

2021 Spring Fling Parent Guide

Goals

The overall goal of this event is to provide Scouts with an opportunity to live the Scout Oath and Law through outdoor activities which provide fun, family involvement, and adventure advancement!

COVID

For the safety of all attending, the following will be required:

- Temperature/symptom check upon arrival by the Health Officer.
- COVID waivers must be signed.
- Turn in your BSA Med forms parts A and B and inform the Health Officer of any special concerns he/she should be made aware of.
- We are required to store all prescription and OTC medications under lock and key. Please turn these in to the Health Officer at check in and go to the Health Lodge for administration.
 - Keep all medications in their original containers.
 - Place them in a Ziploc type plastic bag with the name of the patient clearly labeled on it.
 - Exceptions to this are limited to staff, participant, or parent with a life-threatening condition such as epinephrine injectors, heart medication, and inhalers. Also, a limited amount of medication approved for use in a first-aid kit.
- Temperature checks will be conducted 2x. Once at the opening and upon entering the campfire.
 - If at any point a participant, parent/guardian, or staff member has a temperature of 100.4 or higher, they will be immediately quarantined.
 - If it is a participant, their parent/guardian will be quarantined with them.
 - Their temperature will be checked again after 15 minutes and if it is still 100.4 or higher, the youth and adult will have to leave the camp immediately.
- Masks must be worn during all activities.
- Proper hygiene will be expected and practiced throughout the course multiple times a day.
 - Wash your hands before and after restroom use as well as before each meal.
 - Sanitize before and after each activity area.

Arrival/Registration

Please plan to arrive in a Pack, District, or Council "Class B" t-shirt.

There is a suggested gear list appendix in this guide to help you pack and "be prepared."

Covid screenings will take place first, then check in at the Camp Office to turn in your BSA Med Forms Parts A and B, and COVID waiver for each participant (Adult, Scouts, and siblings), receive

your t-shirts, patches, and campsite assignment. You may then unload your gear and head to your assigned campsite. If you have wagons or carts to haul your gear, this is highly recommended.

Parking/Vehicles

No vehicles will be allowed on the camp ground property.

Under no circumstances are individuals allowed to ride in the back of open pick-up trucks or other vehicles.

Food

Due to Covid, food is on your own. Eat before you arrive, or plan to bring food for Friday evening, breakfast, lunch, and dinner Saturday and breakfast for Sunday morning. We've included an appendix in this guide for meal suggestions.

Store food in plastic storage bins and/or coolers. Do NOT store food in Adirondacks or tents. Animals will enter them in search of a tasty treat!

Bring extra garbage bags and tie them in trees if using at your camp area. Keep COI beautiful and practice Leave No Trace as much as possible-TRASH YOUR TRASH.

Vendors will be onsite for Saturday lunches and dinners. Bring \$ if you prefer to utilize these.

Safety Procedures

The Buddy System will be used at all times for BOTH youth and adults.

Special Needs/Requirements

If you or your Scout has any special needs or requirements, please let us know in advance so that we can work with you to make any accommodation possible in order for you or them to participate.

Contact Council Program Director: Erik Uselton erik.uselton@scouting.org or

Spring Fling Cub-O-Ree Director: Nichole Niemeyer nicholeniemeyer@hotmail.com

Late Arrivals/Early Departures

For the safety of all campers, it is important for us to know who is on the property at all times. If you have to arrive later or leave earlier than our schedule allots, please stop by the camp office to sign in and out. Thank you in advance for your cooperation on this matter.

SUGGESTED PERSONAL EQUIPMENT LIST

Wagon to haul gear
Gallon water jugs and/or 5 gallon water coolers
Shoes suitable for hiking – preferably hiking boots or athletic shoes (NOT crocs, sandals, or Cowboy boots)
Change of clothes and socks
Underclothing
Sleepwear
Rain gear
Jacket/sweater
Toiletries/ Soap Towels
Compass/Watch
Flashlight/extra batteries
Sunscreen
Bug repellent
Personal First Aid Kit
Backpack
Tarp to cover front of Adirondack
Tent if using
Sleeping pad if needed
Sleeping bag
Pillow (op.)
Water bottle
Folding camp chair
Camera (opt)
Power cords/drop cords for c-pap machine needs.
Food
Cookware

SCOUT CAMPERS SHOULD HAVE AND CARRY

Daypack (backpack) with Cub Scout Six Essentials (see below). **If they attend a hike, this is a requirement!**

Flashlight
Sun protection
Personal first aid kit
Whistle
Trail food or healthy snack
Filled water bottle

WHAT NOT TO BRING

Personal Firearms
Electronic Devices (MP3,games,radios,etc)
Tobacco products/ vapers
Alcohol beverages
Aerosol cans

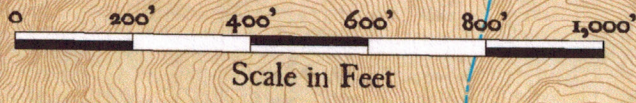
Taylor Smith – 6 & 20 District Executive
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Nichole Niemeyer – Cuboree Director
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Camp Old Indian



Legend	
+	Callhan Cem.
U	Horse Shoe Pit
◆	Restrooms
□	Shelter
○	Water Tower
⋯	Foot Path
- - -	Hiking Trail
- - -	Gravel Road
	Stairs



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 Map by Paul E. Galbreath
www.upstatewaterandmappingservices.com
 Contours at 4' Intervals
 Base Data From Grvl Co. GIS

To Camp White Pines

**Directions to the Fluor High Adventure Base and Leadership Center at
Camp White Pines & Camp Old Indian Scout Reservation**

Fluor High Adventure Base and Leadership Center

519 Callahan Mountain Road

Travelers Rest, SC 29690

Camp Old Indian

601 Callahan Mountain Road

Travelers Rest, SC 29690

Fluor High Adventure Base and Leadership Center

- 1) From Greenville, travel north through Travelers Rest on Highway 25. Continue on Highway 25 North for approximately 10 miles. After the Highway 11 underpass, turn right on Old Highway 25. (There is a Camp Old Indian sign on your right).
- 2) Continue on Old Highway 25 for approximately 4 miles. Turn right on Callahan Mountain Road. (there is a sign for Camp Old Indian and the Poinsett Bridge)
- 3) Follow Callahan Mountain Road for approximately 1 mile and the Fluor High Adventure Base and Leadership Center at Camp White Pines will be on your left.

Camp Old Indian

Directions 1 and 2 - Same as above

Direction 3 - Follow Callahan Mountain Road for approximately 2 miles and Camp Old Indian will be on your left.

Camp Food Ideas

Food Storage tips:

Non refrigerated food should be stored in sealed containers that animals cannot get into. Do not store the containers in tents or Adirondacks.

Refrigerated food should be stored in a cooler. Do not open the bag of ice so that it takes longer to melt. Minimize how often and how long you open and close the cooler. A smaller cooler can be used to store drinks to help minimize the food cooler being opened too often and getting too warm.

Noncook options:

It is recommended to prep all the items at home so that you do not have to bring extra equipment to camp. You also won't have to spend as much time on meals.

Subs/sandwiches

Salads

Raw fruits and vegetables

Cereal

Chips

Goldfish

Minimal cook options:

Roast hotdogs over a fire

MREs (Meals Ready to Eat)

Oatmeal

Soup

Beans

Chili

Hobo Dinner Packets:

Simple, delicious, and nutritious!

Hobo meals are great for prepping at home and bringing to campouts ready to cook. They consist of your choice of vegetables and seasonings with your choice of meat placed on top, wrapped in aluminum foil. Add them to the fire right over the coals. Avoid flames for they will burn through the packet. This will take 30 to 60 minutes depending on the size of the packet.

Tips for preparing:

1. Always use good quality **heavy duty** aluminum foil.
2. Spray foil generously with cooking oil.
3. Wrap the packets tightly in two layers of foil.
4. Place vegetables on foil first then put meat on top.

5. When using chicken in a packet, slice it thinly so that it won't take longer to cook than your vegetables.
6. Write your name on your packet in sharpie so you know which one to pull out of the fire 😊.

Packet ideas:

Roasted Chicken and root vegetables (yield 1 packet)

- 1 potato cut into bite size pieces
- 1 carrot cut into bite size pieces
- ½ celery stalk cut into bite size pieces
- Sliced or diced onion
- 1 Tablespoon onion soup mix
- 1 Tablespoon butter
- Boneless, skinless chicken breast-**sliced thinly**

Chicken Fajitas (yield 4 packets)

- 2 boneless skinless chicken breasts, thinly sliced
 - 1 sweet bell pepper red or orange, sliced
 - 1 green bell pepper sliced
 - 1/2 large red onion thinly sliced
 - 2 tablespoons oil
 - 2 teaspoons chili powder
 - 1 teaspoon garlic powder
 - 1 teaspoon cumin
 - 3/4 teaspoon salt
 - 1/4 teaspoon black pepper
 - 1/4 teaspoon onion powder
 - 1/4 teaspoon paprika
- Or, use a prepackaged fajita mix instead of the above listed seasonings.
Tortillas guacamole, sour cream, and salsa for serving as desired

Place all ingredients (chicken through paprika) in a large bowl. Stir to combine well, until everything is evenly coated.

For each packet spoon 1/4 of the fajita mixture in the center of the foil.

Seal the foil tightly and wrap in another sheet of foil.

Hamburger patties and veggies (yield 4)

- 1 pound lean ground beef
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- salt and pepper
- 1 pound baby potatoes cut in half

3 large carrots sliced into one inch cubes
1/2 onion sliced
2 tablespoons olive oil
1 Tablespoon Italian seasoning
1 cup colby jack cheese shredded

In a medium sized bowl toss potatoes, carrots, onion olive oil and Italian seasoning. Divide evenly between the four packets.

Combine ground beef, garlic powder, onion powder, and salt and pepper. Shape into four patties and place on top of vegetables in each packet.

Fold the foil over and seal each packet.

After packet is cooked, open and top the hamburger patty with cheese right away so that it melts.

Omelets in a Bag:

Tips:

1. Use only quart size Freezer Ziploc type baggies
2. Write your name on the baggie with a Sharpie marker before placing ingredients in the bag.
3. Make omelets at home and place in freezer. They will thaw in your cooler through the night and be ready for cooking in the morning. Check them an hour before cook time to make sure they are thawed. If not, leave them out of the cooler to thaw.
4. Do NOT overfill your baggie or it won't cook through
5. Don't place too many baggies in one pot at a time, or they won't cook through.

Place in a baggie:

1 – 2 cracked eggs
1 Tablespoon milk

Add other ingredients of choice: chopped onion, chopped green pepper, bacon bits, cheese, salt and pepper. Again, do NOT overfill your baggie.

Seal the baggie, removing excess air, and shake it until well mixed.

Place baggie into boiling water and cook for 3 - 4 minutes or until fully cooked.

Use tongs to remove the bag from the hot water, place on a plate and enjoy.