

## 2025 Trails to Troops (Formerly Webelos Woods) Additional Information

We hope you enjoy the 2025 Trails to Troops!  
Below is additional information to ensure a safe event for everyone.

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### Meals:

All meals to be provided by the camp will be generally well balanced to meet the nutritional requirements of attendees. All meals to be prepped and cooked in a certified kitchen under the supervision of a Food Manager Certified individual.

All meals that are to be provided by each participating unit. Meals should be balanced, and meet the nutritional requirements of attendees, with reasonable accommodations for any food allergies. Reasonable efforts are to be made to reduce excess sugar and fat, provide whole grains and adequate fiber when appropriate, and provide fruit or vegetables at least twice a day. All food should be properly stored and secured while at camp. Except during meal or snack time, food items should be secured in a trailer or vehicle to prevent animal damage. Ice chests should be kept out of the sun, and checked to ensure proper temperatures.

*Keep it cold:* Bacteria are slow to grow in temperatures below 40 degrees F or above 140 degrees F. The temperature range in between is known as the danger zone where bacteria can multiply rapidly. Since a heat source is usually unavailable to transport foods, it's best to start with perishable foods chilled or frozen, then packed with plenty of ice, frozen gel packs, or frozen juice boxes.

*Keep it clean:* Start with clean hands by utilizing soap and water or disposable wipes before handling food. Wash fruits and vegetables before cutting them on a clean surface. Avoid cross-contamination by never allowing raw meat, poultry, or their juices to come into contact with fresh or prepared foods. Keep all raw and cooked meat, poultry, or fish separate and always wash hands properly after handling. Use only a clean water source to wash hands, dishes, and fresh fruits and vegetables. If water is not available, properly using hand sanitizer with at least 60 percent alcohol can help to reduce the number of microbes in most situations. But hand sanitizer does not eliminate all germs. Correct hand washing remains the best way to prevent illnesses from being transmitted.

*Cook it thoroughly:* It can be difficult to determine doneness of meat and poultry as color is not a good indicator. Meat can harbor dangerous bacteria. A digital meat thermometer should be used when cooking meat, poultry, and fish to verify minimum cooking temperatures. A chart of United States Department of safe minimum internal temperatures is provided below.

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*Dispose it properly:* All food related waste should be disposed of properly using trash bags (provided by the unit). Dumpsters are provided at Camp Illinek near the Sailing Trainer Center. Food should not be thrown into the woods or left for animals to eat. When opening food products it is recommended to never completely tear apart packaging, therefore converting a single piece of trash into multiple pieces.

Product	Minimum Internal Temperature & Rest Time
Beef, Pork, Veal & Lamb Steaks, chops, roasts	145 °F (62.8 °C) and allow to rest for at least 3 minutes
Ground Meats	160 °F (71.1 °C)
Ground Poultry	165 °F
Ham, fresh or smoked (uncooked)	145 °F (62.8 °C) and allow to rest for at least 3 minutes
Fully Cooked Ham (to reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C) and all others to 165 °F (73.9 °C).
All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165 °F (73.9 °C)
Eggs	160 °F (71.1 °C)
Fish & Shellfish	145 °F (62.8 °C)
Leftovers	165 °F (73.9 °C)
Casseroles	165 °F (73.9 °C)

### Chemical Fuels:

Any unit using chemical fuels (i.e. propane, butane, kerosene, white gas, etc.) requires an adult knowledgeable about chemical fuels. Equipment should always be inspected and handling (including storage and use) be supervised by a qualified adult in the storage.

Operate and maintain chemical-fueled equipment according to the manufacturer's instructions and in facilities or areas only where and when permitted.

Using liquid fuels for starting any type of fire—including lighting damp wood, charcoal, and ceremonial campfires or displays—is prohibited.

No flames in tents. This includes burning any solid, liquid, gel, or gas fuel—including tents or teepees that feature or support stoves or fires; and any chemical-fueled equipment or catalytic heaters.

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Store chemical fuels in their original containers or in containers designed for immediate use. Securely store any spare fuel away from sources of ignition, buildings, and tents.

During transport and storage, properly secure chemical fuel containers in an upright, vertical position.

**Youth Protection:** The minimum leadership requirement is two registered leaders age 21 or older with each unit as per SA Youth Protection Policies, including one registered female adult age 21 or older in every unit serving female youth. Units may coordinate in advance for shared leadership to satisfy these requirements.

**Campsite Selection:** Units should ensure that campsites are free from dead tree limbs, falling rocks, flash flood risks, and other hazards.

**Trail Safety:** All groups are strongly encourage to check the daily weather forecast and do a pre-hike review prior to departure on the trail. Each trail group should ensure the following are satisfied among each group

- Proper youth protection arrangements for entire trip including contingencies if one or more leaders or youth cannot complete the trail
- Suitable physical fitness to complete trail safely
- Proper clothing and footwear (including sun/rain protection)
- Trail maps
- Compass
- First aid kit with moleskin (including as needed: medications, inhalers, nitroglycerine, and epinephrine /epi-pens)
- Emergency contact equipment and information for hike participants, medical forms, and medical facility information.
- Sufficient water
- Suitable snacks / lunch
- Trash bag
- Sanitation and backcountry hygiene needs and practices
- Knowledge of local poisonous plants, insects, and wildlife
- Knowledge of Leave No Trace principles and the SA Outdoor Code.

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### Medical:

Each unit is required to be in possession of a current Scouting Health History form (parts A & B) for all participants (youth and adult). The storage and administration of all medications is the responsibility of each unit.

Trained first responders will be available continuously on call at Camp Illinek. EMS services may be summoned to either camp group.

At Camp Illinek, an AED is available in Booth Lodge.

Any participant requiring medical care must be documented with Trails to Troops staff.

### Smoking:

**Smoking is not permitted in any buildings or tent.** Leaders should support the attitude that they, as well as youths, are better off without tobacco in any form. The use of tobacco products at any Scouting activity involving youth participants is not permitted. This includes the use of chewing tobacco (dip), electronic cigarettes, personal vaporizers, or electronic nicotine delivery systems that simulate tobacco smoking.

Adults requiring tobacco products should securely store and consume them out of sight and smell of all youth members. Adults separating themselves to engage in smoking shall ensure all youth protection rules remain satisfied during their brief absence. All smoking debris shall be properly extinguished and disposed of when finished. Tobacco paraphernalia (e.g. cigarettes, pipes, cigars, lighters, spittoons, etc.) shall not be visible to or shared with any youth member.

### Water:

Potable drinking water at Camp Illinek is available from Booth Lodge and the shower houses. Each campsite has faucets with non-potable water, suitable only for hand washing, and, if boiled, cooking. Hand soap is provided at all campsites. Storm shelters are provided at Camp Illinek in the basement of the Sailing Training Center. Trails to Troops staff will direct participants to an appropriate shelter location should be become necessary.

### Inclement Weather:

Every effort will be made to have a safe Trails to Troops experience. Should inclement weather require, any or all parts of the Trails to Troops activities may be cancelled or modified.

## 2025 Trails to Troops Additional Information

**Prohibited Items:** Possession of the following items is prohibited at all times during Trails to Troops:

- Alcoholic beverages or federally controlled substances, including marijuana
- Concealed or unconcealed firearms, fireworks, or explosives
- Pornography or materials containing words or images inconsistent with Scouting values

Anyone found in possession of these items will be asked to leave immediately.