



#7

## “Hawkin” for Zombies (Tomahawk Throw)

Everyone knows that cracking their skull is the only way to stop a Zombie! Scouts must show their skills as Zombie Killers by hitting the Skull Targets with a Tomahawk Concept: Scouts will get three throws to hit Zombies' brains. Scoring: Points for Hawkin for Zombies are based on the following:

100 points if each Scout in the patrol participates

100 points for each Zombie's brain hit.

500 points if each Scout in the patrol hits a brain



#8

## **Zombie Soup (Fire building)**

Scouts must build a fire, without using matches, and boil a cup of water before the Zombie horde reaches their 'camp site'.

**Concept:**

Each patrol has five minutes to prepare the fuel they have brought with them and to plan the fire-building strategy. Each patrol will have five minutes to lay the fire with the materials provided. After the fire is laid, the patrol will begin to light the fire. The ten-minute time limit starts at the initial spark and time is called when either the fire boils the water, the fire goes out, or the fire isn't started and the Zombies have overrun the campsite. No Fatwood allowed.

100 points for participation

300 points for starting a fire. 100 points if using commercial or homemade fire starters.

500 points boiling water before Zombies reach 'campsite'



#9

## Zombie A-Frame (Pioneering Event)

Sometimes Zombies leave a mess everywhere and infect certain areas with their filth. If you can stay off the ground then you can make it. Concept: Each patrol will need to construct an A-Frame. Then the patrol must work together to get one member on the A-Frame across the infected area. Patrol members carrying their fellow Scout will be blindfolded and directed by their Patrol Leader through a maze. Scoring: Points for Zombie A-Frame are based on the following.

300 points for successfully getting one scout across the infected area

100 points for each knot tied correctly on the A-Frame





# #10

## Zombie Bridge (Wood Tools Event)

It's getting late and the Zombies are breaking through to Camp. The only way to stop the hoards is to cut down the bridge. Concept: Each patrol working as a team will need to destroy the bridge using two-man saws. Scoring: Points for dropping the bridge are based on the following.

100 points for Patrol participation

200 points if each member takes a turn on the saw

500 points for dropping the bridge in less than 3 minutes.





# #11

## Trail End – Infirmary

At the end of the day, you pull into the Infirmary (Booth Lodge) for the finish of the event. At this station, points for the Ranger Inspection below will be handed out.

### Ranger Inspection

Responsibility for the construction of a base camp shelter has been given to your troop. Sometime during the last two weeks, your troop could have come in and built a shelter to house participating members for the weekend. Tents will be acceptable for #4 below.

1. Quality of workmanship of your shelter will be checked. A check is made to see if your lashings (If any) have been done properly, neatly, and are secure.
2. A sturdy design can withstand strong winds and the weight of snow from a major snowstorm. Your shelter is checked to see how it has been designed, and how well it will stand up to the harsh weather.
3. A creative design can save time and materials, and be an interesting and esthetic place to live. Your shelter is inspected for creativity and design innovation.
4. Having a campsite to call home can be important whether shelters are constructed or traditional tents are used. Points will be awarded to all that set up a campsite and are camping at least one night this weekend.
5. Pre-planning of events is important, especially in a harsh environment. Extra points will be awarded to each patrol who pre-registered for this Camporee.

300 points will be given for each shelter built.

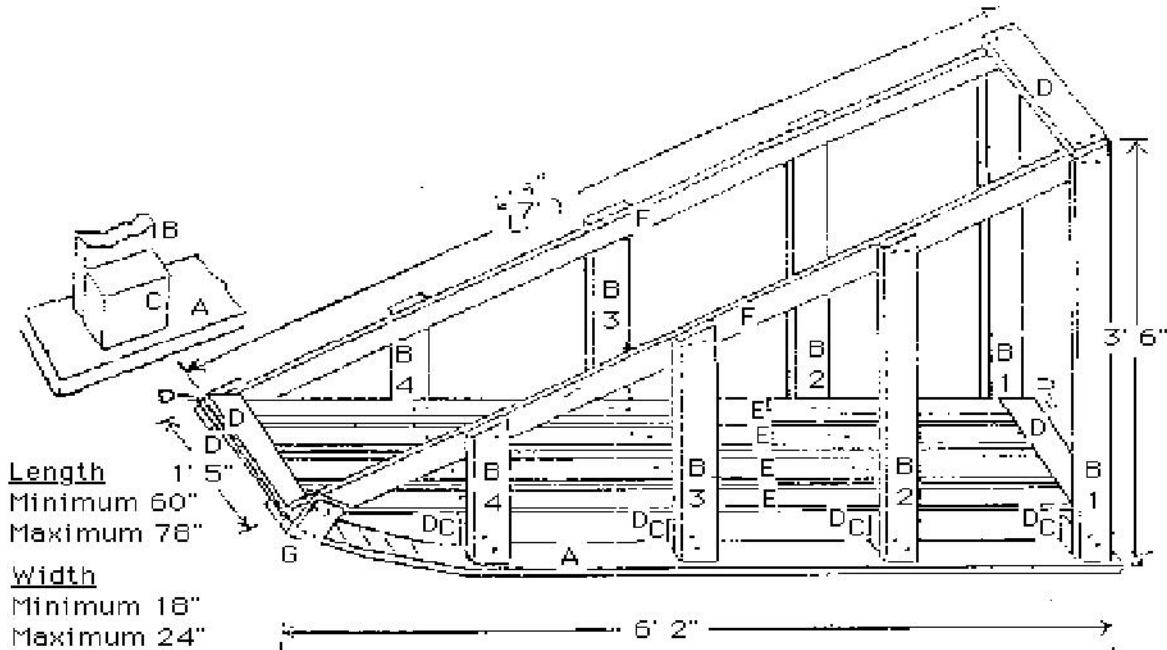
100 additional points will be given to each boy that spends the ENTIRE night in the shelter. Total points will be divided by the number of boys in patrol.

# Camporee Sled # 1

The following plan is for a sled that has a minimum and maximum dimensions as shown. There is no an absolute requirement for these dimensions, but these are typical of those used in most areas.

The sled below is shown as a guide. Your design may be used if it conforms to the minimum and maximum dimensions. Make sure the sled is strong enough to bear the weight of your equipment and will hold together for a long trip. It is best to use screws rather than nails. Drill first to avoid splitting wood. Varnish the bottom of runners and wax before using. Wire netting or a canvas snow curtain may be added to prevent items from falling off the sled.

Secure a towing rope at the front and secure a brake rope at the rear.



Item	Label	Quantity	Dimensions
Runners	A	2	1" x 4" x 6'2"
Uprights	B1	2	1" x 4" x 3'6"
	B2	2	1" x 4" x 2'8"
	B3	2	1" x 4" x 1'9"
	B4	2	1" x 4" x 10"
Upright Supports	C	8	2" x 4" x 4"
Cross Supports	D	6	1" x 4" x 1'5"
Floor Strips	E	4	1" x 4" x 6'
Hand Rails	F	2	1" x 2" x 7'
Front Supports	G	2	1" x 4" x 6"

# Camporee Sled # 2

Be creative with your sled design.

**Approximate Dimensions: HEIGHT = 40 inches, LENGTH = 6 feet, WIDTH = 18 inches.**

Paint your sled bright colors -- varnish the bottom of the runners -- then wax before use!

You can add a canvas snow curtain to keep equipment dry. Lace the sides with nylon rope to keep equipment from falling off the sled.

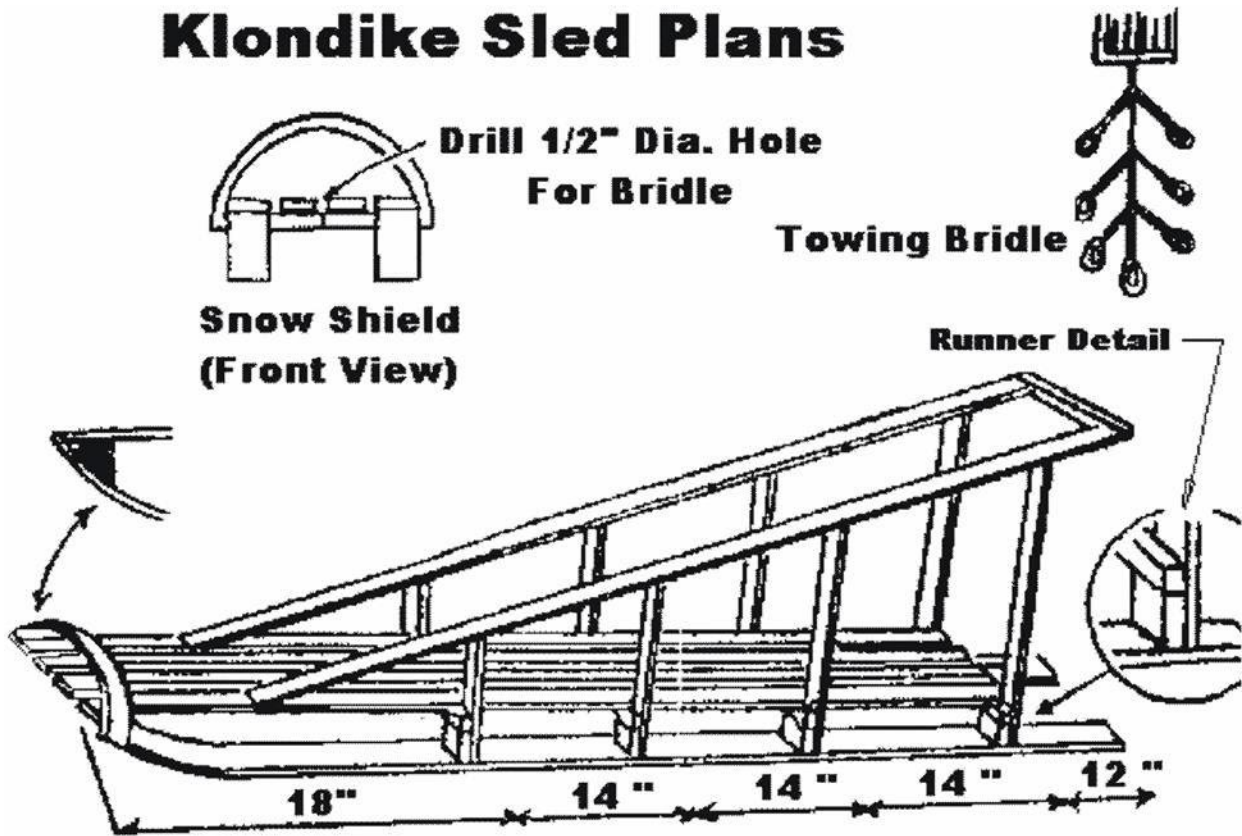
Use screws instead of nails and pre-drill pilot holes to prevent splitting. Use glue in addition to screws.

Mount a pole on your sled to fly your patrol flag!

Use hardwoods such as maple, oak, or ash to make your sled. Pine is too soft!

Be Creative!

## Klondike Sled Plans



- 2 pcs. 4" x 1/2" x 6'6" - for Runners (use skis!!)
- 6 pcs. 1" x 1" x 18" - Cross Supports
- 8 pcs. 1" x 2" x 6" - Upright Supports
- 4 pcs. 1/2" x 4" x 5' - Floor Cover
- 2 pcs. 1" x 2" x 12" - Front Upright
- 2 pcs. 1" x 2" x 26" - 2nd Upright
- 2 pcs. 1" x 2" x 38" - 3rd Upright
- 2 pcs. 1" x 2" x 40" - Rear Upright
- 2 pcs. 1/2" x 2" x 6' - Hand Rail - sand smooth!
- 1 pc. 1/2" x 2" x 30" - Front Curved Snow/Ankle Guard
- 1 pc. 2" x 2" x 18" - Tow Bar
- Rope for Towing Bridle - 1/2" Dia. minimum
- Wood Screws
- Wood Glue
- Paint & Varnish

# Winter Camping and Hypothermia

## WINTER CAMPING

By Hiker

This is what I pass out to my Scouts about a month before our winter Camporee. That gives us a couple of meetings or more to discuss cold-weather survival skills, and a chance to inform parents of the dangers of cold-weather camping when one is not fully prepared.

### PLANNING FOR WINTER CAMPING

Most of this information can be found in the *Boy Scout Handbook*. If you are going to be doing many outdoor activities, this book is an invaluable source of know-how and advice.

"One has to lie deep in the snow to learn how warm and protective it is. A den in the snow confines the body heat like a blanket or overcoat. It is a snug place, no matter how hard the wind may howl. One who holes up in the snow understands better the mysteries of the woods in the winter. He knows why the severe weather grouse squirm their way under soft snow and be quiet. He understands why deer bury themselves in drifts, laying a half-day or more with just their heads sticking out. He learns something of the comfort of the bear in hibernation."

William O. Douglas, 1950

### MISCONCEPTIONS ABOUT WINTER CAMPING

**Myth #1: Leather hiking boots will keep your feet warm. -- FALSE**

- The snug fit of most leather-hiking boots can limit the circulation of blood in the foot. Especially with thick socks on. Overboots cut generously enough to hold your foot and shoe are much more effective. The cloth stitching in leather boots can also wick moisture into the shoe. Nothing is worse than wet feet in cold winter.

**Myth #2: Waterproof clothing is ideal for cold-weather camping. -- FALSE**

- To keep warm, in the cold, your clothing must allow body moisture to escape. Moisture that is trapped too close to the body can wick heat away through evaporation. It is better to layer your clothing on in cold weather. Wool, Gore-Tex, and polypropylene garments work nicely in the cold. Always wear insulated underwear.

**Myth #3: Winter camping does not require much preparation. -- FALSE**

- Arctic conditions exist when the wind is blowing and the temperature drops below 20 degrees F. There are only seven states in the U.S. that do not experience arctic weather. Illinois is not one of them. It is very important to prepare and even over-prepare. I have never heard anyone complain about being too warm or having too many dry clothes on a winter campout.

#### **Myth #4: Mental attitude has little to do with winter camping. -- FALSE**

- A positive mental attitude is the most important ingredient in the success of cold-weather camping trips. The demands of winter will drain your energy and you will have to rely on yourself to keep your spirits high.

#### **Myth #5: In cold weather, tasks can be done just as quickly as in warm weather. -- FALSE**

- Every effort in cold weather takes longer to complete. Be sure to bring some winter patience with you when you camp in the cold. :-)

### **CONSERVING BODY HEAT - THE PRIME OBJECTIVE**

There are three ways to lose body heat. Keeping them in mind will help you be much more aware of what you are or could be doing to keep your body warm.

**RADIATION** - The emission of body heat, especially from the skin areas exposed to the elements. A good set of gloves, hat, and scarf can help best in keeping bare skin to a minimum.

**CONDUCTION** - The absorption of cold by the body when sitting or laying on the cold ground, or handling cold objects such as metal cooking utensils and metal canteens. This is why a decent sleeping pad is required for cold-weather camping. The same goes for wearing gloves. A campstool is necessary on a winter camping trip. Try not to sit on the ground.

**CONVECTION** - The loss of body heat due to the wind blowing across unprotected body parts. This situation can also be reduced by keeping bare skin covered with hats, scarves, and gloves. It is important to keep exposure to a minimum, **ESPECIALLY** in a windy situation. Convection heat loss can reduce body heat the fastest. Wet clothing will accelerate this process, making staying dry even more important.

### **OTHER CONCERNS**

#### **Tent Placement.**

Whenever possible, place your tent in a location that will catch the sunrise in the morning. This will aid in melting off any ice and evaporating any frost or dew that may have formed during the night. This will also warm your tent as you awaken in the morning. Cold air sinks. Try to place your campsite on slightly higher ground than the rest of your surroundings. Try to choose a protected site if it is snowing or the wind is blowing.

#### **Water Consumption In Cold Weather.**

Dehydration can seriously impair the body's ability to produce heat. Drink fluids as often as possible during the day and keep a water bottle or canteen with you at night.

#### **Cooking In Cold Weather.**

Cooking in cold weather will take about twice as long as normal. Always use a lid on any pots that you are cooking in. This will help to hold in the heat and decrease the overall heating time. Make sure you start hot cleaning water before you start cooking. The pots and utensils must still be cleaned. Try to keep your menu to good one-pot meals. Things like stews, chili, and hot beans stick to your ribs, lessen the cleaning time, and provide good sources of energy and fuel for your internal furnace. A good high-calorie snack before bedtime will also keep you warm all night. Stay away from an overabundance of sugar, cheese is a good high-calorie bedtime snack.

## **Sleeping Tip #1.**

*Do not* sleep with your mouth and nose in your sleeping bag. The moisture of your breath will condense in the bag, and cause it to become wet and ineffective as an insulator.

## **Buddy System.**

Buddies can help each other pack for a trek, look after one another in the woods, and watch for symptoms of frostbite, hypothermia, and exhaustion.

## **Checklist.**

Make a checklist of everything you need before you start to pack. Then check each item off as you pack it. This way you will not forget anything.

## **Keeping Warm**

Keeping warm is the most important part of cold-weather camping. Use the C-O-L-D method to assure staying warm.

### **- C - Clean**

Since insulation is only effective when heat is trapped by dead air spaces, keep your insulating layers clean and fluffy. Dirt, grime, and perspiration can mat down those air spaces and reduce the warmth of a garment.

### **- O - Overheating**

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 chills later on.

### **- L - Loose Layers**

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.

### **- D - Dry**

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 the 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.

## **Clothing**

### **- Footwear.**

As with other clothing, the layer system is also the answer for footwear. Start with a pair of silk, nylon, or thin wool socks next to your skin. Then layer on several pairs of heavier wool socks. When and if your feet become damp, change into another pair of dry socks at the first opportunity. Rubber overboots will protect the feet from water and will allow more comfortable shoes to be worn within.

#### **- Mittens and Gloves.**

Mittens allow your fingers to be in direct contact with each other. They will keep your hands warmer than regular gloves that cover each finger. Select mittens that are filled with foam insulation, or pull on wool gloves and cover them with nylon over the mittens. Long cuffs will keep wind and snow from getting in.

#### **- Headgear.**

The stocking hat is the warmest thing you can cover your head with in cold weather. Get one that is large enough to pull down over your ears. In addition, ski masks are great in the winter and can help in keeping your neck and face warm as well. Noses and ears can be very easily frostbitten, so a scarf can be an invaluable item to have.

#### **- Parka and/or Overcoat.**

Your coat or parka is the most important piece of your winter clothing. It needs to be large enough to fit over extra clothing without cutting off blood flow and allowing ventilation to keep moisture away from your body. A large permanently attached hood will prevent heat loss around your head and neck.

#### **- Sleepwear.**

Never should you sleep in the same clothes that you have worn all day. They are damp and will cause you to chill. This could cause frostbite and hypothermia. It is advised that you bring a thick pair of sweats and thermal underwear to sleep in. Keep the thermals and sweats for sleeping in only. Do not wear them during the day; this will keep them the driest. Also, be sure to have a couple of layers of wool or heavy thick cotton socks on as well. Always sleep with a stocking hat on your head. Your sleeping bag needs to be winter-rated. Typically rated down to 15 degrees and stuffed with 5 pounds of Holoofil, Fiberfill, or another polyester ticking. It is also a very good idea to have some kind of sleeping mat to use in the winter. The mat can be a \$90 Thermal Rest or a piece of high-density rubber foam at least one inch thick. In cold weather camping, you never want to sleep on an air mattress or off the ground in a cot. The air under you will cool you off in no time and this would create a threatening situation. If you do not have a sleeping mat, bring spare wool or a natural fiber blanket to use as a ground pad under your sleeping bag. The sleeping mat is worth its weight in gold. Straw or the equivalent can also be used for ground insulation.

### **Have fun!**

Every year, tens of thousands of boys will go winter camping. Although the threat of danger is always present in a winter camp, planning and knowledge can overcome this. The Scouts must come prepared. If a Scout feels that at this time winter camping is not for him, then he should not go. There is always next year and the year after and so on. Make sure you are ready, and most of all, SAFE.



# Winter Cooking

## Preparation

Make up a "**cleanup kit**" including scouring pads, and detergent. sponge. dish pan or large pot and bring food that requires a minimum of **cleanup**.

Gather a "**kitchen kit**" including potholders or leather gloves, a measuring cup, aluminum foil, Plastic bags, napkins and paper towels, and matches in a waterproof container.

Review your menus and pack a "**spice kit**" of spices used in the preparation of the recipes as well as standard salt. pepper, cinnamon, chili pepper. sugar etc.

Cooking utensils for basic food preparation include a paring knife. large knife, measuring spoons, tongs, slotted spoon, pancake turner, ladle, can and bottle openers make up a "**chef kit**."

Metal or plastic **thermal cups** and plastic bowls rather than metal plates will keep food warmer.

Plan food that requires **minimum preparation** at the campsite. Do most of your preparation at home. Foil dinners. precooked casseroles packaged in boilable plastic bags, and canned meats that can be heated on an open fire.

## Nutrition

You will need **extra calories**, particularly in the form of fats like butter. cheese and peanut butter. because of the extra energy expended to keep your body warm.

Drink lots of **extra liquids** and add foods to your menu like soups and stews, which help replace fluids, lost from sweat and expelled breath. Winter air is very dry and you can easily become dehydrated without realizing it.

Plan for **hot food** rather than sandwiches. Plenty of **hot liquids** like cocoa and soup can help warm you when your body temperature has been lowered through cold and damp clothing.

Include high-energy **snacks** like nuts, raisins, candy bars, fruit leather, and jerky to carry with you during the day and nibble, as you get hungry.

# COLD WEATHER MENU PLANNER

<b>breakfast</b>	<b>lunch</b>	<b>supper</b>
<b>drinks</b> cocoa/coffee Russian tea beef or chicken bouillon hot lemonade/Tang	<b>drinks</b> cocoa Milk (keep from freezing) lemonade/orange juice	<b>drinks</b> cocoa/coffee Russian tea beef or chicken bouillon hot lemonade/Tang
<b>cereals</b> instant oatmeal instant cream of wheat cocoa wheat cream of rice malt o meal	<b>soups/stews</b> instant tomato/vegetable instant chicken/beef instant lunch noodles chili stew Ramen noodles	<b>hot stuff</b> boil in-bag meals: spaghetti macaroni and cheese taco meat tuna/ham noodle hot dish Chow mien
<b>hot stuff</b> toaster hashed browns toaster French toast cheese/sausage muffins Precooked bacon/sausage Canadian bacon/cheese in pitas	<b>sandwiches</b> grilled cheese/ham in foil peanut butter on pitas hoagies in foil hot dogs and buns sliced cheese and crackers honey on English muffin hot tuna and cheese pitas	<b>more hot stuff</b> beans and franks hamburger and rice hot dish foil meals: hamburger, carrots, potatoes ham, pineapple, potatoes fish sticks, potato patties pizza burgers canned ham and baked potatoes
<b>extras</b> stewed fruit raisins/prunes/apricots brown sugar butter hot rolls/muffins	<b>extras</b> raisins chips trail mix beef jerky fruit leather peanuts granola bars	<b>extras</b> French bread in foil instant mashed potatoes hot rolls or muffins pita or tortilla w/butter cheese bread
<b>snacks</b> hot dogs and buns smores popcorn grilled cheese sandwich pizza rolls	<b>snacks</b> individual, fruit pies baked apples banana bread fruit leather soup and crackers	<b>tips</b> bring hard candy for a hiking snack wrap milk cartons in newspaper add butter to soup for energy pre-slice all meats and cheese never bring fresh fruit

# Winter Survival Tips

**Know them before you go on a hike.  
They could save your life.**

You are hiking in the mountains with your troop. Suddenly, the skies darken and a blizzard dumps two feet of snow on your trail. You will have to spend the night in the woods.

Could you survive?

If you have come prepared and know how to handle yourself, you should have no problem. Here are some tips that will help:

Be prepared for all types of weather. Take enough warm clothing to get you through wet and icy storms.

Check weather forecasts before leaving on a hike. Do not be fooled by sunshine. Mountain weather can change in minutes.

Remember the C.O.L.D. rule: Keep your body and clothes Clean; avoid Overheating; dress in loose Layers of clothing that will trap body heat, and keep clothes Dry.

Always take along a wool stocking cap. Eighty percent of the body's heat is lost through the head and neck area.

You have heard of frostbite, but how about immersion foot? This occurs when your feet get wet and the skin wrinkles and peels. The pain can keep you from walking.

Keep your feet dry by wearing a thin pair of polypropylene socks underneath heavy wool socks. The wool socks will wick moisture away from your feet. The thin socks will help prevent blisters.

Make sure you have room to wiggle your toes inside your boots. Boots that are too tight will cut off circulation and hasten frostbite. In addition, always bring extra pairs of socks, even on day hikes.

Carry an ample supply of waterproof matches and a candle. A candle is a great fire starter; it will burn for 10 minutes or longer.

If you become lost and cannot retrace your steps, stay put. Carry a whistle for signaling rescuers. Remember, the universal distress signal: three quick yells or blasts from a whistle.

Drink a lot of water, 8 to 12 glasses a day. However, do not eat snow to satisfy your thirst. Eating snow can lower your body's core temperature, triggering deadly hypothermia. Melt ice for drinking water. If you do not have a fire, gather snow or ice in a waterproof container; hold it between layers of clothing until the ice melts.

Remember the cat. Cattail plants can help you by providing two things, food, and warmth. The roots are good to eat. Look for the horn-shaped sprouts growing from the tangle of roots. Peel off the outer covering and eat the white inner part raw or boiled. The rootstocks themselves can be ground and made into flour. The fuzz on the top of the stalk makes a good downy insulation to stuff between two pieces of clothing.

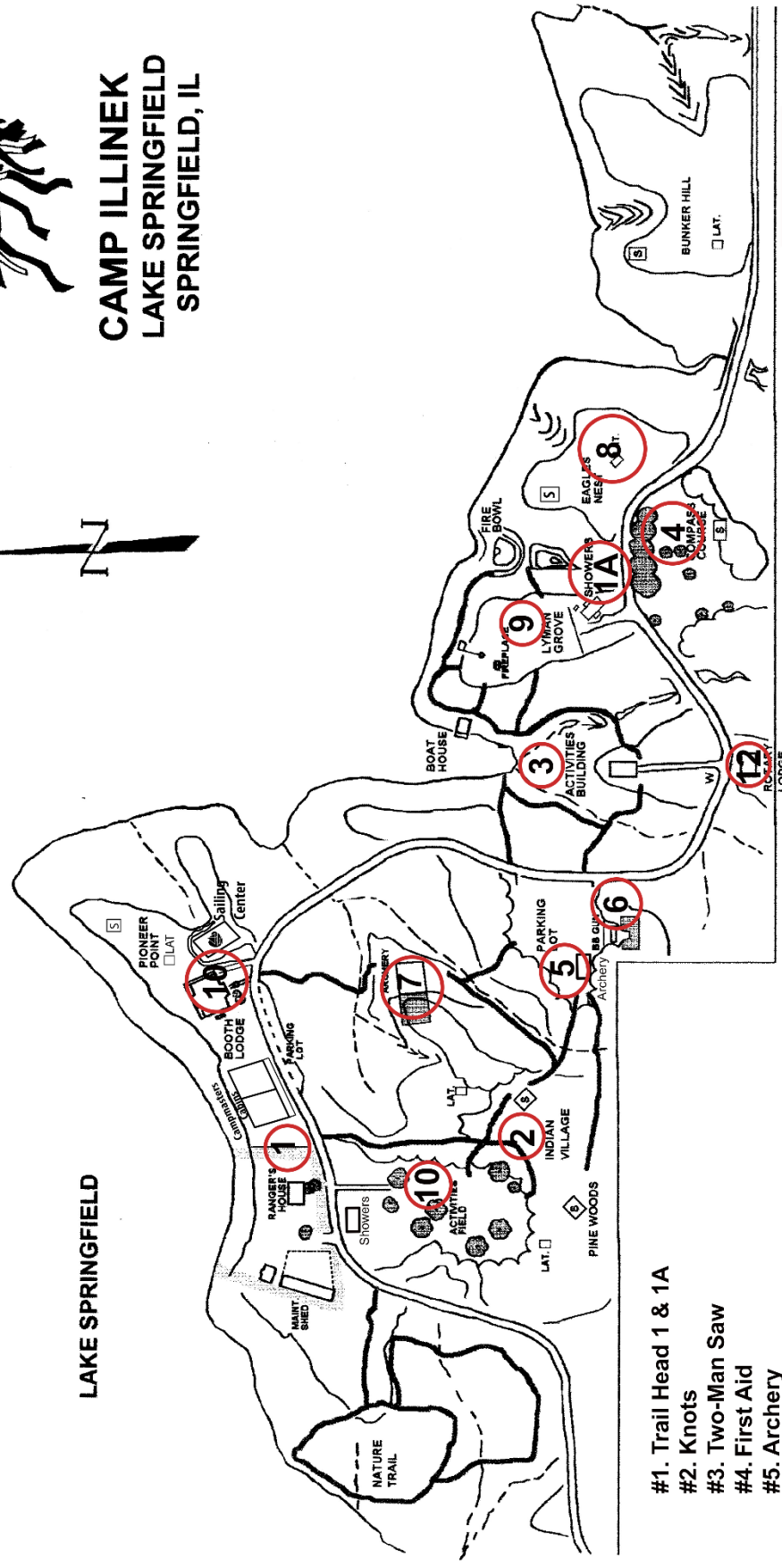
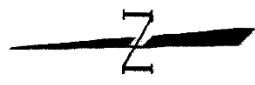
Finally, never panic. Help yourself by using what you know. Think, "shelter" first because staying warm and dry is the key to survival.

*(These tips came from the Air Force Survival School of the 3636 Combat Crew Training Wing at Fairchild Air Force Base, Washington. Before going on a winter hike, review the sections in "The Boy Scout Handbook" and "Field book" on how to treat frostbite and hypothermia, and how to make snow shelters.)*

# ABRAHAM LINCOLN COUNCIL, BSA



**CAMP ILLINEK  
LAKE SPRINGFIELD  
SPRINGFIELD, IL**



- #1. Trail Head 1 & 1A
- #2. Knots
- #3. Two-Man Saw
- #4. First Aid
- #5. Archery
- #6. Slingshots
- #7. Hawk Throw
- #8. Fire Building
- #9. A-Frame
- #10. Frisbee Golf
- #11. Trails End
- #12. OA Hot Chocolate

## Zombie Apocalypse Camporee