

EQUIPMENT LIST

There are 3 different OKPIK program levels. Listed below are the **required items to bring** based on which session you are signed up for. (in addition to the Ten Essentials listed here and found in your Scout Handbook)

Level 1 - PLEASE BRING THESE ITEMS

- Sleeping bag, a summer weight bag is OK for this session (you will be sleeping inside)
- Winter hat
- Winter jacket
- Snow pants
- Long underwear (polypropylene recommended)
- 2-3 pair socks
- Winter boots (**you will not be allowed to stay in camp without boots**)
- Completed and signed Annual Health and Medical Form
- You will spend about 7 hours outside Saturday

Level 2 and 3 PLEASE BRING THESE MANDATORY ITEMS

- Sleeping bag rated for winter camping
- Insulated ground pad (closed cell preferred)
- Tent or simple shelter (**level 3 only**)
- Winter hat (stocking cap)
- 2-3 pairs of mittens (outer pair with 6 ft. string and liners recommended) You may bring your own skis and
- Sweaters and/or shirts, preferably wool snowshoes if you like
- Winter jacket, preferably with hood
- Snow pants
- 1-2 pair long underwear (polypropylene recommended)
- 2 pair pants, preferably wool or insulated snow pants - **NO COTTON JEANS!**

- Several pair of socks - **NO COTTON**

- Winter boots (you will **NOT** be able to stay in camp without boots)
- If available, please bring a GPS Unit for geocaching (**level 3 only**)
- Completed and signed Annual Health and Medical Record parts A & B.
- Level 2 - You will spend Friday night inside and Saturday night outside
- Level 3 - You will spend both Friday and Saturday night outside until 10:00 AM Sunday check out

ADDITIONAL RECOMMENDED ITEMS:

Insulated vest, Gaiters, Balaclava, Personal Items (toothbrush, underwear, lip, balm, etc. Hand warmers, Insulated cup, spoon, sunglasses)

TRAINING: Before leaving the warm shelter of the base, training is reviewed by OKPIK staff in the following areas:

- Clothing - Review the meaning of the C-O-L-D acronym and how it can help you stay warm. Layering.
- Equipment - How to safely and properly use the equipment in cold weather.
- Cold Weather Safety and First Aid - How to prevent hypothermia, frost nip, frostbite and dehydration.
- Food - The importance of food and water in maintaining body heat, repair and energy.
- Wilderness Manners - How to minimize the impact of wilderness use.

ACTIVITIES: All participants are assigned travel groups of three and camp either at an established shelter or wilderness campsite. Because of limited daylight hours, you may decide to spend most of your time traveling to and building shelters to stay in.

CROSS-COUNTRY SKIING: We provide instructions to get you started and a map of the camp.

SNOWSHOEING: Travel a bit slower and take in some of the sights and sounds of the "Northwood's" winter.

ANIMAL TRACKING: This is the perfect time to see what animals are up to and how they live. Tracks in the snow are like storybooks.

WINTER GAMES: What a more perfect time to play snowshoe soccer?

Now that you're taking OKPIK and learning about safe winter camping, take advantage of another opportunity for YEAR-ROUND camping with your troop.

Have your Outdoor Committee Chairman check into Northern Michigan's Scout Reservations to see what kind of fun they offer. Most offer cross-country skiing, snowshoeing, geocaching, ice fishing plus camping for the experienced and heated cabins for the less experienced winter camper. Check us out.

Ten Essentials

- Pocket knife
- First Aid Kit
- Extra Clothing
- Rain gear (waterproof)
- Water bottle
- Flashlight & batteries
- Trail food
- Matches & fire starters
- Sun protection
- Map & compass