



# ACTIVITY GUIDE

## [Spring Cub Family Camp 2026 - CSI: Cub Scout Investigators](#)

**REGISTER ONLINE AT:** <https://www.sacscouting.org/CubFamilyCamp>

**Activity Date:** May 15 - 17, 2026

**Registration Deadline:** May 1, 2026

This event is for youth ages 5-10 years old.

This is a FAMILY activity. Participants can register to attend this activity as an INDIVIDUAL SCOUT with their parent or guardian and other family members OR as a group with their DEN or PACK with unit leadership. Youth are not permitted to attend without supervision. All youth must be accompanied by their parent, guardian or unit leadership at ALL TIMES. The Cub Scout and each member of the family that will be attending the activity must be registered. Bring your own tent, sleeping bag and other necessary camping gear. Breakfast, lunch and dinner on Saturday and breakfast on Sunday are included in the overnight camping fee. Lunch on Saturday is included in the day only fee. All participants are encouraged to bring a water bottle with them. Water stations will be set up throughout the camp program areas.

**For more information about this events activities contact:**

Jess Roschli via email at [Jess.Roschli@SACScouting.com](mailto:Jess.Roschli@SACScouting.com)

### Two Options to choose from:

1. Regular Fee - *OVERNIGHT CAMPING FULL WEEKEND* (Friday to Sunday, includes 4 meals per person)
  - \$60 Youth / \$35 Adult - REGULAR PRICE
  - \$65 Youth / \$40 Adult - LATE REGISTRATION PRICE
  - \$15 *DISCOUNT* on each additional youth (same family)
  - \$10 *DISCOUNT* on each additional adult (same family)
    - *NOTE: The discount only applies to additional youth or adult participants from the same immediate family. No combined group discounts.*
2. DAY ONLY Fee - *COME FOR THE DAY ONLY* (Saturday, includes lunch per person)
  - \$40 Youth / \$15 Adult - REGULAR PRICE
  - \$45 Youth / \$20 Adult - LATE REGISTRATION PRICE

**REGISTRATION CLOSES May 1, 2026 – NO WALK IN'S**

**MEDICAL:** Each participant (youth/adult) must have a copy of the Annual Health Form Parts A & B with them when they check in at camp. This can be downloaded at

<http://www.scouting.org/scoutsource/HealthandSafety/ahmr.aspx>

## General Schedule of Events

### Friday

4:00 pm – 8:00pm	Registration/Check-in Campsite Setup/Free Time	Trading Post Porch
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#### Note:

For families who prefer the opportunity to check in and camp on Friday evening, this option is available to you between 4 - 8:00 pm at the Trading Post Porch. Please be aware no food services or program stations will be offered on Friday. Breakfast on Saturday is provided at 8 am in the Dining Hall.

### Saturday

7:00am – 8:30 am	Registration/Check-in Setup Campsite	Trading Post Porch
8:45 am	Opening Flag Ceremony	Buttress/Parade Field
9:00– 12:00 pm	Morning Activities	
12:00 pm	Lunch	Dining Hall
1:00 pm – 1:50 pm	Group Activities / Free Time	
2:00 pm – 5:00 pm	Afternoon Activities	
5:45 pm	Flag Ceremony	Buttress/Parade Field
6:00 pm	Dinner Dining Hall	
8:00 pm	Campfire Program	Campfire Circle

### Sunday

8 am	Breakfast	Dining Hall
10:00 am	Everyone must be checked-out	

 CSI: Cub Scout Investigators Campout 

Something mysterious has happened at camp... an important item has gone missing! 🤔 Now it's up to our Cub Scouts to step into the role of investigators and crack the case. During this action-packed campout, Scouts will search for clues, analyze evidence, interview suspects, and work together to solve the mystery. Along the way, they'll practice teamwork, problem-solving, and observation skills—all while having a blast outdoors. Can your Cub Scout help solve the case before it's too late? The investigation begins at camp! 🔍🐾

Stations will include range and target activities, climbing wall, and other CSI activities!

Once registration closes on May 1st, all registered youth will be placed into dens with a program schedule.

## REGISTRATION

Questions concerning registration are to be directed to the Shenandoah Area Council Service Center via email [SAC@Scouting.org](mailto:SAC@Scouting.org) or by calling 540-662-2551. Reservations must be made online by the reservation deadline. To avoid LATE FEE's, registration must be completed and payment in full must be received before the posted deadline dates.

## PAYMENTS:

Payment may be made to the Shenandoah Area Council, BSA through the on-line Black Pug system with electronic check or credit card (*convenience fees apply*) or by check or money order.

Mail payments to: Shenandoah Area Council  
107 Youth Development Ct.  
Winchester, VA 22602  
(*include unit #, council and activity name on the check*).

## REFUND POLICY: (review a copy of the complete refund policy available for download online)

The official refund policy of the council is: All individual refunds are to be requested in writing, and can be sent by mail, email, or fax. Refund requests made more than one week after an event will NOT be considered. When the request is received in relation to the start of the event, camp or activity there will be a determination as to the amount of the refund. Fees may be applied to another individual attending the same event, camp or activity if arranged prior to the event. Fees cannot be rolled over to a future event or activity. A \$5 cancellation fee, per person, will be subtracted from ALL refunds to cover processing costs. This General Refund Policy applies to all camps, events and activities of the Shenandoah Area Council, BSA unless otherwise stated. Refunds requested due to medical reasons and other unforeseen circumstances will be reviewed on an individual basis and may require additional documentation. Refund policies for National and Regional BSA events may differ.

### Pro-Rated Refund Schedule:

- |                   |   |
|-------------------|---|
| ● 30 days or more | Full Refund, less \$5 cancellation fee. |
| ● 15-29 days      | 75% Refund, less \$5 cancellation fee.  |
| ● 8-14 days       | 50% Refund, less \$5 cancellation fee.  |
| ● 7 days          | 25% Refund, less \$5 cancellation fee.  |
| ● 6 days or less  | NO REFUND                               |

## BSA NATIONAL RULES & GUIDELINES:

### Leadership:

The minimum leadership requirements for any unit or family attending a Scouting activity or event is two registered adults who must be at least 21 years of age or older. No exceptions are allowed.

**All adults MUST complete online Safeguarding Youth Training and those adults camping greater than 72 hours must be registered with the Boy Scouts of America. An adult partner must accompany all Tiger Scouts.**

If there is a substitution of a unit leader (over 21), there should be an overlapping period to maintain program continuity and adult supervision over the Scouts. This will give an opportunity for the two leaders to get together and relate information needed to guide the unit properly.

The Chartered Organization is responsible for ensuring that enough leadership is provided for all activities. **At least two leaders must be with the Unit 24 hours a day. Leaders may rotate but they must sign in and out at the Camp Office.**

### No One-on-One Contact:

One-to-one contact between adults and youth members is not permitted. In situations that require a personal conference, the meeting is to be conducted in view of other adults and youth.

### Respect of Privacy:

Adult leaders must respect the privacy of youth members in situations such as changing into swimming suits or taking showers at camp and intrude only to the extent that health and safety requires. Adults must also protect their own privacy in similar situations.

### Separate Accommodations: For adult males/females & youth males/females

Separate tenting arrangements for male and female adults as well as for male and female youth. Spouses may share tents. When camping, no youth is permitted to sleep in the tent or cabin of an adult (Exception: Cub Scout age youth may sleep in the same tent/cabin with their parent or legal guardian). Individual separate shower facilities are available for youth & adult / male & female located at the main shower house. An Adult Only bathroom/shower facility is available with scheduled times for use by adult male and female leaders and parents.

### Abuse:

Scouting activities are a SAFE HAVEN for all who visit. Adult and unit leaders are not to use physical, mental, or verbal abuse on youth. This includes any threatening manner toward any youth or other person. This policy also pertains to youth-on-youth abuse. **Any actions or suspected behavior of this type is to be reported immediately to the Camp management. It is the policy of the Boy Scouts of America that any suspected abuse of any kind be reported to the appropriate authorities.**

### Bullying:

Bullying always involves one person or group trying to intimidate a target(victim) – often repeatedly. It might involve a physical act: hitting, kicking, biting, or shoving. It might also involve verbal or emotional abuse: teasing, put-downs, name-calling, hazing, hurtful joking, or intimidation. Bullies also sometimes use racial or sexual slurs or make threatening gestures. Bullying in all forms is prohibited from Scouting. **Unit leaders are responsible for disciplining their Scouts if issues of bullying arise including within their unit and between multiple units.**



## RULES WE LIVE BY

### The following rules are to be followed:

1. Anyone leaving the activity or event must sign out and back in at the camp headquarters. Failure to do so may cause a camp wide emergency.
2. Do not drive directly into the camp area. Park in designated parking area(s) first and get further instructions on the vehicle policy for the activity or event from the Camp Management team.
3. Vandalism of any sort, including writing or carving on property, will not be tolerated; responsible individuals and/or units will pay for all damages including staff time to make repairs.
4. Discipline is to be handled by unit leaders as needed. If assistance is needed, please talk to Camp Management.
5. Unit leadership is required to supervise their Scouts at all times including when they are going to activities, showers, trading post and other general program areas.
6. There should always be leaders in the campsite to supervise any Scouts coming and going during the day.
7. A Scout should always have their buddy (Buddy System) with them while moving around camp.
8. Please stay out of areas designated off limits.
9. Please do not pick up wildlife or throw items at them.
10. FOOTWEAR POLICY: All campers, scouters, staff, and visitors are always required to wear closed toe shoes while on camp property except for while you are in the shower or in the swimming area at the lake. Shower shoes or flip-flop style shoes can be worn while in the showers not to and from. We define closed toe shoes as any shoe where the toes are covered.

### Safety:

The following are prohibited:

- Personal firearms or bows
- Gambling
- Fireworks in any form
- Sheath Knives
- Slingshots
- Rock or stick throwing
- Alcoholic beverages
- All illegal drugs
- Pets, excluding Service Animal

### Firearms:

No personal firearms or archery equipment will be permitted in camp. The only exception to this rule is always for law enforcement personnel required by their employer to carry a firearm. Notice must be provided to Camp Management. The firearm must be secured when not in their control.

### Tobacco:

Scouting strives to be a tobacco free environment. Adult leaders (and guests) are asked to use discretion in using tobacco products. This includes the use of electronic cigarettes, personal vaporizers or electronic nicotine delivery systems which simulate tobacco smoking. Adults are to use designated tobacco use areas. Please dispose of all butts properly.

### Fires:

No open flames are permitted in any tent. This includes all candles including citronella, and chemical fueled lanterns and stoves. Check with Camp Management regarding the policy for campfires.

### Fuels:

For safety reasons, knowledgeable adult supervision must be provided when Scouts are involved in the handling of chemical fuels. The Shenandoah Area Council follows the National liquid fuel policy. This includes no storage in trailers.

### Hammocks & Hammock Style Tents:

Do not attach or hang hammocks or hammock-style tents to any buildings, structures or shelters in the campsite or camp. Do not “double stack” hammocks or hammock-style tents.

### Hazardous Weather:

Hazardous Weather Training needs to be taken by at least one Unit leader.

### Service Animals:

The Shenandoah Area Council allows “service animals: on camp property in compliance with federal, state and local laws. Scouts, Leaders/Adults, and visitors who require the use of a service animal, as defined by Federal and Virginia State law, are required to notify camp management at least one week in advance of arriving at camp by completing the special needs form available at <https://www.sacscouting.org/SpecialNeeds> . It is always the responsibility of the person using a service animal to follow all policies and maintain control of the animal. At no time should a service animal be left “off leach” while on camp property.

## MEDICAL

Every youth and adult must have a completed current BSA Annual Health and Medical Record, No. 680-001,

- Anyone staying less than 72 hours must have parts A&B.
- Anyone staying more than 72 hours must have Parts A, B, and C signed by a physician within the past 12 calendar months

The BSA Annual Health and Medical Record form can be downloaded at:

<http://www.scouting.org/Health-and-Safety/ahmr/>



**THE MEDICAL FORM NO LONGER ALLOWS ATTACHING ANOTHER PHYSICAL EXAM (IE: SPORTS PHYSICAL) TO THE BSA MEDICAL FORM. THE PHYSICIAN'S SIGNATURE MUST BE ON THE BSA FORM TO BE VALID.**

All medical forms are reviewed upon arrival at camp are held by the unit leadership and available for the Health officer while in attendance. The Camp Management reserves the right to restrict physical activity to any camper in consultation with the health officer.

### Insurance:

Each (SAC) Scout attending camp is covered by secondary health and accident insurance. This insurance covers only illnesses or injuries contracted at Camp for the first \$150.00. Parents' insurance is responsible for any additional amount. Medical insurance information must be on the medical form for each Scout and Scouter and a copy of the front and back of the insurance card must be attached to the medical form. Parents should plan for treatment of pre-existing conditions. Insurance claims will be paid only to the doctor or hospital.

### Medications:

Medications are to be administered by the Unit leadership and MUST be secured in a locked storage container by the Unit leadership at their campsite. A daily log of medications dispensed must be maintained by the Unit leadership. The health lodge has lockable storage boxes available for use while in camp if needed. Refrigerated medications and other medications can be checked-in with the health officer, secured at the health lodge and administered by the camp health lodge staff upon request.

The health lodge may provide over the counter medicine only with the approval of a parent or guardian.

### First Aid Treatment:

*All first aid treatment, no matter how minor, **MUST** be reported to the Health Officer.*

Any minor treatment administered at the Unit level must be recorded on the Unit First Aid Log and turned in to the camp health officer before checking out of camp at the end of the activity.

### CPAP Machines:

Campsites are NOT equipped with electric service. Please plan accordingly.

### Emergencies:

Emergency procedures will be discussed during the opening ceremony. These will vary according to the emergency. More information outlining the various emergency procedures is available in this guide. Please note: Emergencies and Incident Command are managed by senior camp staff and all off site communication should go through them.

## Pre-Event Health Screening

To reduce the risk of infectious campers and staff from participating in Shenandoah Area Council programs all participants must self-monitor for at least 14-days prior to their arrival. This will include symptom screening for all participants and staff. During this same 14-day period participants are required to disclose if any persons in their immediate family living in the same household and all other persons that they are in close contact on a regular/daily basis such as co-workers, teachers and friends have reported having COVID-19 symptoms or testing positive for COVID-19.

During the self-monitoring period IF any Participant or Staff, or a family member or other close contact:

- has any of the Level 1 or Level 2 COVID-19 symptoms or
- has been in close-contact with someone that is waiting for COVID-19 test results or
- has been in close-contact with someone that has tested positive for COVID-19 or
- has traveled by air, bus, or train within the United States or
- has traveled outside of the United States ...

The participant or staff member must provide proof of a negative molecular test prior to coming to the program.

### **In the last 14-days leading up to this program, has the participant:**

- 1) Experienced any one of the **Level 1** symptoms?  YES  NO
- 2) Experienced any two of the **Level 2** symptoms that are new for them?  YES  NO
- 3) Been in close-contact with someone that is waiting for COVID-19 test results?  YES  NO
- 4) Been in close-contact with someone that has tested positive for COVID-19?  YES  NO
- 5) Traveled by air, bus, or train within the United States?  YES  NO
- 6) Traveled outside of the United States?  YES  NO

#### **Level 1 Symptoms**

- Shortness of breath
- Fever of 100.4 or greater
- New or worsening dry cough
- Flu-like symptoms
- Vomiting
- Diarrhea

#### **Level 2 Symptoms**

- Cough
- Muscle Pain
- Sore throat
- Loss of taste or smell
- Rash
- Open sore

Any participant answering YES to one or more of the above listed questions must

# STAY AT HOME

until they have proof of a negative molecular COVID-19 test.

# SECURITY POLICY

## SHENANDOAH AREA COUNCIL

*The basis for this policy is taken from the National Council's Health and Safety Guide, Security Section*

### Visitors:

All visitors must report to the registration/check in station before proceeding to the campsites or into other areas in camp. Please make sure everyone "signs in" FIRST.

### Early Release:

Frequently, the request for an early release will be made because of an emergency in a Scout's family or due to an illness or an activity outside of camp. In any event, there could be a certain amount of anxiety and tension on the part of the legal parent or guardian. This individual may not understand or appreciate any delay in the release of the Scout and adherence to the camp security policy. Because of the legal parent or guardian's trust in the camp, we ensure the utmost care and wellbeing of the Scout.

**Under no circumstances is ANY camper to go to the parking lot to meet their ride without first checking out at the camporee headquarters. Only the Camp Management staff, or Health Officer may process early release. \*\*The unit leader in charge has final say\*\***

In the event an individual arrives at camp and requests the early release of a camper for whatever reason, the following steps MUST be followed to ensure the entrusted well-being of the youth in our care.

Verification must be made to assure that the person requesting release is acting as the legal parent or guardian or under the direction of the legal parent or guardian.

Verification may be done by the following:

- a. Approval of the unit leader in charge.
  - b. Presentation of proper identification matched with the name listed as the legal parent or guardian on the Scout's medical form.
  - c. Contact via telephone with the legal parent or guardian. The telephone number used may be supplied by the unit leader or obtained from the medical form.
  - d. Previous arrangements made with the unit leader and camp management by the legal parent or guardian.
- ❖ It is understood that any person who requests the early release of a Scout will abide by the policy set forth above and completes the early release form prior to the release of the Scout.
  - ❖ It is understood that a Scout will never be released to another youth less than 18 years of age without verified permission from the legal parent or guardian.
  - ❖ If the parent is an adult leader attending camp an early release form must be submitted at time of check-in if leaving early with their child.
  - ❖ The acting unit leader in charge must escort the camper to admin for final release.

## **SAFETY & EMERGENCY PROCEDURES**

### MEDICAL EMERGENCIES

All accidents and illness **MUST** be reported the Health Officer. The camp health officer will administer necessary care and determine need for further treatment. Emergency first aid required at the site of the accident may be performed in the case of severe bleeding, choking, loss of breathing, cardiac arrest, or drowning. Leaders may provide initial First Aid to members of their troop in the case of simple cuts, bee stings, abrasions, nose bleeding, sickness, simple strain or sprains. In the event the person cannot be moved, send someone to notify the health officer or other staff for assistance. The Health Officer or person in charge decides if an accident or illness will require contacting 911 or transport to the hospital for treatment.

### HOT WEATHER

During periods of extremely hot weather, we will modify program plans to prevent Scouts from engaging in strenuous activities. Water jugs will be dispersed around camp at the program and other public areas.

### HEAVY RAIN, FLOOD, WINDSTORM

Program areas will be closed as necessary. Program equipment and materials will be secured. Units will be instructed to secure tents and other equipment in their campsites as necessary. All campers should stay away from lakes and streams and other waterways in camp. In the case of high winds, participants should seek shelter under hard cover in the campsite or program areas. If necessary, a camp wide "severe weather" alarm will be released directing campers to nearby designated hard cover shelters.

### LIGHTNING

Outdoor activities may be postponed or cancelled if thunderstorms and/or lightning are imminent. The aquatics program area and all water related activities will close for a minimum of 30 minutes if thunder or lightning is present. Take shelter under hard cover including buildings, cabins, campsite or program area shelters. If caught outdoors, find a low spot away from trees, flag poles, telephone poles, and power lines. Make sure the place you choose is not subject to flooding. If you are in the woods, take shelter under the shorter trees. If you feel your skin tingle or your hair stand on end, squat low to the ground on the balls of your feet. Place your hands over your ears. Make yourself as small a target as possible. **DO NOT LIE DOWN**. If you are boating or swimming, get to land and follow the guidelines above.

### MISSING PERSON

Identify who the missing person in your unit is and where they are supposed to be. Notify Camp management staff or designee. Ask the other leadership in your unit if they have seen the missing person. The Camp management staff will send a radio transmission with missing person's name, campsite and unit number and send staff to search program other public areas of camp for the missing person. Camp management staff will determine if it is necessary to sound the lost camper/swimmer alarm.

### FIRE

IN CASE OF FIRE Sound verbal alarm by yelling **FIRE** and notify Camp Staff. Youth are **NOT** to participate in fire-fighting activity. IF FIRE ALARM IS SOUNDED all campers will report to their designated area where Unit Leaders will take roll call and report to the person in charge. Camp Management will contact 911 and the local Fire Department.

## ACCIDENTIAL DEATH

Clear all campers from area. Send another leader to notify the Camp Director or Health Officer. Camp management will notify rescue squad, administer all appropriate First Aid, identify victims and secure additional unit leadership. Camp Director initiates Crisis Communication Plan.

## VIOLENT INTRUDER

*A violent intruder is an individual actively engaged in hurting, attempting to hurt, or attempting to kill people in a confined and populated area. The intruder may be using firearms, but the weapon could be a vehicle, a knife, or something else. There is no pattern or method to their selection of victims.*

## GENERAL INFORMATION

Violent intruder situations are unpredictable and evolve quickly. Typically, the immediate deployment of law enforcement is required to stop the violence and mitigate harm to victims. Because these incidents are often over within 10 to 15 minutes—perhaps before law enforcement has arrived on the scene—others must also be prepared, mentally and physically, to deal with a traumatic or even tragic situation.

## RESPONSE

- **RUN**—Get out of the immediate area. Help others to escape. Leave belongings behind. Remain calm and scatter into the woods. Contact the authorities via 911 once you are relatively safe.
- **HIDE**—If evacuation is not an option, find a place to hide (concealment) where the intruder cannot find you. Lock or barricade doors. Move away from windows. Hide behind something substantial. Remain calm and quiet. Silence electronics. Contact the authorities via 911 once you are relatively safe, and do not hang up. If for any reason you can't talk, allow the line to remain open so the dispatcher can listen to what is happening.
  - If you are caught in the open and able to move, seek cover. Try to put a barrier between you and the intruder. If you are unable to move, play dead, and the intruder may ignore you.
  - *Cover* means protection from the intruder. *Concealment* means protection from observation.
- **FIGHT**—Do this only as a last resort when you are in immediate danger and cannot run. Act as aggressively as possible. Use common items to fight (chair, book, fire extinguisher, sticks, etc.). If people who are under threat outnumber the intruder, use those numbers to your advantage.

## ARRIVAL OF AUTHORITIES

- Authorities will immediately be focused on containing the situation. Stay calm and follow ALL of their directions. Keep everyone together and render first aid.

## RECOVERY

- Once the situation is under the authorities' control and the threat no longer exists, post-event activities become the priority.
  - Everyone present is accountable for determining if anyone is missing or injured.
  - Coordinate with first responders to account for those who were injured and evacuated, or injured and not evacuated, and those who require definitive or specialized medical attention.
  - Activate the communications plan to notify Scout leadership and families.
  - Assess the psychological state of individuals at the scene and provide assistance accordingly.

## GENERAL INFORMATION

### Uniforms & Dress Code at Camp:

Each unit should have a clothing policy that meets the needs of their members in consultation with their charter partner and within the framework of Scouting America's clothing policy guidelines. A camp activity uniform is recommended for all activities. The field uniform is suggested for flag retreat, dinner, and campfires. Each unit sets a camp activity uniform, we recommend the camp t-shirt or other scout t-shirts, scout shorts, scout socks, and shoes. We recommend that swimwear should be comfortable, functional, and appropriate for the specific aquatic activity. As always, we remind everyone that Scouting's Barriers to Abuse states, "Appropriate attire is required for all activities." Swimwear must be clean, designed as swimwear, appropriate to the activity, and secure enough to not shift or fall off during activities.

### Special Needs:

The Boy Scouts of America recognizes that no two young people are exactly alike. If there is a Scout or adult with special needs and would like to know the accommodations available and/or talk to someone about making their experience successful, please notify our staff at <https://www.sacscouting.org/SpecialNeeds> .

### Tenting & Bedding:

Each camper will need to bring their own tent(s), bedding and other camping equipment.

### Good Turn Service Projects:

Your Unit is encouraged to perform a "good turn" during your stay at Camp in the form of a service project approved in advance. Please sign up for Flag Duty and/or Grace with the Event Staff.

### Trash / Litter:

Trash is to be taken to the fenced area located behind the dining hall daily. Do not litter, and please do your good turn by helping pick up someone else's mess. Let's all work to keep camp clean. The Camp's appearance depends on you.

### Checkout:

Checkout will include a comparison of campsite condition to the conditions found when the unit/family checked in. Improvements will be noted, and damages will be billed to the unit/family responsible.

# WHAT TO BRING TO THE CAMPOREE

## Scout Cold Weather Outing:

- Scout Spirit
- Field Uniform
- Activity Uniform
- Long-sleeved shirts
- Long pants (fleece or wool)
- Long underwear
- Hiking boots or sturdy shoes
- Socks (wool or synthetic)
- Warm parka or jacket with hood
- Cap/Stocking hat
- Mittens or gloves
- Scarf
- Rain gear
- Extra clothing
- Headlamp/Flashlight
- Sunscreen/Bug Repellent
- Canteen/Water Bottle
- Tent/ground cloth
- Sleeping bag/padding
- Pillow
- Camp Chair
- Hand Sanitizer
- Toiletries
- Shower gear



## Don't forget your Scout Outdoor Essentials!

**They're called Essentials for a reason. Every packing list starts with these!**

## Optional Items:

- Pocket Knife (must have Totin" Chip)
- Compass
- Fishing Gear
- Camera
- Pack & Frame
- Scout Handbook
- Notebook/Pencils

## The Scout Unit:

- Unit Spirit
- Unit Records
- First Aid Kit
- Pop-up style canopy's
- Lantern(s)
- American Flag & Unit Flag
  
- Ice Cooler
- Cooking Equipment
- Rope
- Bow Saw & Axe
- Sharpening Stone
- Cloths Line

## THE PURPOSE OF SCOUTING EVENTS

Why do boys & girls join Scouting? **To have fun!**  
Where's the best place to have fun? **The Outdoors!**  
Why do Scouts come to camp? **To have fun in the outdoors!**  
Where is the best place to have fun in the outdoors? **Scouting Activities!**



✓Fun ✓Adventure ✓Outdoor Skills ✓Ideals ✓Service ✓Leadership ✓Advancement

The outdoor program is based on Scouts learning through a fun-filled activities. Some activities are strictly for fun, while others may partially or wholly complete a badge or rank requirement. Program is the cumulative total of all that a Scout does, sees, and learns during the event.

It is the job of the staff, unit leaders, and parents to see that Scout's experience involves all the six key elements listed above in some way. For example, if we only focus on advancement, we might be denying our Scout an exciting adventure!

Our responsibility as Scout leaders is to be aware of the importance of all six elements of the program and to communicate this importance to all parents or involved persons.

While we encourage each Scout to work toward advancing by completing badges and rank requirements to check boxes and earn the next rank, we must guard against this becoming the primary purpose of any program.

We will consider our programming successful if we have helped your Scouts: Strengthen leadership skills

- Build Unit and Patrol spirit
- Become more confident as a Scout and as a person
- Grow spiritually
- Become more empowered citizens
- Learn life skills by participating in events
- Have Fun!

All, the program we provide should be considered a supplement to the Units own year-long program. None of our activities are required, and if different or additional programming is desired do not hesitate to ask and we will accommodate to the best of our ability.

## SHENANDOAH AREA COUNCIL PROGRAMMING GOALS

We will consider our programming successful if we can help your scouts experience growth within each of these four areas.

**Youth:** As a staff, we believe that each youth comes to a Scouting event to have fun. For that reason, we rely on games, activities, and "hands on" experiences when teaching skills. We stress learning for the sake of gaining experience and mastering scout skills, rather than as a stepping-stone to a badge or an award. Above all, we try to help each youth reach their goals for the event.

**Buddies:** For safety reasons, Scouts should always travel in a group of at least two. To promote this idea, we will offer several activities which encourage the scouting duo to work together, to learn together, and have fun together.

**Patrol:** Baden-Powell once said that the patrol was the secret of the success of scouting. Scouting events thrive on strengthening patrols using the Patrol Method. We will encourage Scouts to live as a patrol, to show patrol spirit, and to operate according to the patrol method.

**Pack/Troop/Crew:** You will have the opportunity to compete with other Scouting Units in demonstrating your Unit spirit. At the same time, we will encourage you to join for skill competitions, games, and campfires. We believe that you can have a lot of fun with your fellow scouts and scouters, and that you'll gain several new ideas to take home with you.

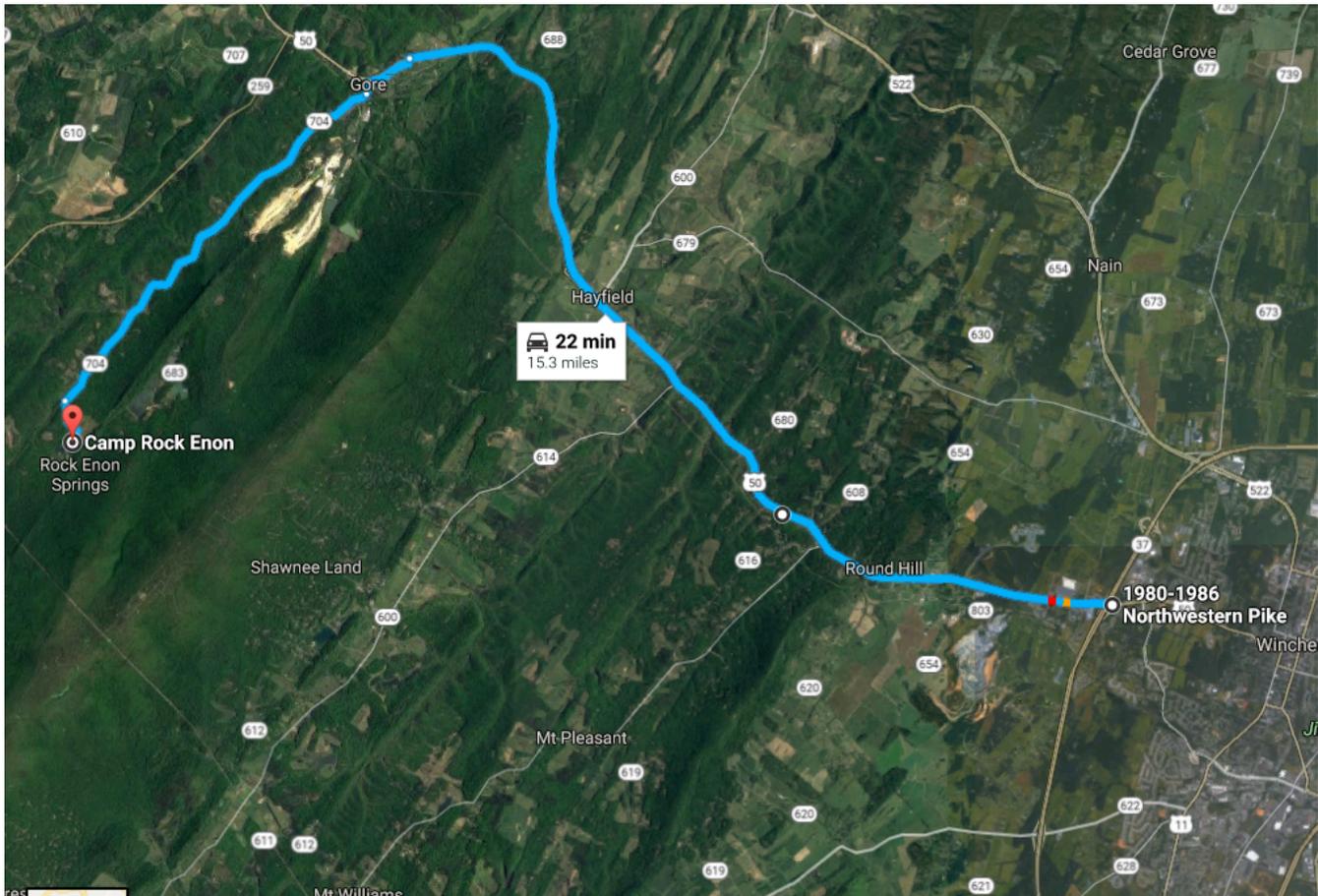
## DIRECTIONS TO CAMP ROCK ENON – FROM WINCHESTER, VIRGINIA

“Just 5 miles off the 4-lane road!”

Driving directions to 292 Rock Enon Springs Rd, Gore, VA 22637

15.3 mi – about 28 minutes

- From Rt. 37 and US 50 west of Winchester.
- Follow US-50 for 10.0 miles
- Turn left at Gore Rd for 0.5 miles
- Turn left at Back Creek Rd/VA-718 Continue to follow Back Creek Rd for 4.5 mi
- Turn left at Rock Enon Springs Rd/VA-683 (Destination will be on the right) for 0.4 mi







# Storing Food at the Proper Temperature Fact Sheet

**Here are some recommended temperature requirements for storing food:**

Care must be taken to ensure that food is stored at the proper temperature. If not, quality and safety will suffer. Food that was received frozen should be stored at temperatures that will keep it frozen. While most fresh potentially hazardous food should be stored at 41°F (5°C) or lower, others may have different temperature requirements.



Product	Storage Temperature
Fresh meat	Store at an internal temperature of 41°F (5°C) or lower.
Fresh poultry	Store at an internal temperature of 41°F (5°C) or lower.
Fresh fish	Store at an internal temperature of 41°F (5°C) or lower.
Live shellfish	Store at a temperature of 45°F (7°C) or lower.
Eggs	Store at an air temperature of 45°F (7°C) or lower.
Dairy	Store at an internal temperature of 41°F (5°C) or lower.
Ice cream and frozen yogurt	Store at a temperature between 6°F and 10°F (-14°C and -12°C).
ROP food (MAP, vacuum packed, and <i>sous vide</i> )	Store at temperatures recommended by the manufacturer or at 41°F (5°C) or lower.
Canned and dry food	Store at a temperature between 50°F and 70°F (10°C to 21°C).

# Preparing Food Safely

## Fact Sheet

### When preparing food:

**Prevent cross-contamination.** Cross-contamination is the transfer of microorganisms from one food or surface to another.

To prevent cross-contamination:

- Wash hands properly before working with food and between touching different types of food, especially potentially hazardous items such as raw meat, poultry, or seafood.
- Use different cutting boards and utensils to keep raw and ready-to-eat food separate.
- Clean and sanitize all work surfaces and equipment after each task, especially after working with potentially hazardous food such as raw chicken.
- Prepare raw and ready-to-eat food items at separate times of the day. For example, you can prepare salads in the morning, clean and sanitize utensils and work surfaces, and then debone chicken in the afternoon.

Food preparation is a crucial step in restaurant and foodservice operations. To prepare food safely, you must prevent cross-contamination, use proper time and temperature control, and always practice good personal hygiene.



**Control time and temperature.** Foodborne illness-causing microorganisms grow and multiply at temperatures between 41°F and 135°F (5°C and 57°C). This range is known as the temperature danger zone. You should minimize the amount of time food spends in the temperature danger zone.

The best way to avoid time-temperature abuse is to establish and monitor control procedures that employees must follow.

Some suggestions include:

- Removing from the refrigerator only enough product that can be prepared in a short period of time
- Preparing small batches of food at a time
- Refrigerating food if interrupted during preparation
- Refrigerating or cooking food as soon as prep is done

# Minimum Internal Cooking Temperatures Fact Sheet

Here are some minimal internal cooking temperatures for several common food items:

After safely preparing food, you must cook it to the correct minimum internal temperature to reduce dangerous microorganisms to safe levels. Temperatures vary from item to item. Always use a thermometer to verify final cooking temperatures.



Product	Cooking Temperature
Poultry (including whole or ground chicken, turkey, and duck)	165°F (74°C) for 15 seconds
Stuffing <ul style="list-style-type: none"> <li>● Stuffing made with potentially hazardous ingredients</li> <li>● Stuffed meat, fish, poultry, and pasta</li> </ul>	165°F (74°C) for 15 seconds
Dishes containing potentially hazardous ingredients	Previously cooked ingredients: 165°F (74°C) for 15 seconds; cook raw ingredients to their required minimum internal temperatures
Ground meat (all meat or fish)	155°F (68°C) for 15 seconds
Injected meats	155°F (68°C) for 15 seconds (brined hams and flavor injected roasts)
Pork, beef, veal, and lamb	Steaks, Chops: 145°F (63°C) for 15 seconds Roasts: 145°F (63°C) for 4 minutes
Fish	145°F (63°C) for 15 seconds
Eggs for immediate service	145°F (63°C) for 15 seconds; eggs to be hot held: 155°F (68°C) for 15 seconds

When cooking in a microwave oven:

- Cover food to prevent drying.
- Cook food to 165°F (74°C).
- Rotate or stir food halfway through cooking.
- Take food's temperature and let stand for two minutes after cooking.