

# **Bald Eagle District**

## **Winter Klondike Camporee**

### **2024 Chills and Skills**

**January 26<sup>th</sup>-28<sup>th</sup>**

### **Sheshequin Buckskinners Club**

#### **Special Notes:**

This Camporee will be held at Buck Skinners 389 Marsh Hill Road Trout Run, Pa.

We need to make sure that when we leave, there is no sign that we have been there (other than packed snow). Please clean up any materials you use (hay, pine boughs, etc.) used to make your shelter, and make sure your fire pits are returned to their natural condition. Remember to act like Scouts.

For this Camporee, all Webelos are invited to come out and spend the day on Saturday. Scoutmasters should make a special effort to invite their Webelos to come and join their troop for the fun. The Webelos will be able to participate in the events on Saturday.

#### **Participants:**

General Information

This event is for Scouts BSA members. Webelos may come out and visit during the day on Saturday ONLY and participate in certain events if time permits.

#### **Check-in and Registration**

All troops should check-in upon arrival. There will be some areas that will be off limits to use, and we don't want to have to make you move your campsite after you have it set up. Scoutmasters may come back later to confirm their registration.

Registration Fee. Pre-Registration must be done online. The cost is \$15 per person before January 6 for the early bird cost, \$18 per person after January 6 until the Jan. 12 deadline. Late registrations WILL NOT be accepted.

\*The fees cover the cost of the patch, prizes, awards, fees, insurance, etc. Pre-Registration must be done through Black Pug on the Susquehanna Council's Website.

#### **Camping Area:**

All camping will be in the specified areas only, so please check in BEFORE YOU SET UP CAMP. Please be sure to keep sites clean and safe throughout the event.

**Parking:**

Parking is to be only in designated parking areas. Troops may keep one vehicle and their troop trailers in their site for the weekend. Other vehicles that are staying for the weekend should be parked in the upper lot.

In order to minimize traffic on Friday night, we ask that personal gear be loaded in troop trailer or a designated vehicle. Scouts that are dropped off separately from the troop will have to catch a ride back with another vehicle or walk their gear in. On Saturday we will be blocking off the road and only allowing troops that are coming out or leaving early in and out. Individuals that come out for the day will have to be dropped off and picked up at the upper lot and walk back to their sites. The road will be open on Sunday morning for check-out.

**Firewood:**

Troops will need to provide their own firewood. Ground fires will be allowed but we recommend fires be kept in above ground fire pits. Be sure and return them to their natural condition when you leave.

**First Aid and Medical Care:**

All injuries should be brought to the attention of the Camporee Staff IMMEDIATELY! Minor cuts and scratches that can be handled with a Troop first aid kit should be handled in the campsite. There will be a first aid station set up at the staff cabin. Emergency contacts will be announced at crackle barrel.

**Water:**

Water will be available in camp at the cabin. You will have to carry it back to your campsite. An adequate supply of water should be available in campsites at all times for fire safety.

**Lighting:**

Bring your own lanterns. Lanterns using liquid fuel must have proper adult supervision at all times. No liquid fuel, other than that in a lantern or cooking stove, will be permitted in the campsite.

**Toilets**

There are several outdoor restrooms located on the grounds for anyone's use. Be respectful of the outhouses and follow sanitary rules.

**Alcohol & Tobacco:**

It is the policy of the Boy Scouts of America that the use of alcoholic beverages and controlled substances is not permitted at encampments or at any activity involving participation of youth members.

Adult leaders should support the attitude that they, as well as youths, are better off without tobacco in any form and may not allow the use of tobacco products at any BSA activity involving youth participants. All Scouting functions, meetings, and activities should be conducted on a smoke-free basis, with smoking areas located away from all participants.

**\*NOTE!-Designated Smoking Area Is the Upper Parking Area ONLY!\***

**Klondike Patch:**

A Klondike Patch will be available for those in attendance at no extra cost.

**Pets:**

No pets are allowed at Camporees or at set-up the weekend before unless they are service animals.

**Chapel Service:**

A Non-Denominational Chapel Service is scheduled for 9:00 am Sunday morning.

**Adult Leader Meeting:**

There will be a short meeting for all adults and Senior Patrol Leaders on Friday evening at 9:30 PM at the staff cabin. This will be an important meeting as we will review the program, the rules for the weekend and answer any questions.

**Campfire Program:**

Saturday night there will be a campfire program of songs, skits, and awards, that will bring the weekend activities to a close. Troops are asked to participate by putting on a skit or leading a song.

**Camporee Traveling Trophy:**

The Camporee Traveling Trophy for cooking and sled racing will be awarded during the Sunday morning closing.

**Event awards:**

**Judges:**

Troops that have 3 or more registered adult leaders for the weekend are encouraged to help with skill trail/event judging. More information will be available at the Camporee.

**Check-Out:**

Time for check-out will be from 8:00 - 11:00 AM on Sunday. Your troop site has to be checked-out by a Camporee Staff member BEFORE you leave. You will get your patches once you have checked out and turned in your surveys.

**Scout Spirit:**

Bring and display your troop and patrol flags. Special attention will be given as to troop and patrol Scout Spirit and how they operate as a unit during the weekend.

**A Scout is Courteous:**

Remember this part of the Scout Law! Stay out of other troop campsites unless invited or given permission to enter. Show respect to others by being in your campsite and quiet from 10:00 pm to 6:00 am the next morning.

**Questions?**

Any questions regarding the Camporee can be sent to the Chairman Chuck Mertes via email at [cmertes1@verizon.net](mailto:cmertes1@verizon.net)

## Events For The Weekend

### Shooting Sports

The Shooting Sports will be hosted by the Buckskinners, and it will consist of the scouts shooting 22 rifles with a possibility of Muzzleloaders (not definite). This event will not be scored for competition. All scouts will need a signed shooting sports waiver in order to participate at all at this station/event.

### First Aid

This event will be a Troop competition. The scouts should practice their First Aid Skills from Scout through First Class. Troops will have to complete scenarios in which they will have to utilize these skills. Troops will be judged on teamwork and skill accuracy. Remember, BE PREPARED FOR ANYTHING!

### Fire Building

The Fire Building Competition will be a “bow drill” competition. Each troop will have to start a fire using the bow drill. They will use the bow drill to start a fire using a bird’s nest, which will then be used to boil a pre-set can of water that will be hung over a fire pit. If a Troop cannot start a fire with the bow drill within 30 minutes, scouts may use a striker method with a time penalty. The troop with the best time will win the competition. Be prepared for anything for the competition. Scouts are required to have a bow drill and fire-starting material, but we may have a few extra bow drills on hand.

### Knot Relay

Scouts will need to know their knots in this knot relay. The relay will consist of knots and hitches from Scout to First Class. The scouts will be given 3 clues for each knot, and they must run from point A to point B when they think they know the answer. The scouts will be given points based upon how many clues they guess the knot in and the accuracy of the knot.

\*There will be a bonus knot for extra points. All knots and lashings can be found in the newest edition of the Scouts BSA Handbook Pages 359-378

### Isotope Game/Leadership Games

The Isotope Game is a leadership game that consists of moving 4-5 pins from one can to the appropriate can that matches. Patrols will be scored based upon speed, leadership, and most importantly Scout Spirit. There will also be a couple other non-scored leadership games that will be at this station.

### Lightning Lashings

Each Troop will be required to create 3 different structures using the lashings found in the Scout Handbook. The troops must create a flagpole using round lashings (stakes will be provided), a weather rock using the tripod lashing, and an A-Frame Carrier using the diagonal lashing to lift up a member of the troop. The troops must carry their own staves and ropes to construct these structures. The structures can be built at the same time. Troops will be scored based on lashing accuracy, teamwork, and strength of structures.

**Cooking Competition** The cooking competition will be a Dutch Oven Cooking Competition. The Leaders will be in charge of cooking the meal, and the Scouts will be in charge of the dessert. Meals must be delivered to the Staff Cabin by 6:30pm Saturday night, and they must be served in paper bowls. Meals will be judged by taste and creativity.

### **\*PRIZES\***

Prizes will be awarded for the 1<sup>st</sup> place overall for each individual event, and there will be a 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place overall award for the weekend. Traveling Trophy's will be awarded for the cooking competition and the sled race.

## **ITINERARY**

### **Friday:**

6pm: Registration

9:30pm: Cracker Barrel \*Leaders and SPL's Meeting @ Staff Cabin\*

10pm: Quiet Time

### **Saturday:**

7-8:15am: Breakfast

8:30am: Morning Colors/Opening Ceremony

9-9:50am: Station #1

10-10:50am: Station #2

11-11:50am: Station #3

12-12:50pm: Lunch

1-1:50pm: Station #4

2-2:50pm: Station #5

3-3:50pm: Station #6

4-5pm: Free Time \*Leaders and Scouts May Use This Time to Start Their Meals for The Cooking Competition\*

5pm: Closing Colors

5-7pm: Dinner \*Entries for the Competition Must be in by 6:30pm at the Staff Cabin\*

8pm: Campfire \*Each Troop Will Present One Song and/or skit\*

10pm: Quiet Time

### **Sunday:**

7-8:15am: Breakfast

8:30am: Morning Colors

9am: Vesper Services \*Troop Chaplain Aides are Asked to Lead in Service\*

9:30am: Annual Sled Race

10am: Closing Ceremony

# Patrol Sled Equipment

1. *Blanket*
2. *First Aid Kit*
3. *Fire Starting Equipment*
4. *10 essentials*
5. *Water, Pot, Frying Pan*
6. *Snacks/Drinks*
7. *Pencil/Paper/Handbook*
8. *Any other material you would need for the events (our list is the minimum)*

**\*NOTE!-Designated Smoking Area Is the Upper Parking Area ONLY!\***

**\*Each Scout Should Bring a Personal Day Pack to Carry with Them Throughout the Day\***

**\*\*Dress For the Weather!!!!\*\***

## **Winter Camping Nutrition, Food Planning, Prep. and Cooking Outdoor Skills**

### **NUTRITION**

Calories provide the energy you need for travel and warmth in the winter environment; your body's caloric needs are much higher in a winter camp environment, 3600-6000 calories per day! This amount translates to 2lbs or more of food per person. Factors that influence caloric intake include weather, body size, weight activity level, etc.

- Carbohydrates (50-60% of caloric intake), Starches and sugars are metabolized easily and provide quick energy. These simple sugars provide for nearly immediate energy release. A good example is a Snickers bar or a sweet warm drink, like warm tang or instant apple cider. o Complex carbs (pasta, grains) are a little slower to metabolize, therefore releasing energy more slowly than the simple carbs.
- Fats (25-30% of caloric intake) o Complex molecules requiring the longest time for metabolizing, and therefore provide long term energy; 2X the calories/pound than carbs or proteins. o Obtain from oil, margarine, butter, nuts, cheese, meat fat
- Proteins (20% of caloric intake) o Essential part of any diet—the building blocks of tissue (cell construction and repair). o Complex molecules metabolize slowly, holding off hunger. o Think of some “easy” meats that will provide protein and/or fat, e.g. jerky or meat sticks for lunch, precooked bacon sprinkled into a one-pot, pre-cooked chicken for a one-pot “chicken hot dish” ...

Although not a food type, a reminder of the importance of WATER for healthy winter travel:

Winter is a low humidity environment. You must replace body fluids lost due to respiration and evaporation, perspiration and excrement. Depending upon body size, you must replace 2-4 quarts of water per day. Drink often; drink a lot, (even if not thirsty!). Don't let your water bottle empty. If you do not have a running source of water once you get to camp, then the stove should constantly be melting water to fill bottles. Note campers take turns monitoring the stove and keeping the warm water flowing.

### **Signs of dehydration include:**

- Decreased urine volume
- Increase in urine color and odor
- Lack of perspiration
- Headache
- Dizziness
- Weight loss

### **Menu Planning Questions/Considerations:**

1. How long will you be on the trail? plentiful food without huge excess (you have to carry or pull it!)
2. Ease of preparation
  - a. One pot meals!
  - b. Pre-made foods, e.g. fry up some hamburger, onion and garlic for your one-pot hot dish; the crumbled, cooked hamburger will freeze on the trail—but will easily thaw in the pot.
  - c. Plan food, in part, based on number of stoves and pots—keep in mind the endless need for a stove to melt water.
  - d. Seek instant foods when possible e.g. the above already cooked hamburger mixed with quick cooking instant rice, cheese cubes, spices (crush some garlic at home) and sun-dried tomato chunks would be yummy, easy and calorie-rich.



3. Packaging
  - a. Pack efficiently—organize meals together
  - b. Precut foods, salami, cheese, veggies—you want to limit your hand exposure time; make it easy on yourself in the field.
  - c. Repack boxes and other poorly packaged food into double bagged Ziplocs.
  - d. No cans and no glass bottles—Leave No Trace!
4. Fresh foods
  - a. OK to bring precut meats.
  - b. Veggies and fruits have a high-water content, freeze and are weighty.
5. Dietary Concerns Communicate with your group any dietary concerns that you may have, such as vegetarian diet, vegan diet, food allergies, kosher diet...
6. Serving Sizes
  - a. Everyone eats!
  - b. See ration sheet from Outward Bound
  - c. Don't trust box portions—small for winter camping appetites
  - d. If in error, err on the side of extra food.
7. Other Health Concerns
  - a. Try to keep snot from dripping into the one-pot meal!
  - b. Pack a hand sanitizer or 3 and keep readily available for use in the kitchen, after going to the bathroom or if suffering from cold symptoms...

### **Winter Camping Tips**

Some tips to keep in mind when your troop takes on winter camping.

- Fail to Plan = Plan to Fail
- Always bring a bit more than what you think you'll need - water, food, clothes.
- Make sure that you have a good knowledge of the signs of frostbite and hypothermia. You should be able to recognize it in others and in yourself. Tell someone right away if you or another scout is showing signs of cold-related problems.
- Stay hydrated. It's easy to get dehydrated in the winter. Eat and drink plenty of carbs.
- Keep out of the wind if you can. A rain fly for a tent can be pitched to serve as a wind break. The wind chill factor can often be considerable and can result in effective temperatures being much lower than nominal.
- Bring extra WATER. It's easy to get dehydrated in the winter. You aren't visibly sweating, so you don't think to drink water, but since the air is so dry, you lose a LOT of water through breathing. Drink lots of water!
- Bring extra food that doesn't need to be heated or cooked. Granola bars, trail mix, etc.
- Keep a pot of hot water available for cocoa or Cup-a-Soup - these warm from the inside.
- Always eat hot meals (breakfast, lunch, & dinner.) Dutch ovens are the best - they keep the food hot longer. It doesn't need to be fancy cooking. Meals should be 1-pot meals to keep cleanup to a minimum. Don't get too fancy with the meals - it's hard to chop onions & carrots at -10F with gloves on. Prep all meals at home in the warmth of the kitchen.
- Shelter the cooking area from wind (walls of tarps, etc.)
- Fill coffee/cook pots with water before bed. It's hard to pour frozen water, but easy to thaw it if it's already in the pot.

● **Remember C O L D:**

C Clean - dirty clothes lose their loft and get you cold.

O Overheat - never get sweaty, strip off layers to stay warm but not too hot.

L Layers - Dress in synthetic layers for easy temperature control.

D Dry - wet clothes (and sleeping bags) also lose their insulation.

- COTTON KILLS! Do not bring cotton. Staying dry is the key to staying warm. Air is an excellent insulator and by wearing several layers of clothes you will keep warm.
  - Remember the 3 W's of layering - Wicking inside layer, Warmth middle layer(s) and Wind/Water outer layer. Wicking should be a polypropylene material as long underwear and also sock liner. Warmth layer(s) should be fleece or wool. The Wind/Water layer should be Gore-Tex or at least 60/40 nylon.
  - If you're camping in the snow, wear snow pants over your regular clothing
  - Bring extra hand covering - mittens are warmer than gloves.
  - Bring 2 changes of socks per day.
  - Everyone must be dry by sundown. No wet (sweaty) bodies or wet inner clothing.
  - Use plastic grocery bags or bread bags over socks. This keeps your boots dry, and you can easily change those wet socks.
  - Keep your hands and feet warm. Your body will always protect the core, so if your hands and feet are warm, your core will also likely be warm. If your hands or feet are cold, put on more layers, and put on a hat!
  - Dress right while sleeping. Change into clean, dry clothes before bed. Your body makes moisture, and your clothes hold it in - by changing into dry clothes you will stay warmer and it will help keep the inside of your sleeping bag dry. Wearing wool socks and long underwear (tops and bottoms) in the sleeping bag is OK.
  - Put on tomorrow's t-shirt and underwear at bedtime. That way you won't be starting with everything cold next to your skin in the morning.
  - Wear a stocking cap to bed, even if you have a mummy bag.
  - Put tomorrow's clothes in your bag with you. This is especially important if you're small of stature. It can be pretty hard to warm up a big bag with a little body, the clothes cut down on that work.
  - Put a couple of long-lasting hand warmers into your boots after you take them off. Your boots will dry out during the night.
  - Fill a couple of Nalgene water bottles with warm water and sleep with one between your legs (warms the femoral artery) and with one at your feet. Or use toe/hand warmers. Toss them into your sleeping bag before you get in. Some of the toe/hand warmers will last 8 hours.
  - Eat a high-energy snack before bed, then brush your teeth. The extra fuel will help your body stay warm. Take a Snickers bar to bed and eat it if you wake up chilly in the night.
  - Use a sleeping bag that is appropriate for the conditions. Two +20F sleeping bags, one inside the other will work to lower the rating of both bags.
  - Use a bivy sack to wrap around your sleeping bag. You can make a cheap version of this by getting an inexpensive fleece sleeping bag. It isn't much more than a blanket with a zipper, but it helps lower the rating by as much as 10 degrees.
  - Use a sleeping bag liner. There are silk and fleece liners that go inside the sleeping bag. They will lower your sleeping bag's rating by up to 10 degrees. Or buy an inexpensive fleece throw or blanket and wrap yourself in it inside the sleeping bag.
- Most cold weather bags are designed to trap heat. The proper way to do this is to pull the drawstrings until the sleeping bag is around your face, not around your neck. If the bag also has a draft harness make

sure to use it above the shoulders and it snugs up to your neck to keep cold air from coming in and warm air from going out.

- Don't burrow in - keep your mouth and nose outside the bag. Moisture from your breath collecting in your bag is a quick way to get real cold. Keep the inside of the bag dry.
- A zipped up coat pulled over the foot of a sleeping bag makes an extra layer of insulation.
- Don't sleep directly on the ground. Get a closed cell foam pad to provide insulation between your sleeping bag and the ground. A foam pad cushions and insulates. The air pockets are excellent in providing good insulation properties. Use more than one insulating layer below you - it's easy to slide off the first one.
- In an emergency, cardboard makes a great insulator. Old newspapers are also good insulation. A layer of foam insulation works too.
- Bring a piece of cardboard to stand on when changing clothes. This will keep any snow on your clothes off your sleeping bag, and help keep your feet warmer than standing on the cold ground.
- A space blanket or silver lined tarp on the floor of the tent or under your sleeping bag will reflect your heat back to you.
- No cots! Better to lay on 30F earth instead of -10F air.
- Sleep in quinzees or igloos. These are warmer than tents since you've got an insulating layer of snow between you and the outside air, instead of just a thin nylon layer.
- If in tents, leave the tent flaps/zippers vented a bit, it cuts down on interior frost.
- Drain your bladder before you go to bed. Having to go in the middle of the night when it is 5 degrees out chills your entire body