

**Bald Eagle District**  
**Winter Klondike Camporee**  
**2026**  
**January 23<sup>rd</sup> – 25<sup>th</sup>**



**Sheshequin Buckskimmers Club**

### **Special Notes:**

This Camporee will be held at Buck Skinners 75 Sportsman 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 (hay, pine boughs, etc.) you use 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 AOLs are invited to come out and enjoy the Klondike with the Troop. Scoutmasters should make a special effort to invite their AOLs to come and join their troop for the fun. The AOL's will be able to camp with the troop as long as they have two deep leadership from the pack

**Please remember to have ALL MEDICAL FORMS (FOR ADULTS AND SCOUTS) AND SHOOTING SPORTS WAIVERS IN A FOLDER TO HAND IN AT REGISTRATION. THEY ARE TO BE TURNED IN TO THE FIRST AID OFFICER AND KLONDIKE CHAIRPERSON.**

There will be a service project to help maintain and clean the sportsman's club as a thank you for allowing us to use their facilities sometime in the spring. **WE ARE ASKING FOR ALL UNITS TO ATTEND. DATES WILL BE ANNOUNCED THROUGH ALL FORMS OF COMMUNICATION (FACEBOOK, EMAIL, ECT)**

### **Participants:**

General Information

This event is for Scouts BSA members and this year AOLs are invited to camp with their proposed troop.

### **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.

**Registration Fee.** Registration must be done online. Early bird registration is now till January 4<sup>th</sup>. Cost is \$20.00 per scout, Adults / staff \$10.00. Regular fee will be January 5<sup>th</sup> – 18<sup>th</sup> cost scouts \$25.00 Adults / staff \$10.00

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

### **Klondike Patch:**

**Patches will not be available at the Klondike.** A new policy is in place that patches will not be ordered until the event registration has closed and final numbers are in. When we know numbers, we will then order the patches, and each participant will receive 1 patch per registration. **If you want extra patches, you must order them online on the registration site.** There is a special tab where you can order as many as you would like. The cost for a patch is \$5.00 each. When patches come in they will be handed out at Roundtable or put in your Troops mailbox at the office.

**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 at 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. It is recommended that all fires be kept in above ground fire pits. This goes along with Leave No Trace.

**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. First Aid officer for the weekend will be Denise Stevenson

**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 always be available in campsites 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. Please do not put trash in the outhouses, use trash cans that are provided please.

**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!\* If conditions are bad and programming needs to be held in the upper parking lot, the designated smoking area will be moved to the end of the lane until the program concludes in the upper lot.**

**Pets:**

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

**Chapel Service:**

A Non-Denominational Chapel Service is scheduled for 9:00 am Sunday morning. Unit Chaplains are asked to help with this service.

**Adult Leader Meeting:**

There will be a short meeting for all Scoutmasters 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 that follows the current Scouting America guidelines.

**Event awards:**

Prizes will be awarded for the first 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.

**Camporee Traveling Trophy:**

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

**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 10:00 - 11:00 AM on Sunday. Your troop site has to be checked-out by a Camporee Staff member BEFORE you leave. Your medical form will be returned when you check out. Surveys are to be turned in at checkout.

**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 **Zach Myers** (Dexter) at [zachary3812@gmail.com](mailto:zachary3812@gmail.com) or **Ashley Sparrow** at [Ashley.sparrow@scouting.org](mailto:Ashley.sparrow@scouting.org) or 570-660-9673 or **Denise Stevenson** at [dstevens133@gmail.com](mailto:dstevens133@gmail.com) or 570-660-5885

## Events For The Weekend

### Range and Target Activities

The Range and Target activities 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. AOLs will be able to do sling shot while Scouts BSA are shooting rifles. Scoutmasters, please make any AOLs coming to Klondike aware of this. They get very disappointed when they arrive and do not get to participate in the range and target activities. AOLs will still need to fill out the Hold Harmless Agreement.

### First Aid

This event will be a troop competition. The scouts should practice their first aid skills from new scout to 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 / Cooking

Fire building this year will be combined with cooking skills. Scouts will need to cook an edible breakfast for their Scoutmaster. Eggs, bread and tea bags will be provided to each patrol. Things could be added too if they choose to bring additional supplies. Patrols will need to bring cookware to make their food in. This event could be timed and judged for best quality of cooking. To start your fire you can use any method you choose.

### Knots

Square Knot, Two Half-Hitches, Taut-Line Hitch, Sheet Bend, Bowline, Clove Hitch and Timber Hitch. All seven of these knots are required for First Class rank. Looking at instructor teaching 1 or 2 other knots as well.

**Please bring a length of rope to tie your knots**

### Leadership Games

We will be using the sloosh boards and another game that will be announced at the Klondike

### Shelter building

The object is to come up with a shelter design as in a survival situation in cold weather. Bonus points for properly tied knots and lashings.

**Permitted items:** Any natural materials, ponchos, emergency blankets, garbage bags, poles from sled, Cordage, Tent stakes may be used due to the possibility of frozen ground.

**TARPS ARE NOT PERMITTED.**

**Cooking Competition** The cooking competition will be a Dutch Oven Cooking Competition. The Scouts will be in charge of cooking the dessert, and the Leaders will be in charge of the meal which will be breakfast. Meals must be delivered to the Staff Cabin by 6:30pm Saturday night, and they must be served in Styrofoam containers that will be provided. Meals will be judged by taste and creativity and appearance. The Styrofoam containers will be handed out on Saturday at lunch time. To keep things confidential you will be assigned a number on your container. Only the person handing out the containers will know which unit belongs to that number.

## **ITINERARY**

### **Friday:**

6pm – 9pm: Registration

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

10pm: Quiet Time

### **Saturday:**

7:00am-8:15am: Breakfast

8:30am: Morning Colors/Opening Ceremony

9:00am - 9:50am: Station #1

10:00am - 10:50am: Station #2

11:00am - 11:50am: Station #3

12:00pm - 12:50pm: Lunch

1:00pm - 1:50pm: Station #4

2:00pm - 2:50pm: Station #5

3:00pm - 3:50pm: Station #6

4:00pm -5:00pm: Free Time \*Leaders and Scouts May Use This Time to Start Their Meals For The Cooking Competition\*

5pm: Closing Colors

5:00pm -7:00pm: Dinner \*Entries for the Competition Must be in by 6:30pm at the Staff Cabin\*

8:00pm: Campfire \*Each Troop Will Present One Song and/or skit\*

10:00pm: Quiet Time

### **Sunday:**

7:00am - 8:15am: Breakfast

8:30am: Morning Colors

9:00am: Vesper Services \*Troop Chaplain Aides are Asked to Lead in Service\*

9:30am: Annual Sled Race

10:00am: Closing Ceremony

10:30am: Depart for home

# Patrol Sled Equipment

1. *Blanket*
2. *First Aid Kit*
3. *Fire Starting Equipment / cookware*
4. *10 essentials*
5. *Water*
6. *Snacks/Drinks*
7. *Pencil/Paper/Handbook*
8. *Any other material you would need for the events (our list is the minimum)*
9. *Materials for shelter building*
10. *Rope for knot tying*

**\*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) o 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, holds 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

## Part A: Informed Consent, Release Agreement, and Authorization

Full name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

High-adventure base participants:

Expedition/crew No.: \_\_\_\_\_  
or staff position: \_\_\_\_\_

### Informed Consent, Release Agreement, and Authorization

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

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

(If applicable) I have carefully considered the risk involved and hereby give my informed consent for my child to participate in all activities offered in the program. I further authorize the sharing of the information on this form with any BSA volunteers or professionals who need to know of medical conditions that may require special consideration in conducting Scouting activities.

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

I also hereby assign and grant to the local council and the Boy Scouts of America, as well as their authorized representatives, the right and permission to use and publish the photographs/film/videotapes/electronic representations and/or sound recordings made of me or my child at all Scouting activities, and I hereby release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all liability from such use and publication. I further authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of the BSA, and I specifically waive any right to any compensation I may have for any of the foregoing.

*Every person who furnishes any BB device to any minor, without the express or implied permission of the parent or legal guardian of the minor, is guilty of a misdemeanor. (California Penal Code Section 19915(a)) My signature below on this form indicates my permission.*

I give permission for my child to use a BB device. (Note: Not all events will include BB devices.)

Checking this box indicates you DO NOT want your child to use a BB device.



**NOTE:** Due to the nature of programs and activities, the Boy Scouts of America and local councils cannot continually monitor compliance of program participants or any limitations imposed upon them by parents or medical providers. However, so that leaders can be as familiar as possible with any limitations, list any restrictions imposed on a child participant in connection with programs or activities below.

List participant restrictions, if any: \_\_\_\_\_

None

I understand that, if any information I/we have provided is found to be inaccurate, it may limit and/or eliminate the opportunity for participation in any event or activity. If I am participating at Philmont Scout Ranch, Philmont Training Center, Northern Tier, Sea Base, or the Summit Bechtel Reserve, I have also read and understand the supplemental risk advisories, including height and weight requirements and restrictions, and understand that the participant will not be allowed to participate in applicable high-adventure programs if those requirements are not met. The participant has permission to engage in all high-adventure activities described, except as specifically noted by me or the health-care provider. If the participant is under the age of 18, a parent or guardian's signature is required.

Participant's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/guardian signature for youth: \_\_\_\_\_ Date: \_\_\_\_\_

(If participant is under the age of 18)

### Complete this section for youth participants only:

#### Adults Authorized to Take Youth to and From Events:

You must designate at least one adult. Please include a phone number.

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_

#### Adults NOT Authorized to Take Youth to and From Events:

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_



Prepared. For Life.®

## Part B1: General Information/Health History

Full name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

High-adventure base participants:

Expedition/crew No.: \_\_\_\_\_

or staff position: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Height (inches): \_\_\_\_\_ Weight (lbs.): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP code: \_\_\_\_\_ Phone: \_\_\_\_\_

Unit leader: \_\_\_\_\_ Unit leader's mobile #: \_\_\_\_\_

Council Name/No.: \_\_\_\_\_ Unit No.: \_\_\_\_\_

Health/Accident Insurance Company: \_\_\_\_\_ Policy No.: \_\_\_\_\_

 Please attach a photocopy of both sides of the insurance card. If you do not have medical insurance, enter "none" above.

### In case of emergency, notify the person below:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ Home phone: \_\_\_\_\_ Other phone: \_\_\_\_\_

Alternate contact name: \_\_\_\_\_ Alternate's phone: \_\_\_\_\_

## Health History

Do you currently have or have you ever been treated for any of the following?

Yes	No	Condition	Explain
		Diabetes	Last HbA1c percentage and date: _____ Insulin pump: Yes <input type="checkbox"/> No <input type="checkbox"/>
		Hypertension (high blood pressure)	
		Adult or congenital heart disease/heart attack/chest pain (angina)/heart murmur/coronary artery disease. Any heart surgery or procedure. Explain all "yes" answers.	
		Family history of heart disease or any sudden heart-related death of a family member before age 50.	
		Stroke/TIA	
		Asthma/reactive airway disease	Last attack date: _____
		Lung/respiratory disease	
		COPD	
		Ear/eyes/nose/sinus problems	
		Muscular/skeletal condition/muscle or bone issues	
		Head injury/concussion/TBI	
		Altitude sickness	
		Psychiatric/psychological or emotional difficulties	
		Neurological/behavioral disorders	
		Blood disorders/sickle cell disease	
		Fainting spells and dizziness	
		Kidney disease	
		Seizures or epilepsy	Last seizure date: _____
		Abdominal/stomach/digestive problems	
		Thyroid disease	
		Skin issues	
		Obstructive sleep apnea/sleep disorders	CPAP: Yes <input type="checkbox"/> No <input type="checkbox"/>
		List all surgeries and hospitalizations	Last surgery date: _____
		List any other medical conditions not covered above	



## Part B2: General Information/Health History

Full name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

High-adventure base participants:

Expedition/crew No.: \_\_\_\_\_

or staff position: \_\_\_\_\_

### Allergies/Medications

DO YOU USE AN EPINEPHRINE  YES  NO

AUTOINJECTOR? Exp. date (if yes) \_\_\_\_\_

DO YOU USE AN ASTHMA RESCUE  YES  NO

INHALER? Exp. date (if yes) \_\_\_\_\_

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 list on a separate sheet and attach.

Medication	Dose	Frequency	Reason

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

Administration of the above medications is approved for youth by:

\_\_\_\_\_/\_\_\_\_\_  
Parent/guardian signature MD/DO, NP, or PA signature (if your state requires signature)

**!** Bring enough medications in sufficient quantities and in the original containers. Make sure that they are NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication unless instructed to do so by your doctor.

### Immunization

The following immunizations are recommended. Tetanus immunization is required and must have been received within the last 10 years. If you had the disease, check the disease column and list the date. If immunized, check yes and provide the year received.

Yes	No	Had Disease	Immunization	Date(s)
			Tetanus	
			Pertussis	
			Diphtheria	
			Measles/mumps/rubella	
			Polio	
			Chicken Pox	
			Hepatitis A	
			Hepatitis B	
			Meningitis	
			Influenza	
			Other (i.e., HB)	
			Exemption to immunizations (form required)	

Please list any additional information about your medical history:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**DO NOT WRITE IN THIS BOX.**

Review for camp or special activity.

Reviewed by: \_\_\_\_\_

Date: \_\_\_\_\_

Further approval required:  Yes  No

Reason: \_\_\_\_\_

Approved by: \_\_\_\_\_

Date: \_\_\_\_\_



**Scouting Participation and Hold Harmless Agreement for the Range and Target Activities Programs**

Scouting America, Susquehanna Council is conducting a range and target activity at the Bald Eagle Klondike. Scouts will be instructed how to handle, maintain, and safely shoot archery and firearms, and be provided instruction to increase their shooting skills. Scouts will have classroom instruction and range instruction in which they will shoot archery and firearms under the supervision of a trained Range Safety Officer and specifically certified Instructor. The Scout may be provided the opportunity to participate in the following specific activities in the shooting sports program for their respective Scouting program:

- For Cub Scouts – Archery, BB Gun, and Wrist Rocket
- For Scouts, BSA - Archery, Rifle, Shotgun, and Muzzle Loader

Scouts will be required to wear eye protection, hearing protection, arm guards, and finger tabs appropriate to the specific range and target activity while on the range. Scouts are expected to abide by all safety rules and the instructions of the Instructor and Range Safety Officer.

I have carefully considered the risk involved and have given consent for my child to participate in all the listed activities for their Scouting Program, except the activities specifically excluded in this agreement (if any). [Note: check the activities that you wish to exclude for your child at the bottom of this agreement]. I understand that participation in the activity is entirely voluntary and requires participants to abide by the rules and standards of conduct. I release Scouting America, the Susquehanna Council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from all claims or liability arising out of this participation.

I understand that my child will no longer be allowed to participate in the activity if my child is removed due to behavioral problems. For safety, my child and I agree that they will do the following or they will be removed from the program:

1. Be a registered Cub Scouts, Scouts BSA, Venturing, or Sea Scouts member.
2. Complete the training offered as part of the program.
3. Wear all safety gear at all times while on the range.
4. Follow all safety rules provided in the training class.
5. Follow the instructions of the Range Safety Officer and Instructors.
6. Do not handle any archery or firearm equipment until instructed to do so by the instructor.
7. **Shooting at each other is prohibited.**

I, the undersigned, give my child, \_\_\_\_\_, permission to participate in these programs. I understand that participation in the activity involves a certain degree of risk.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Printed Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

*If you want to exclude your child from participating in any of the possible listed opportunities for their Scouting program, please check the applicable block(s). If no blocks are checked, you are agreeing to your child participating any of the listed activities.*

**Excluded Cub Scout Program Activities**

- Archery
- BB Gun
- Wrist Rocket

**Excluded Scouts BSA/Venturer/Sea Scout Program Activities**

- Archery
- Rifle
- Shotgun
- Muzzle Loader

Unit Type and Number: \_\_\_\_\_