

Arrow of Light Camper's Guide



Hello Scout families,

We can't wait to spend an amazing week with your Scouts at Camp No-Be-Bo-Sco. Your Scouts will experience a wide range of exciting events, from Sunday's arrival to Saturday's departure. The time in-between will be filled with campfires, shooting sports, swimming, and exploring the outdoors. Other highlights will include hiking and working on rank advancements.

While your Scout is at camp, they will have trained "leaders" from the camp staff with them.

Arrow of Light Check-In Procedures

Registration and pre-camp:

- All Scouts camping on the property must be current registered members of Scouting America.

Arrival Time:

- All Arrow of Light Scouts must arrive at camp from **1:30 to 2:00** to begin the check-in process. It is critical that all Scouts arrive on time so they can complete their swim test and take a tour of camp.

Medical Forms

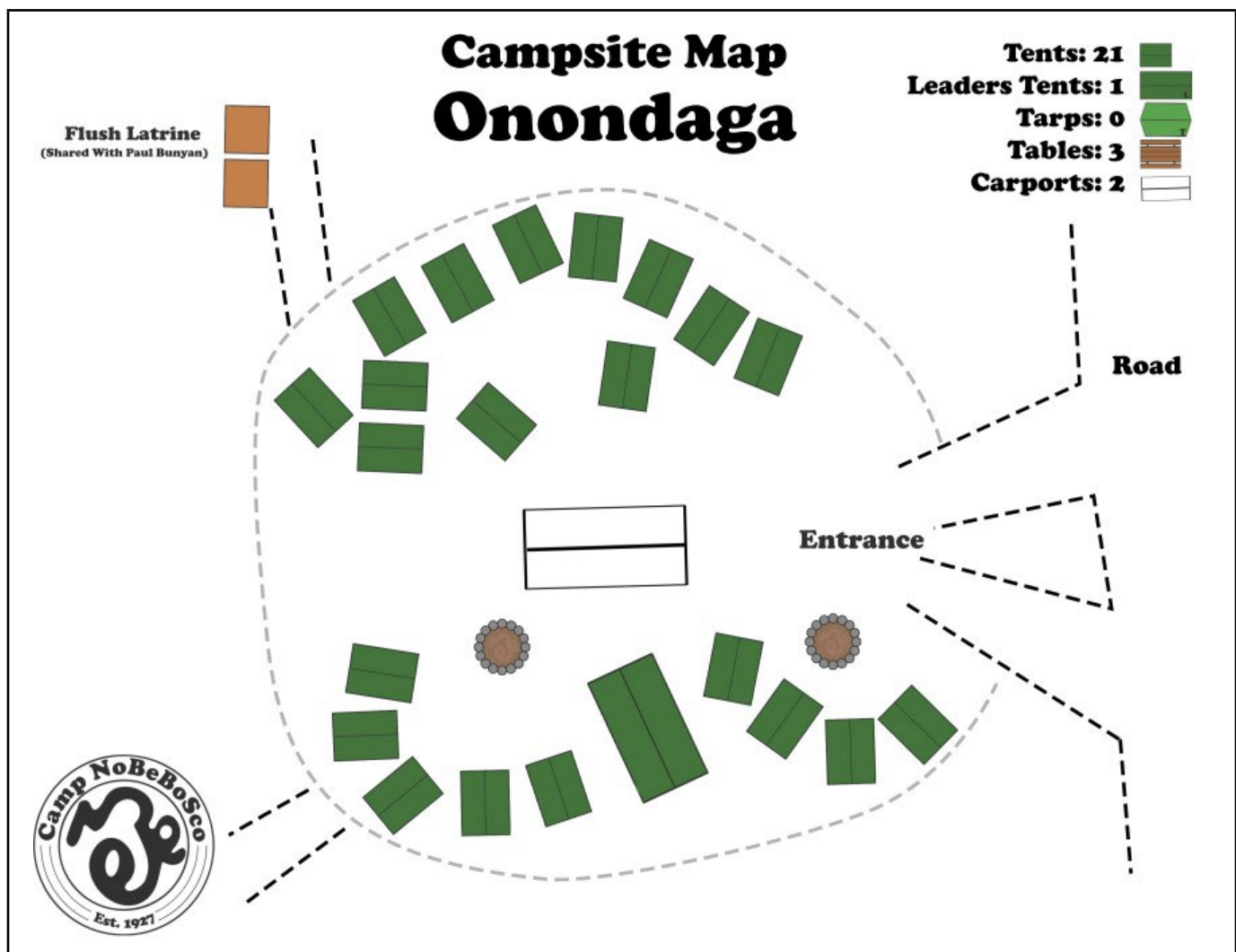
- **All adults and youth must have parts A, B, and C on the current Scouting America Medical form properly signed to stay at camp.** The information must be on the Scouting America medical. No other forms can be used. This includes school physical forms. This is very important.
- Please take the time to review all medical forms prior to camp!
- Check for parents and a doctor's signature on the Scouting America form. It cannot be on a separate form. **It must be signed by the doctor within the last year.**

Parking:

- Parking will be at the top of the parking lot by the shower house. When coming into camp, turn right at the large power lines and proceed to the buildings at the top. You can park before the gate, but no vehicles will be allowed to drive to the campsite (don't worry, the campsite isn't very far from the parking lot).

Campsite and Staff Liaison:

- The Arrow of Light Scouts will be staying in Onondaga Campsite during their stay at Camp No-Be-Bo-Sco
- Your Staff Liaison is Adam Becker, a commissioner and long-time staff member. He will act as your guide throughout your week at camp .
- You will also have a campsite host that will show you around your site and take you on a tour of camp.



Tour of Camp

Once all the Scouts are ready, your host and liaison will take you on a tour of camp. This is when all Scouts will say goodbye to their parents. The tour will cover the following:

Health Lodge	All Medicals will be collected upon arrival near your site and checked there. The host/liaison will walk the scouts down past the health lodge to show them where to go in case of emergencies (requirements for medical forms are listed below).
Waterfront	The aquatics director will explain the rules of the waterfront and Scouts will take the swim test. - The swimming test must be taken at camp. Due to the fact that it is a dark lake, it can be a different experience for Scouts to swim in the lake.
Range	The Scouts will meet with our Shooting Sports Director, Bruce Lemken, to talk about the rules of the range and the range activities that they will be participating in.
Dining Hall	Meals are prepared by camp staff and served in the dining hall, family style. Each group is responsible for setting /cleaning their own tables. We will set up a schedule for the Scouts to be "waiters" (and yes, your Scout will be able to manage this, they all do) on a rotating basis. The Scouts will see where they are going to be sitting for meals as well as learn the waitering process, rules of the dining hall and discuss dietary needs.
Trading Post	Scouts and Parents will have the opportunity to go into our Trading Post to purchase NoBe gear and see what items they have to offer.
Quartermaster	Scouts will learn the rules of the quartermaster and the process of checking out tools and materials for projects.

Camp Health and Safety Information

Scouting has a long and proud record of concern for the safety of its Scout campers and share with the governmental regulatory agencies the desire to maintain the quality of the camper's experience. The leadership that the leaders and parents in camp provide makes a Scout Camp unique among all types of children's camps in the country. Add to this the presence of the staff at program areas and camp wide activities, and Scout Camp becomes a remarkably safe environment for our youth.

In addition, the year-round nature of the Scouting program, the patrol method, and Scout leadership give camp leaders a sound basis for determining the trustworthiness and maturity level of all campers within their charge.

Medical Examination / Medical Form - MANDATORY

Every Scout and adult staying at camp must, upon arrival, present a completed and signed Scouting America Medical Form. It must be signed on the Scouting America form by a doctor within the last year. Everyone is given a recheck, but a full examination is not available. We recommend bringing one copy to turn into the health lodge, and one copy for you to hold onto in the site. We also recommend parents keep a copy at home.

Medications

If a Scout requires medication, it must be included in section B of the medical form.

If a Scout requires special medication, a parent/guardian may be required to come to camp, meet with the Health Officer, and sign authorization forms. This is very important!! Section B of the Medical. If it is a unique medication, these parents should call our health officer the week before arrival to clarify this information. The camp number is 908-362-6088.

Allergies/Medications

Are you allergic to or do you have any adverse reaction to any of the following?

Yes	No	Allergies or Reactions	Explain	Yes	No	Allergies or Reactions	Explain
☐	☐	Medication		☐	☐	Plants	
☐	☐	Food		☐	☐	Insect bites/stings	

List all medications currently used, including any over-the-counter medications.

☐ CHECK HERE IF NO MEDICATIONS ARE ROUTINELY TAKEN.

☐ IF ADDITIONAL SPACE IS NEEDED, PLEASE INDICATE ON A SEPARATE SHEET AND ATTACH.

Medication	Dose	Frequency	Reason
All Medicines			

☐ YES ☐ NO Non-prescription medication administration is authorized with these exceptions:

Administration of the above by: Parent's Signature / Doctor's Signature
Parent/guardian signature MD/DO, NP, or PA signature (if your state requires signature)

Health Lodge:

A qualified Health Officer will always be available. A local hospital in the town of Newton is open 24 hours a day for emergencies. The unit is expected to assist in the transport of Scouts to the hospital. The camp leader must make arrangements to contact the parent/guardian of a Scout who must go to the hospital or see a doctor.

Scout Sickness:

If a Scout becomes ill during their time at camp, they will be sent home.

Accident Insurance:

Each council carries insurance that provides coverage for their members while participating in Scouting programs. Accident & Sickness Insurance Plans provides medical payments subject to the plan details and limits of the coverage.

This plan is an excess insurance plan meaning that it will pay all the eligible expenses incurred from a covered accident or sickness not paid by any other

collectible insurance or pre-paid health plan enforced for you or a dependent child(ren). If no other collectible insurance or pre-paid health plans are in effect at the time of the loss, this plan will pay all eligible expenses covered up to the plan limits. There is no deductible under this plan.

Homesick Scouts:

If your Scout is feeling homesick. We try to help them the best we can. If they are struggling and need to call home, we try to do this in the early afternoons to help reduce homesickness. Please don't tell your children that they can call you (then they will be asking.)

In-Camp Safety Procedures:

- **The buddy system** is to always be in effect. The Scouts should never walk anywhere outside of our immediate sleeping area without a buddy. This provides a way for a scout to secure help, should an accident occur. Please emphasize this to your Scout as you are preparing them.
- **Proper hygiene** is essential! Waiters will be required to wash their hands before each meal. Sanitizer stations are in all areas and should be used!
- Be mindful of keeping the campsite clean, local wildlife enjoys full trash cans! If any wildlife in camp becomes a problem, please let the office know.

Cell Phone and Electronic Policy:

Scouts are not allowed to have Cell Phones or other electronic devices on them in camp. This is not just a rule for the AOL scouts, but all scouts at NoBe in general. All phones will be collected and held in a lock box by the AOL Leaders.

- Any devices found being used around camp will be confiscated and brought to the office. An AOL leader will have to pick up these devices and hold onto them for the duration of the week.
- We cannot be responsible for tracking down lost devices; the camp is huge. Lots and lots of rocks, easy to drop and break !
- Constant contact with home leads to homesickness.
- They are supposed to be interacting with each other, enjoying the adventure that camp has to provide, not worrying about beating the next level of their favorite game.

Knives and Blades

If your Scout has earned their whittlin' chip card, they may bring a pocket knife to camp. We will set aside a special area for them to use it to ensure an adequate "Blood circle"

- Sheath Knives and Personal Archery Equipment are not allowed in camp.
- Please do not allow your Scouts to bring anything but a pocketknife to camp. This means no axes, hatches or saws.

Local Animals in Camp

We are out in nature, there are animals. Please DO NOT allow Scouts to bring snacks and store them on your site. Please also remind your Scouts that these are wild animals and should be left alone.

Housing

Campers sleep 2 per tent. They are provided with platforms, tentage and cots only. Bedding/mattresses are the responsibility of the individual. Bug-nets are optional but encouraged.

Camp Contact Information

Mailing Address:

Camp No-Be-Bo-Sco
Scout _____ ,
AOL Provo
11 Sand Pond Road
Blairstown, NJ 07825

It's fun to get a letter from home while at camp. Even better if you include a few bucks extra spending money. Remember no "I really miss you" notes! I suggest you mail it about 3 to 5 days before they leave for camp to ensure that it arrives in time.

Telephone:

The camp telephone is for camp business. Parents may call only in a real emergency situations. A phone is available in camp, which leaders may use, and Scouts may use with a leader's permission. Scouts cannot be directly contacted. Please do not send cell phones to camp with Scouts.

Camp Phone: 908-362-6088

Trading Post

There is a Trading Post that sells snacks, drinks, camp merchandise such as shirts and hats, and even ice cream etc. We try to limit them to snacks in the afternoon and not after dinner. They absolutely cannot have any snacks of any kind in their tents. Bugs and Bears have a great sense of smell!

We are happy to hold the money for your Scout if you would like. They tend to get distracted and lose the money as it falls out of their pockets, ends up in their laundry or worse — they spend it too quickly and it doesn't last the week. Just put it in an envelope with their name on it.

We recommend you provide them around \$10 a day for snacks but also provide a bit more money for some of the NoBe Merchandise sold at the Trading Post. They might be interested in the hats, shirts, pins, patches, mugs, squeezers, sweatshirts, etc. that are offered at our trading post. No need to purchase this year's NoBe Theme Patch for your scout, they will receive the AOL version of one at the end of the week

Troop Pictures

Pictures of the AOL Provo Troop will be taken at camp, and you will have the opportunity to purchase troop pictures while checking in your scout. We ask that you pay in advance during the check-in process so that we can have the pictures printed and ready for you when you arrive to pick up your scouts on Saturday.

Prices:

5x7 picture - \$5.00

8x10 picture - \$8.00

What to Bring

- Your uniform (You're at Scout camp that's why) but please leave the hats and neckerchief slides at home, they are easily lost/misplaced.
- Tee shirts (you don't have to wear your uniform all the time, silly!)
- Long pants and shorts (it might be warm during the day, but you'll still be in the woods, and it gets cold at night-and camp" in the woods."
- Lots of socks and undies (it's important to have dry undergarments when you sleep at night, you don't want to wear the ones you wore all day).
- Sweatpants or pajama pants (something comfy to sleep in).
- Sweatshirt or jacket (like I said, it gets cold at night).
- Two pairs of sneakers or one pair of sneakers and a pair of hiking boots. (if one pair gets wet, you'll really appreciate that second pair) Crocs are okay only at the waterfront.
- A bathing suit (we're hoping for some great weather to enjoy the LAKE). Extra undies if you swim with them on.
- Two towels (hope to swim, absolutely must shower).
- Soap, shampoo, toothpaste, toothbrush and hairbrush
- A pair of rubber flip flops/crocs (believe me you'll want them for the shower, they're also great for a late-night trip to the latrine).
- Rain gear, at least a poncho, pants would be great also. Some activities continue during the rain (indoor activities are planned in the event of excessive rain but we still have to walk to the indoor event).
- An outdoor sleeping bag and a pillow. Thirty degree sleeping bag should suffice.
- An inexpensive hat and sunglasses (hopefully we will have lots of sunshine).
- Sunscreen/bug spray/tick repellent. Avon makes a great all-in-one product that lasts up to eight hours.
- A flashlight with good batteries (you'll need this walk around after dark, remember those late-night trips to the shower house bathroom in your flip-flops).
- Folding camp chair (everyone wants to sit around the campfire at night, and the rocks aren't too comfortable).
- Mosquito netting —not mandatory but makes for easier sleeping at night.

- Reusable water bottle.
- Light backpack to hold your stuff during the day.
- Good jokes for the evening campfire.
- Mesh Laundry bag (cheap "dollar store" type), not a pop up one.

What NOT to Bring

- NO FOOD, we don't want any mysterious animals visiting your tent while you're sleeping.
- NO RADIOS, CELL PHONES, VIDEO GAMES, etc., believe it or not you will survive for seven days without these things.

Optional Items

- Some spending money - there is a Trading Post where you can purchase snacks and stuff.
- Extra batteries for your flashlight

Check Out Process

Check out:

Check out begins at **9:30am** on Saturday August 9th. (Please be prompt, the staff only get 24 hours off before the next group comes in).

Patches and Pictures:

This year's AOL NoBe Theme Patches and any pictures purchased at the beginning of the week will be handed out during checkout.