

2024

CAMP BARSTOW



AQUATIC BASE



Indian Waters Council, BSA

Columbia, South Carolina

www.indianwaters.org

803-750-9868

Welcome and Introduction:

Welcome to Camp Barstow's aquatics base at Dreher Island. Just like the Scout Motto we want all participants of the high adventure program to Be Prepared. This guide should provide you with a description of the program features and how to prepare for your adventure. If you are a leader, this guide should provide you with great information to share with your local unit and make you aware of what participants will gain throughout their adventure. If you are a participant, we hope that you gain advanced knowledge of teamwork, aquatics, and nature. This adventure may just prove to be your favorite camping experience!

Trek Overview:

The aquatics base will operate from Dreher Island State Park in Newberry, SC. The adventure will lead participants out of Camp Barstow and return by Wednesday. 1st half of the week Sunday – Wednesday Lunch.

Along with focusing on the traditional aims and methods of Scouting, participants will engage in various team building exercises and personal development activities throughout the week that will help them grow both as individuals and Scouters. The group as a whole will be camping on the island, so participants are encouraged to prepare as though they were going on a backpacking trip to increase mobility and equipment capacity with vehicles.

Scouts will participate in activities that will cover requirements for many different merit badges and awards. Some of these will be awarded at the completion of the adventure (Snorkeling and Paddle Board award). Overall, the goal is to have an exciting and fun-filled adventure where all participants can walk away more knowledgeable, inspired, and prepared for their future. **See appendix C**

Participant Requirements:

The following are eligibility requirements for youth and adults.

1. Must be a registered Boy Scout, Venture Scout, Sea Scout, or Adult Leader.
2. **Participants must be fourteen (14) years old** by the week attending the program or have completed the 8th grade.
3. **All participants must pass the BSA swimmers test**
4. Must have a current completed and current Medical Health Record parts A, B, & C, signed by parent or guardian and doctor.
5. Completed Code of Conduct.
6. All fees submitted before attending.

Registration and Fees:

Camper Fee

\$420 Regular Camper Fee (with your troop)

\$445 Baden Powell Camper (not attending with your troop)

Discounts

Early Bird Discount - \$25 discount (if all fees paid by April 1, 2024)

Bounce Back Week Discount - \$50 discount for additional week at Barstow

Program Fee (in addition to camper fee)

\$125 Barstow Adventurer (includes professional guided Striped Bass fishing trip)

Medical and Swim Checks:

As customary with the typical BSA Summer Camp Check-In procedures, all participants' youth or adult will be required to submit a current BSA Annual Health and Medical Record Parts A, B, & C upon arrival at Camp Barstow. It is extremely imperative that this form is truthfully and accurately filled out and all information is up-to-date. Due to the higher physical requirements of this program, both the base camp and program leader must be made aware of all conditions or special needs that can affect participant's abilities and overall health.

Special dietary needs such as peanut and food dye allergies are very common and can be accommodated. Please notify the Camp Director in writing at least two weeks prior to your arrival. Be specific on allergy and possible substitutions. Also, personal medications or EpiPens are required to be visibly presented to staff and specific instructions for safe storage and administration will be discussed upon check-in. Safety is the top priority of the staff for our youth, but we can only do our job to the best of our abilities as first responders if we have all necessary information.

*Only BSA physical parts, Parts A-B-C, will be accepted. No sports or other generic physical exams. Also, as part of the check-in process, all participants will be required to take the BSA Swim Test at the waterfront area at Camp Barstow. Due to the high physical requirements of this program and the majority of its activities being water related, all participants **MUST** pass the *Swimmers* test (Blue) prior to leaving camp. As with the Health Forms, anyone who absolutely cannot pass this requirement should speak to the Program Director to discuss other options.

Sunburn:

Sunburn can be dangerous as well as uncomfortable and can ruin your trip. Not using sunscreen and trying to have a tan when you return is not a good idea. Use a good non-oily sunscreen (SPF 30+) to cover all areas that are easily burned. Do not bring sun tan oil.

Firearms and Liquid Fuels:

Personal firearms and fireworks are strictly prohibited. Liquid fuel lanterns/stoves are restricted for adult use only and not allowed in tents under any circumstances.

Smoking:

The use of any tobacco product by a youth is prohibited. Adults are prohibited from smoking in any location where they can be observed by youth.

Alcohol:

The use of alcoholic beverages and/or controlled substances at camp is prohibited

Uniforms:

As Scouts it is appropriate to travel to and from camp in a scout t-shirt. It will not be required to wear field uniform during activities on the adventure after leaving base camp, but Scouts and adults should have scouts shirts to wear since we will see other people at time appropriate shirts must be worn at all time

Swimsuits:

All swimming attire should be modest. Board shorts will be appropriate for men, all swim suits should have liners in them. For women, bikinis are not appropriate, one-piece swimsuits and modest tankini suits are considered appropriate.

Telephone and Electricity:

The adventure program will take place in remote areas that will not have access to telephones and electricity. For this reason, those needing to operate devices such as a c-pap machine will need to make arrangements to bring a battery pack. Program staff member will utilize cell phones in order to maintain communication with base camp. Scout cell phones are not recommended but if brought Camp Barstow and Indian Waters Council are not responsible for damage or loss of the device.

Bicycles:

Scouts will be allowed to bring bicycles as long as they pass inspection. See Inspections sheet appendix B. The aquatics base will have a limited number of bicycles for use by the scouts. Bicycles will only be used under the supervision of an aquatics base staff member. Helmets must be worn at all times while riding a bike. Bicycles will not be rode after sunset or before sunrise.

Housing:

The campers will be expected to bring either a small tent or a hammock. There will not be enough room for large tents at the aquatics base.

Conduct Policy:

Closely related to safety, both mental and physical, is our program's code of conduct. Each Participants will be required to read and sign a full value contract on expected behavior and conduct prior to leaving base camp. See the Code of Conduct Appendix A this guide. Due to the traveling aspect of this adventure and the fact that we will be in open view of the general public at times, it is imperative that we are constantly ensuring our words and actions are conducive with BSA policies and we are on our best Scout-like behavior. There will be a zero-tolerance policy for breaching this contract that addresses bullying, illegal substances, foul language, and several other key areas. The staff is prepared, at any time, to remove any individual from the program that refuses to abide by this code of conduct, or insists on causing issues for the entire group. Just as no one individual should be held back for the actions of others, all participants will be held to the same level of expectations in regards to their conduct while on this adventure.



Tentative Daily Program

Sunday:

1800 = Leave Camp Barstow for the Aquatics Base.

1900 = Arrive at Aquatics Base. Set up camp and prepare for adventure.

2000 = Supper at the Aquatics Base.

2100 = Campfire and Safety discussions as well as expectations.

Monday:

0500 – 1000 = guided striper fishing trip.
(To go breakfast)

1000 – 1100 = fish cleaning
(Dreher Island Fish Cleaning station)

1100 – 1200 = lunch/Dinner

1230 – 1500 = small boat sailing, Paddleboards, Kayaking, Canoeing, & fishing
(The scouts will have the opportunity to rotate through each of the listed activities)

1530 – 1800 = small boat sailing, Paddleboards, Kayaking, Canoeing, & fishing
(The scouts will have the opportunity to rotate through each of the listed activities)

1800 – 1900 = Supper

1900 – 2000 = Clean-up and leisure activities

2000 – 2100 = Campfire and Stop/Start/Continue

2200 = Lights-out



Tuesday:

0630 – 0700 = Breakfast

0700 – 1100 = small boat sailing, Paddleboards, Kayaking, Canoeing, & fishing
(The scouts will have the opportunity to rotate through each of the listed activities)

1100 – 1200 = lunch/Dinner

1230 – 1500 = small boat sailing, Paddleboards, Kayaking, Canoeing, & fishing
(The scouts will have the opportunity to rotate through each of the listed activities)

1530 – 1800 = small boat sailing, Paddleboards, Kayaking, Canoeing, & fishing
(The scouts will have the opportunity to rotate through each of the listed activities)

1800 – 1900 = Supper

1900 – 2000 = Clean-up and leisure activities

2000 – 2100 = Campfire and Stop/Start/Continue

2200 = Lights-out

Wednesday:

0630 – 0700 = Breakfast

0730 – 1100 = Clean-up and leisure activities

11:30 - 1200 = Transition back to base camp (Camp Barstow)



What to Bring

As stated several times thus far, participants need to be prepared to travel light while still having what is necessary for the adventure. Listed below are items that would be considered a minimally prepared backpack/drybag/duffel bag:

- Activity Uniform
- Hiking shoes/boots
- Backpack/duffel bag
- 2 Water Bottles/Nalgene's (1L)
- Insect repellent
- Sunglasses with strap
- Backpacking tent or hammock
- Sleeping pad – Backpack style
- Towel
- 2 bandanas
- Pocket knife
- Rain gear
- Mess kit
- Nylon cord (rope)
- First-aid kit (personal)
- Flashlight/headlamp
- Sunscreen/Sunblock - SPF30+
- Toothbrush/Personal toiletry items
- Clothing appropriate for the season/activities
- 2 Swimsuits
- Long Pants
- Hat
- Tarp/Ground cloth*
- Pencil/Pen/Notebook*
- Bike and Bike Helmet*
- Camera*
- Fishing equipment*
- Camp Chair*



* = optional items

Please remember several things in regards to packing: Yes this is an adventure, but you do not need 2 outfits per day - underwear and aquatic footwear are priorities. If you do not want it wet, find a way to secure it in a dry bag or some sort of protection - extra Zip-locks never hurt.

Appendix A: Code of Conduct

2024 Barstow Adventure Trek Participant Contract

Through registration with the Boy Scouts of America and participation as an active Scout/Scouter within the organization, I hereby recognize and agree to abide by the following principles as set forth by the Indian Waters Council as a participant in the 2024 Indian Waters Council Adventure Trek:

- I will conduct myself, in both actions and words, in a manner that will fulfill my pledge as a Scout/Scouter to the Scout Oath and the Scout Law.
- I understand and submit that my actions and words are at the interpretation of the Indian Waters Council staff, and that breach of this contract is declared at their discretion
- I understand that there is a zero tolerance policy for the possession and/or use of illegal substances and/or alcohol while I am a participant
- I understand that language, jokes, and conversations that are not Scout appropriate will be a violation of this contract and can ultimately result in removal from program participation.
- I understand that this program is a week-long BSA function, and I shall conduct myself in an honorable Scout like manner to the best of my ability at all times.
- I understand and agree that the Indian Waters Council staff have been trained and prepared to properly hold this program, and I will abide by any and all specific rules and regulations specifically set forth for this program.

Failure to acknowledge and adhere to the above mentioned policies will be observed as an Intentional breach of contract, for which any participant may be removed from the program at any time. By signing below, participants acknowledge that they have read this code of conduct and agree to abide by the expectations set by the Indian Waters Council and its staff.

Participant name (Please print): _____

Read and signed by: _____

Participant signature Date: _____

Appendix B: Bicycle Safety Checklist:

1. Frame - Clean and not bent out of shape. No cracks at Frame Joints.
2. Front Fork - Clean and not bent out of shape. No cracks at Fork Joints.
3. Headset Bearing - Well lubricated; turns freely with no binding. No perceptible play in the assembly.
4. Bottom-Bracket Bearing - Turns freely with not more than barely perceptible play in the bearing.
5. Crank Arms - Clean and not bent out of shape. Tightened securely on the Crankset Axle.
6. Chainrings - Clean, not worn, and not bent out of shape. Chainring Bolts tightened securely to hold Chainrings to Crank Arms.
7. Pedals - Bearings well lubricated; turn freely with no play in the bearing. Pedals tightly screwed into the Crank Arm.
8. Fenders - Clean; tightly attached without rattling or rubbing against the Tires.
9. Wheels - Run true and round. Wheel nuts tight. Closed and tight quick-releases. Centered in form or frame members.
10. Wheel Bearings in hubs - Well lubricated and properly adjusted to move freely with no more than barely perceptible play.
11. Spokes - None broken or bent. Tightened to a uniform tension.
12. Tires - Good Tread. Valves are completely airtight. Properly inflated to recommended pressure.
13. Rims - Clean of all oil and grime. Free of dents or kinks.
14. Chain - Proper tension, allowing 1/2 inch of play. No stiff links. Clean, lubricated, and wiped of excess lubrication.
15. Gearing - Clean and oiled. Three-speed gears adjusted to eliminate all slipping.
16. Brakes - Coaster - Even braking. Operate within a 20-degree back-pedaling motion. Hand - Even braking. All nuts tight. Front and rear brakes work without binding. Minimum of 3/16 inch of rubber on Brake Pads. Brake pads aligned with rims and contact rims with a minimum of movement of Hand Controls. No squeal when brakes are used.
17. Cables - No frayed ends. No broken strands. All taut.
18. Handlebars - Tightened securely. Grips not worn; fit snugly, adjusted to comfort of rider, ends plugged, & in line with wheel.
19. Saddle - Height, tilt, and fore/aft position adjusted to rider. All adjustments securely tightened. Seat post not extended beyond maximum mark on post.
20. Rear Red Reflectors/Lights - Visible for 300 feet.
21. Bell or Horn - In good operating condition. All accessories well tightened and securely fastened. No broken frames or fasteners.

Appendix C: Possible Requirements Met at Aquatics Base:

Not all merit badge requirements will be completed. A list of completed work will be given at the end of the week to the troop leader.

1. Small Boat Sailing Merit Badge
2. Fishing Merit Badge
3. Canoeing Merit Badge
4. Stand Up Paddleboarding Activity Awards
5. Snorkeling BSA Award
6. Camping Merit Badge
7. Cooking Merit Badge
8. Cycling Merit Badge (Mountain Bike option)
9. Kayaking BSA Award

