

Abraham Lincoln Council  
**Klondike Derby**



**Tactical Operation**  
**(Leaders)**  
**Survival Guide**  
**January 24-26, 2025**

Practical problems involving basic Scouting skills or patrol teamwork will be encountered as you dive into your journey. Points will also be awarded based on teamwork, patrol spirit, and scout spirit. After completing the tasks at each station, Scouts will be off to the next event. Points earned during the day at each station will be used by Patrols to bid on Patrols items at the Saturday night auction.

# ***GOLD DISCOVERED AT CAMP BUNN!!!***

The Abraham Lincoln Council will field Expeditionary Teams to search for the gold strike discovered at Camp Bunn. The course is rugged, the weather brutal. Every scout skill will be tested to the limit. However, the potential rewards for each team are unlimited. Fight your way through snow-choked mountain passes and down the Yukon River to stake your claim to a fortune in gold on creeks with names like Eldorado, Bonanza, Last Chance, and Chillkoot.

Each patrol is formed into a "Dog Sled Team" and is a separate expedition. The expedition follows a course outlined on a map-score sheet given to the Patrol leader. The map guides the team over a field course, and through simulated "towns", solving problems and overcoming the hazards of the Yukon.

Practical problems involving basic Scouting skills or patrol teamwork will be encountered in each town. Depending on how well the team works out each contest problem, they will be awarded a number of points and have their score sheet marked. Points will also be awarded based on teamwork, patrol spirit, and scout spirit. After completing the tasks at each town, they will be off to the next event or town, visiting each town in rotation to participate in all events.

After the last town, the team is on the final stretch. Report to the Assay Office station to have your score sheets checked and recorded.

On Saturday night, points 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 Scout will want to be in on the Gold Rush. Look over the enclosed plan, talk it up, and get the patrols working now!!



## A. Lincoln Council 2025 / Klondike Derby

January 24 - 26, 2025

Camp Bunn

### ***Theme: Race to Nome***

Once again, our weekend Polar Bear Camporee will include the Saturday Klondike Derby, 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 Bunn will be open on Saturday, January 18<sup>th</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 Klondike Derby 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 **must** check with the ranger before cutting any wood at camp).

***The cost of the Polar Bear Camporee will be \$25 per scout and \$15 per adult until January 17. After January 17, the cost will be \$30, the Day of the event is \$40.00. Place all adults who will be eating in an adult patrol and list the adult patrol on the final registration form (at \$15.00 each). The \$25 price 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 – patrols that pre-register will receive a booklet in advance.

A patch for each attendee

Auction items for the Saturday night auction.

***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. Everyone will be charged the \$30.00 fee whether they camp or not.

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

***A Grab & Go Breakfast and dinner will be offered Saturday at the Dining Pavilion.***

The Admin Building will be a Polar Bear Cabin for the weekend. The Dining Pavillion will also be heated. Hot cocoa will be provided by our OA Illinek Lodge in the Health Lodge throughout the Camporee (bring your own cup). Lunch is on your own, troop adults must provide a hot lunch for their Scouts.

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

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

Saturday, at 5:30pm, 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 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 the Klondike Gold Rush.***

All stations will be designated as Camps, Towns, Villages, or Rivers. Patrols of 4-8 Scouts are expected to participate. Patrols are expected to bring Klondike derby sleds. A travois will be accepted only in an emergency situation.

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

# **Klondike 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 night or early morning it is.**
- 3. When checking in there will be a large map of Camp Bunn on the wall. The troops 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 always has a cell phone with them, 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. Cars will not be allowed at Campsites or to be driven on the roads during the Klondike.**
- 7. Campfires are only permitted in fire rings.**
- 8. These rules are meant to make sure that everyone remains safe during the Klondike Derby and that all the Scouts enjoy the event.**

## **INJURY OR ILLNESS**

In the event of an accident or injury, do not move the victim. Keep them warm and comfortable by covering them with clothing or sleeping bags. Note the exact location and condition of the victim and then send a runner to the nearest city or contact a Klondike staff member. They are radio equipped and will call for emergency assistance as needed. Good Scout first aid is the expectation.

The first responder will need to report what happened including a description of injuries, the victim's name, age, and Troop number, what first aid has been given, and the time of the accident.

## **HIGH-LEVEL SCHEDULE:**

### **Friday, January 24th:**

5:30 PM Troops start to arrive.

8:30 PM SM/SPL Orientation (Admin Building)

### **Saturday, January 25th:**

7:00 – 8:00 AM Breakfast

8:30 AM Judges Meeting at the Pavillion

9:00 AM Morning Event Stations

Noon Lunch

At 1:00 PM Afternoon Event stations

4:30 PM Events Close

5:30 PM Auction

7:00 PM Dinner

### **Sunday, January 26th:**

8:00 AM Morning Announcements and Clean-Up Duties

8:15 AM Check Out

## **POINTS OF CONTACT:**

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

Head Bovidae: Howard Olson [holson53@comcast.net](mailto:holson53@comcast.net)

Ursus arctos: Pete Carteaux [Pete.Carteaux@scouting.org](mailto:Pete.Carteaux@scouting.org)

# REGISTRATION

Patches: Every registered Youth and Adult will receive a patch.

Membership: For a Scout to attend the Klondike Derby, 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 while completing your quest.

Medical Forms: Like all Scouting events, the Klondike Derby requires that each troop has 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.

Campsites, be aware that multiple units will share each site, 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 judges in program areas. The Volunteer Sheet should provide the info requested for each volunteer. Units providing volunteers will receive 100 bonus points toward their event scores.**

Registration: Registration will open for the Klondike Derby on the Council website Event page.

# **CHECK-OUT PROCEDURES**

If you are camping, 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.
- Complete, and be ready to submit, a Camporee Evaluation Form.
- Complete the check-out.

# **CAMPOREE GENERAL RULES**

- The Scout Oath and Law will govern the behavior of all participants!
- The Buddy System must be always followed by all Scouts.
- 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 the Admin Building before leaving the Camporee area.
- 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 safely 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.

# 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: Saturday morning at 8:00 at the Admin Building. Event Judges will have a meeting at the Dining Pavillion Saturday morning at 8:30.

**ALL** Vehicles must be parked in lots designated by the Camp Ranger. The Camporee Chairperson & Camp Ranger must approve exceptions to this policy **BEFORE** unit check-in (Troop Trailers will not be allowed in campsites).

**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 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 into 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 in this guide.

Scoutmaster and SPL meetings: Saturday morning at 8:00 at Admin Building.

Each unit is asked to provide 1 or 2 adults to assist in the judging of the patrol competition. Judges meeting Saturday morning in the Dining Pavillion at 8:30.

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



Patrol Flags will be always carried by all patrols except during the judging period. They will not be required to be in camp for Campsite Inspection.

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.**

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 contain it within a rock fire ring.

The lights are out on Friday and Saturday at 10 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.

# #1 Trail Head - Toll Gates A & B

## **Preparedness**

Each patrol sled will have the following:

1. All the equipment needed for the day
2. All equipment packed securely with proper knots and lashings
3. Troop number identification
4. Patrol flag on 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 personal measurements.

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

Scoring: 200 points

## **Sled Design & Construction**

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

Scoring: 100 points

Total 300 points

### **NOTE:**

**Patrol Check-in will be from 7:30am-9:00am at both the Health Lodge *and* the Commissary.**

**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 Dinning Pavilion from 7:00am-8:45am.**

**Patrols may check in, leave their sledge near their starting point, and go eat breakfast,**

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

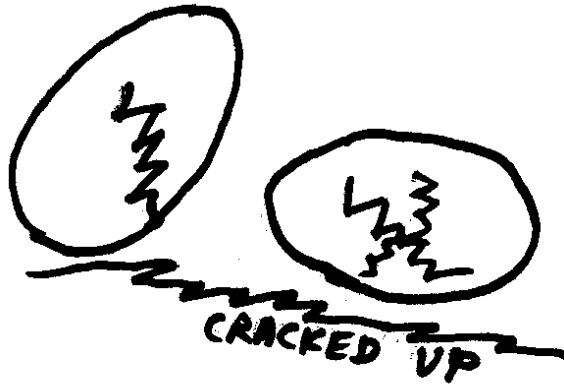
## Wasilla A & B - Emergency Medicine Run

A & B Supply depots in Wasilla, Alaska have antibiotics that are desperately needed for a diphtheria outbreak in school children in Nome, Alaska. 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 Nome (15).

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

Total 300 Points



### NOTE:

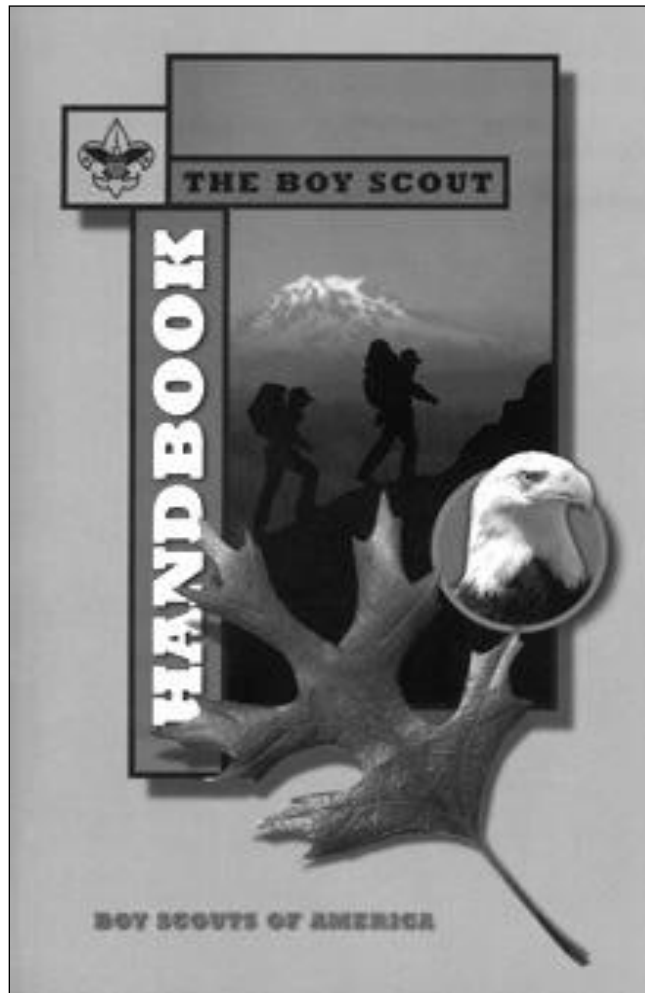
Eggs will be handed out at check-in at both the Health Lodge *and* the Commissary.

Patrol eggs must be turned in at #15 Nome (Admin Building) between 4:00pm and 5:00pm when done with Klondike stations.

Points will be awarded at that time.

## #2 Kodiak – Reverse Claim Jumpers

**Patrols Beware!** A couple of sets of “claim jumpers” have been spotted in the area. These scoundrels are a little mixed up. The jumpers are known to “hold up” patrols as they pass. Patrols will be asked Scout-related questions. Answer all three questions correctly and the claim jumpers will *give* you 300 points. Sleds are then marked so they will not be jumped again.



### #3 Skagway

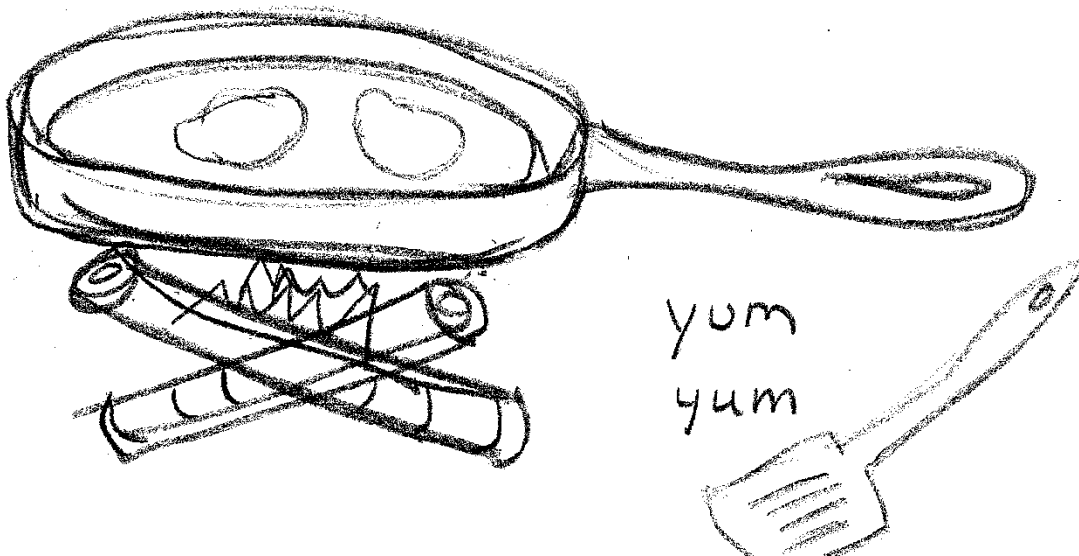
On your journey, it becomes time to stop for food. Since it is 1925, you will have to cook pancakes from the cache that we provide. There is too much snow to find wood, you must bring your own wood. You must also bring your own water, skillet, mix bowl, and spatula. We will provide the powdered pancake mix. You will have to make a fire for cooking. After the pancake is cooked, the first member will race down a fifty-foot course with the flapjack in the frying pan until they reach a 5-foot-high rope strung across the end of the course. The patrol member is required to flip the flapjack over the rope and catch it in the frying pan. If the patrol member misses the rope or drops the flapjack they will continue to flip until they have successfully flipped it over the rope and caught. Then the patrol member turns around and races back to the next patrol member and gives them the frying pan with flapjack. When all patrol members have completed the course. The patrol with less than 8 members will need to repeat the course until 8 have completed.

1. Make a wood fire
2. Cook pancakes.
3. Flip pancake
4. Run the relay race
5. Show patrol spirit and organization

Scoring:

- 1) 100 points
- 2) 100 points
- 3) 100 points
- 4) 100 points
- 5) 100 points

Total 500 Points



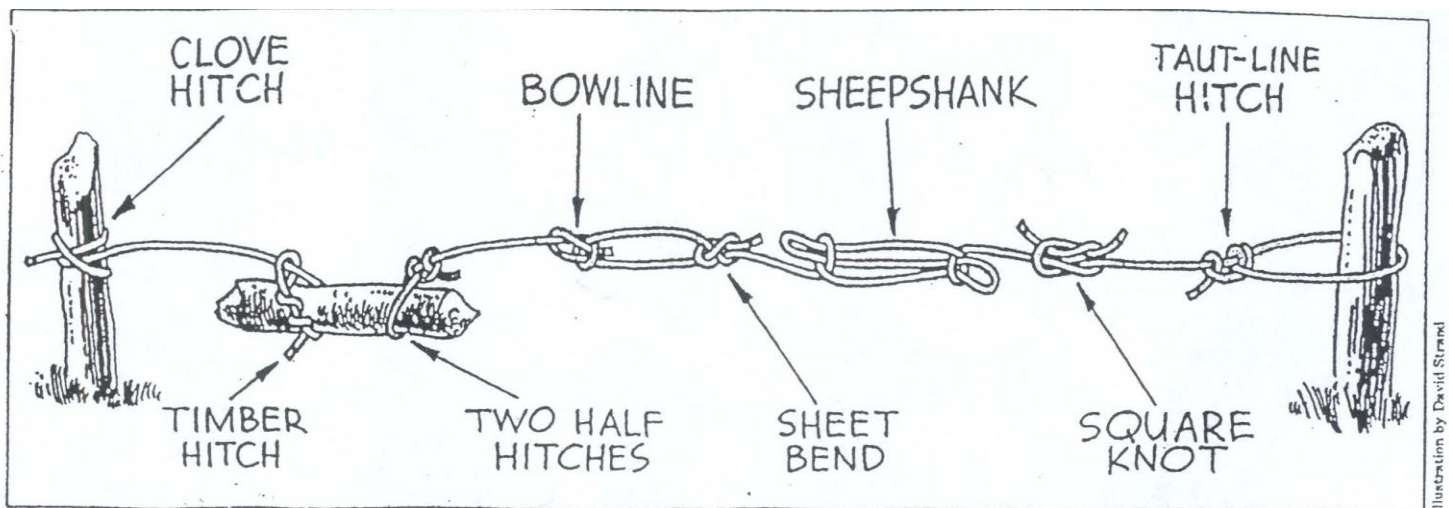
## #4 Polar Cove

**Knots: Scouts** must be prepared to tie knots. Can your team tie all the knots as shown in the sketch?

1. Ropes tied in allotted time.
2. Show patrol spirit and organization.

Scoring: A) 500 points – Complete entire problem correctly  
B) 300 points – Complete one half of the problem correctly  
C) 100 points – Complete one quarter of the problem correctly

Total 500 Points



## #5 Last Chance

**Wall Crawl:** Your Patrol is trapped in a ravine by a fallen tree.

**Patrols must work together against time, making a human ladder to get all members over an eight-foot plywood wall. Make sure adults are nearby for safety.**

Total: 50 Points per scout that gets over the wall.



## #6 Soapy Smith's Watering Hole

During the day one of your patrol members suffers from an accident and must be bandaged before he can continue. You must use a cravat to tie a head bandage on him.

You decide that it would be best to keep the group together instead of splitting them up. Over the ridge, you can see the smoke from the Cripple Trail House used by the Illinek Lodge natives. Your patrol heads in that direction and stops over for some hot cocoa and a friendly chat with the locals.

They are impressed with your team spirit and consideration for your sick comrade, and since they have been living in solitude for many months and are pleased to have your company, they reward you with some points for your patrol.

- Scoring:
- A) 100 points – Complete entire problem correctly
  - B) 100 points – Complete one half of the problem correctly

Total 200 Points





## #7 Ruby

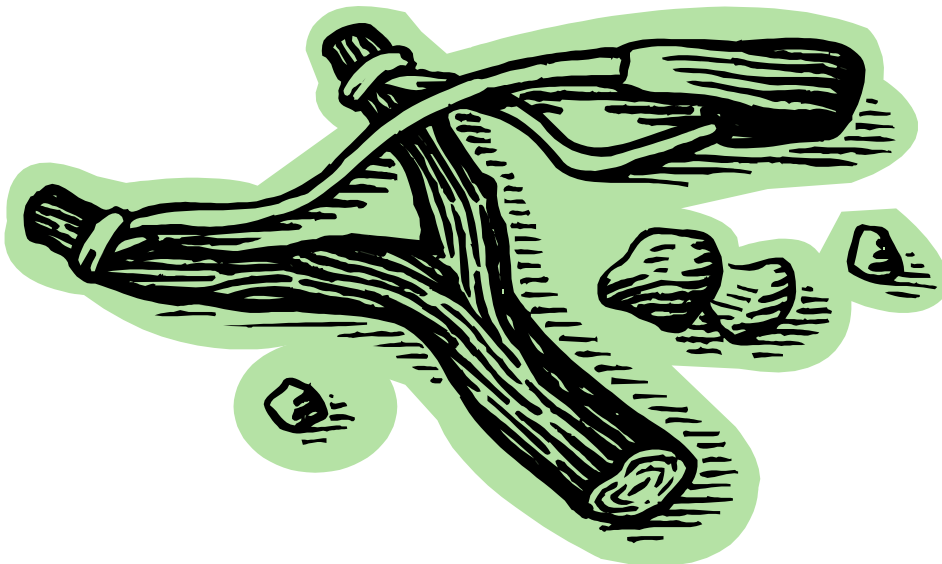
**Turkey Shoot** - Each patrol member gets 5 shots to hit a target with a slingshot. Points for hitting the target and for correctly answering questions about gun safety. Extra Points...Patrol leader gets one shot at a special target. Hit the target for 100 extra points.

Accumulate everyone's score but take the mean score for the patrol as the competitive score to use in comparison to other patrols.

1. Average of targets hits
2. Patrol Leader hits target
3. Show patrol spirit and organization

Scoring:

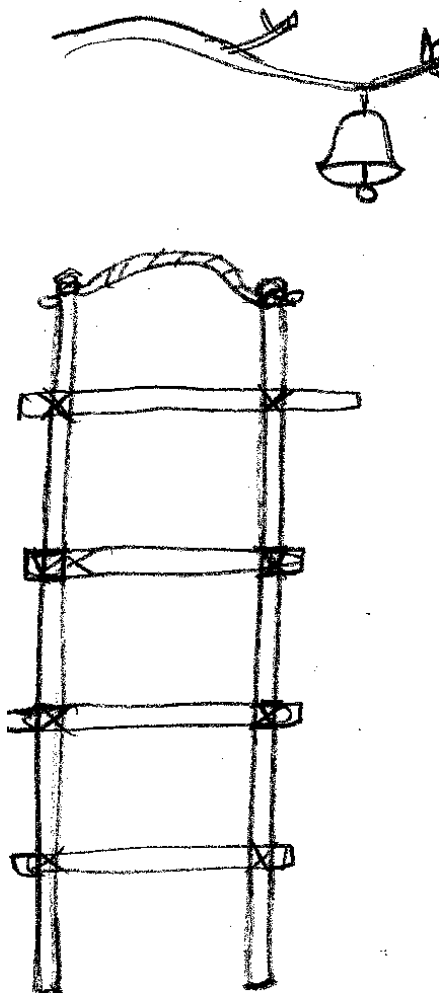
- A) 300 points – Each Patrol member hits two of the targets
- B) 100 points – Correctly answering gun safety questions
- C) 100 points – Patrol Leader hits his target



## #8 Chilkoot

The road has been blocked by an avalanche. Your patrol must lash together a ladder, put it up and ring a bell in the tree to call for help. All patrol members must work together to accomplish this task. We will furnish binder twine, poles & rungs for the ladder. We will also furnish the bell. It is recommended that a piece of rope be used as the top rung to hold the ladder safely against the tree.

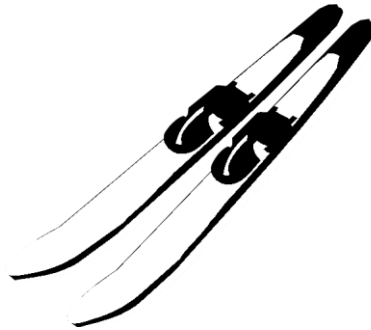
1. Lash Ladder
  2. Place ladder up against tree
  3. Ring bell
  4. Show patrol spirit and organization.
- 
- A) 500 points – Complete entire problem correctly
  - B) 300 points – Complete one half of the problem correctly
  - C) 100 points – Complete one quarter of the problem correctly



## #9 Yukon

**World's Longest Ski's** – Your Patrol needs to get down the mountain. The problem is there is only one set of skis for your whole group. Only with teamwork and good coordination will you make it. The Patrol must navigate a short course with a turn.

1. Complete the course in the allotted time.
2. Leadership
3. Show patrol spirit and organization.



Scoring:      1) 0-10 points  
                  2) 0-5 points  
                  3) 0-5 points

Total 0-20 Points

## #10 Dawson City

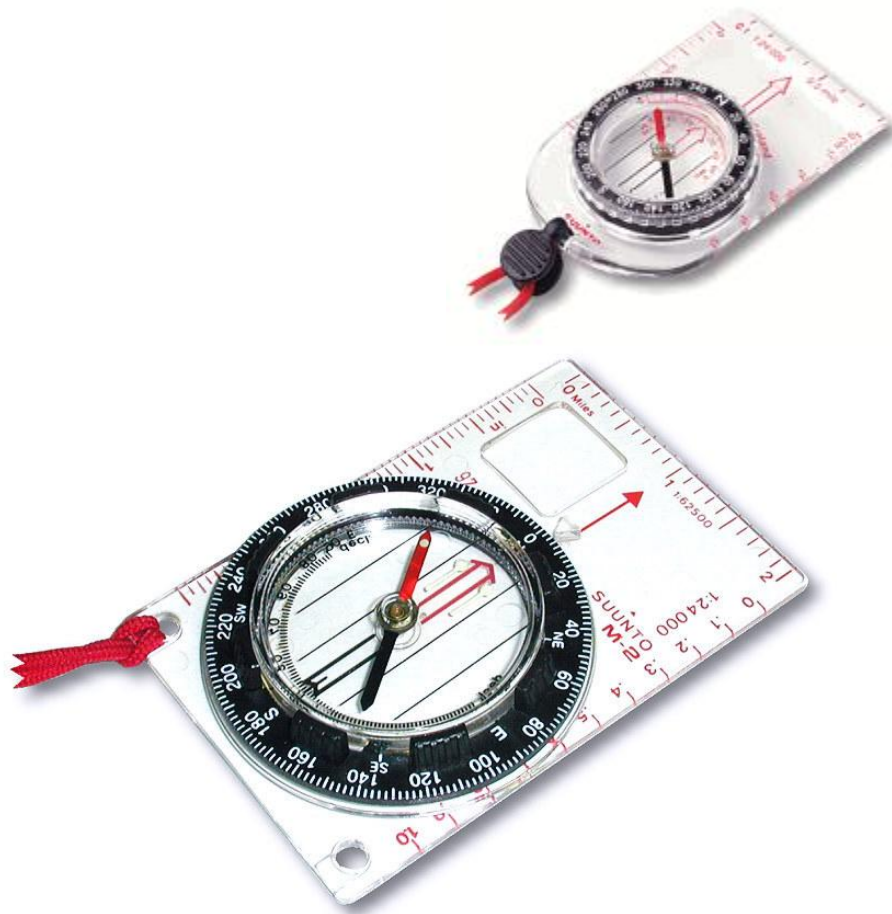
You are caught in a blinding snowstorm, and you know there is a 90-degree bend on the trail at Nikolai, so you must know how to use your compass:

A marked stake for each Scout in the patrol is set in the ground about 1.5 yards apart in a north/south line.

1. Each Scout will be given a paper bag.
2. Each Scout will stand beside his stake. Scouts will then set their compasses between 45 degrees and 135 degrees
3. Scout will then put the bag over their heads so that all they can see is the ground and their compass.
4. On signal, Scout will spin around three times then follow the bearings on their compass for 100 steps. They then turn and follow a back bearing (arrow pointing towards instead of away from them) for 95 steps. Only Scouts who finish within 10 steps of their marker score points.

Scoring: 1) 0-5 points for each Scout

Total 0-40 Points



## #11 Dyea

**First Aid:** Your patrol is out having fun with your dog sleds. The snow is several inches deep and although the temperature is in the 30's, the warm sun is melting the top layer of snow. About two miles outside of town, you run across an accident.

A sled has overturned and rolled down an embankment injuring two people.  
They call out for help as you approach.....

They can give you Hints on their condition.

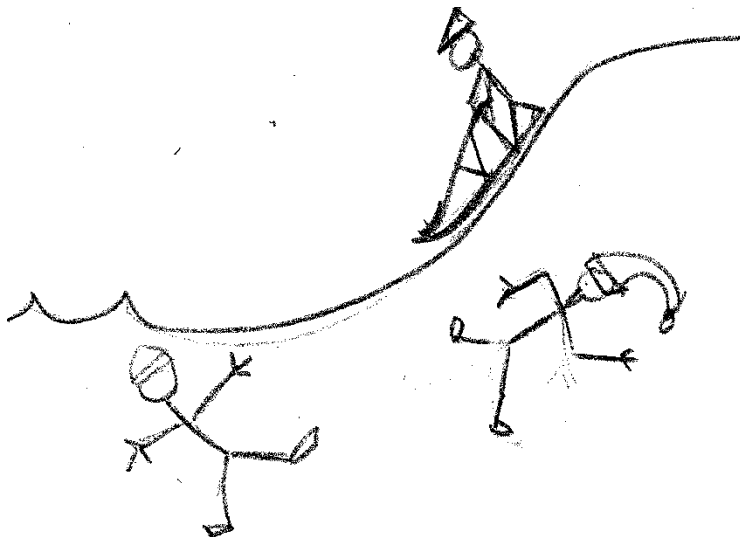
### Materials list (patrols to provide)

- Padded splints.
- Compresses
- Cravats
- Cloth strips
- Tarp
- Blankets
- Matches
- Fire starters

### Scoring System:

50 points	Patrol has required materials.
100 points	Patrol leader exhibits leadership
100 points	Teamwork/Patrol Spirit displayed.
50 points	Examination, reassurance, EMS
50 points	Head/spinal treatment
50 points	Fracture treatment
50 points	Hypothermia/Frostbite treatment
50 points	Treatment for Shock

Total 500 Points



## #12 Bonanza

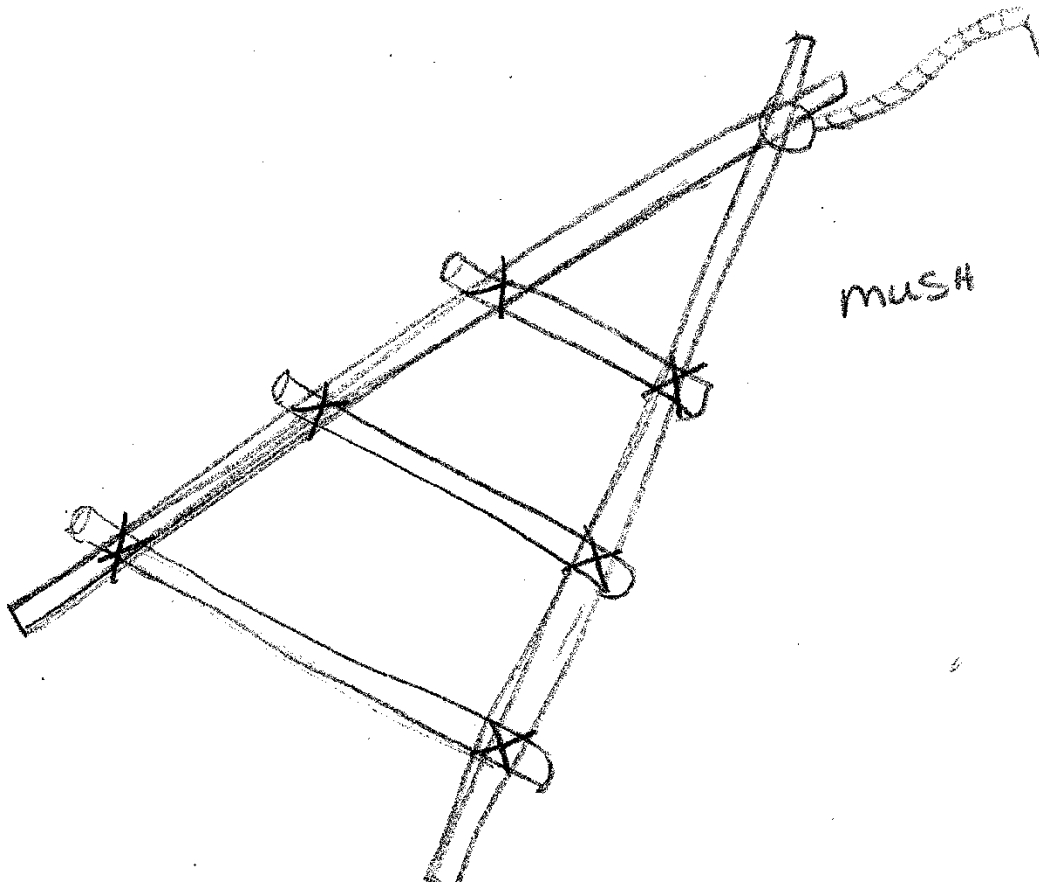
While racing to the next destination your sledge rounds a slippery curve at Bonanza and overturns. As it overturns, it breaks into several parts, which are scattered over a wide area. It is no longer usable. To continue your journey, you decide to build a travois to replace it.

Poles or Staves will be available at McGrath for patrol use to make the travois.

1. Build your travois using proper lashings and knots  
(square & diagonal lashings would be appropriate).
2. Drag your completed travois for 50 feet with your breakable eggs and heavy equipment securely lashed to it.
3. To drag the travois, you will have to secure ropes to the front.
4. Be sure that your patrol flag is securely fastened to the travois when you are pulling it loaded.  
The flag must be secured on your patrol flagpole.

Scoring:      A) 500 points – Complete entire problem correctly  
                    B) 300 points – Complete one half of the problem correctly  
                    C) 100 points – Complete one quarter of the problem correctly

Total 500 Points



## #13 White Mountain

### Emergency Shelter:

The patrol must construct an emergency shelter using only the items they have on their sled/person. Teams must locate a suitable spot given the current conditions, which will be given by the event staff, and work together to get into the shelter as quickly as possible. Points given for creativity and teamwork, bonus points for correct use of knots and lashings.

- Scoring:
- A) 500 points – Complete entire problem correctly
  - B) 300 points – Complete one half of the problem correctly
  - C) 100 points – Complete one quarter of the problem correctly

Total 500 Points



## #14 Shaktoolik

### Planning for Gold:

Patrol uses a tarp co-operatively to toss a "nugget" over a horizontal rope 3 m above the ground. The nugget (tennis ball) will have to be caught in a bucket by other members of the Patrols. Each Patrol will get five chances.

Scoring:      A) 40 points for each nugget that is caught.  
                    B) 100 points Show patrol spirit and teamwork

Total 300 Points





## **#15 Trail End – Nome, Alaska**

At the end of the day, you pull into Nome, Alaska the admin Building for the finish of the Iditarod. 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 fierce 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.

Scoring:

- 1) 100 points
- 2) 100 points
- 3) 100 points
- 4) 100 points

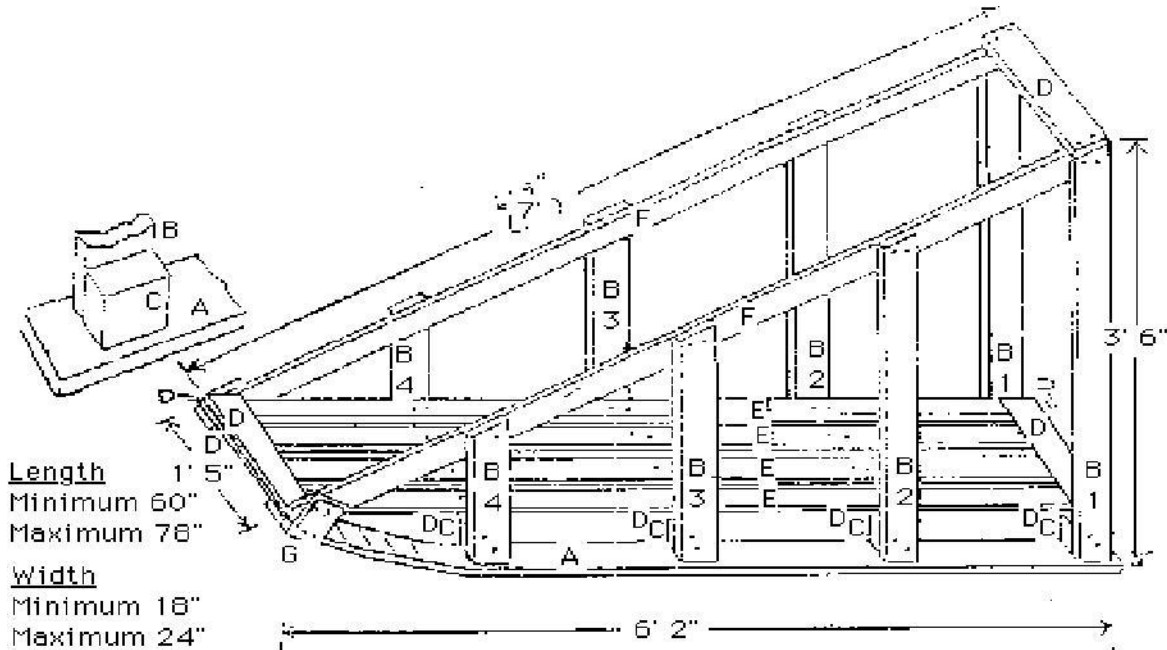
Total 400 Points

# Klondike Derby Sled # 1

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

The sled below is shown as a guide. Your own 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 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"

## Klondike Derby 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!

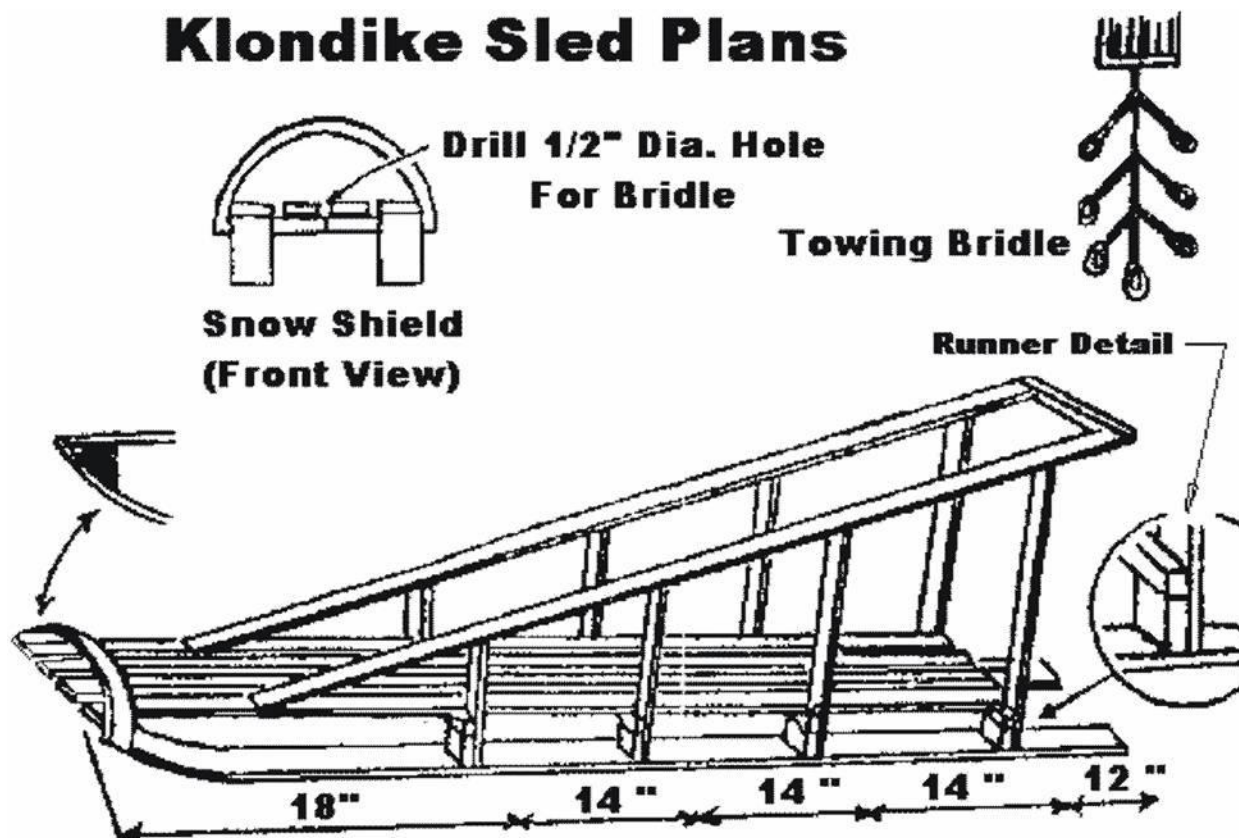
You can add a canvas snow curtain to keep equipment dry. Lace the sides with nylon rope to keep equipment from falling off the sled.

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!**



- 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 wintry weather survival skills, and a chance to inform parents of the dangers of wintry weather camping when one is not fully prepared.

Computer re-typed and reformatted by Chuck Bramlet, ASM Troop 323, Thunderbird District, Grand Canyon Council, Phoenix, Az.

### PLANNING FOR WINTER CAMPING

Most of this information can be found in the *Boy Scout Handbook*. If you are going to do 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 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. Over boots cut generously enough to hold your foot and shoes are much more effective. The cloth stitching in leather boots can also wick moisture into the shoe. Nothing is worse than wet feet in chilly winter.

#### **Myth #2: Waterproof clothing is ideal for freezing 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 wintry weather. Wool, Gor 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. It is especially 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 wintry 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 wintry weather, tasks can be done just as quickly as in warm weather. -- FALSE**

- Every effort in freezing 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, a hat, and scarf can help best in keeping bare skin to a minimum.

**CONDUCTION** - The absorption of cold by the body when sitting or lying on cold ground or handling cold objects such as metal cooking utensils and metal canteens. This is why a decent sleeping pad is required for freezing 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 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. Frigid 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 freezing weather will take about twice as long as normal. Always use a lid on any pot that you are cooking in. This will help to hold in the heat and decrease the overall heating time. Make sure you start cleaning hot 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 reliable 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 freezing weather camping. Use the C-O-L-D method to ensure 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 chilling later.

### **- 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 footwear that will allow maximum insulation without impeding your circulation.

### **- D - Dry**

Damp clothing and skin can cause your body to cool quickly, 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.

## **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 boots 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 mitts. Long cuffs will keep wind and snow from getting in.

### **- Headgear.**

The stocking hat is the warmest thing you can cover your head within the wintry 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 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.**

You should never 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 thick heavy cotton socks on as well. Always sleep with a stocking hat on your head. Your sleeping bag needs to be a winter rated bag. Typically rated down to 15 degrees and stuffed with 5 pounds of Holofil, Fiberfil, or other polyester ticking. It is also a particularly clever idea to have a 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 freezing 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 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. It is particularly important that the Scouts 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, 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 includes 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, 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 food 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

breakfast	lunch	supper
<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 individual. fruit pies baked apples. banana bread fruit leather soup and crackers		<b>tips</b> Bring hard candy for hiking snacks. wrap milk cartons in newspaper. add butter to soup for energy. pre-slice all meat 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 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.)*

# ALC Polar Bear Camporee & Klondike Derby

## Event Registration Form

*Date* \_\_\_\_\_ *Unit#* \_\_\_\_\_ *District* \_\_\_\_\_

*Contact Person* \_\_\_\_\_ *Phone* \_\_\_\_\_

*Address* \_\_\_\_\_ *City* \_\_\_\_\_ *Zip* \_\_\_\_\_

*Email* \_\_\_\_\_

*Adult Patrol - adults & others not in a patrol*

_____	_____
_____	_____
_____	_____
_____	_____

*Patrol Name* \_\_\_\_\_ *Klondike Patrol* \_\_\_\_\_

_____	_____
_____	_____
_____	_____
_____	_____

*Patrol Name* \_\_\_\_\_ *Klondike Patrol* \_\_\_\_\_

_____	_____
_____	_____
_____	_____
_____	_____

***Total Patrols*** \_\_\_\_\_ ***Total People*** \_\_\_\_\_ ***x \$25 = \$*** \_\_\_\_\_

Use the other side of this form to list the rest of your patrols.

## Page 2 - Use This Side for Extra Patrols

*Patrol Name* \_\_\_\_\_ *Klondike Patrol #* \_\_\_\_\_

_____	_____
_____	_____
_____	_____
_____	_____

*Patrol Name* \_\_\_\_\_ *Klondike Patrol #* \_\_\_\_\_

_____	_____
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_____	_____
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*Patrol Name* \_\_\_\_\_ *Klondike Patrol #* \_\_\_\_\_

_____	_____
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*Patrol Name* \_\_\_\_\_ *Klondike Patrol #* \_\_\_\_\_

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