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The Hunt Continues
Camp Seph Mack
Adventure Base
2025

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Culture where everybody is welcome

At Camp Seph Mack, we believe it is important to reinforce our camp culture with everyone. We believe in a culture everybody is welcome and feels like they belong. We believe that everyone should feel safe, valued, and respected. We also expect everyone to act accordingly.

We believe in supporting a Scouting experience for everyone and are working hard to ensure even if we don't get it right the first time that we will work tirelessly to improve and enhance the camping experience.

If you see or experience people who aren't supporting our culture of support and caring, we expect you to be an upstander and say something. If you see or hear something happening, we are asking you to share it with us so we can act upon it immediately.

First impressions are critical, and we are relying on your continued leadership within your own unit to ensure ALL participants at camp feel welcome and have a positive experience.



Everybody
Is
Welcome



Camp Overview



Camp Seph Mack Adventure Base

Camp Seph Mack Adventure Base is home to five Adventure Tracks that sits on the 720-acre Yellow Creek Lake in central Pennsylvania.

The five Adventure Tracks are nearly self-sufficient experiences, each with its own adult and youth leadership setting up its own base camp in a different part of the Seph Mack property. To support these adventures, Camp Seph Mack Adventure Base provides administrative, ranger, maintenance, commissary, health and medical support. As youth experience the fun and challenges of each adventure, they will also learn and complete requirements for Scouting ranks and Merit Badges.

Camp Seph Mack Adventure Base can accommodate 180 youth campers at a time, plus adult leaders and staff.

Promotional Items

Camp Patches

Everyone camping with us this summer will receive a 2025 Camp Seph Mack Adventure Base summer camp patch. Camp patches will only be available to registered participants and staff.

Adventure Outfitters Trading Post

The Trading Post is provided as a service to campers. The store is stocked with a supply of clothing, patches, collectibles, souvenirs, snacks, candy, pop, slushies and various personal items. The average camper spends \$100 in the Trading Post during their week in camp.

Stop by to check out the new gear for this year!

New Camper Information

Are you new to Camp Seph Mack or to Summer Camp?

- Our camp offers Scouts of all ages and backgrounds the chance to experience the outdoors with a unique summer camp adventure.
- For your swimming and boating experience, we have the beautiful 720-acre Yellow Creek Lake.
- A camp experience helps develop character, introduce new friends, teach valuable life skills, and helps Scouts discover new interests.
- We very much believe that camp should be about fun, adventure, and advancement. Each adventure track is designed to work on and complete multiple rank or merit badge requirements without feeling like work or a “school day”.
- Each adventure track makes different uses of the commissary services of the camp with some eating only in the dining hall, others choosing to use the patrol cooking method while others take a hybrid approach and do both.
- All program equipment is provided either through Camp Seph Mack or our contracted partners. Participants just need to provide any required waivers and any required personal gear based on their chosen adventure.



Important: Please plan on each participant (adult and youth) bringing their own tent.



Camp Program

Adventure Tracks

Our program revolves around thrilling adventure tracks, each tailored to a specific set of skills. But hold onto your hats, because we're not just talking merit badges—think Sasquatch-level excitement! The adventure tracks include Brownsea Adventure, Nautical Adventure, Outpost Adventure. Each adventure includes sections for requirements to attend the adventure as well as any pre-camp work that is required in order to complete the adventure.

Levels of Difficulty

Listed in parentheses after each adventure is a letter that indicates its difficulty.

- (A) - Easy Adventure tailored for first year campers.
- (B) - Appropriate for advancing Scouts with two or more years in Scouting.
- (C) - Difficult Adventure, suggested for older Scouts with three or more years in Scouting.



Brownsea Adventure (A)

The Brownsea Adventure offers a unique opportunity for enthusiastic newcomers to experience a week of summer camp for the first time. In the heart of the J. Sephus Mack Sasquatch Research Center, the Brown Sea Adventure provides hands-on experiences that bridge the gap between theory and practice. This adventure is crafted for those who seek to understand the unknown.



What's In Store for You:

- Hands-On Experience: Immerse yourself in practical activities that bring Scouting and cryptozoology theories to life.
- New Recruits Welcome: Open arms for newcomers eager to explore the mysteries.
- Learn Essential Skills: Acquire the skills needed for continued expedition in the Scouting program and cryptozoological research.

Awards, Merit Badges, & Ranks: Requirements to First Class, Fingerprinting Merit Badge, Leatherwork Merit Badge, Woodcarving Merit Badge, Totin Chip, Fire'm Chit and the Paul Bunyon Award.

Requirements: Suggested for 1st year summer camp campers

Pre-Camp Work: None



Waterfront Adventure (B)

Aquatics Trek (B)

Embark on an aquatics adventure as you spend a week of swimming and learning lifesaving on and in the glorious Yellow Creek Lake as you keep an eye out for signs of Sasquatch. The lake is perfect for testing your swimming skills, each stroke bringing you closer to the unknown and the elusive Sasquatch. The waterfront is the perfect place to catch some 'Squatch tracks in the wet sand.



What's In Store for You:

- Swimming Expedition: Dive in and explore Sasquatch's territory beneath the surface.
- Snorkeling Adventures: Equip yourself and venture into the depths for an up-close encounter with the unknown.

Awards, Merit Badges, & Ranks: Swimming, Life Saving, and Multi-Sport Merit Badges



Requirements: Must be able to make Swimmer in the standard BSA swimming test.

Pre-Camp Work: Complete the swimmer's test and bring documentation.



Nautical Trek (B)

Navigate the waters looking for signs of Sasquatch! Surrounding the Camp Seph Mack Adventure base is the vast 720-acre Yellow Creek Lake, providing explorers like you with a unique opportunity to traverse otherwise inaccessible areas. Could the murky waters hold clues to Sasquatch's whereabouts? The Nautical Adventure challenges you to leave the land behind and dive into the unknown.



What's In Store for You:

- Boating Excursions: Navigate the waters and search for clues from the comfort of a boat.

Awards, Merit Badges, & Ranks: Kayaking, Oceanography, Canoeing, and Small Boat Sailing Merit Badges.

Requirements: Must be able to make Swimmer in the standard BSA swimming test.

Pre-Camp Work: Complete the swimmer's test and bring **documentation**.



Outpost Adventure (C)

Unveil the paranormal mysteries around the Seph Mack Sasquatch Research Center! High above our research base lies a hotbed of paranormal activity, considered by many as the origin of local Sasquatch sightings. We have quarantined this area, eagerly awaiting the arrival of our bravest researchers. Your mission, should you choose to accept, is to set up camp deep within the wilderness and spend the week exploring this mysterious hotspot.

What's In Store for You:

- 24-Hour Monitoring: Engage in around-the-clock monitoring of this paranormal hotspot.
- Survival Skills: Demonstrate superior survival skills as the scarcity of resources challenges your resilience.
- Trail Prepared Meals: Cook all food in camp, focusing on low-impact and trail-prepared meals.
- Pioneering Skills: Fabricate all infrastructure on-site, putting your pioneering skills to the test.
- Shooting Sports and Fishing: Proficiency in these skills is a plus (but not required) as you respect the great power of the unknown resources deep within the wilds.

Awards, Merit Badges, & Ranks: Fish & Wildlife Management, First Aid, Fishing, Pioneering, Rifle Shooting and Archery Merit Badges.

Requirements: Age 14 +

Pre-Camp Work: None





Scout Master Adventure (*)

Every year we watch our scouts go to camp for fun and adventure while we sit around and drink coffee. Well this year it's our turn for fun and adventure, and don't worry, we will still have plenty of coffee. You taught your scouts all they know, now is your chance to prove to them that, not only do you really know what you are doing, but there is always more to learn. And because we all have more to learn, by getting together to share insights, we can all learn new ways to run our troops from each other.

This is your turn to step up your game, or help others step up theirs.

What's In Store for you:

- Cast Iron cooking: After all we need bait for Bigfoot
- The sharing of advanced Scouting skills
- Learning new troop ideas by using the past to look to the future
- Sharing experience with new leaders and adults
- Fun, Fellowship and all the cool Scouting stuff we can fit
- The chance to catch a glimpse of the hairy hominoid himself

Awards, Merit Badges, & Ranks:

Requirements: Be an adult

Pre-Camp Work: None



Schedule

Each Adventure has its own daily schedule, however there are certain days and events that span the entire camp. Below is the schedule that applies to the entire camp.

Sunday Check-In

Start Time	End Time	Event	Note
1:00 PM	2:00 PM	Check-In	See page 18 for check-in procedure
1:30 PM	3:30 PM	Camp Tours	By Troop
2:00 PM	3:30 PM	Gathering Activity	Adventure Base Trading Post will be open
3:30 PM	4:00 PM	Opening Flag Ceremony	At the Adventure Base Flagpoles
4:00 PM	5:00 PM	Adventure Camp Set Up	At each Adventure area
5:30 PM	6:00 PM	Food Pickup	Commissary (for Brownsea)—on select days
6:00 PM	7:00 PM	Dinner	Dining Hall (for Nautical & Scoutmaster)
8:15 PM		Closing Flag Ceremony	At the Adventure Base Flagpoles
8:30 PM	9:30 PM	Opening Campfire	Leave from Adventure Base Flagpoles
9:30 PM	10:30 PM	SM Cracker Barrel	Dining Hall
10:30 PM		Taps	Camp Wide - Light Outs / Quiet Time

Weekday Schedule¹²

Start Time	End Time	Event	Note
6:30 AM		Reveille	Camp Wide
7:00 AM	7:30 AM	Food Pickup	Commissary (for Brownsea)—on select days
7:30 AM	8:00 AM	Morning Colors	By Adventure
8:00 AM	9:00 AM	Breakfast	Dining Hall (for Nautical & Scoutmaster)
11:30 AM	12:00 PM	Food Pickup	Commissary (for Brownsea)—on select days
12:00 PM	1:00 PM	Lunch	Dining Hall (for Nautical & Scoutmaster)
5:30 PM	6:00 PM	Food Pickup	Commissary (for Brownsea)—on select days
6:00 PM	7:00 PM	Diner	Dining Hall (for Nautical & Scoutmaster)
10:30 PM		Taps	Camp Wide - Lights Out / Quiet Time

1 Specific Adventures may adjust certain non-meal times to fit with their activity schedule for the day

2 Outpost meals will be available at the adventure and don't require pick up from the commissary

Saturday Check-Out

Start Time	End Time	Event	Note
6:30 AM		Reveille	Camp Wide
7:00 AM	7:30 AM	Breakfast	Continental Breakfast delivered to Adventure Camps
7:30 AM	8:30 AM	Adventure Camp Tear Down	At each Adventure area
8:30 AM	9:00 AM	Closing Flag Ceremony	At Adventure Base Flagpoles
9:00 AM	11:00 AM	Depart Camp	Troops pack up and depart

Special Weekday Schedules

Monday - Thursday

Start Time	End Time	Event	Note
6:30 AM		Reveille	Camp Wide

Friday

Start Time	End Time	Event	Note
8:30 PM	9:30 PM	Closing Campfire	Camp Wide
9:30 PM		SM Cracker Barrel	Dining Hall



Adventure and Advancement

Adventure Sign Up

- Adventure sign-up will follow the schedule below and is done directly through your unit's camp registration. Sign-up is first come, first served and no program wait-lists will be offered.
 - Selections may be changed, pending availability, directly in your registration until three weeks prior to arrival at which time selection will lock out so the camp staff can prepare.
 - A number of various reports showing schedules for the individual and unit can be accessed through your registration.
 - Changes to a youth's adventure after the two-week prior close off can be requested upon arrival at camp and will be at the camp director's discretion pending availability. There is no guarantee that we will be able to accommodate a change.
- Youth that don't meet minimal adventure requirements will be required to switch to a different adventure of their choice pending availability.

Advancement in Camp

One of the methods of Scouting is to foster healthy association with proper role models. The genius of Scout advancement stems from the opportunity to visit with a counselor and share in the friendship, encouragement, and expertise he or she may offer the Scout.

Supporting Scouting's advancement philosophy, opportunities offered at camp are geared principally toward rank advancement and merit badge subjects related to the outdoors where resources are more readily available than at home.

Advancement is not the principal objective of the camp program. There needs to be time for fun and to bring a positive, successful, outdoor camping experience for all Scouts and leaders.

If a Scout comes to camp and does nothing but work towards advancement, the program is certainly incomplete.

Troop leaders should be sensitive to the capacity of the individual and assure that the Adventure a Scout pursues is appropriate to rank and age. A first-year camper should strongly consider signing up for the Brownsea Adventure. Youth that have advanced to first class already should consider the Nautical Adventure. Experienced youth that want a challenge should consider the Outpost Adventure.

Adults that attend with their troops will automatically be signed up for the for the Scoutmaster Adventure and will have the option to participant in planned activities, assist at the different adventure areas or just relax at the campsite.

Advancement and Your Program

Advancement is not an end unto itself. Advancement is the result of a good program. It should be achieved through a natural experience. We should therefore plan activities which will give a Scout opportunities to use skills for a functional purpose and to demonstrate proficiency naturally. A Scout advances by doing things with the patrol, the troop, the leaders, and individually. A natural experience should have these four elements: the Scout prepares; the Scout qualifies; the Scout is reviewed; and the Scout receives recognition.

Advancement Records

Advancement and requirement completion will be provided at the end of the week. Units should provide merit badge blue cards for their Scouts.

Merit Badge Preparation and Pre-Work

Scouts should work to complete all pre-camp requirements. Many badges cannot be completed at camp without some prior work or preparation. If this prior work is not done, the Scout can only earn a partial in those merit badges at camp. Scouts must bring evidence of work completed; such as: the completed work, merit badge card with requirements signed off OR a photo showing completion. Scouts are taught as a group but are reviewed individually for knowledge and skill.



- Unlike a traditional summer camp, Scouts will complete all requirements (outside of the pre-requirements) as part of the adventure. Merit badges that require some sort of skill (like Rifle Shooting) may not be able to be finished during the week, but otherwise a youth should not leave camp with any incomplete merit badges if they stay all week.
- Friday evening after campfire, staff will be available at the Camp Program Dining Hall to discuss course completion and requirement completion discrepancies or any other concerns.

Merit Badge Supplies

Basic program supplies needed to complete merit badge programs, such as craft kits and ammunition, are included as part of a Scout's camp fees.

Comments

Comments listed for each Adventure provide additional details that will help you in your planning and preparations.

Badges with CPR Requirements

Several merit badges require Scouts to demonstrate CPR knowledge and skills. Unless the requirement specifically says a Scout must be certified, they will not be required to be certified in CPR to complete the requirement. If a Scout is currently certified, presenting their counselor with proof of current certification will meet CPR related requirements

Completing Requirements After Camp

Sometimes it is not possible to complete all the merit badge requirements at camp due to time requirements, approvals, and/or proper instruction. As a result, Scouts will receive a partial at camp and are encouraged to find an approved troop or district counselor to finish at home. Unit leadership should remind Scouts that a partial is not a failure, it simply means they have a bit more work to do. Completing badges started at camp can be a great way to plan a unit's program following camp.

Contact information for summer camp merit badge counselors will not be provided after camp. Scouts should work with unit leadership to identify and engage a local, approved counselor to complete any partials received at camp.



Camping

Reserving Campsites and Campsite Equipment

There is no need for troops to reserve a campsite because of the unique nature of Seph Mack Adventure Base. Youth will camp with their adventure for the week. Adults will likewise camp with the Scout Master Adventure which will be central to all of the other Adventures.

Each youth and adult **MUST** bring their own tent to stay in for the week. Camp will not provide any individual with a canvas tent. There is ample space at the Adventure sites to set up their tents following Leave No Trace guidelines. No nails or hooks should be stuck in trees and hammocks should not be stacked with one above another at any time for safety reasons. Youth attending the same Adventure may share a tent as long as BSA youth protection guidelines regarding tenting are always followed. Youth are not permitted to share a tent if they are more than two years apart in age. Youth and adults may not share a tent. Male and female youth may not share a tent. Male and female adults must sleep separately unless they are married to each other.

Do not create additional fire rings.

Showers and Latrines

The centralized shower house is for all those at camp, youth, staff and leaders. There will a schedule posted for when the shower house can be used by the youth and when it can be used by adults. Campers are asked to keep the use of the shower to a minimum out of respect for all the others in camp. There will also be multiple port-a-potties positioned throughout camp.



Because showers can be a space where bullying, horseplay, and harassment seem to happen frequently, camp staff will have two adults accompany groups of Scouts to the shower house and remain outside. Simply the presence of nearby adults has proven to cut down bullying, horseplay, and harassment incidents dramatically.

Adventures will each be assigned specific days to clean the shower building during the week.

Public Area Responsibility

Everyone in camp, including both campers and staff, are responsible for maintaining a positive, clean environment and supporting the overall camp community. All campers should follow Leave No Trace Guidelines and “leave it better than you found it”.

Gear Lists

What NOT to Bring to Camp

Fireworks	Valuables	Excessive Jewelry	Boats
Pets	Un-Scoutlike clothing	Aerosol Cans	Golf carts/UTVs
Alcohol	Pornography	Laser Pointers	Electronics / Drones
Tabacco / Vapes	Firewood	Bicycles	Recreational Drugs
Drones	Shooting Equipment (including bows, firearms, or ammunition)		

Provided by Camp

Picnic Tables	Garbage Bags	Running Water	Adventure Gear not listed below
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Individual Gear¹²

Camp Shoes	Hat	Medication ⁴	Sunglasses
Hiking Shoes	Rain Gear	Hygiene Items	Flashlight
Water Shoes (Closed Toe)	Swimsuit ³	Sunscreen	Scout Appropriate t-shirts ³
Scout Uniform	Insect Repellent	Pocket Knife	Underwear
Scout Handbook	Personal First Aid Kit	Water Bottle	Socks
Sleeping Bag	Long Pants	Notebook	Pillow
Long-Sleeve Shirts ³	Pencils/Pens	Extra Blanket	Fishing Gear
Shorts ³	Towels	Daypack	Spending Money
Sweatshirt or Jacket	Washcloth	Watch	Personal Tent ⁵
2 Copies of medical form			

1 See page 11 for specific personal equipment needed for each adventure

2 It is important that all gear be packed to reduce the number of bags/containers for each camper. Each individual bag or item must be labeled with the camper's name, troop and adventure. See page 18 for more detail on check-in.

3 Appropriate attire is required for all activities. Swimsuits should be comfortable, functional, and appropriate for the specific activity while reducing the chance of accidental exposure. Shorts should be of appropriate length and t-shirts should have sleeves and be long enough to cover the waist. Tank-tops, crop-tops, and belly shirts are not appropriate and should not be worn at camp.

4 See page 14 for further information on medications

5 Each youth and adult MUST bring their own tent to stay in for the week. Camp will not provide any individual with a canvas tent.

Adventure-Specific Gear

Brownsea

None			
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Waterfront

Aquatics

Swimming Test Evidence			
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Nautical

Swimming Test Evidence			
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Outpost

None			
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Scout Master Adventure

Lantern	Troop Flag	Dutch Ovens	
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Food Services

Dining Hall

The Dining Hall provides campers with excellent food service. During Adventure orientation, the Dining Hall Manager will review all procedures with your unit, helping to ensure an enjoyable dining experience all week.

Meals are available only during scheduled meal times.

Cafeteria Style Dining

The Dining Hall will serve all meals cafeteria style. After arriving at the Dining Hall, everyone will line up outside the entry door and respectfully go through the cafeteria line. Each Adventure Patrol will clean-up after the meal when complete and will be dismissed from the Dining Hall by the Dining Hall Manager upon completion. Patrols can leave the dining hall when complete and cleaned up and do not need to wait for the rest of the Adventure.

Dietary, Religious and Special Food Requests

The Dining Hall will do their best to accommodate for dietary, religious, or special food needs and can store any special foods brought to camp on a limited basis. Storage is available in our Dining Hall refrigeration. Please do not bring peanut/tree-nut based products into the Dining Hall. Items must be clearly labeled with the individual's name and unit.

Individuals requesting special dietary accommodations should carefully review the camp menu once posted online. Any special dietary needs must be emailed to [Michael Cidor](mailto:Michael.Cidor@scouting.org) at Michael.Cidor@scouting.org

Accommodations can only be made for special dietary situations of which we are aware prior to arrival. For any special food requests, a medical excuse must be provided.

Unit leaders must be aware of camper special dietary needs and ensure that requested meals are picked up from the camp food service.





Patrol Cooking

The success of the patrol cooking method has stood the test of time and is well proven. Concern over the time it takes a patrol to cook has been addressed. The meal plan includes cooking for breakfast, limited cooking for lunch, and cooking for dinners. This provides plenty of time to enjoy the camp programs and advancement opportunities.

Preparing meals in camp is an integral part of the program at specific adventures. It is one of the best ways of implementing the patrol method. Encourage and direct Scouts to follow the plan, taking turns at jobs, preparing the meals completely and cleaning up thoroughly after each meal.

Menus and Food Preparation

The cook-in-camp meals will be similar to the ones provided in the dining hall, and both are approved by a licensed dietitian to ensure they are nutritious, have plenty of variety, and meet the caloric needs of active campers. A few points related to our camp menus:

- All meals provided through the camp food service are peanut/tree-nut free.
- Fruit is available at all meals.
- Only water will be served with lunch. This helps reduce calories from sugary drinks and has been proven to reduce instances of dehydration throughout camp.
- For Patrol Cooking:
 - The preparation instructions are written, so that Scouts can easily follow them. Expert skill is not required to produce a satisfactory meal. By following the instructions as they are written, the meal will be enjoyed by all. Recipes will be distributed to each patrol when the food is issued. Care must be taken to follow them exactly. Experimentation should not be allowed unless an adult leader is present. Your staff guides or adventure leaders will work with any of your patrols that require additional help. Food will be picked up at the Commissary by each patrol or crew for each meal. For health reasons, remaining milk should never be put into a cooler, but rather discarded. Any plastic containers used for food issue must be cleaned and returned to the Commissary when picking up the next meal. It is recommended that a leader help with pickup to ensure a proper count on all meal ingredients and to ensure that any specially requested meals are picked up.

Patrol Box Availability

Patrol boxes will be issued to patrols of the adventures that need to use them. It will be inventoried before use at the adventure to ensure all equipment is included in the box. It will be cleaned and inventoried again at the end of the week after it is no longer needed. Boxes include the equipment to prepare food for 10 people. Washing, rinsing, and sanitizing of all wares is required by PA Health Department regulations. Units may be billed for missing equipment, or equipment with excessive wear.

Personal Equipment

Scouts and leaders must supply personal equipment including their own water bottle and **tent**. These items will not be supplied by camp.

Dishwashing

Adventure leaders for adventures that are doing cook in site will give close attention to the thoroughness of patrol/crew cleanup. Here are some procedures to maintain good health:

- No washing of dishes in or near water stand and latrine.
- Sanitation tablets will be issued at the beginning of the week in the initial staple distribution.
- Make sure wash water is hot and sanitizing water is hot.
- Make sure group cooking equipment and personal equipment is air dried as not to spread germs through drying with a towel.

Dishwater Disposal

Your staff guide will instruct you on proper dishwater disposal.



Staple Issue

An initial supply of staple items such as salt, pepper, sugar, dish soap, oil, etc. will be made available at the adventures that are going cook in site. These are to be kept throughout the week in the patrol box only. Reissue of these items will be made on “as needed” basis. Sanitation tablets will be included in the patrol box as well.

Garbage and Trash Disposal

Garbage bags will be provided for transporting garbage to the dumpsters located near the parking lot. Garbage should be brought out of the adventure site after each dinner to the designated area. Your troop guide will give you additional information about trash disposal and recycling.



Camp Health Services

Health Officers provide emergency care 24 hours a day, and coordinate with local EMS personnel if the situation warrants. They also evaluate and treat in-camp illness and injuries, referring patients to Indiana Regional Medical Center or other non-emergency facilities as necessary.

The majority of camp staff are trained in CPR and basic first aid and can help provide basic care through the Adventure Leaders.

Medical Screening in Camp

Upon arrival at camp, each camper must undergo a face-to-face medical screening with a Health Officer or trained designee to receive a wristband. This screening will occur as part of the check-in process. Campers arriving later in the week must submit their medical forms at the Admin Building upon arriving on property.

Along with reviewing camper medical forms, all campers will be asked the screening questions below to help prevent the potential spread of communicable diseases such as Norovirus, Flu, Coronavirus, or Chickenpox in camp:

- Has the camper traveled outside of the country in the past 21 days?
- Has the camper been around anyone with or suspected to have the flu, chickenpox, or Coronavirus?
- In the past week, has the camper or anyone in their immediate family had a fever over 100°F (37.7°C)?
- In the past week, did the camper or anyone in their immediate family have a sore throat or cough with fever?
- Did the camper or anyone in their immediate family have nausea, vomiting, or diarrhea in the past 3 days?

If any camper answers yes to any of these questions the following will happen:

- Initial Temp: An initial temperature will be taken. If the individual has a temperature over 100.0°F, the individual will be isolated from others in a cool, shaded area, and evaluated hourly for four hours.
- Second Temp: If the individual continues to have a temperature over 100.0°F when evaluated hourly over four hours, the individual will be isolated and sent home.

Annual Health and Medical Record

All campers, youth and adult, are required to provide a copy of the current BSA Annual Health and Medical Record (#680-001) during check-in. Campers at Camp Seph Mack require parts A, B, and C of the medical form. Part C, a doctor's physical, must be no more than one year old and valid throughout the entire camp session. BSA medical forms are good for one year, through the end of the month in which they are dated. As an example, a form dated June 2, 2023 is valid until June 30, 2024.

- All youth and adults: BSA Medical Form Parts A, B, & C as well as the LHC Supplemental Medical Form
- Adults spending the night (attached to medical form)
- Current BSA Youth Protection Training certificate
- Pennsylvania State Police (PATCH) criminal background check
- Pennsylvania State Child Abuse Clearance
- Either: PA Resident Volunteer Verification Form (if you have lived in PA for 10 consecutive years or longer) OR FBI fingerprint-based criminal history check (if you have lived outside of PA within the last 10 years).

For more information on PA required background clearances go to <https://lhscouting.org/resources/youth-protection/>.

Medical forms will be securely stored in the camp Health Office. Medical forms not picked up at week's end will be destroyed.

To help the camp staff, unit leadership should collect and review medical forms for completeness prior to arriving at camp. Forms should be accompanied by a unit roster and kept in alphabetical order.

Supplemental Medical Form



In addition to the BSA medical form, each camper must also present an LHC Supplemental Medical Screening form at check-in. This form helps us meet several national Scouts BSA standards and comply with certain federal and state laws. A new supplemental form must be completed each summer.

CPAP Machines

Seph Mack Adventure Base strives to provide accommodations for our campers who require use of a doctor-prescribed CPAP machine. Please plan to provide a rechargeable power source for your machine. Access to electricity in campsites is limited and you may be relocated.

Accommodations for Scouts with Limited Mobility

Seph Mack Adventure Base will provide transportation to assist Scouts with mobility issues. Camp administrative staff should be contacted ahead of their week in summer camp so they can prepare and schedule use of the transportation.

Outside golf carts or UTVs should not be brought to camp without prior authorization of the LHC Camping Department. If approved, drivers will have to present proof of completion of ROHVA Driver Course training, complete a waiver outlining usage rules, and will be required to provide a certificate of liability insurance. Specific insurance requirements will be provided by the LHC Camping Department.

Prescription Medication

Prescriptions will be turned into the camp medic at check and will be held at the camp medical building. Prescriptions must be in their original container and directions for use must be clearly stated.

Immunizations

For the most current BSA policy regarding program participant vaccination and vaccination exemptions please see the Immunization section at <https://www.scouting.org/health-and-safety/gss/gss05/>

Hospital and MedExpress

Patients that require diagnostic services and treatment beyond the scope of Camp Health Services will be referred to Indiana Regional Medical Center or Indiana MedExpress by the Camp Health Officer. Patients whose condition warrants will be sent by ambulance. However, for most patients, transport by automobile is sufficient.

- Indiana Regional Medical Center | 835 Hospital Road Indiana, PA 15701-0788 | 724.357.7000
- MedExpress in Indiana | 2128 Oakland Avenue, Indiana, PA 15701 | 724.349.4362



Youth Protection

Youth Protection in Camp

These policies have been adopted to provide security for Scouting America youth at camp. In addition, they serve to protect the adult leadership from situations where they may be vulnerable to allegations of abuse. These policies represent the long-standing commitment of Scouting America toward ensuring the protection of youth.

All adults camping at Camp Seph Mack are required to have successfully completed BSA Youth Protection training and have obtained the required PA background checks and clearances. For more information see the LHC Camp Background Clearance Policy found at <http://www.lhcscouting.org/camping/summer>. All adults staying at camp 24-hours or longer (needs not be consecutive) must be registered members of Scouting America.

Two-Deep Leadership

All adventures will meet Scouting America's two-deep leadership requirements at all times. This means that at least two registered adults, 21 years of age or older, will be in attendance at all times. All adventures serving youth females will have a registered adult female, 21 years of age or older, in attendance at all times. All adventure staff will follow these rules.

No One-on-One Contact

One-on-one contact between adults and youth members is not permitted. In situations that require personal conferences, the meeting is to be conducted in view of other adults and Scouts. This rule also applies to adult-to-staff member contact.

Respect of Privacy

Adult leaders must respect the privacy of youth members in situations such as changing into swimming suits or taking showers and intrude only to the extent that health and safety requires. Similarly, adults also need to protect their own privacy in such situations. Because showers can be a space where bullying, horseplay, and harassment seem to happen frequently, adventures will plan to have two adults accompany groups of Scouts to the shower house and remain outside. Simply the presence of nearby adults has proven to cut down bullying, horseplay, and harassment incidents dramatically.

Separate Accommodations

When camping, no youth is permitted to sleep in the tent of an adult. Males must sleep with males; females must sleep with females. The only mixed-gender accommodations allowed are among adults married to each other. No youth member may share a tent with another youth where the age difference is greater than 2 years.

No Secret Organizations

There are no "secret" organizations recognized by the Boy Scouts of America. All aspects of the Scouting program are open to observation by parents and leaders.

Appropriate Attire

Appropriate attire is required for all activities. Clothing should be neat, clean, and functional for participation in an outdoor, physically active program in varying weather. Shirts should be Scout related or appropriate for camp. Shirts and closed-toed shoes are required at all times outside the Aquatics area. Tank-tops are not permitted at camp at any time and shorts must be of appropriate length. Swimsuits should be comfortable, functional, and appropriate for the specific activity while reducing the chance of accidental exposure.

Constructive Discipline

Discipline used in Scouting should be constructive and reflect Scouting's values. Corporal punishments are never permitted.

Hazing Prohibited

Hazing and initiations are prohibited and may not be included as part of any Scouting activity.

Junior Leadership Training and Supervision

Adult leaders must monitor and guide the leadership techniques used by junior leaders and see that Scouting America policies are followed.



Mandatory Reporting of Child Abuse

All persons involved in Scouting shall report to local authorities any good-faith suspicion or belief that any child is or has been physically or sexually abused, physically or emotionally neglected, exposed to any form of violence or threat, exposed to any form of sexual exploitation, including the possession, manufacture, or distribution of child pornography, online solicitation, enticement, or showing of obscene material. You may not abdicate this reporting responsibility to any other person.

Steps to Reporting Suspected Child Abuse at Camp

1. Ensure the child is in a safe environment.
2. Notify camp leadership who will call for emergency medical services or law enforcement if needed and provide guidance on required reporting through the PA Childline and the BSA's Scouts First Helpline.
 - a. PA Childline - 1-800-932-0313
 - b. Scouting America's Scouts First Helpline – 1-844-SCOUTS1

If you think any of Scouting America's Youth Protection policies have been violated, including those described within Scouting's Barriers to Abuse, you must notify camp leadership who will provide guidance on further reporting steps.

Preventing Harassment & Bullying in Camp

Summer camp is a place for all Scouts, Scouters, Visitors, and Staff to experience a fun and rewarding outdoor program. Maintaining a safe environment is everyone's job. All Scouts, Scouters, and Staff are expected to follow the Scout Oath and Law at all times in camp, especially when it comes to being Friendly, Courteous, and Kind. Any type of harassment or bullying directly goes against the values of the Scout Oath and Law.

Harassment and bullying based on race, color, religion, sex (including sexual orientation and gender identity), national origin, age, disability, or any other factor will not be tolerated and are grounds for immediate dismissal from camp without a refund.

Everyone in camp is expected to be an up-stander and to speak up and report any harassment or bullying occurring. Adults in camp are responsible for addressing and stopping any unScoutlike behavior whether the individual(s) is/are from their unit or not. Adults are also expected to provide adequate adult supervision for their Scouts at all times, particularly when groups go to the shower houses or large groups gather.

Behavior and Unit Expectations

One of the most important aspects of Scout camp is the camp community. Scouts and Scouters in camp get to live and interact with others who all share the values of the Scout Oath and Law. As such, the Scout Oath and Law are our guiding and shared values in camp.

Summer Camp is an extension of the unit's year-round program. Unit member behavior in camp is the responsibility of unit and camp leadership. Just because there is a camp staff and units are paying to come to camp, that does not mean that unit leadership is not still responsible for their unit.

Behavior not in line with the Scout Oath and Law such as bullying or harassing language or actions, fighting, stealing, intentional vandalism, threats, possession of alcohol or illegal drugs, underage tobacco use, or anything that must be reported to the PA State Police, PA Childline, or BSA ScoutsFirst Helpline will result in the individuals involved being dismissed from camp without a refund.

While in camp, units are expected to actively work to make camp life better for everyone. This includes helping with service projects and volunteering to help take care of a common area of camp.

The summer camp staff exists to assist unit leadership in meeting their goals for their unit. The unit leader/camp staff relationship is a partnership and both groups need to mutually work together and support each other to deliver the best possible program for ALL campers in attendance. Unit leadership can help the camp staff by serving as additional hands in program areas, providing additional supervision during activities, lending expertise in areas where they have prior experience, and by upholding and modeling living by the Scout Oath and Law as well as camp rules.



Camp Policies and Procedures

Check-in / Check-out

Camp Seph Mack Adventure Base is not a standard merit badge summer camp. Check-in, check-out, campsite setup, first day and last day of camp have been modified to support the unique adventure we are offering. It is important that these producers be reviewed with all the adults and youth in attendance.

Check-In

Arrival

- Plan to arrive between 1:00 pm – 2:00 pm on Sunday. Check-in will begin at 1:00 pm. Please don't arrive prior to this time. This is the only time the staff will be available before starting other programs.
- Late arrival after 2:00 pm on Sunday, with prior camp director approval.

Vehicles / Trailers

- No vehicles will be allowed to enter camp and must be parked in the parking lot.
 - NOTE: Adults with mobility issues can apply for a vehicle permit during check in to keep their vehicle with them.
- Trailers will remain in the parking lot as well.

Check-In Procedure

- When arriving at camp, a unit leader will check in at OA Pavilion 1 (Amadahi). During this check-in:
 - The count of campers will be verified
 - Outstanding Balances
 - Verifying adventure registration
 - NOTE: Changes to a youth's adventure upon arrival at camp will be at the camp director's discretion pending availability. There is no guarantee that we will be able to accommodate a change.
 - Adults with mobility issues can apply for a vehicle permit to keep their vehicle with them.
 - Colored ribbons will be given to the leader based on the adventures of the campers to put on their gear
 - Wristbands will be provided

Youth that don't meet minimum adventure requirements will be required to switch to a different adventure of their choice pending availability.

- Campers will go to OA Pavilion 2 (Wopsononock) for their medical checks. See page 16 for medical screening procedures.
 - Youth medicine will be collected here
 - NOTE: Adults are responsible for keeping their medicine secure
- Campers will put colored ribbons that match their adventure on each of their gear items in an easily seen place and put them into their Adventures staging area.

*NOTE: It is important that each gear item be labeled with the camper's name, troop and adventure in an easily seen place. Duct tape or luggage tags work well for this. Gear can also be put into a garbage bag first, and then labeled with duct tape instead of directly onto the item.

Camp Tour

As a troop you will be assigned a camp guide to take you on a tour of camp as well as helpful information and instructions, including:

- Shower house
- Medical
- Dining Hall / QM
- Adventure Areas
 - All 7 plus shooting sports
- Trading Post



Camp Activity

- Participate in a troop-oriented camp activity.

Opening Flags

- The staff will raise the colors for the entire assembled camp.
- Participants will meet their adventure leaders.
- Adventure groups form and depart to their adventure areas.

Adventure set up

- Each adventure has its own setup procedure and activities.

Dinner

- By adventure.

Closing Flags

- Adventures will attend the closing flags at the Base Camp flag poles.

Opening Campfire

Check-out

Breakfast

- A continental breakfast will be delivered to each adventure.

Adventure Breakdown

- Each adventure has its own breakdown procedure and activities.

Morning Flags

- Adventures will meet for the final morning flags.
- Health forms and medicine returned.

Departure

- Troops depart

Insurance for Camp

Insurance (Laurel Highlands Council Units)

All Laurel Highlands Council units are covered under the council's accident and sickness policy with Health Special Risk, Inc. (HSR). The insurance covers all registered members of your unit.

Insurance (Out of Council Units)

Non-LHC units must bring to camp a copy of their home council's HSR accident and sickness insurance description of coverage and claim form. This proof of accident and sickness coverage NOT liability coverage. Please reach out to your home council to request this description of coverage.

Coverage (Laurel Highlands Council)

The HSR (Health Special Risk) Accident and Sickness insurance is a supplemental insurance. Initial claims must be made on the family's medical insurance. Any charges that are not covered initially by the family's medical insurance, including copays, can be submitted to HSR using the proper claim form with invoices showing balances due. For families without their own medical insurance, HSR will step in as primary insurance coverage.

Camp-Wide Emergencies

In the event of a camp-wide emergency such as a missing camper or lost swimmer, the camp siren may sound, at which time, all adults and Scouts are instructed to report to:



- Your adventure campsite - account for everyone and send two runners to the Adventure Base Program Hall to check in and receive further information/instructions.

In accordance with Scouting America camp guidelines, an emergency drill will be held within the first 24 hour of camp to review emergency procedures with all campers.

Medical Emergencies

If a medical emergency occurs in camp, the easiest way to obtain immediate assistance is to notify a camp staff member. He or she will notify the Health Officer, who will respond to the scene. The Health Officer will summon emergency medical services if necessary. Do not contact emergency medical services directly.

Other Emergencies

Any information in regard to an unauthorized visitor, dangerous animal, or bomb threat should be reported to a staff member immediately.

In the event of an emergency, it is important that we can account for everyone. Please follow all staff directions. Please do not simply get in your car and leave.



Pre-Camp Swim Classification

Youth participating in the Waterfront Adventure are encouraged to complete a swim classification prior to their arrival, keep in mind though that only youth participating in the two waterfront adventures will need swim checks. By participating, you will save valuable campsite setup time on check-in day. This will also make it easier to do individual unit aquatics activities before you come to camp.

- Units will need to organize an opportunity to visit a local pool. A certified Red Cross Lifeguard, or equivalent must administer the classification and certify the results.
- If your unit is offering a unit swim night and has the ability to support more than just your unit, please contact the LHC Camping Department so we can share this with other units.
- Forms and procedures for unit run swim classifications are available online at www.lhcscouting.org. A copy of the completed, certified form must be turned in at the Aquatics area during check-in to receive camper buddy tags.
- Camp Aquatics directors reserve the right to ask any camper to redo their swim classification if they are given any reason that the individual may have been misclassified. Swim classifications are to ensure swimmer safety.

Qualification Levels

- SWIMMER: allows Scouts to swim in all swim areas and boat in open areas of the lake.
- BEGINNER: allows swimming in the beginner area.
- NON-SWIMMER: permits wading and boating only with qualified accompaniment.

Swimmer Classification

Jump feet first into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen or crawl (no dogpaddle); then swim 25 yards using an easy, resting elementary backstroke. The 100 yards must be completed in one swim without stops and include at least one sharp turn. After completing the swim, rest by floating.

Beginners Classification

Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before and return to starting place.

General

Our common Scouting bonds are the Scout Oath and Law. Here are a few more policies that will make life easier in camp.

Firearms, Archery and Boating Equipment

Camp Seph Mack provides all firearms, archery, and boating equipment for our programs. No personal equipment is allowed in camp. There are no exceptions to this policy. Outside boats are not permitted on Yellow Creek Lake.

Money and Valuables

Leaders and campers are encouraged not to bring valuables to camp. There is not a system at camp to secure these items. Camp Seph Mack cannot take responsibility for any valuable items. Put names on every item prior to arriving at camp. Lock valuables in your car or in the unit trailer. Leaders are encouraged to help youth keep track of their trading post money.

Camper Eligibility

All youth must be registered members of Scouting America. All adults accompanying a Scouts BSA troop for any overnight outing must be a fully registered member of the unit with which they are attending.

Roll Call

A current roster will be kept in the adventure that the youth is attending. Attendance will be taken prior to each meal, before bed, and in the morning prior to reveille. If a Scout should be missing, contact the nearest staff member immediately.

Stone Throwing

Stone throwing seems natural, but it can cause serious injury. It will not be tolerated and constitutes cause for sending a camper home.



Alcohol and Tobacco Products (Including Vape / E-Cigarettes)

Alcohol is strictly prohibited on camp property. Violation of this policy will result in dismissal from camp with no opportunity for a refund. All buildings at Seph Mack are tobacco-free. If adults have the desire to use tobacco or vape products and cannot refrain from doing so, please do so in the designated areas and not in front of the Scouts. Tobacco use is not permitted near gas tanks or gas boxes, both are clearly marked. Smoking is not permitted under any shelter including pavilions or dining flies. We also ask that you assure your cigarette or cigar is out and disposed of properly.

Visitors

Parents and family are free to visit camp. Please park in the parking lots. It is essential that all visitors sign in at the camp medical building to receive a visitor wristband. Check in must be done in person with a member of the camp staff. Youth Protection policies exist to protect your child. The first step in ensuring the safety of everyone in camp is to know who is physically present in camp at all times. In order to do that, everyone is required to sign in and out.

Under no circumstances can a Scout be taken home without notifying the unit leader and the camp office by signing out and providing a release of minor form.

Camp Seph Mack Adventure Base does not currently have an official "Visitor/Parents Night."

Limited space is available for guests to join units for meals at the Dining Hall. Visitor meals are \$10.00 and must be purchased through the Admin building no later than Sunday. Because servings are carefully proportioned to prevent waste, cook-in-camp adventures will not have extra food. No guests may eat with any of the adventures that participate in the patrol meal cooking.

Wristbands / Neckerchiefs

All Scouts, leaders and guests must always wear camp wristbands. These bands are intended as a safety precaution to determine who should be in camp, and to signify that each participant wearing one has completed the proper camp check-in procedures. Wristbands are issued during the medical check. All participants will be provided with a neckerchief their first day at their adventure that designates which adventure they are part of. All participants and staff must always be this neckerchief even when not in field uniform. Replacement wristbands are available at the medical building. The medical staff will verify the participant has already checked in before supplying with a replacement. Staff members will wear photo identification badges. If you see someone without a wristband, neckerchief, or badge, please alert the camp staff.

There will be wrist band colors for youth participants, youth staff, adult participants, adult staff and guests (guests are not permitted to stay overnight. They must be a registered adult to stay).

NOTE: All guests must check in at the medical building upon arrival at camp.

Program Hall

The Adventure Base Program Hall / Dining Hall is open 24 hours a day. It is used as a leader's lounge, as well as the administrative offices of the camps. Tea and coffee are available. There is always someone in the building to assist you. This is the place to go with any camp emergencies. Out of respect for staff on duty overnight, please respect established quiet hours.

Camp Equipment

A Scout is trustworthy. Please let us know if something gets lost or damaged. Don't hide it!

Damage to equipment such as tents, tarps, cots, and tables will be assessed according to a schedule available in the camp office. Leaders should check all equipment for condition as soon as possible after arrival and arrange for exchange of defective equipment or have staff representatives note deficiencies on inventory sheet.

In the event of purposeful vandalism to any camp equipment or facilities, the individual responsible will be charged the appropriate repair or replacement cost of the item and may be asked to leave camp. If it is unknown who committed the vandalism, all units within the camp will be charged the same repair or replacement cost.

Leaving Camp

A sign-out/sign-in log is kept in the medical building and must be used by anyone leaving camp (and later upon his or her return). Scouts are not permitted to leave camp without the written permission from their unit leaders and Camp Director and must have a Release of Minors form properly filled out before they can leave camp with an adult. In the event that an adult arrives at camp to



pick up a Scout, that adult will be required to show photo identification and will be cross checked against Part A of the BSA Health and Medical Form “Adults Authorized/Not Authorized to Take Youth From Events.”

Vehicle Access in Camp

Use of private vehicles during arrival and departure from camps and during the week creates a great hazard to Scouts and leaders on foot and is therefore prohibited. Only camp vehicles and ones with special exceptions are permitted beyond the parking lots. Medical passes will be given at check in for those with a medial / handicap pass on their vehicle.

THE SPEED LIMIT IN CAMP IS 10 MPH. Please obey it; we are responsible for your children, so please respect this and drive accordingly while in camp.

Vehicles must be parked in designated parking areas. Improperly parked vehicles can impede emergency or camp vehicle access. Efforts will be made to notify the driver of an improperly parked vehicle that it needs to be moved.

Lost & Found

Any found items will be held for two weeks following the last day of camp at the Johnston Scout Shop. Articles may be retrieved by claiming the item at the Johnston Scout Shop. Items not claimed within the two-week period will be disposed of or donated.

Laundry

If there is a need to use the laundry, see somebody from staff and they will coordinate it.

Shoes

Closed-toed footwear is required everywhere in camp except for the waterfront and in shower house. Soft soled shoes should be used in all boats. This is to prevent foot injuries due to tripping hazards.

Bicycles

For health and safety reasons, personal bicycles are not permitted to be ridden in any of our camps. There are no exceptions to this policy.

Pets

Pets are not allowed on property. Exceptions are made for service animals meeting ADA definitions. Please contact the LHC Camping Department at 412-325-7921 prior to attendance if you plan to bring a service animal to camp.

Staff Areas

All staff living quarters are off limits to campers.

Closed Program Areas

When program is not taking place, all camp program areas are off limits. Campers found in program areas when closed may be dismissed from camp.

Liquid Fuels

Use of liquefied petroleum (LP), propane, or butane lanterns, and stoves is permitted in needed situations with proper safety control and adult supervision. The convenience and relative safety of LP gas allows its approved use under conditions of proper installation and control. A responsible adult should handle replacement and disposal of empty cylinders.

Low-pressure, liquid fuel (“white gas” and Coleman fuel) stoves and lanterns are hazardous and are therefore prohibited on council camping property except for high adventure and backpacking training. In such cases, responsible adult supervision is required.

The use of liquid fuels for starting any type of fire is prohibited. Kerosene for lanterns should be kept in well-marked safety cans and stored in a ventilated, locked box located away from buildings and tents. Plastic containers are not permitted. The use of gasoline in camp is strictly limited to motors only.

The use of petroleum or coal based liquid fuels, including kerosene or diesel fuel, is prohibited for torches, trail flares, or other open burning devices. Suitable alternatives include luminaries (candles in sand-weighted paper bags) for trail flares or commercially available torches using electricity or clean-burning, environmentally acceptable fuels.

Incoming/Outgoing Mail

All incoming mail will be distributed to the adventure leaders for delivery to the youth.



Please have mail addressed in this manner:

Camper's Name, Unit #, Adventure

Camp Seph Mack, 1966 South Harmony Rd, Penn Run, Pa. ♡

Mail that arrives at camp after a camper has departed will be returned to sender.

Cell phone service at Camp Seph Mack is spotty and dependent upon carrier.

Provisional Campers

If a youth is unable to attend camp with your unit, don't let them miss the summer camp experience. Provisional campers are easily accommodated and welcomed because of the unique nature of the camp. This is a great opportunity to ensure all your Scouts can make it to camp, even if they have a family vacation during your week

