

Mitigwa Scout Reservation

Summer Guide Book

Scouting
101



Back to Basics

Table of Contents

Guidebook 2024

I. Be Prepared		VII. Programming	
Camp Director Message.....	3	Tentative Schedule.....	12
Timeline	4	Merit Badge Schedule.....	13
Pre-Camp Swim Tests.....	5	Merit Badges.....	14-19
What to Bring	5	Eagle Academy.....	20
Forms and Resources.....	5	Advanced Eagle Academy.....	21
II. Registration	6	COPE/Climbing.....	21
III. Arrival and Departure.....	7	VIII. Course List/Course Completion.....	22
IV. Policies and Procedures.....	8	IX. Family Night.....	23
V. Health and Safety.....	9	X. Order of the Arrow.....	24
VI. Facilities.....	11		

Updates

New this summer!

- In the afternoon, units will be able to show off their Scouting skills with competitions that will challenge their problem solving abilities, their basic camping skills, and their outdoorsman know how. A traveling trophy will go with the winner each day.
- Is your leader as skilled as a camp staffer? Adult leaders will be challenged in different areas of Scouting skills and outdoor know-how to see if they are as skilled as a camp staffer. Bragging rights are granted to the winners at final campfire.
- More service opportunities
- Hospitality recognition will be given each morning at flags for units that show hospitality to another Scout or units.
- Mitigwa Guardians Program

Please read through this entire guide as it contains important information for your week at camp. If you have any questions, don't hesitate to reach out to our Camping Executive Kim Hammen at (515) 226-2135 or kim.hammen@scouting.org.

Experience Scouting 101

A message from our Camping Director

Welcome back to camp! We are excited to look toward a year of strengthening the foundations of Scouting, by getting back to basics. For us the basics is where the fun in Scouting occurs and we are taking that seriously. We looked at the merit badges and programs that we offer and have dedicated ourselves to creating a better merit badge experience that is informative without being demeaning. We know that the last thing our Scouts want to do is sit in a classroom.



As you peruse this guide you will see that Scouting 101 at Camp Mitigwa is not business as usual. We have a vision of what Scouting at Camp Mitigwa will look like, and we are working that vision in every decision we make, and every new facility that we plan to build. This year getting back to basics is a reminder that summer camp does not need to be all about merit badge classes. Back to Basics is about returning to the eight methods of Scouting. It is about enjoying the week we get to share with our Scouts in nature. Our Patrol and Troop camp wide games will immerse the Scouts in patrol involvement, trying to win a game or solve a puzzle while working as a team.

There are going to be a series of activities for our adult leaders as well. Whether it is a forum on how to recruit new Scouts to your Troops or a staff/leader challenge somewhere around camp, I hope you will find Scouting and the experience of Mitigwa Magic to be a fun and important piece to your puzzle as we have found for ours.

I look forward to seeing you at camp this summer and year round.

Scott

Timeline

A Schedule for unit planning

Right Now

- Let all your Scouts, Arrow of Light, and their parents know about your unit's summer plans. Discuss payment plans and additional fundraising opportunities such as camp cards if families need support. Families with popcorn sale discounts will have information on applying their discounts. There are a limited number of camperships available through the council.
- Recruit at least two adult Leaders (one must be 21 years old or older) to be in camp at all times during your stay. Recruit more adults if you will have 20 or more Scouts.
- Be sure that all Scouts and adults have had their physical within the last 13 months, and have part C filled out and signed by a doctor.
- Prepare your Scouts for which Merit Badges they plan to take at camp. **Merit Badge selection will open at 10:00 AM on MARCH 15th for Scouts that are 13 years old and Star rank. All Scouts can begin registering March 20th.**

Two Weeks Before Camp

- Send out final camp notices to all parents including a list of what to pack.
- Ensure that all Scouts and Leaders have their medical forms completed before coming to camp. Have parents sign the consent to treat form and Cowboy Action or Night Hike consent forms as necessary.
- Complete special dietary request form and send an email to scott.robinson@scouting.org with unit number, session, name of participant, and dietary restriction information.
- Finalize your camp roster.

Before you depart

- Collect all remaining medical forms and consent forms. Make sure everyone has medications with them.
- Have payment ready for your Scouts/Adults that will be going through their Ordeal Ceremony at camp.

Arrival Preparations

A Schedule for unit planning

- Have your completed swim check form if done before camp.
- Have one car or trailer with heavy gear to transport to your campsite.
- Have a copy of all medical forms in alphabetical order by last name.
- Only your Scoutmaster and SPL will check in at the Deere Center with your Camp Guide.

Sunday afternoon there will be an **ALL ADULT PARTICIPANT** meeting in the amphitheater. This meeting will cover safety and security. **ALL** registered adults **MUST** attend this meeting. There will be planned programming for your Scouts led by camp staff during this time.

Pre-Camp Swim Tests

Information on taking your swim test before camp

- Units are encouraged to complete swim tests on their own, prior to camp. A Red Cross Lifeguard or equivalent must administer the tests and certify results.
- A trained staff member will be available to do swim tests upon arrival.
- For questions contact Kim Hammen at the Scout Office.



What to Bring

BSA promotes modest attire

Sneakers/Hiking Shoes	Rain Gear	Flashlight
T-shirts (Class B)	Towel	Spending Money
Underwear & Socks	Personal Hygiene Items	Fishing Gear
Jeans/Pants	Small Pillow	Camera
Shorts	Backpack	Compass (if needed)
Long-Sleeved Shirts	Watch	Sleeping Bag
Pajamas	First Aid Kit	Foam Pad or Cot
Sweatshirt or Jacket	Pocket Knife	Notebook and Pencil/Pen
Official Scout Uniform	Hat & Sun Glasses	Battery Power Pack
Scout Handbook	Sunscreen	Tent (unless troop supplied)
Swimsuit (one piece or tankini/swim trunks)	Insect Repellent (non aerosol)	

Label clothes & valuables with name and unit number. Allow for extra clothing, socks, and footwear as Scouts may get wet.

Forms and Resources

Medical Forms

Per National BSA policy, all participants must have a current annual exam to determine appropriateness for participation in Scouting activities. All participants staying at camp 72 hours or longer must have parts A, B, and C of the Annual Health and Medical Record filed with the Camp Nurse. Others staying less than 72 hours must have parts A and B on file. Please plan accordingly and make sure medical exams have been completed within the calendar year of the week you are attending camp. Expired Annual Health and Medical Records will NOT be accepted.

Uniforms/Dress Requirements

Summer Resident Camp is a uniformed event. Scouts and Scouters must conform to uniform policy as outlined by the BSA. Campers are requested to wear Scout uniform to all evening flag ceremonies and to all campfires. Outside of the pool and shower house, shirts and closed toed and closed-heeled shoes are required at all times. One-piece or tankini swim suits are required for female swimmers and swim trunks for male swimmers.

Other Forms, Maps, & More

Camper Medical Release Form, Activity Release Form, and Cowboy Action Shoot Waiver, Camp Map and Maps to Mitigwa Scout Reservation are included at the end of this guide.

Registration and Fees

Ensure your spots at Camp!

Registrations and more detailed information can be done via campiowa.org.

Deposits and Site Reservations

When you reserve your campsite for our Summer 2024 program there will be a \$100 non-refundable deposit that will be applied to your final cost. You will also be asked an estimated number of adults and youth participants. When providing estimated participant numbers please be as accurate as possible. The deposit phase ends January 31, 2024. After the deposit phase ends, minimum down payments per participant will be required upon registration.

Full Registration

Beginning February 1, 2024, in order to enter participant information you will be required to verify your youth and adult participant number and pay a \$150 minimum down-payment for each youth. After you verify your youth participants and make the minimum payment, those participants are considered fully registered. Nothing is due at that time for verified adult participants. All new registrations starting February 1, 2024, will require a verified count of youth and adults, with a \$150 down-payment per youth.

Merit Badges

Merit Badge class registration will tentatively open March 15, 2024. All youth and adult participants must be verified, have required personal information filled in and \$150 minimum down-payment per youth to register for Merit Badges.

Campsites

Campsites are assigned based on the order the registration is received. Earlier registrations with proper registration deposit receive campsite priority. Campsite assignments are subject to change.

2024 Camp Fees

Scout	\$375
Adult	\$175

Refunds

Reservation deposits are non-refundable. These funds may not be applied for the next summer.

From April 1 to June 1, 2024, there will be a \$100 fee for any Scout or Scouter that is canceled. Transfers are allowed. After June 1, 2024, there are no refunds allowed except per the regular Mid-Iowa Council Refund Policy.

All payment of fees for District and Council events are non-refundable except under the following conditions:

- Serious illness, with refund request accompanied by a physician's note
- Death in the family
- Special unexpected and extraordinary circumstances, with detailed explanation
- Event is cancelled

More information can be found at [campiowa.org/refund policy/](http://campiowa.org/refund-policy/)

Arrival and Departure

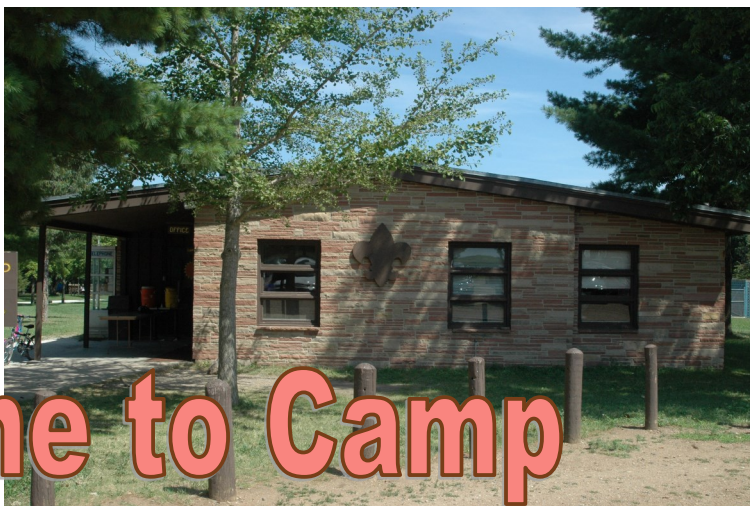
What to know for your first and last day of camp

Check-In

The Camp Commissioner will contact the unit leader registering the unit for camp at least one week prior to your arrival at camp. You will be assigned a check-in time considering your travel distance and based-on campsite location. Camp check-in begins at 1:00 PM Sunday of your week at camp. **DO NOT** arrive prior to your assigned check-in time.

One leader will be allowed to take your troop trailer to your campsite, coordinated through the camp commissioner corps. A flatbed trailer will be available to haul gear on a very limited basis. Please plan accordingly. **ALL** personal vehicles must remain in designated parking areas.

Your Scoutmaster and SPL will meet your campsite guide at the Deere Center and begin the check-in process. Your campsite guide will take you through the check-in process which will include health form checks, swim checks, and dining hall seating assignments.



Welcome to Camp

Check Out

Check out from camp will begin on Saturday at 7:00 AM. Units will sign up for check-out times with the Camp Office, who will coordinate trailer haul out. During check-out, campsite guides will check that campsites have been cleaned up and that units are ready to leave. One unit Leader will be responsible for stopping at the office to receive health forms, camp patches, paperwork, and any awards earned throughout your stay.

You will also be required to pay any fees accumulated by your unit during your stay if you have not done so prior to check out. These fees may include Ordeal Fees for the Order of the Arrow or other camp programs your campers may have participated in. Units wishing to reserve their spot for next summer are encouraged to do so via campiowa.org.



Policies and Procedures

Things to help your unit with its camp experience

Getting Around Camp

ALL vehicles must remain in the parking lot and will NOT be allowed on service roads without explicit permission from the Reservation Director. Camp utilizes service vehicles that are operated by certified drivers.

Bicycles are not allowed to be ridden in camp. Exceptions can be made on a case-by-case basis due to physical limitations. Approval must be given by the Reservation Director prior to your arrival at camp.

Personal use of ATVs, UTVs, and golf carts is prohibited. Golf carts may be allowed on a case-by-case basis for mobility issues for people with disabilities only, and approval must be given by the Reservation Director prior to your arrival at camp.

Contact scott.robinson@scouting.org.

Leaving Camp Early

Unit leaders are responsible for the arrival and departure of their individual Scouts. Camp Mitigwa is committed to maintaining a safe and secure Scouting experience. All campers (youth and adult) must sign out at camp headquarters if they are leaving camp during their regularly scheduled week.

Scouts that are leaving early must have the person they are leaving with listed on their Annual Health and Medical Record Form as a designated, approved person to take the Scout with them. A Minor Release Form (see appendix) must also be filed with the camp office. The person picking up must provide a valid picture ID that will be copied and kept on file. Campers returning to camp will need to sign in at the camp office and will be reissued a camper wrist band.

Camp Visitors

ALL visitors must check in at the camp office upon arrival. Visitors will sign in and receive a visitor's wrist band. Visitors should make arrangements to visit camp between 9:00 AM and 9:00 PM. Anyone without a wrist band is considered an intruder and should be escorted to the camp office right away. If the unregistered visitor does not comply, please alert a camp staff member immediately.

Visitors attending meals, including family-night visitors eating in the dining hall, must purchase a meal ticket at the Trading Post. Meal tickets are \$8.00 each.



Intruder to Camp

All campers are required to wear wrist bands to identify them as campers. Staff will wear name tags to identify themselves. Visitors are required to check in at the camp office. They will be given a wristband of a different color to help identify them. Anyone not wearing a wrist band or a staff name tag should be escorted to the office to register. Anyone encountering someone without a wristband should notify a staff member.

Leader and SPL Meetings

The first Leader and Senior Patrol Leader meeting will take place Sunday evening. We require one adult leader and one Senior Patrol Leader from each unit to attend this meeting. Monday through Thursday leaders will be meeting in the morning with the camp leadership team to review the camp schedule, program and service opportunities, and address any questions. Senior Patrol Leaders will meet with the Program Director after the completion of Merit Badges. It is important units actively participate in these meetings to get vital information.

Health and Safety

Please review with all campers and visitors coming to camp

Buddy System

All Scouting activities are to use the Buddy System as outlined in the Scout Handbook. It is the responsibility of the unit to ensure the Buddy System is being used. Please make arrangements for each of your Scout to have a buddy with them while at camp.

Missing Scout

Cases of missing Scouts can be alleviated by use of the Buddy System as outlined in the Scout Handbook. It is the responsibility of the unit leadership to know where their Scouts are at all times. Missing Scouts or Scouters should be reported to the camp office. After an initial search, emergency mobilization plans will be implemented to search for the missing person. Procedures for this will be distributed and discussed upon your arrival at camp.

Hazing and Bullying

The BSA has a zero tolerance policy for hazing and bullying. Should you identify potential hazing or bullying at camp, please alert a staff member immediately.

Conservation and Leave No Trace

Camp Mitigwa follows the Leave No Trace principles. It is important to review these principles with your troop prior to arriving at camp. Please make sure to dispose of unit garbage in the appropriate places as designated by Reservation Leadership. Units may sign up with the Camp Commissioner to assist with on going conservation projects at the Reservation.



Inclement Weather

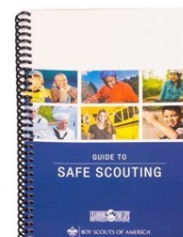


In the event of inclement weather, camp will utilize its emergency procedures related to weather conditions. Each weather event brings its own issues; therefore, the Reservation Director will make any decision to utilize storm shelters. Guidelines for shelter usage include 40+ MPH winds, large hail, spotted tornado, and advisement from Weather Call Services detecting a tornado within 10 miles of camp. Campsites shall use their assigned storm shelters. Leaders are encouraged to sign up for Weather Call when they arrive at camp.

Storms have greatly impacted the trees at Mitigwa Scout Reservation making inclement weather planning even more important. Please do a visual inspection of the surrounding trees when planning tent placement and report issues to camp staff. DO NOT allow anyone into the ravines, especially during seasonal storms.

Guide to Safe Scouting

The Mitigwa Scout Reservation adheres to and enforces all policies as outlined in the Guide to Safe Scouting. Please review the policies in this guide book for further details as related to Summer Resident Camp programs.



Fire Safety

All units will be required to fill out a Unit Fire Guard Sheet. A sample is included in the appendix of this guide. This sheet appoints a fire warden to maintain fire safety in your campsite. Please make sure that all Scouts utilizing fire have been Firem 'n Chit trained. Camp staff will let units know if there should be extra precautions taken or if there is a fire ban. Please make staff aware of any wild fires. Do NOT use liquids to start fires. Gas lanterns may be used under adult supervision. All liquid fuels must be locked in proper storage according to National Camp Accreditation Practices (NCAP). NCAP prohibits the use of flames in tents at any time. Never leave a fire unattended. Always put out fires with water before leaving the area or going to bed. Fires are only allowed in designated fire rings.

Dietary Requests and Allergies

The Mitigwa Scout Reservation can accommodate most medical and religious identified dietary restrictions. (Currently we are unable to offer kosher prepared meals). If you or a member in your group has dietary restrictions, please enter on the individual's personal information during the registration process. We would also like to have any dietary restrictions emailed to scott.robinson@scouting.org at least 14 days prior to attending camp. Please identify unit number, session week your unit will be attending, and name of the participant along with the dietary restriction and any special instructions that may be needed.

Medication at Camp

Unit leaders are responsible for the administration of medications for their Scouts at camp. Medications should be listed on the Annual Health and Medical Form. All medications for Scouts, including over the counter, must be secured in a lock box. Troops may also use their locking trailers as long as access is restricted to adults. Camp will provide your unit with a lock box if you need one. Scouts needing to carry inhalers, EpiPens, or other medications for immediate emergencies should do so, but practice administration securely. Medications requiring refrigeration may be stored in the Camp Health Lodge facility. Please make sure that all medications are in their original containers.

Camper Insurance

Primary accident and sickness insurance is the responsibility of the parent/guardian or adult Scouter. Secondary insurance is provided to all registered members of Mid-Iowa Council.

Proper Attire

Please make sure to review appropriate attire with all campers. Closed toed shoes appropriate for camping and hiking are required. No sandals outside of the pool area. Scouts must be fully clothed when outside of showers or aquatics areas. Clothing must be in clean, sanitary condition and consistent with Scouting values. Campers are encouraged to dress comfortably, functionally, and appropriately for camping activities. Check dress codes for individual merit badges as some have requirements for attire. Please make any potential visitors to camp during your stay aware of these policies as well.

Animals at Camp

No pets are allowed on camp properties per National BSA Camp Accreditation Program Standards. Service animals may be allowed on a case-by-case basis with approval from the Reservation Director. This policy also applies to visitors. This is to ensure that reasonable accommodations may be made for the service animal and its owner. Mitigwa Scout Reservation is home to many species of animals. Please practice Leave No Trace principles by appreciating camp wildlife from a distance and leaving it undisturbed.

Facilities

The following is provided to make your stay more pleasant

Campsites/Tent Campsites

When registering for camp, your unit will need to provide their own tents. We will not be providing canvas tents for units. Campsites are rustic-style campsites with picnic tables, latrine, fire ring, posting board, and a flag pole in each site. Firewood may be collected for already downed wood. Do not bring firewood from outside as disease may spread. Camp does not provide canvas rain flies for troop usage, so each unit is encouraged to bring a carport or suitable shade/shelter.

Shower Facilities

Showers for adults are located at the Year-Round Shower House near the Scoutcraft Area. No youth are allowed to use these facilities. Youth showers are located at Maytag Pool Shower House. Shower schedule times, to allow for equitable access for youth male and females, will be posted upon your arrival at camp.

Blank Health Lodge

A Health Officer serves as a regular member of camp staff and serves the entire reservation. In the event of a serious accident, illness, or hospitalization, parents are contacted. Medical care is given at camp without charge to the parents. If the Health Officer deems the patient must be treated outside of camp, the expense is the family's and can be filed with the family's insurance (family's responsibility). Make sure necessary medications, inhalers, bee allergy kits, and other emergency items are brought to camp and kept with an adult leader. All prescription drugs must be kept locked up in a lock box or a unit trailer. Please notify the Health Officer if you need a lock box provided for your unit. If refrigeration is needed, please contact the Reservation Director before you arrive at scott.robinson@scouting.org.

Deere Conference Center and Scoutmasters' Lounge

Reservation Headquarters can be found at the Deere Conference Center. Connected to the office is Scoutmasters' Lounge. No youth are allowed in Scoutmasters' Lounge. Scoutmasters' Lounge is the location of adult leader trainings and the daily leader roundtables. It is equipped with open-access internet for your use. Leaders may use Scoutmasters' Lounge for other business. It is not a meeting place for units. Please be respectful of those trying to conduct business and plan your usage mindful of times Scoutmasters' Lounge is used for programming.

Three Oaks Trading Company

In the beautiful Three Oaks Trading Company, we have a lot of selections for you to remember your trip to the Mitigwa Scout Reservation. We are excited to bring several new items for purchase. There will also be a supply of essential items for those things that were forgotten at home or for those Merit Badges that require kits. If there is something your are missing, let us know, and we will do our best to bring in that item for you or your unit.

Program

Learning and Adventure Await

Tentative Schedule

The following schedule is a ***tentative*** general timeline for day-to-day activities at Camp Mitigwa. A more detailed camp schedule will be given to you upon check-in.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 AM	Check-in Begins 1:00 PM Arrival time assigned prior to your arrival at camp Med Checks, Swim Checks, Camp Set-up All Adult Meet- ing in Amphi- theater Dinner 6:00 PM (No Flags) 7:00 PM Leader's and SPL Meeting Camp Fire 1st year camp- er Cracker Bar- rel	Sunrise Program						
6:30-7:30 AM		Open Breakfast						
7:50-8:00 AM		Flags and Morning Message						Checkout Begins at 7:00 AM
8:15-9:45 AM		Block A	Block C	Block A	Block C	Block A		
10:15 AM- 11:45 AM		Block B	Block D	Block B	Block D	Block B		
11:00 AM		Leader's Meeting				Leader's Lunch 11:00 AM		
Noon-1:00 PM		Open Lunch/Rest Time						
1:15-3:00 PM		Patrol/Troop Traveling Trophy Competitions						
3:15-4:00 PM		Troop Time/Open Areas						
4:15-5:00 PM					Family Night 4:00 PM Start			
5:50-6:45 PM	Flags & Dinner							
7:00-8:00 PM	Sunset Program					OA Activities Merit Badge Midway	Troop Time	
8:15 PM	Camp Fire			Camp Fire and OA Call Out				
9:00 PM	Twilight Program			Twilight Program		Camp Fire		
10:30 PM	Taps							

Merit Badge Schedule

	Block A (M,W,F) 8:15 - 10:15 AM	Block B (M,W,F) 10:15 AM - Noon	Block C (Tu,Th) 8:15 – 10:15 AM	Block D (Tu,Th) 10:15 AM - noon
Pool	Lifesaving *	Lifesaving *	Swimming *	Swimming *
	BSA Life Guard	BSA Life Guard	Learn to Swim	Learn to Swim
Waterfront	Canoeing	Canoeing	Kayaking	Kayaking
	Stand Up Paddleboarding	Stand Up Paddleboarding	Rowing	Rowing
Shooting Sports	Archery	Archery	Archery	Archery
	Shotgun Shooting	Shotgun Shooting	Rifle Shooting	Rifle Shooting
STEM	Robotics	Robotics	Photography	Nuclear Science
	Graphic Arts		Pulp and Paper	Public Health
	Space Exploration	Space Exploration		Photography
Scout Craft	Camping *	Camping *	First Aid *	First Aid *
	Wilderness Survival	Wilderness Survival	Indian Lore	Scouting Heritage
	Pioneering	Pioneering	Orienteering	Orienteering
Trades	Auto Maintenance	Auto Maintenance	Plumbing	Plumbing
	Composite Materials	Composite Materials	Electricity	Electricity
Ecology	Environmental Science*	Environmental Science *	Plant Science	Insect Study
	Energy	Nature	Fishing	Astronomy
	Forestry	Forestry	Insect Study	Fishing
Eagle Academy	Runs 8:15 AM - 3:15 PM - Scouts will cook their lunch in this program.			
Advanced Eagle Academy			Runs 8:15 AM - 1:00 PM Requirement - 1st Class Rank & 13 years old	
COPE/Climbing	COPE	COPE	Climbing	Climbing
Merit Badge Midway	Thursday night Midway will offer merit badges such as Art, Basketry, Chess, Leatherwork, Law, and Woodcarving			

Levels of Difficulty

A—Easy merit badge/activity, appropriate for beginning Scouts

B— Appropriate for advancing Scouts with two or more years in Scouting

C— Difficult merit badge/activity, appropriate for older Scouts with three or more years in Scouting

Aquatics

Merit Badge	Difficulty Level	Prerequisite	Comments
BSA Lifeguard	In this merit badge Scouts will learn how to help those in trouble in the water.		
	C	Must be 15, health history, Swim 550 yards continuously, 1 minute 40 second test	
Swimming*	In this merit badge Scouts will learn basic rescue skills, swimming techniques along with competitive racing mastery. Scouts will swim in Maytag pool and learn lifelong swimming and proper diving techniques.		
	A	Pass BSA swimmer test	
Lifesaving*	In this merit badge Scouts will learn basic rescue skills along with more advanced rescue skills. Many skills taught in this merit badge lend nicely to a BSA lifeguard certification later. Recommended for strong swimmers. Swimming merit badge is strongly suggested before taking life-saving.		
	C	Pass BSA swimmer test. Pass Swimming merit badge.	Must be able to swim 400 yards demonstrating all swimming strokes in a strong manner.
Canoeing	In this merit badge Scouts will learn the j-stroke, power stroke, sculling among other canoeing skills which are important for embarking on float trips. Requires a certain amount of upper and core body strength.		
	B	Pass BSA swimmer test	
Kayaking	In this merit badge Scouts will learn different strokes, capsizing, and kayaking techniques on Lake Fisher. Limited number of spots available.		
	C	Pass BSA swimmer test	
Rowing	In this merit badge Scouts will learn how to row a boat on Lake Fisher. Limited number of spots available.		
	C	Pass BSA Swimmer test	

Activities - Dress Requirements

Mile Long Swim - Morning practice times will be available, more information will be given at leader meetings

Stand Up Paddleboarding - Basic water craft skills are taught—carrying, falling, paddling, positions—Scouts can apply for the Stand Up Paddleboarding Award upon completion.

Learn to Swim - Basic swimming skills are taught to help Scouts advance their swimming skills to the next level

Participants must wear one piece or tankini swim suits or swim trunks.

Ecology

Merit Badge	Difficulty Level	Prerequisite	Pre-camp Prep
Astronomy	In this merit badge, Scouts learn about human fascination with the celestial bodies of the universe and come to appreciate the science and exploration of the final frontier!		
	A		
Energy	Saving, producing, and using energy wisely will be critical to America's future. Explore different kinds of energy, how energy moves through a system and the results, how energy is used, and how we can be better stewards of energy usage.		
	A	Requirement 4	
Environmental Science*	Scouts will learn what it's like to be an environmental scientist. They will make observations and carry out experiments to investigate our natural world. This merit badge requires multiple essays on topics such as endangered species and environmental impacts.		
	C	Requirement 4 Requirement 5	
Fishing	Fishing is a skill that can help provide food and a fun hobby for a lifetime. Scouts will demonstrate how to use fishing equipment properly, tie various fishing knots, identify natural fishing baits and artificial lures, and explain safety practices to follow while fishing.		
	A	Requirement 10	Bring your own fishing gear if you prefer, we will have a limited number of poles available for use.
Forestry	Scouts will explore the remarkable complexity of a forest and identify many species of trees and plants and the roles they play in a forest's life cycle. They will also discover some of the resources forests provide to humans and come to understand that people have a very large part to play in sustaining the health of forests.		
	B		
Insect Study	Scouts will glance into the strange and fascinating world of the insect. There, they will meet tiny creatures with tremendous strength and speed, see insects that undergo startling changes in habits and form as they grow, and learn how insects see, hear, taste, smell, and feel the world around them.		
	B	Requirement 9	
Nature	Learn about the close connection between the soil, the plants, and all animal life, including people. Understanding this connection, and the impact we have upon it, is important to preserving the wilderness, as well as to our own well-being as members of the web of nature.		
	A		
Plant Science	Scouts will explore three of the most important plant science specialties: agronomy, horticulture, and field botany and how scientists use knowledge and observation in their field of work.		
	B		

Scoutcraft

Merit Badge or Activity	Difficulty Level	Prerequisite	Pre-camp Prep
Camping*	Scouts will learn the art of living outdoors as Lord Baden Powell encouraged it. They will make plans, create safety procedures, and plan meals.		
	B	8d, 9a, 9b are required to be completed before camp.	Bring your own backpack for requirement 5c
First Aid *	Scouts will learn the skills to care for an injured person until medical staff arrive to help. They will learn about symptoms and how to prevent life threatening illness or injuries.		
	B	Be at least 1st Class or higher, or provide documentation of completing the first aid requirements up to 1st Class.	5 Prepare a home first aid kit and bring it to camp. Show contents to counselor.
Indian Lore	Scouts will take an exciting journey of discovery in which you will meet some of America's most fascinating peoples. American Indians have many different cultures, languages, religions, styles of dress, and ways of life that will be explored.		
	A		
Orienteering	Scouts will work with a compass, show and tell how it works, use and learn about maps and plan a course to follow.		
	B		Review Orienteering skills. Plan to bring your own compass. Requirement 10 will be to be completed with their troop.
Pioneering	Scouts will gain knowledge of ropes, knots, splicing and the ability to build structures by lashing sticks and poles together.		
	C	Complete Tenderfoot, 2 nd & 1 st Class rope requirements	
Scouting Heritage	The Scouting program is rich with tradition and grandeur. This merit badge will help you take a look at the foundation of Scouting and allow you to explore the multiple sides of this age old program.		
	A	Requirements 5 & 6	
Wilderness Survival	Scouts will learn to bring clothing and gear that is necessary, how to make good plans and to manage any risks.		
	B		

Shooting Sports

Merit Badge or Activity	Difficulty level	Prerequisite	Pre-camp Prep
Archery	In this merit badge Scouts will learn archery safety rules, how to string a bow, how to make a bowstring, and how to shoot a bow and arrow. Scouts will have to purchase an arrow making kit in the trading post.		
	A	Arrow Kit from Trading Post purchased at Camp	Print out the Merit Badge Packet and complete written requirements prior to camp.
Rifle Shooting	In this merit badge Scouts will learn techniques on how to shoot a rifle with precision. Recommended for experienced Scouts.		
	B	Must be 13 or older or by Scoutmaster Recommendation. Fee- \$20 for unlimited shooting for the week.	Print out the Merit Badge Packet and complete written requirements prior to camp.
Shotgun Shooting	In this merit badge Scouts will learn the mechanics and intricacies of shotgun shooting. Must be 13 years of age or older.		
	C	Must be 13 or older or by Scoutmaster Recommendation. Fee- \$25 first 50 shots, \$5.00 for each 10 rounds after that.	Print out the Merit Badge Packet and complete written requirements prior to camp.

Shooting Sports Fees

Rifle Shooting - \$20.00 for unlimited shooting for the week

Shot Gun - \$25.00 for first 50 rounds, then \$5.00 each for 10 rounds after that



STEM

Merit Badge or Activity	Difficulty level	Prerequisite	Pre-camp Prep
Graphic Arts	Scouts will learn about the many kinds of printing and publishing industries use in print communications. They will also create and produce a design themselves.		
	B	Requirement 6	
Nuclear Science	Scouts to learn about this exciting field at the cutting edge of science today. Nuclear science gives us a simple explanation of the natural world. The ultimate goal of nuclear science is to find out if there is one fundamental rule that explains how matter and forces interact.		
	C		
Photography	Beyond capturing family memories, photography offers a chance to be creative. Many photographers use photography to express their creativity, using lighting, composition, depth, color, and content to make their photographs into more than snapshots . Learn more about how to develop your artistic eye through the lens of a camera to communicate with others an idea, a feeling, or an experience.		
	B		
Public Health	Learn how a single individual to the family unit to the smallest isolated rural town to the worldwide global community, one person can influence the health of many.		
	A	Requirement 7	
Pulp and Paper	Each person in the United States uses about 700 pounds of paper each year. Paper is everywhere in our lives. Every year in the United States, more than 2 billion individual books, 24 billion newspapers, and 350 million magazines are published on paper. Learn about the history of paper, different kinds of paper, paper products, and make paper.		
	A		
Robotics	Build your own working robot with the Robotics Merit Badge. Learn about the robotics industry, discover the different fields of robotics, explore the available career options in robotics, and design, build, program and test your own robot.		
	B		
Space Exploration	Scouts will learn the history of the space program, how rockets are designed by creating one, and what is needed to live in space by designing an inhabitable base camp.		
	C		

Tradescraft

Merit Badge or Activity	Difficulty level	Prerequisite	Pre-camp Prep
Auto Maintenance	Learn the basic principles on how cars operate and the importance of proper maintenance for optimal performance. Identify the basic parts of each operating system in a car.		
	C		
Composite Materials	Composites can be found just about everywhere: in airplanes and sports cars, golf clubs and guitars, boats and baseball bats, bathtubs and circuit boards, and even bridges. Composites make bicycles and skis lighter, kayaks and canoes stronger, houses warmer, and helmets tougher. Learn about how composites are made and used. Create a product with composite materials.		
	C		
Electricity	Learn why electricity plays a significant role in the economy and how energy consumption impacts our daily lives. Demonstrate how to respond to electrical emergencies, explain how a fuse blows or a circuit breaker trips, and complete an electrical home safety inspection. Learn how to read an electric meter and determine their household's energy cost from meter readings.		
	C		
Plumbing	Learn the basics of how plumbing works in your home. What tools and materials are used in plumbing and how to perform basic plumbing repairs with basic plumbing techniques.		
	C		

Merit Badge Midway—Crafts & Hobbies

Merit Badge	Prerequisites	Complete Later	Comments
Art	None	6. Trip to an art museum	Design your own business card for the small business you will have back home.
Chess	None	None	Can you really win at a game of chess with your friend? Or how about playing against professional players? Learn how to do this.
Fingerprinting	None	None	Fingerprinting.....the past and the future of identification.
Law		4,6,7,9	Take this very interesting Merit Badge taught by a very skilled and entertaining lawyer. You might even want to become a lawyer someday.
Leather	Purchase large knife pouch kit from Trading Post	None	Make a leather pouch for your "treasured" pocket knife. Then learn an old art of braiding.
Woodcarving	None	1,2,5,7	A piece of wood now becomes a keepsake for you. Learn how to do this.

Eagle Academy

New to Scouting or wanting to master foundational skills early in the Scouting program? Attend Eagle Academy at Camp Mitigwa! We know Scouts value authentically learning skills while having fun. This, in fact, is the Scouting method. Join the prestigious graduates of the Eagle Academy and forge your legend!

At the center of the Scouting philosophy is play; we play a game with a purpose. The newly revised Eagle Academy at Camp Mitigwa puts the game of Scouting center.

Using cutting edge approaches in modern pedagogy to demonstrate effective patrol method, Scouts are challenged to help each other develop Scout skills for rank advancement. The benefit for each Scout is the preparedness they receive for future Scouting experiences. Your unit benefits from higher retention rates among youth members and enculturation of servant leadership within your use of the patrol method.

Patrols work together to demonstrate knowledge in:

- First Aid
- Outdoor Cooking
- Rope Craft
- Navigation

Participants will spend the week at the Eagle Academy from 8:15am to 3:15pm, including lunch. Besides practicing the patrol method, and working on rank requirements, they will also earn the Signs, Signals, and Codes and First Aid Merit Badges.



Fees

Participant Fee \$15.00

Advanced Eagle Academy

Advanced Eagle Academy is a program designed to help Scouts plan for a successful Eagle Scout project. Scouts receive one-on-one mentorship in project planning, financing, and budgeting, volunteer recruitment, and project assessment from a former Reservation Director. Scouts begin work on Communication and Personal Management Merit Badges and leave with a tentative plan for their Eagle Scout project.

Participants must be at least 13 years of age and a First Class Scout. Participation is limited to ten Scouts per week. This program will run from 8:15 AM to 1:00 PM on Tuesday and Thursday.



COPE/Climbing

Merit Badge	Difficulty level	Prerequisite	Pre-camp Prep
Climbing	Climbing is not a sport that requires tremendous muscular strength, it demands mental toughness and the willingness to practice hard to master a set of skills. The adventure of climbing can also provide a new way to enjoy the outdoors.		
	B		

COPE

(Challenging Outdoor Personal Experience)

The Mitigwa Scout Reservation opened our new High COPE course in the summer of 2023 with many new courses for Scouts to challenge their skills and agility.



Fee and Dress Requirement

Participant Fee \$10.00

Participants must wear knee length shorts or long pants and short/long-sleeved shirts

1st Year Camper	2nd Year Camper	3rd Year Camper and Beyond
<p>Eagle Academy</p> <p>Archery</p> <p>Art</p> <p>Chess</p> <p>Energy</p> <p>Fingerprinting</p> <p>Fishing</p> <p>Law</p> <p>Leatherwork</p> <p>Nature</p> <p>Public Health</p> <p>Pulp and Paper</p> <p>Swimming*</p> <p>Woodcarving</p>	<p>Any 1st year Merit Badge</p> <p>Astronomy</p> <p>Camping*</p> <p>Canoeing</p> <p>First Aid*</p> <p>Forestry</p> <p>Graphic Art</p> <p>Insect Study</p> <p>Orienteering</p> <p>Photography</p> <p>Plant Science</p> <p>Rifle Shooting</p> <p>Robotics</p> <p>Wilderness Survival</p> <p style="text-align: center;">*Eagle Required Merit Badge</p>	<p>Older Scout Programs</p> <p>Advanced Eagle Academy</p> <p>Any 1st or 2nd year Merit Badge</p> <p>Auto Maintenance</p> <p>BSA Lifeguard</p> <p>Climbing</p> <p>Composite Materials</p> <p>COPE</p> <p>Electricity</p> <p>Environmental Science*</p> <p>Kayaking</p> <p>Lifesaving*</p> <p>Nuclear Science</p> <p>Plumbing</p> <p>Pioneering</p> <p>Rowing</p> <p>Shotgun Shooting</p> <p>Space Exploration</p>

Course Completion Records

All merit badge work completed at camp will be documented and reported in the online registration system. A final report will be sent home with the unit leader on Saturday. Unit leaders can access completion information online at any time by logging in and viewing Reports for their summer camp registration.

Those Scouts who have not completed all necessary requirements will be given "partial" merit badge completion status and those requirements completed at camp will be recorded. Remaining requirements must then be completed outside of camp. There is no "statute of limitations" on completing work, but Scouts should be encouraged to finish remaining requirements while the information is fresh in their minds.

Family Night

On Wednesday night, families and friends are encouraged to visit their Scouts at camp! We ask that visitors check in at the camp office when they arrive. **Check-in begins at 4:00 PM and ends at 6:00 PM.** Camp staff will be coordinating parking in the main camp lot. A limited number of camp vehicles may be available to transport those visitors requiring assistance around camp. Units are encouraged to arrange meals on their own via potluck or cooking for their visitors. For those unable to make those arrangements, camp offers meals in the dining hall for visitors at \$8.00 per person. There is no charge for campers (youth or adult). Tickets for visitors may be purchased at the Trading Post. Units needing meals in the dining hall Wednesday evening will need to sign up in the camp office.



Units are also encouraged to provide programming for visitors to camp. Areas will be open early evening in an open house format to allow Scouts to show their families what they have been doing during the week.

A staff led campfire will bring families and Scouts together in the amphitheater as family night activities wind down. The campfire will last approximately 30 minutes. Units will line up by the Maytag Pool and families will proceed to the amphitheater.

Family Night will conclude with the Mitigwa Lodge Order of the Arrow Call-Out Ceremony (see Order of the Arrow information on the next page). Family night will end at approximately 10:30 PM so please plan accordingly.

For those visitors desiring to leave before the OA Call-Out, they may do so following the campfire and before the Call-Out Ceremony begins. Instructions will be shared at the campfire.



Order of the Arrow



The Order of the Arrow is Scouting's National Honor Society. The Mitigwa Lodge's Call Out Ceremony is one of the highlights of each week's Camp Mitigwa experience. The call out of newly-elected candidates will take place on Wednesday evening as the closing of our family night activities.

Information about completing the Ordeal will be available in March.

Troops from other councils need written permission from their Lodge to be called out at Camp Mitigwa. Their elections must be held in their own Council prior to arrival at camp, and

a copy of the letter of approval should be presented at check-in. All Out-of-Council candidates must complete their Ordeal within their own Lodge.

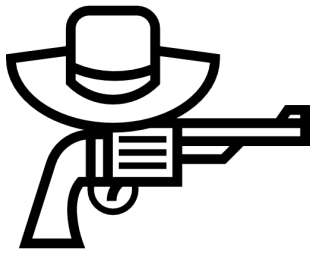
Visit www.mitigwa-lodge.org to learn more about the Order of the Arrow and the Ordeal process.



Ordeal fees of \$75 are required to be paid after completion of the Ordeal. These fees will be added to the unit bill and must be paid at check out.

There will be Order of the Arrow activities for members to participate in during the week of camp. These will be announce at leader meetings. Please let your Order of the Arrow members know about these extra activities.





COWBOY ACTION SHOOTING PROGRAM PARTICIPATION AND HOLD HARMLESS AGREEMENT

Mitigwa Scout Reservation, Mid Iowa Council will be conducting a Scout cowboy action shooting program. In this program, Scouts will shoot a rifle, pistol, and shotgun under the supervision of an NRA Range Safety Officer and NRA certified instructors. Scouts will be required to wear eye protection and hearing protection at all times while on the range. Scouts are expected to abide by all safety rules and the instructions of the Range Safety Officer(s) and rifle, pistol, and shotgun instructor(s).

I, the undersigned, give my child, _____, permission to participate in this program. I understand that participation in the activity involves a certain degree of risk. I have carefully considered the risk involved and have given consent for my child to participate in the activity. I understand that participation in the activity is entirely voluntary and requires participants to abide by the rules and standards of conduct. I release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all claims or liability arising out of this participation.

For safety, my child and I agree that he/she will do the following or he/ she will be removed from the program. I understand that any additional cost associated with participation in this program will not be refunded if my child is removed for not following the rules below.

1. Complete a range safety briefing.
2. Wear all safety gear at all times while on the range.
3. Follow all the safety rules provided in the briefing.
4. Follow the instructions of the Range Safety Officer(s) and rifle, pistol, and shotgun instructor(s).
5. Do not handle the firearms until instructed to do so by the instructor(s).
6. Is 14 years of age, or 13 and has completed the eighth grade, as of the start of the class and will be in full compliance with all local, state, and federal guidelines, including age restrictions and original equipment manufacturer standards.

Participant signature _____ Date: _____

Parent/guardian signature _____ Date: _____

Parent/guardian printed name _____ Date: _____

Home phone _____ Cell phone _____

Email address _____



ACTIVITY CONSENT FORM AND APPROVAL BY PARENTS OR LEGAL GUARDIAN

First name of participant _____ Middle initial _____ Last name _____
Birth date (month/day/year) ____/____/____ Age during activity _____
Address _____ City _____ State _____ Zip _____
Has approval to participate in (name of activity, outing trip, etc.) _____
From _____ to _____

INFORMED CONSENT, RELEASE AGREEMENT, AND AUTHORIZATION

I understand that participation in Scouting activities involves the risk of personal injury, including death, due to the physical, mental, and emotional challenges in the activities offered. Information about those activities may be obtained from the venue, activity coordinators, or local council. I also understand that participation in these activities is entirely voluntary and requires participants to follow instructions and abide by all applicable rules and the standards of conduct.

In case of an emergency involving my child, I understand that efforts will be made to contact me. In the event I cannot be reached, permission is hereby given to the medical provider to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for my child. Medical providers are authorized to disclose protected health information to the adult in charge and/or any physician or health care provider involved in providing medical care to the participant. Protected Health Information/Confidential Health Information (PHI/CHI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.103, 164.501, etc. seq., as amended from time to time, includes examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

With appreciation of the dangers and risks associated with programs and activities including preparations for and transportation to and from the activity, on my own behalf and/or on behalf of my child, I hereby fully and completely release and waive any and all claims for personal injury, death, or loss that may arise against the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with any program or activity.

NOTE: The Boy Scouts of America and local councils cannot continually monitor compliance of program participants or any limitations imposed upon them by parents or medical providers. List any restrictions imposed on a child participant in connection with programs or activities below and counsel your child to comply with those restrictions.

List participant restrictions, if any: _____

Participant's signature _____ Date _____

Parent/guardian printed name _____ Parent/guardian signature _____ Date _____

Telephone number (best contact and emergency contact) _____ Email _____

Contact the adult leader with any questions:

Name _____ Phone _____

Email _____



SUMMER CAMPS – PATIENT INFORMATION SHEET

PATIENT NAME: _____

DATE OF BIRTH: _____ SEX: M F

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ HOME/CELL SSN#: _____

MARITAL STATUS: Single Married Divorced Widowed RACE: _____

ETHNICITY: _____ EMAIL: _____

PRIMARY CARE DOCTOR: _____

EMPLOYER: _____ ADDRESS _____

CITY: _____ STATE: _____ PHONE NUMBER: _____

EMERGENCY CONTACT INFORMATION

EMERGENCY CONTACT: _____

PHONE NUMBER: _____ RELATIONSHIP: _____

EMERGENCY CONTACT: _____

PHONE NUMBER: _____ RELATIONSHIP: _____

GUARANTOR INFORMATION

GUARANTOR'S NAME (if different than patient): _____ DOB: _____

ADDRESS: _____ PHONE NUMBER: _____

SOCIAL SECURITY NUMBER _____ RELATIONSHIP TO PATIENT: _____

EMPLOYER: _____ ADDRESS _____

CITY: _____ STATE: _____ PHONE NUMBER: _____

PLEASE PROVIDE INSURANCE CARDS AND PHOTO ID

INSURANCE: Blue Cross United Healthcare Medicare Medicaid OTHER: _____

Policy # _____ Group # _____

SUBSCRIBER'S NAME (if different than patient): _____ DOB _____

SUBSCRIBER'S ADDRESS: _____

SUBSCRIBER'S PHONE NUMBER: _____ SUBSCRIBER'S SSN#: _____

MARITAL STATUS: Single Married Divorced Widowed RACE: _____

CONSENT to TREAT _____ DATE: _____

LEGEND

	Road		Trail
	Forest		Fence Line
	River		Amusement Areas
	Lake		Intermittent Wetland
	Intermittent Stream		Wetland

MITIGWA SCOUT RESERVATION

Mid-Iowa Council
 Boy Scouts of America
Main Program Area
 Current as of June 2, 2021
 Produced for Wood Badge NC440W
 © 1994, 2021 S.A. Henry

Scale: 1:3900
 1 inch = 325 feet

