

# Summer Camp Leaders Guide

# '26



*Sinoquipe*  
SCOUT RESERVATION

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## Welcome from Camp Sinoquipe and the Shenandoah Area Council

**PLEASE NOTE THIS IS A PREVIEW GUIDE – THE FULL AND COMPLETE GUIDE WILL BE AVAILABLE TO DOWNLOAD JANUARY 2026.**

Thank you for considering Camp Sinoquipe for your 2026 summer camp experience. We recognize that you have many camps to choose from and we are thrilled about the opportunity to serve you. We are hosting six weeks of Scouts BSA summer camp programming with a variety of options, including our premier Lakusin 1<sup>st</sup> year camper program and a traditional merit badge program with a great selection of badges including a few new ones. The Trailblazer program is being reorganized into a semi-structured half-day 2<sup>nd</sup> year camper program focusing on scout skills. There will be day trip options as part of our Spirit Day activities on Wednesday, plus week-long adventure programs for your veteran scouts looking for a different summer camp experience. For the adults coming to camp, we offer a variety of aquatics trainings and IOLS training bundled with several other adult leader training programs entitled “Woods Wisdom,” brought to you by “Pappy” Dan Urban!

This guide is for leaders and scouts as your troop begins to plan for your summer camp experience; with helpful information about program options, financial assistance, and our commitment to delivering a quality experience.

If you have any questions about attending Camp Sinoquipe’s summer camp program, please contact us at [ssrcampdirector@scouting.org](mailto:ssrcampdirector@scouting.org).



**ONLINE REGISTRATION IS NOW OPEN!**

To hold a space and register your troop to attend summer camp at Sinoquipe scan this QR code or use this link:

[www.campsinoquipe.org/summercamp](http://www.campsinoquipe.org/summercamp)

Many of our staff members will be back next summer and you will see familiar faces from *The Most Enthusiastic Camp Staff in America!* We’re looking forward to welcoming you back to camp for another great summer camp experience!

### Our Commitment

Scouting America is committed to creating a welcoming, safe environment where scouts can freely express themselves, share their experiences, and become the best version of themselves by learning from and respecting each other. We welcome, at every level of our movement, youth and families who wish to live a life of impact and purpose, guided by the Scout Oath and Law.

# KEY DATES TO REMEMBER

<b>NOW</b>	Reserve your space!
<b>JAN 15</b>	First Payment Due \$50 per scout \$25 per adult Adventure Programs PAID IN FULL TO SAVE \$75
<b>MAR 15</b>	Second Payment Due \$200 scout \$25 per adult SAC OA Campership Applications Due
<b>APR 11</b>	Third Payment Due Scout paid in <u>full</u> to access merit badge signup \$25 per Adult
<b>APR 7</b>	Online Zoom Orientation – How to sign up for merit badge classes <b>Scouts PAID IN FULL to access sign up for merit badge classes beginning 4/12</b>
<b>APR 12</b>	Merit Badge Class Registration Opens @ 12 noon Beginning on April 12, individual scouts can sign up for specific merit badges they want to work on while at camp. <b>Note: To sign up scouts for individual merit badge classes, the scout fees must be paid in full by 4/7.</b>
<b>APR 15</b>	@ 11:59PM Last chance to drop any “SPOTS” without paying a penalty
<b>APR 16</b>	50% refund policy begins. Refer to <a href="#">Summer Camp Refund Policy</a> .
<b>MAY 5</b>	online Zoom orientation – Summer Camp Preparations
<b>MAY 15</b>	@ 11:59PM last chance to drop any “SPOTS” before NO REFUNDS begin. <b>Custom Summer Camp T-Shirt Orders are due</b> <a href="http://www.campsinoquipe.org/campswag">www.campsinoquipe.org/campswag</a>
<b>MAY 16:</b>	\$25 LATE FEE begins -any spots not paid in full by 5/15/26 @ 11:59PM <b>No refunds.</b> Refer to the summer camp refund policy for details.



## EXPERIENCE THE ADVENTURE OF SUMMER CAMP AT SINOQUIPE SCOUT RESERVATION



# 2026 SUMMER CAMP FEES

Youth Regular Fee                 \$500 PAID IN FULL on or before April 1, 2026 NOTE: \$525 after 4/1/26  
 Adult Regular Fee                 \$225 PAID IN FULL on or before May 15, 2025

**ANY SHENANDOAH AREA COUNCIL SCOUTS BSA TROOP THAT HAS NOT ATTENDED A SAC SUMMER CAMP IN THE PAST 3 YEARS WILL RECEIVE A \$25 PER YOUTH DISCOUNT WHEN THEY SIGN UP FOR SINOQUIPE SUMMER CAMP IN 2026.**

**ANY OUT OF COUNCIL SCOUTS BSA TROOP WHO REFERS ANOTHER TROOP FROM YOUR COUNCIL WILL RECEIVE A \$25 PER YOUTH DISCOUNT WHEN THEY REGISTER TO ATTEND SINOQUIPE SUMMER CAMP IN 2026.**

Youth Provisional Fee             \$525 PAID IN FULL on or before April 1, 2026

**ONLY AVAILABLE SESSION #6**

**LATE FEE**     \$25 on all registrations not paid in full beginning May 15, 2026 @ 11:59PM

## ADDITIONAL PROGRAM FEES

**NO ADDITIONAL FEES FOR MERIT BADGE CLASSES / KITS** Except Shotgun merit badge \$25 fee

### EVENING PROGRAMS

Discover Scuba evening program	\$75
Open Range & Target activities	Purchase Ammo tickets

### SPIRIT DAY OFF-SITE EXCURSIONS

White Water Rafting	\$75
Natural Rock Climbing & Rappelling	\$75
Aerial Adventure COPE Course	\$75

**Prices subject to change before April 12<sup>th</sup>, 2026.**

## ADVENTURE PROGRAM FEES – includes regular summer camp fee

	Early Bird	Regular	Late
ROCK ON Climbing	\$550	\$625	\$650
THRIVE ON Backwoods	\$550	\$625	\$650
HIKE ON Backpacking Trek	\$550	\$625	\$650

**FOR ADVENTURE PROGRAMS - SAVE \$75 EARLY BIRD**

**Sign up for an Adventure Program and pay in full by Jan. 15, 2026**

**\$25 Late Fee after May 15, 2026**

## SPECIALTY WEEK PROGRAM FEES

	Early Bird	Regular	Late
Range and Target	\$500	\$525	\$550
Skilled Trades & Scouts at Work	\$500	\$525	\$550
Eagle Day Camp Week	\$450	\$475	\$500
Tenderfoot to 2 <sup>nd</sup> Class Day	\$450	\$475	\$500

## TYPES OF SCOUT CAMPING

### TRADITIONAL CAMPING

Campers are housed in two-person canvas tents on raised platforms with a cot and mattress furnished for each camper and leader. Meals are prepared by the food service staff and served in the camp dining hall. Each campsite features running water and latrines with a washstand. Four shower houses are available for campers and leaders throughout camp.

### PROVISIONAL CAMPING

This opportunity is for scouts who cannot attend with their own troop or who wish to attend an additional week. Provisional camping will be offered during week 6. Register for provisional camping through Tentaroo.

### JOIN US FOR A SECOND WEEK!

Any camper who participates in a second week of camp receives a \$50 discount!

## PAYMENTS

Payment may be made to the Shenandoah Area Council, Inc. through the on-line SAC Tentaroo 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 #, your home council, and the session (week) of camp on the check***

## CAMPERSHIPS

Summer Camp Scholarships are available for Shenandoah Area Council Scouts attending an in-council summer camp program. Applications must be submitted for review and consideration to the Shenandoah Area Council Office and RECEIVED by March 15<sup>th</sup> at 5PM.

**See Forms Index for the [Campership Form.](#)**

## REFUND POLICY

(review a copy of the complete refund policy available in the [Forms Index](#))

- On or before April 15<sup>th</sup> – full refund of any funds paid will be issued (less processing fee)
- Beginning April 16<sup>th</sup> – Partial refund up to 50% of the total fees will be issued (less processing fee)
- Beginning May 16<sup>th</sup> – NO REFUNDS will be issued, with the following few specific exceptions:
  - 50% refund of funds paid may be issued in the event of the death of an immediate family member, sickness, injury, or summer school requirement (verification from physician or another official required).

# HOW TO REGISTER FOR SUMMER CAMP AT SINOQUIPE

The Shenandoah Area Council, Camp Sinoquipe website allows your unit to create an account on the SAC Tentaroo system and register for summer camp online. With this online account you can manage your reservations, scouts and leaders attending, sign up scouts for merit badges as well as access the reports after camp. To keep annual troop records together in the same place, please use the same “username & password” combination each time your unit registers to attend Camp Sinoquipe.

## **DO NOT REGISTER FOR SUMMER CAMP BY INDIVIDUAL SCOUTS OR FAMILIES.**

To reserve your Unit’s space for Summer Camp at Sinoquipe go to:

<http://www.campsinoquipe.org/summercamp>

Questions concerning reservations may be directed to the Shenandoah Area Council Service Center by calling 540-662-2551 or email [ssrcampdirector@scouting.org](mailto:ssrcampdirector@scouting.org)

**TENTAROO USER MANUAL** – use this link: <https://users.tentaroo.com/>

A comprehensive user manual is available online at the above link with information related to everything related to using the Tentaroo online system including step by step instructions and videos.

**GETTING STARTED ON TENTAROO** – use this link: [https://youtu.be/vQnrz7\\_zvcc](https://youtu.be/vQnrz7_zvcc)

Use the above link to access a video on how to get started with using the Tentaroo online system including help with creating an account and overview of options.

**EVENT REGISTRATION ON TENTAROO** – use this link: <https://youtu.be/K6tYAO1qj3M>

Use the above link to access a video on how to register for an event using the Tentaroo online system including help with how to create a unit reservation for Summer camp, register individuals for Summer camp, sign up scouts for programs such as merit badges, modify reservations or registrations and downloadable reports available.

Beginning April 12, 2026 (Note: individual scout must be paid in FULL to access) leaders can start to sign scouts up for merit badge classes.

We will use the online registration system to sign up **ALL** scouts for their merit badge classes. Your unit will sign up scouts for their classes prior to arriving at camp using the SAC Tentaroo online registration system. They will choose between the diverse options available to build their own individual schedule for the week. Some classes have age restrictions or waivers needed. Please look for these restrictions when signing up. You can also view our [Merit Badge Quick Guide](#) that lists all of the merit badges offered for 2026, prerequisites for each merit badge, and any restrictions in the Forms Index.

# 2026 SUMMER CAMP SCHEDULE

## REGULAR SUMMER CAMP SCHEDULE

Week 1	June 14-20
Week 2	June 21-27
Week 3	June 28-July 4
Week 4	July 5-11
Week 5	July 12-18
Week 6	July 19-25

## ADVENTURE PROGRAMS SCHEDULE

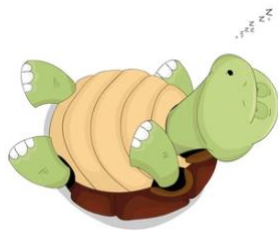
ROCK ON Climbing	Weeks 1, 4, & 6
THRIVE ON Backwoods	Weeks 2, 4, & 6
HIKE ON Backpacking Trek	Weeks 1 & 3

## SPECIALTY WEEK PROGRAMS SCHEDULE

Range & Target	Week 4
Skilled Trades & Scouts @ Work	Week 6
Eagle & Tend – 2 <sup>nd</sup> Class Day Camps	Week 5

## DAILY SCHEDULE

6:15AM	Run for Life
6:30AM	Morning Plunge
7:45AM	Flag Ceremony
8:00AM	Breakfast
9:00AM-Noon	Program Time
12:00PM	Lunch
1:00PM	Turtle Time
2:00PM-5:00PM	Program Time
5:45PM	Flag Ceremony (Field Uniform)
6:00PM	Dinner (Field Uniform)
7:00PM-8:30/9PM	Evening Program



**TURTLE TIME:** A one-hour time slot from 1-2PM to maintain your campsite, work on campsite improvement projects,

complete shower duty when assigned, and to prepare your scouts for the remainder of the day, which may include a nap!

**PROGRAM TIME** is not just for scouts to work on merit badges. Scoutmasters and leaders have the opportunity for fun and advancements during this time as well.

During open program time, area directors welcome scouts to come have fun in the area or work more on badges. Scouts can also play gaga ball, volleyball, and basketball; fish; and get snacks at the trading post! The evening Program Schedule is posted in the camp newsletter each morning.

### RUN FOR LIFE & POLAR BEAR PLUNGE

Scouts and leaders have the option to start the day with a mile run and a swim in the lake.

- o Participating for 3 days counts toward earning the Honor Scout Award.
- o Participating for all five days earns a special award!

### THEME DAYS

Every day is a different theme at Camp Sinoquipe!

**THEME DAYS COMING IN JANUARY OF 2026  
FULL LEADERS GUIDE – STAY TUNED!**

## EVENING PROGRAM SCHEDULE

Sun Opening Campfire  
Mon Open Program Areas  
Tues Open Program Areas  
Wed Troop Cookout & Campfires  
Thurs Chapel, OA Social & Open Program Areas  
Fri Closing Campfire



### RETURNING IN 2026

*Summer Camp 2026 is bringing you exciting programming during Evening Program! Available all 6 weeks of camp, sign up online using Tentaroo!*



*Paul Bunyan Award is being offered at Scoutcraft. This may or may not take all 3 days of Evening Program – it depends on the commitment from the scout.*

*Discover Scuba – Cost is \$75. Space is limited. Program is delivered by West Shore Scuba at Sinoquipe on Thursday evening from 7-9 PM. Participants of this program will earn the Scuba Award! [See Discover Scuba Form in Forms Index.](#)*

# MERIT BADGE SCHEDULE

Merit badge classes are Mon, Tues, Thurs, and Fri. unless otherwise noted

Please see [Merit Badge Quick Guide in Forms Index](#) for a listing of prerequisites needed for each merit badge and their location in camp.

Indicates Eagle Required    New for 2026

	9AM	10AM	11AM	2PM	3PM	4PM
<b>Trades</b>	Welding		Woodwork			Welding
<b>Aquatics: Swimming</b>			Instructional Swim	Lifesaving		Lakusin (pool)
<b>Aquatics: Boating</b>	Swimming	Swimming		Swimming		
<b>Aquatics: Awards</b>	Kayaking	Stand Up Paddleboarding	Canoeing	Kayaking	Kayaking	Lakusin (lake)
<b>Aquatics: Supervision</b>	Stand Up Paddleboarding	Snorkeling		Stand Up Paddleboarding	Stand Up Paddleboarding	Snorkeling
<b>Aquatics: Supervision</b>	Paddle Craft Safety: Basic Canoeing				Swimming & Water Rescue	
<b>Cultural Center</b>	Cit in the Nation	Communication	Cit in the World	Cit in the Nation	Public Speaking	Cit in the World
<b>Cultural Center</b>	Golf (Disc Option)	Business	Salesmanship (Trading Post)	Law	Business	Scouting Heritage
<b>Ecology</b>	Environmental Science		Lakusin	Environmental Science		Reptile & Amphibian Study
<b>Ecology</b>	Insect Study	Nature	Astronomy	Chemistry	Lakusin	Soil & Water Conservation
<b>Ecology</b>	Fishing or Fly Fishing	Fishing	Fish & Wildlife Management	Fishing or Fly Fishing	Fishing	Fish & Wildlife Management
<b>Handicraft</b>	Art	Basketry	Lakusin	Basketry	Lakusin	Leatherworking
<b>Handicraft</b>	Pottery		Woodcarving	Woodcarving	Pottery	
<b>Health &amp; Safety</b>	Emergency Preparedness		First Aid	Emergency Preparedness	First Aid	
<b>Scoutcraft</b>	Geocaching	Cooking		Signs, Signals, & Codes	Orienteering	Pioneering
<b>Scoutcraft</b>	Camping			Wilderness Survival		Camping
<b>Range &amp; Target: Archery</b>	Archery		Archery	Lakusin	Archery	
<b>Range &amp; Target: Rifle</b>	Rifle		Rifle	Lakusin	Rifle	
<b>Range &amp; Target: Shotgun</b>	Shotgun		Shotgun	Shotgun		Shotgun
<b>Tech Center</b>	Robotics	Digital Technology	Moviemaking	Digital Technology	Programming	Moviemaking
<b>Tech Center</b>	Photography	Space Exploration	Game Design	Space Exploration	Game Design	Photography

# SPIRIT DAY

Camp Sinoquipe takes a wonderful midweek break from the typical merit badge schedule to offer our Spirit Day *fun-tivities*! On Wednesday, scouts do not attend their normal badges or sessions of any kind. Troops compete for points at the various offerings and the troop with the most points earns the coveted Spirit Day Award!

Some events, the kickball game, for example, will award more points for the winning team, but everyone who participates earns points. The size of the troop doesn't matter because of the complex formula that determines the winner. Just keep this in mind: "Are you having fun? Then you get points." *Spirit Day Schedule will be distributed at the Monday morning SPL and leader meetings.*

## Spirit Day Fun-tivities

A day of nothing but fun! These fun-tivities range from field sports. Waterfront activities, open ranges, competitions, and much more. Basically, you show up to an event, with a buddy of course, have fun and earn points!

**THEMES:** Troops should dress for Spirit Day in a theme that is chosen by the troop. Just about any theme is a valid choice (tv show, movie, book, color, sports team, etc.); however, please avoid inappropriate or questionable concepts.

### Some of the Spirit Day Events

Aquatic Games	Basketball Games
Kickball	Fishing Tournament
Ga-Ga Ball Tournament	Open Horseshoes
Open Volleyball	Open Waterfront
Patch Design	Trading Card Games
Scoutmaster Belly Flop	Triathlon
Art Competition	Scoutmaster Horseshoes
Range & Target Competitions & so much more!!!	

## Spirit Day Field Trips

For those veteran scouts looking for something different during the week there are a variety of on and off-site field trips available for an additional fee. Space is very limited, sign up early using the online Tentaroo system to reserve your SPOT. **Subject to changes and availability. More information provided in the Adventure Begins Here pages of this guide.**

### AT CAMP:

Cowboy Action

### OFF-SITE:

White water kayaking  
Natural rock face climbing & rappelling  
Aerial Adventure COPE course

**SKITS:** After lunch on Wednesday, during Turtle Time, we will have the auditions for the Friday night campfire. The campfire is a time to get last-minute big points for your troop in the way of a skit, song, or cheer. Larger troops can put on a few extra performances so have plenty of ideas ready. Skits and songs must be scouting appropriate and approved by the Program Director. See [BSA Ceremonies and Campfire Guidance](#) for planning as a troop.

## ADVENTURE BEGINS HERE

The Shenandoah Area Council has several weeklong Adventure programs & day trip activities for those scouts looking for something different and the next level summer camp experience.

# ADVENTURE

# PROGRAMS & ACTIVITIES

## EXPERIENCE NEXT LEVEL SUMMER CAMP

### ADVENTURE PROGRAM DETAILS:

- Space is very limited - reserve your space by January 15<sup>th</sup> and save \$75.
- Open to all scouts age 13+ at the time of summer camp and registered adult leaders
- The Wet & Wild Water program is based at Camp Sinoquipe in Fort Littleton, Pennsylvania and the Rock On adventure programs is based out of Camp Rock Enon in Gore, Virginia
- The Scuba PADI certification adventure program is based out of Camp Sinoquipe
- Transportation is provided from Camp Sinoquipe to the Rock On base camp at Camp Rock Enon on Sunday and back to Sinoquipe the following Saturday for participants whose troop is attending Camp Sinoquipe. Otherwise, participants must transport themselves to/from Camp Rock Enon for Sunday check-in and Saturday check-out.
- Transportation from the base camps at Sinoquipe and Rock Enon to adventure program off-site activities during the sessions is provided by staff or participating vendors and is included in the fee
- Participants at the Rock Enon base camp will be housed in the typical 2-person canvas wall tents with a cot
- All meals and adventure program equipment are provided during the session
- All participants are required to have a BSA Medical Parts A, B & C



## ROCK ON NATURAL ROCK CLIMBING, RAPPELLING & CASCADING ADVENTURE PROGRAM

Reach new heights while climbing and rappelling on the Blue Ridge Mountains high above the Shenandoah Valley floor during this weeklong adventure based at Camp Rock Enon. In this introductory to intermediate climbing and rappelling program, scouts will start by learning

the ropes on the many natural rock faces at Camp Rock Enon. they will then journey to the Shenandoah National Park to challenge higher cliffs with even more spectacular views. Conditions permitting, they may get to rappel down a waterfall into a mountain pool to cool off or take a white-water rafting trip that is sure to add to a week full of memories that will last a lifetime.

**ROCK ON CLIMBNG FEE:** \$550.00 YOUTH or ADULT *(includes regular camp fee)*



## THRIVE ON BACKWOODS WILDERNESS, SURVIVAL & BUSHCRAFT SKILLS ADVENTURE PROGRAM

A weeklong adventure program based at Camp Rock Enon, where Scouts will experience the wilderness, enjoy the outdoors and learn how to thrive in the mountains of the Shenandoah Valley. This highly experiential

program will teach Scouts the essentials of surviving in the wilderness including water acquisition, primitive shelter building, matchless fire building, outdoor cooking as well as navigation and first aid. Skills the Scouts will need as they prepare to survive off-grid later during the session. During the program they will learn basic blacksmithing skills needed to fabricate a steel strike that they will use to start fires, make a leather belt, knife and knife sheath that they will use throughout the program. They will test their aim in archery, black powder muzzle loader rifle and tomahawk throwing challenges to earn points for food and they will learn techniques to catch, clean and cook fish. Scouts will build their own survival kit which they will then put to use as they conclude the week testing what they learned in the backwoods of Camp Rock Enon.

**BACKWOODS SURVIVAL FEE:** \$550.00 YOUTH or ADULT *(includes regular camp fee)*



## HIKE ON TUSCARORA TRAIL BACKPACKING TREK ADVENTURE PROGRAM

Enjoy the cool and beautiful Blue Ridge Mountains and Shenandoah Valley on this weeklong guided backpacking adventure on the Tuscarora trail through Maryland, West Virginia and Virginia with a beginner to moderate level wilderness hike on the western bypass of the Appalachian trail. Mid trek for a

change of pace, check in at base camp for a hot shower, meal and transportation to one of our local rivers where you will spend the day white water rafting and floating down river. Then it's back onto the trail to finish your journey as you hike back to base camp at Rock Enon.

**HIKE ON TUSCARORA TRAIL TREK FEE:** \$550.00 YOUTH or ADULT (*includes regular camp fee*)

## SPECIALTY WEEKS

### Range & Target Activities – Do you enjoy “RANGE TIME” in Scouting?

Enjoy a weeklong camp program focused on range and target activities conducted at Camp Rock Enon plus some off-site range activities and field trips. Includes Rifle, Shotgun, Pistol, Cowboy Action, Muzzleloading Rifle, Archery, and Aerial Archery.



### Skilled Trades & Scouts At Work

A truly transformative experience, focusing on hands-on engagement with a diverse range of trades, jobs, and careers. This program allows Scouts to immerse themselves in a variety of career paths, working directly with professionals to gain practical insights and skills. This experiential learning approach aids Scouts in exploring potential career interests. Join us for an unforgettable summer that combines education, exploration, and the joy of discovery.

# DAY CAMPS

## Eagle Week

An invaluable opportunity for Scouts aiming to achieve the prestigious rank of Eagle. This program is designed to provide a focused, supportive environment, where participants engage in a variety of educational activities, interactive classes, dynamic group discussions, and practical, hands-on learning experiences. The program offers a unique blend of learning and fun, ensuring that Scouts leave with not only a few Eagle required merit badges but also lasting memories and a deeper commitment to their Scouting journey.

- Individual merit badges are designed for instruction scheduled over 1-2 days
- Register and sign up by individual merit badge
- Attend for as few as 1 day or up to all 5 days



## Tenderfoot to 2<sup>nd</sup> Class

A comprehensive "Intro to Scouting" for newcomers, embarking on their first year in Scouts BSA, not ready for a week-long overnight summer camp experience.

- Emphasizes building a solid foundation in essential scouting skills
- Fosters confidence, camaraderie, teamwork and enjoyment of being in the great outdoors
- Focus on pivotal requirements for Tenderfoot and Second Class and sets the stage for rank advancement
- Experiential learning in camping, first aid, navigation, knot-tying, outdoor cooking, and more.
- Introduces the patrol method and teambuilding
- Opportunities to earn merit badges
- Prepares Scouts for troop outings and summer camp
- Cultivates friendships, future leadership, and a lifelong passion for outdoor adventures.



# PROGRAM AREA OVERVIEW

## Lakusin (FIRST YEAR CAMPER)

To a scout, summer camp is the greatest adventure in scouting. It can be particularly exciting for those attending camp for the first time and first year/crossover scouts. The Lakusin program is Camp Sinoquipe's premier first-year camper program.

During the week, scouts will build many of the skills necessary to earn the ranks of Scout, Tenderfoot, Second Class, Firem'n Chit and Totin' Chip; while also building teamwork, leadership, and scouting skills. However, the main goal is for the scouts to have fun and to leave camp with a positive camp experience and enthusiasm for the scouting program.

Lakusins are organized into patrols and led by a staff member who will serve not just as an instructor but as a friend, mentor, and role model. Adults are encouraged to join Lakusin scouts to help keep scouts organized and on task. Adults may be able to lead stations if they share their skills with the Lakusin Director at Sunday's 5:15PM orientation at the Chapel.



Merit badges are built into the Lakusin daily schedule, no need to sign up separately. All Lakusin scouts will work on Mammal Study and Nature merit badges. At the handicraft lodge, scouts will have the option to choose TWO of the following merit badges (Basketry, Leatherwork, and Fingerprinting). Additional time outside of program hours may be needed to complete the projects for these badges. Kits for these merit badges are included. No need to purchase separately.

In the aquatics area, Lakusins will focus on the Second & First Class aquatics rank requirements. Scouts will be grouped by swimming ability and receive swimming instruction in preparation for the beginner or swimmer test and Swimming MB. Scouts should put on their bathing suits during Turtle Time, so they don't have to change at the pool.

### LAKUSIN SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9AM	Lakusin Pavilion	Lakusin Pavilion	Spirit Day with Troop	5-Mile Hike	Lakusin Pavilion
10AM	Lakusin Pavilion	Lakusin Pavilion			Lakusin Pavilion
11AM	Ecology/Handicraft	Ecology/Handicraft			Ecology/Handicraft
2PM	Rifle or Archery	Rifle or Archery		Rifle or Archery	Rifle or Archery
3PM	Ecology/Handicraft	Ecology/Handicraft		Ecology/Handicraft	Ecology/Handicraft
4PM	Aquatics @ Pool	Aquatics @ Pool		Aquatics @ Pool	Aquatics @ Pool

Lakusin scouts will rejoin their troops for flag ceremonies, meals, campfires, and open program.

## TRAILBLAZER (SECOND YEAR CAMPER)

Similar to the Lakusin program, the Trailblazer program is for the second-year scout that wants to work some of their First-Class rank requirements and build on some of those important outdoor/wilderness scout skills. The Trailblazer program is a half-day semi structured program that still allows time for the scout to sign up for a few traditional summer camp merit badges during the balance of their day.



The Trailblazer program will occur during the afternoon 2-5PM program time, giving scouts the opportunity to sign up for morning merit badges. Please see Merit Badge Schedule in this guide. Both the Trailblazer program and the morning merit badges will be signed up for using the online Tentaroo system.

**SOME OF THE SKILLS TRAILBLAZERS WILL WORK ON:**

- First Class Rank Requirements
- Leadership Skills
- Fire Building Skills
- Pioneering
- Dutch Oven & Outdoor Cooking Skills
- Orienteering
- Outdoor Scouting Skills
- First Aid

**TRAILBLAZER SCHEDULE**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9-12	Merit Badge Classes	Merit Badge Classes	Spirit Day with Troop	Merit Badge Classes	Merit Badge Classes
2-5	Trailblazer	Trailblazer		Trailblazer	Trailblazer

**AQUATICS**

Graced with a beautiful 10-acre lake and a swimming pool, Camp Sinoquipe’s waterfront is under the supervision of a qualified BSA Aquatics Instructor and BSA Lifeguards at all times.



**MERIT BADGES OFFERED:**

Swimming, Rowing, Canoeing, Kayaking, and Lifesaving.

**OPEN POOL & WATERFRONT:** For open swims after dinner on Monday, Tuesday, and Thursday come down and swim, boat or check out our inflatable slide from 7-8:30PM!



## **ADDITIONAL OPPORTUNITIES:**

**INSTRUCTIONAL SWIM** For anyone who needs help honing their swimming skills, we offer an instructional swim daily at 11AM at the pool. Lessons are individualized for each scout or scouter and may include water entry and floating to build confidence. The goal is to prepare scouts to pass either the beginner or swimmer tests and for the Swimming MB.

**MILE SWIM** Must be classified as a swimmer. This award is available for both scouts and scouters and is earned by completing four training sessions, discussing safety and techniques, and then completing the mile swim. At Sinoquipe swimmers go from the dock to the block (by the dam) four times for their mile swim.

**SWIM TESTING:** During camp orientation on Sunday, campers (adults too!) who plan to take aquatics badges, use boats, or swim in at least the beginner area, must complete the BSA swim test. Our camp accepts pre-camp swim tests ([see Forms Index](#)). Each camper who the Health Officer approves for aquatics will receive a buddy tag. To be in a boat alone, campers must pass the swimmer test. Beginners and Nonswimmers can be in canoes and rowboats with an adult swimmer buddy. For swimming, buddies may swim in the area of the weakest swimmer. Adults must have buddies too at all times.



## **CULTURAL CENTER**

Diversify your understanding of our nation's past and present, master your chess skills, or learn the art of communication with merit badges in the Cultural Center.

### **MERIT BADGES OFFERED:**

Citizenship in the Nation, American Heritage, Citizenship in the World, Fire Safety, Music, Chess, Salesmanship, Golf (Disc), and Communications.



## **ECOLOGY**

The Ecology Lodge and its surrounding area allow scouts an opportunity to discover the environment around them. A water feature graces the middle of the education area, which also includes a pavilion, lodge and nature trail. The Ecology Lodge has a large selection of books, displays and animals for your education and enjoyment.

### **MERIT BADGES OFFERED:**

Environmental Science, Nuclear Science, Weather, Nature, Astronomy, Chemistry, Landscape Architecture, Fishing, Fly Fishing, Fish & Wildlife Management and Forestry.

## HANDICRAFT

Whether you are taking a merit badge or interested in learning a new skill, the Handicraft Lodge gives you plenty of opportunities to be creative. The staff is dedicated to helping scouts create projects with quality workmanship as well as instilling safe work practices.



### MERIT BADGES OFFERED:

Basketry, Art, Pottery, Leatherwork, and Woodcarving.

## HEALTH & SAFETY

Health merit badges take the BSA's philosophy of "Be Prepared" to the next level by preparing you for emergency situations you may encounter throughout life.

### MERIT BADGES OFFERED:

First Aid and Emergency Preparedness.

## SCOUTCRAFT

Whether you are a veteran scouter or a new camper, the Scoutcraft area has plenty of opportunities to learn the necessary skills to become a seasoned outdoorsman.

**SPECIAL AWARD—PIONEERING COLLEGE:** Youth and adults can enroll at Scoutcraft during program hours. Earn a Bachelor's, Master's or Doctorate Degree by showing knot tying and lashing expertise.

### MERIT BADGES OFFERED:

Geocaching, Camping, Cooking, Signs Signals & Codes, Orienteering, Pioneering, and Wilderness Survival. *Wilderness Survival MB includes an overnight outpost on Tuesday evening.* [See Merit Badge Quick Guide for details.](#)



## RANGE & TARGET ACTIVITIES

Our range and target activity area remains one of the most popular areas in camp. Safety is our number one priority, and all rules must be strictly followed when at the ranges. The Range Safety Officer has ultimate authority and will not hesitate to remove those who do not obey the rules. Unit leaders who are willing to provide assistance in the form of extra eyes and ears are welcome in the area.

### MERIT BADGES OFFERED:

Archery, Rifle, Shotgun.



## COWBOY ACTION

*Now on Wednesday* - The cowboy action range offers a fun and safe introduction to a variety of target activities using revolver style pistols, lever action rifles, and double barrel stagecoach style shotguns. While attending camp, Scouting America members and Venturers age 14 years or older can take part in a special range experience with opportunities to shoot single-action .22-caliber pistols, lever action .22-caliber rifles, and 12-gauge or 20-gauge shotguns.



**All youth participants are required to have written permission from their parent or guardian before they can take part in the program. The permission form is included in the [Forms Index](#).**



## TECH CENTER

The tech center offers scouts the ability to leap into STEM and technology-based merit badges. Offering computers with internet access and helpful staff, scouts can work on electronic-based merit badges or complete requirements for other merit badges during our open area time.

### **MERIT BADGES OFFERED:**

Robotics, Moviemaking, Programming, Photography, Space Exploration, Game Design, and Digital Technology.

## TRADES & VOCATIONS

Ever considered working with your hands to build something new? This new program area is for you!

### **MERIT BADGES OFFERED:**

Woodwork and Welding.



## SPECIAL PROGRAMS & TRAINING FOR SCOUTERS

**AQUATICS SUPERVISION** Scouts (age 15+) and scouters can develop the practical skills not covered in Safe Swim Defense and Safety Afloat. Units that enjoy swimming and boating activities should have trained adults to lead and supervise the events. Each course below is 8 hours and the certification is valid for three years. Each week we can offer one of the three courses. Those interested in Swimming & Water Rescue or Paddle Craft Safety will meet with the Aquatics Director Sunday evening to choose which of the three options to focus on. Majority rules.

**SWIMMING & WATER RESCUE:** This certification is designed to fill the gap between Safe Swim Defense and the Red Cross Lifeguard certification. Participants will learn basic rescue techniques and swimming management. Prerequisites: Complete the Safe Swim Defense online course. Be classified as a swimmer.

**PADDLE CRAFT SAFETY—BASIC KAYAKING OR BASIC CANOEING:** This certification is designed to provide practical boating skills not covered in Safety Afloat. Participants will practice flatwater skills in kayaking or canoeing. Units planning trips to Northern Tier should consider this certification. Prerequisites: Complete Safety Afloat online. Be a swimmer.



**PLUNGE SWIM:** Join the aquatics staff each morning at 6:30 at the lake. Those who take the plunge all five days will receive a patch.

**MILE SWIM:** Youth and adults will train over four days to prepare for the mile swim on Friday. At camp we swim from the dock to the block by the dam.

**RUN FOR LIFE:** Meet at Altenderfer at 6:15AM for a one-mile run. Run all five days for a patch.

**WOOD'S WISDOM WITH PAPPY DAN:** This is a newly redesigned weeklong adult training course encompassing the following:

**INTRODUCTION TO OUTDOOR LEADERSHIP SKILLS (IOLS):** IOLS is a required training that prepares leaders with the skills to lead outdoor activities with their troops.

**OUTDOOR ETHICS:** Learn about BSA's goals for conservation and responsibility.

**LEAVE NO TRACE 101:** A general introduction to the principles of Leave No Trace which will help leaders guide their troops in camping and trekking responsibly.

**TREK SAFELY:** This is an orientation in the skills of safe trekking and is a great training if your unit does any extended, long-term or high adventure camping. Trek safely training is valid for two years.

**COOKING & FIRE SKILLS:** Learn practical cooking and fire building skills and tips for teaching scouts

**FUN WITH ROPES:** Learn the basic knots of scouting and also some advanced ones to wow your scouts like the Filipino diagonal lashing or the Japanese square lashing. Learn how to make rope too!

# UNIT & LEADER AWARDS

We have several scout, unit & leader awards that can be earned while at camp designed to get your scouts and scouters active around camp and to discover all we have to offer. *See Forms Index for more information on all of camp Sinoquipe's awards.*

## **HONOR SCOUT AWARD**

Camp Sinoquipe offers an honor program to encourage scouts to experience all that camp has to offer and to show their scout spirit. This is not required, but scouts who complete the program will earn a commemorative award to wear on their uniform.

## **HONOR UNIT AWARD**

Units are able to earn the Honor Unit Award by passing campsite inspections and participating in a variety of camp wide activities. Honor units are recognized at the end of the week.

## **CONSERVATION UNIT AWARD**

Presented to Units that demonstrate outdoor stewardship and help to improve the ecosystem of Camp Sinoquipe.

## **LEADERS' MERIT BADGE**

A merit badge just for the adult leaders! Experience all camp has to offer.

## **LEADER SHARPSHOOTER**

Come to the ranges to see how your skills match up! The winner of each category will receive an award.

## **LEADER BELLYFLOP**

Join us at the lake for a rousing round of raw skin hitting the water surface as our leaders try to be crowned "belly flop" champion. Judged on creativity, splash, distance, and pain level.

## **RELIGIOUS LIFE**

### **CHAPEL SERVICE**

Non-denominational services are held Thursday night at 7PM in the camp chapel. Scouts and scouters are encouraged to participate in the camp scouts' own service by bringing musical instruments, leading prayers or songs, or helping with the chapel service. See Program Director to get involved.



### **THE ORDER OF THE ARROW**

Thursday is Order of the Arrow Day at camp, members are encouraged to wear their sashes. On Thursday night, following the Chapel service, a social is held for OA members from any lodge. Onerahtokha Lodge #297 offers a call-out ceremony to recognize scouts who have been selected by their peers to be a member of the Order of the Arrow. This ceremony is part of the Friday evening campfire. SAC Scouts must be submitted to the Lodge Officer no later than the Thursday OA Social. Non-SAC scouts requesting a call out at SSR must provide a letter from their lodge chief/advisor with the names of the scouts/scouters to be called out preferably prior to coming to camp but no later than the OA social on Thursday.



# SCOUTING AMERICA NATIONAL RULES, POLICIES & GUIDELINES

## LEADERSHIP

Camp Sinoquipe takes our responsibility for the welfare of youth very seriously. The minimum leadership requirements for any scout unit attending summer camp are a ratio of two registered adults who must be at least 21 years of age or older to a maximum of 8 youth and one additional adult for every 4 additional youth (or part thereof). Only exception is Provisional campers during week 6.

**All adults spending the night with a scout troop MUST be registered as a leader in Scouting America and have completed/current online Youth Protection Training. Bring copies of all Youth Protection Training certificates for all adults to check in on Sunday.**

If there is a substitution for 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 Admin Office.



### **No ONE-ON-ONE CONTACT**

One-to-one contact between adults and youth members is not permitted in scouting. In situations that require a personal conference, the meeting must be conducted in the 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 are provided 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. Individual separate shower facilities for youth and adult/male and female are located at the main shower houses. Adult showering facilities are available for adult leaders only.

## **ABUSE**

Camp Sinoquipe is 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 Director. It is the policy of Scouting America that any suspected abuse of any kind be reported to the appropriate authorities.*

## **ALL INDIVIDUALS ARE IDENTIFIED**

For the safety of our campers, all scouts, adult leaders, staff, and visitors will be issued wristbands that must be worn at all times. This identification is presented at the time of check in and must be on and visible at all times during your stay at camp.

## BULLYING

Bullying always involves one person or group 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 during summer camp including within their unit and between multiple units.**

## INAPPROPRIATE BEHAVIOR POLICY

Issues of abuse, sexual harassment or violations of youth protection policies must be reported to camp management and the Shenandoah Area Council.

Many instances of inappropriate behavior simply need calling it out, correcting it, and redirecting the scout. Issues like foul language, bad attitude, angry (but non-violent) outbursts, minor violations of safety rules, breaking game rules, etc. can often be addressed directly and quickly by youth or adult leaders without requiring disciplinary action. However, when such behavior is repeated or is a habit, it may require further action.

It is expected that the involved individuals will attempt to resolve an issue between themselves before anyone else (youth or adult) need to become involved. If the behavior issue or problem is not resolved, it will then be taken to the unit leadership.

When behavior is contrary to the SAC Code of Honor, it is our goal that the inappropriate behavior is addressed with the involved scout(s) by adult leadership of the involved unit(s) to discuss the issue and agree upon resolution. If a resolution cannot be agreed upon, this issue should then be brought to the attention of the camp management. The only exception is in cases of youth protection issues, abuse or criminal behavior, which must be immediately reported to camp management and the Shenandoah Area Council.

## CONSEQUENCES MAY INCLUDE, BUT ARE NOT LIMITED TO:

- Apology to the offended individual(s).
- Written reflection on the point of the Scout Oath, Law, or SAC Code of Honor, which was not followed.
- Temporary suspension or removal from the specific activity or program.
- Other actions as determined by the unit leadership and/or camp management



*Scouters that treat others with respect and commit themselves to the Scout Oath, Law, Outdoor Code, Scout Motto, Slogan and the SAC Code of Honor are welcome at our camp.*

- **TRUSTWORTHY:** Respect the privacy and property of others
- **COURTEOUS:** Treat others with respect
- **FRIENDLY:** No name-calling, insults, threats, bullying or bad-natured teasing
- **CLEAN:** Jokes, skits, songs and language that is respectful and honors others
- **KIND:** Be welcoming to new Scouts and build up fellow Scouts
- **BRAVE:** Be an upstander!
- **REVERENT:** Remember Scouts who died for God and country

**Do you need help or someone to talk to?**  
Speak to a leader, staff member, camp director or other trusted adult

[A copy of the SAC Code of Honor is available in the Forms Index.](#)

## RULES WE LIVE BY AT CAMP

1. Anyone leaving camp during the week must sign out and back in. Failure to do so may cause a camp wide emergency.
2. Vehicles in camp require a pass, please see the Camp Management.  
You must walk to the Admin office to ask permission to drive in camp.
3. Vandalism of any sort, including writing or carving on camp property, will not be tolerated.  
Responsible individuals and/or units will pay for all damage, including staff time to make repairs.
4. Discipline is to be managed by unit leaders as needed. If assistance is needed, please see the Camp Management.
5. Unit leadership is required to always supervise their scouts including when they are going to classes or other activities, showers, trading post, and other general program areas.
6. There should always be leaders at 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 in camp.
8. Please do not pick up wildlife or throw items at them.
9. 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. Shower shoes or flip-flop style shoes can be worn while in the showers but not to and from. We define closed toe shoes as any shoe where the toes are covered.
10. Program areas such as ranges, waterfront, and other designated areas, are off limits to scouts and scouters when not open or staffed by an authorized person.
11. Shortcuts: To respect the privacy of other campers, and to minimize the impact on the surrounding habitat, do not shortcut through other campsites.
12. Staff quarters are off-limits to scouts and scouters. This includes all cabins and maintenance facilities.

### SAFETY

The following items or activities are prohibited at camp:

- Personal firearms, bows or slingshots
- Gambling
- Fireworks in any form
- Rock or stick throwing
- Alcoholic beverages, marijuana and illegal drugs
- Pets, excluding Service Animals

### FIREARMS

Firearms, ammunition, and archery equipment are available for use on the rifle or archery range. No personal firearms or archery equipment will be permitted in the camp. The only exception to this rule is for law enforcement personnel required by their employer to carry firearms. Notification to camp management prior to arrival at camp is mandatory. The firearm must be secured when not in their control.



## **KNIVES, SAWS, & AXES**

Wood tools may be used only in campsites and program areas. Proper ax yards and Totin' Chip rules must be followed. It is the responsibility of the unit leadership to ensure safety precautions are followed. Sheath knives or knives with blades longer than 4" are NOT permitted at camp. Tree cutting is to be done ONLY with the permission of the Camp Ranger. Cutting of live or standing timber is prohibited.

## **FIRES**

No open fires are permitted in any tent. This includes all candles including citronella, and chemical fueled lanterns and stoves. Campers must be cautious with campfire; following the guidelines of the Camp Fire Guard Plan and Outdoor Code. During times of extreme drought or high heat, a ban on open fires may be imposed. You will be notified if those conditions are in effect.

## **FUELS**

For safety reasons knowledgeable adult supervision must be provided when scouts are involved in the handling of chemical fuels. All liquid fuel is to be kept in the fuel box located at the Quartermaster shed. Camp Sinoquipe follows the National Liquid Fuel policy. This includes no storage in trailers.

## **TOBACCO / VAPE DEVICES**



Camp Sinoquipe strives to be a tobacco and smoke free environment. Adult leaders (and guests) are asked to use discretion in using tobacco or vape products. This includes the use of electronic cigarettes, personal vaporizers, or electronic nicotine delivery systems which simulates tobacco smoking. The only designated tobacco use area located on SSR property is the parking lot out of view of scouts. Please dispose of all butts properly.

## **HAZARDOUS WEATHER**

Hazardous Weather Training needs to be taken by all unit leaders.

## **SERVICE ANIMALS:**

The Shenandoah Area Council allows "service animals on Camp Sinoquipe property in compliance with federal, state, and local laws. Scouts, leaders/adults, and visitors who require the use of service animal, as defined by Federal and Pennsylvania State law, are required to contact the Camp Director at (540) 662-2551 or [ssrcampdirector@scouting.org](mailto:ssrcampdirector@scouting.org) at least one week in advance of arriving at SSR. 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 leash" while on camp property.

# GENERAL INFORMATION

## UNIFORM & CLOTHING POLICY AT CAMP

General Guidelines: 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

Scouting 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>.

## COMMISSIONER STAFF

The commissioner staff are the liaisons between the units and the camp staff. They also serve as a leader and role model for staff and campers.

## PUBLIC AREAS OF RESPONSIBILITY

Campers are expected to cooperate and take their turn cleaning the showers. Shower cleaning must be completed by 2 PM each day. Shower cleaning will be considered as part of your campsite inspection score. Unit shower cleaning duties will be reviewed at the Monday morning SPL meeting.

## CAMPSITES

Units will be assigned to a campsite that best accommodates the number of scouts and scouters that they are bringing to Camp Sinoquipe. Please note that while we endeavor to honor any requested campsite, camp administration reserves the right to adjust and put smaller units together should the need arise to best accommodate all participants.

*Notes can be added during the registration process to indicate any campsite preferences or special needs.*

**CAMP TENTS:** In order to maintain the quality and durability of our tents, we ask that you not tack, pin, or nail anything to the tents, their poles, or platforms. No open flames or insect spray is allowed in tents. Any damages incurred will be the troop's financial responsibility.

## CAMPSITE INSPECTIONS

Campsites are to be inspected daily for cleanliness, safety, and camp improvement projects. Troops are responsible for all trails leading from the main road to their campsite. Campsite inspection procedures will be discussed further at the Sunday Leader meeting.

## **CAMP IMPROVEMENT PROJECTS**

Your unit is encouraged to perform a pre-approved camp improvement project during your stay at Camp Sinoquipe. Projects go towards Honor Scout and campsite inspection scores. Please see the Ranger for ideas and for needed materials.

## **Adopt-a-Campsite Program**

*April to May 2026*

### **WHAT DOES IT MEAN TO ADOPT A CAMPSITE?**

Troops are invited to help the ranger get campsites ready for the upcoming summer camp season. Those who participate are given priority when assigning campsites for their camp week. We can't guarantee that everyone will get their top choice, but when considering unit sizes, we try to get adoption troops one of their top three choices.

### **HOW MUCH DOES IT COST?**

It's free! All you need to bring is food for the weekend.

### **WHAT DOES A TYPICAL ADOPTION WEEKEND LOOK LIKE?**

Choose to arrive Friday evening or Saturday morning. Help the ranger set up the campsite on Saturday. That work typically takes about half a day depending on the number of helpers. Troops can then enjoy a traditional weekend campout. Troops that arrive on Friday should bring their own tents for at least the first night. Troops that arrive on Saturday morning can sleep in the tents that they set up.

### **WHAT DOES IT MEAN TO SET UP A CAMPSITE?**

Our campsites have two-man canvas tents on concrete platforms. Troops will set up the metal pole frames and then attach the tents. The ranger may also ask troops to set up cots and mattresses. We also ask that troops help with general cleanup of the sites which may include picking up sticks and clearing leaves.

### **HOW ELSE CAN WE HELP?**

There are lots of jobs to get ready for camp! The ranger can get leaders a list, but examples of jobs include chopping firewood, picking up sticks and weeding at the beach, cleaning buildings (bugs out of lights, dusting, mopping, etc.), sweeping pavilions, moving equipment to program areas, and setting up picnic tables.

### **HOW DO WE SIGN UP FOR SPRING 2026?**

Contact Ranger Lucas at [lucas.carmean@scouting.org](mailto:lucas.carmean@scouting.org) or 540-662-2551.

### **WHAT ELSE CAN WE DO IN THE AREA?**

Troops may enjoy biking or hiking at the [abandoned PA Turnpike tunnels](#). The section is 8.5 miles long and includes two tunnels, one of which is 1.3 miles long. Access points are in Breezewood and near the current Sideling Hill rest stop. Bring flashlights or bike lights.

Fulton County is also home to the [Tuscarora](#) and [Standing Stone Trails](#), which are both accessible from Cowans Gap State Park and at points near Camp Sinoquipe.

## **BEDDING**

Each camper will be provided with a sleeping surface, typically a canvas cot if you are sleeping in a tent.

## **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 other than the provided hammock stands. Not all campsites have hammock stands. Do not “double stack” hammocks or hammock-style tents.

## **SUPPLIES**

The Quartermaster is available to check out equipment and needed materials for your Unit. Donation of excess supplies at the end of your week is appreciated and can be given to the Staff Troop Guide checking out your unit.

## **INTERNET AND PHONE SERVICES**



Camp Sinoquipe has internet service provided by Starlink in key areas. We will provide adult leaders with the password upon arrival. Internet is available to allow leaders to communicate with work, family, and parents as needed and should not be used for other purposes without permission from camp management. Please no streaming, internet gaming, etc. as it uses much needed services for others. Cell

phone coverage at camp varies based on provider. Cell Phone Charging outlets are located outside the Trading Post and in the Leader Lounge for your convenience.

A telephone is available in the Camp Office for adult leaders and is to be used for camp business and emergencies only. We discourage the use of the phone by scouts. Units may establish their own electronic guidelines for their campsites. Please discourage parents from calling their scouts. Remember to remind them that campers are not near the phone so messages must be taken, and the calls returned. The business number is (540) 662-2551. If there is a true EMERGENCY, between 10PM and 7AM, call 678-739-6172 (Ranger).

## **LEADERS LOUNGE**

Our Leader’s Lounge, located in the Admin Building, offers many comforts to busy leaders including air conditioning, comfortable chairs, workstations, WIFI service, cell phone outlets and bathrooms.

## **TRADING POST**

It is recommended that scouts bring spending money. The Trading Post stocks a variety of items such as camp memorabilia (patches, mugs, t-shirts, etc.), program supplies (crafts, etc.) and concession items (soft drinks, candy, etc.). You may also purchase meal vouchers for visitors and redeem them at the dining hall. Regular business hours are posted. Generally, the trading post is closed during meals and camp-wide campfires.

## TRASH/LITTER

Trash will be collected on a daily basis. Please have your full bags of trash securely tied and placed along the road near your campsite by 2PM. Ensure any food is properly stored or disposed of prior to lights out each evening. 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.

## FISHING

Fishing is permitted during daylight hours. Fishing is not permitted within 50 feet of the waterfront area. A fishing license is not required to fish. The catch and release method is preferred.



## PERSONAL PROPERTY

The Shenandoah Area Council is not responsible for loss or damage of personal property at camp. Scouts are encouraged to lock their valuables in a trunk or footlocker. Report thefts immediately to the Camp Director.

## CHECKOUT

After Saturday's breakfast, troops will report to the Parade Field for awards. Before departing, your Troop Guide will inspect your campsite including a comparison of tent and campsite conditions to the conditions found when the unit checked in. Improvements will be noted, and damage will be billed to the unit. After Inspection and awards, troops are free to depart.

## FOOD SERVICE

Our kitchen staff is managed by our Food Service Manager who is Serve Safe certified. All the other kitchen staff have completed Serve Safe Food Handler training. Our menu has been carefully planned and reviewed by a certified nutritionist to ensure that a balanced diet is being provided to our scouts and Leaders.

Meals are served in the Dining Hall each day (8AM, 12 PM, & 6 PM). Do not arrive late for a meal service as we are typically done serving food within 10-15 minutes and will NOT hold food unless arrangements have been made in advance. Each meal service will consist of an entrée that the scouts will pick up from the serving line when they enter the Dining Hall. Various other options are available at each meal service such as yogurt and fresh fruit bar, cereal bar, toast station, and oatmeal or grits for breakfast. Assorted soups or chili are usually served during lunch. A fresh salad and fruit bar are available at all lunch and dinner meals. The kitchen staff is also able to provide a gluten free, pork free, or vegetarian meal option with advance notice. Copies of our typical standard menu are available on the summer camp website page and at [www.sacscouting.org/FoodService](http://www.sacscouting.org/FoodService) unit leaders will be expected to help serve food during meal service, sign up during the previous meal.

## A WORD ABOUT FOOD ALLERGIES

Our kitchen and dining hall staff will do what it takes to take good care of Units. If a unit has food allergies we ask that you fill out the form at <https://www.sacscouting.org/FoodService> which is passed directly on to our Food Service Manager and kitchen staff. Because there are some common food allergies (e.g. peanuts, tree nuts) we already plan our standard menu to minimize potential exposure and provide substitutes when necessary. In the event of severe food allergies or complex dietary needs, you may be required to send a scout to camp with their own food. Storage space (dry, refrigerator, and/or freezer) will be provided to keep food items safe.

**Please note:** Our kitchen staff does not have the time to prepare and cook special meals for individual scouts. A parent and/or leader from the unit will be responsible for preparing and cooking the special food/meals for the scout and will be required to complete a food service orientation upon arrival. Scouts under the age of 16 years old will not be permitted to prepare or cook their own meals in the kitchen. Access to a microwave and other cooking equipment will be made available.

Please have your scout (and their leader) review any food allergies during check-in orientation upon arrival. Also instruct your scout that after going through the main serving line they will pick up their alternate food items at the main door to the kitchen for each meal.

Please keep in mind a picky eater or not liking a certain food item is not a food allergy.

## TABLE WAITER DUTY

Each unit will be expected to clean their eating areas and assist with the cleaning of the dining hall. At each meal, one scout from each table is assigned as the table waiter. The waiter reports to the dining hall 15 minutes prior to each meal to set the table. The waiter restocks their table during the meal. The waiter remains after the meal to clean up their table by stacking and removing all dishes once units have been dismissed. The dining hall steward will dismiss tables and then table waiters at designated times. Please ensure that scouts taking the Cooking merit badge are not signed up for lunch table waiter duty as they will stay in Scoutcraft for lunch every day except Wednesday/Spirit Day. A Table Waiter Chart will be provided in your check-in folder.



## FAMILY / GUEST MEAL TICKETS

Family members and guests are welcome to visit camp and join their scout for a meal in our dining hall. MEAL TICKETS can be purchased in advance as part of the unit registration process or at the Trading Post at camp.

## A Note about Wildlife & Food in Camp

Camp offers a wide range of exciting adventures including the opportunity to observe many types of birds, fish, and wildlife. Undoubtedly the opportunity to see a raccoon, turkey, deer, black bear, or even an eagle in their natural habitat will provide lifelong memories.

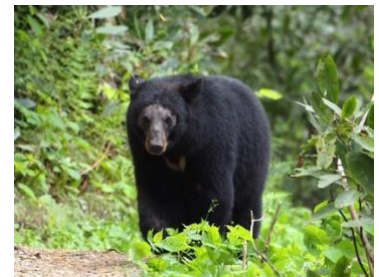
Seeing animals in their natural habitat is always a pleasure but it is wise to remember that they are the permanent residents of camp and you are just a visitor. Treat them with respect, give them space, and they will rarely present a threat to your safety. When animals feel frightened, they may attack. In the event you are injured, seek treatment quickly. Young wildlife sometimes stray from their parents. Do not attempt to help. In most cases the parents know where their youngster is.

If you have any concerns during your stay or find any wildlife you think could potentially become harmful please notify camp staff and we will assess and remedy the situation as needed.

### SPECIAL NOTE ON BEARS

Each year, a black bear or two wanders through camp. Avoidance of bears, and most wildlife, can be summed up in one word – FOOD. If an animal doesn't find food, it will move on. Most conflicts between people and wildlife are linked to careless handling of food or garbage. Please live responsibly with wildlife.

*Reminder: Trash pickup will occur daily at each of the campsites. All trash must be bagged and by the side of the road no later than 2PM. Remove or properly store any food in campsites overnight to prevent unwanted animal visitors.*



### GENERAL GUIDELINES FOR ANIMAL SAFETY

- Keep a clean campsite
- Keep food and smell-ables out of your tent
- At night, lock food and smell-ables in vehicles
- Never approach or follow wild animals
- Do not feed wild animals
- Don't mistake a passive animal as a sign of safety
- Never tease or attempt to touch wildlife
- Leave young animals alone, a protective mother is usually nearby
- Notify Camp Ranger or Camp Director of large animal sightings like bears

**Be prepared and you will have a safe and exciting adventure at camp.**

### TICKS & MOSQUITOS

***An ounce of preparation is worth a pound of cure!***

Lyme Disease, West Nile Virus, and Zika. They are all here, so be prepared!

- Come to camp with appropriate protection
- Do a self-inspection daily
- Stay out of brushy areas and areas with high grass to avoid ticks
- If you find a tick on you, contact your scout leader and go to the health center to have it removed. Do not apply anything to the area.

## MEDICAL INFORMATION

Every youth and adult must have a completed current 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 qualified medical professional within the past 12 calendar months.

**The Scouting America 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 to another physical exam (e.g. Sports physical) to the Scouting America medical form. The physician's signature must be on the Scouting America form in order to be valid.**

The forms will be kept on file at the health office and returned to the unit at the end of the week.

Participants who arrive at camp without a properly completed medical form will be sent home after 72 hours. **This policy is strictly enforced.**

### 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.

### MEDICATION CHECK IN AND ADMINISTRATION PROCEDURES

- Bring all medications to check-in – clearly labeled with the scout's name and instructions.
- Medications must be secured – All medications (prescription or over the counter) must be stored in a locked container.
- Health Officer's Role – The Health Officer oversees medication management, but the unit leader is responsible for ensuring the scout follows the prescribed schedule.
- Refrigerated Medications – These should be checked in with the Health Officer for secure storage and administration by the camp health staff upon request.
- Over-the-Counter Medications – Any OTC medications being used must be disclosed to the Health Officer and noted in the daily log. Bring or mail the Over-the-Counter Medication Form ([from Forms Index](#)) for each scout during check-in.
- Daily Log – The unit leader must keep a daily log of medications dispensed by unit leadership at camp. The Health Officer will keep a daily log of all medications administered in the health office.

### 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 into the camp health officer before checking out of camp at the end of the week.

### CPAP MACHINES & CHARGING STATIONS

**With a few exceptions**, most of our campsites are not equipped with electric service. Please plan accordingly. Power is available in the conference room to charge CPAP batteries if needed. All medical equipment has priority access to available receptacles over phones. Contact a member of camp administration for assistance.

# EMERGENCY PROCEDURES AT CAMP SINOQUIPE

Emergency procedures will be discussed during the Sunday evening leaders meeting and a copy will be placed in your check-in folder. These will vary according to the emergency and an information sheet will be provided to each unit upon check-in, outlining the various emergency procedures. *Please note: Emergencies and Incident Command are managed by senior camp staff and all offsite communication should go through them.*

## GENERAL PROCEDURES FOR TROOPS

In case of any emergency in camp, a siren will sound. All camp staff, campers (youth & adult), will report to the **PARADE FIELD** as quickly and safely as possible. Unit leaders will then conduct a roster check as scouts assemble. A report of your unit's status by the unit leader will be made to the Program Director at the flagpole. The Program Director will give instructions depending on the situation. All are to remain until an all-clear signal is given.

**LOST SWIMMER** – All trained staff will be directed to the waterfront and participate in the lost swimmer procedures under the direction of the Aquatics Director.

**LOST CAMPER** – Staff will be given the name of the lost person, what the person was wearing and where the person was last seen. The Camp Director will coordinate a search in the area the person was last seen and notify local authorities if necessary.

## MEDICAL EMERGENCIES

All accidents and illness must be reported to the Health Officer. The camp health officer will administer necessary care and determine the need for further treatment. Emergency first aid 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 unit 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. 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 hot weather, plans will be modified to ensure safety. To prevent overexertion, scouts may be encouraged to avoid strenuous activities. Water spigots are available around camp to ensure easy access to water. Keeping everyone cool, hydrated, and safe is a priority during hot weather. Two flags will be flown, one at each end of the Dining Hall, to display the current temperature conditions. Temperatures will be verified at a minimum of twice per day. Conditions and flag colors are as follows:

Green	Yellow	Red	Black
Under 85°F	85 - 92 °F	92 - 100 °F	Over 100 °F
All activities operate as planned.	Some restrictions on extreme physical activities suggested. Scouts and leaders should drink plenty of water.	Restrict all physical activities to 1 hour intervals and watch for signs of heat related illnesses. Insist on drinking water.	Restrict all physical activity and instruction to well shaded areas. Insist on water consumption and watch for heat related illnesses.

## **SEVERE WEATHER – RELATED EMERGENCIES**

**STORM** – If weather conditions become unsafe, the alarm will sound, and all campers will be directed to the dining hall. Leaders may bring scouts to the dining hall at their discretion at any time.

**LIGHTNING/THUNDER** – The waterfront will evacuate all campers and those areas will remain closed until the storm passes. Stay away from open areas and avoid touching metal objects.

**HURRICANE/TORNADO** – The Camp Director will initiate evacuation of campsites to a central building, recall outposts, and take other safety measures based on their judgment of available weather data.

**EARTHQUAKE** – Come down from high places. Seek shelter free from overhead hazards.

**FIRE** – In case of fire, sound the verbal alarm by yelling FIRE and notify Camp Staff. Youth are not to participate in firefighting activity. If the alarm is sounded all campers will report to their designated area in the Dining Hall where unit leaders will take roll call and report to the person in charge. Camp Management will contact 911 and the Fire Department.

## **SECURITY PROCEDURES & POLICES AT CAMP SINOQUIPE**

*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 Admin office located inside the main gate before proceeding to the campsites. Please make sure everyone signs in first. On Wednesday, there will be a sign-in on the admin porch to use before going into the camp.

*Guest Meals: Please see the Food Services section of this guide for more information.*

### **EARLY RELEASE**

Leaving camp property is not permitted without prior approval. Adults and scouts leaving or returning to camp property must use the sign-in/sign-out clipboard kept outside of the administration office. Frequently, the request for an early release will be made due to an emergency, illness, or schedule conflict. Please make sure everyone who could potentially be picking up a scout has access to the information in this section.

Under no circumstances is ANY camper to go to the parking lot to meet their ride without first checking out at the health office or admin office. 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, verification must be made to ensure that the person requesting release is acting as the legal parent or guardian or under the direction of the legal parent or guardian.

### **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 the missing person's name, campsite, and the unit number, and send staff to search the program and 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.

## ACCIDENTAL DEATH

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

## VIOLENT INTRUDER

A violent intruder is an individual 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, knife, or something else. There is no pattern or method to their selection of victims.

### GENERAL INFORMATION

Violent intruder situations are highly unpredictable and can escalate rapidly. In many cases, the immediate response of law enforcement is essential to stop the violence and prevent further harm to victims. However, these incidents are often short-lived, sometimes before law enforcement can arrive on the scene. Given the potential for a fast-paced and traumatic situation, it is important for everyone on-site to be mentally and physically prepared to respond effectively. Being prepared, with clear plans for action, can help mitigate harm and increase the safety of everyone involved.

### 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.
- **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 to determine if anyone is missing or injured.
- Coordinate with the first aid 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.

# SCOUTING AMERICA EQUIPMENT CHECKLIST

## Recommended Personal Equipment

- complete field uniform\*
- Order of the Arrow sash, if a member
- underwear and socks for at least 6 days
- scout t-shirts (5)
- long-sleeve shirt (1)
- long pants (2 pairs) and shorts (4+ pairs)
- jacket, sweater, sweat-shirt, ball cap
- swimwear
- hiking boots, athletic shoes, and old shoes for boating; shower shoes
- sandals (only to be worn while participating in waterfront activities)
- raingear
- sleeping bag or blankets, pillow
- toilet kit (toothbrush, soap, shampoo, towels, washcloth, etc.)
- notebook, pencils, pens
- scout handbook, merit badge booklets, prerequisite materials
- flashlight with extra batteries
- pocketknife (if Totin' Chip earned)
- personal first aid kit
- water bottle or canteen
- backpack, daypack
- spending money for trading post purchases\*\*
- camera
- fishing gear
- religious materials
- insect repellent (non-aerosol)
- sunscreen (reef safe) non-aerosol
- watch
- merit badge prerequisite materials
- medical form, prescription medication
- Frontier Adventure permission forms (if signed up for Cowboy Action)
- Scuba forms (if signed up for Discover Scuba)

*Don't forget your Theme Wear!*

**COMING SOON!**

\*Daytime camp uniforms are a scouting appropriate t-shirt, scout shorts, scout socks and close-toed shoes. The official scout uniform is strongly recommended for ALL evening meals, campfires, ceremonies and religious services

\*\*The average scout spends \$50-\$75 weekly.

## Troop and Patrol Equipment

- American and troop flags
- lantern (with extra batteries)
- patrol flags
- cookout provisions
- scout ax, bow saws, extra rope, etc.
- hand sanitizer or antibacterial soap
- troop first aid kit
- teaching aids (merit badge books, equipment, etc.)

## WHAT TO EXPECT WHEN YOU ARRIVE AT CAMP



We want to get you into your campsites as quickly as possible so you can begin to set up. We believe this process will help! Your unit will be able to set up your site throughout this new check-in process and the orientation/tour will be much shorter.

One week prior to coming to camp, each unit will be assigned a 30-minute window for their arrival at camp to check-in, campsite assignment, and

check-in procedures. Do not arrive before the assigned time. If the scoutmaster realizes the unit will be late, call (540) 662-2551 to let us know and we will assign a new arrival time.

We recommend that you pre-stage before arriving at camp, so everyone arrives at the same time. This will help prevent large groups from congregating in the camp parking lot during the check-in process.

### WHEN YOU GET TO CAMP

A member of the camp management will meet you in the parking lot to review your roster, paperwork, and verify that all fees have been paid. Your unit will receive a camp map, fireguard plan, emergency procedures, and other essential paperwork for a successful week of camp.

#### Please have the following with you:

- Unit Roster (printed from my.scouting.org) to confirm scouts/leaders attending are registered with Scouting America.
- YPT certificates or report printed for all adults.

Once you have completed registration the staff member will then assign you a troop guide who will help direct you to your assigned campsite. We ask that the unit minimizes the number of vehicles driving to the campsite. Follow the “direction of travel” signs on the road, and do not park in or block the roads throughout camp. One vehicle with a trailer may be parked at the campsite during your stay.

### CAMP ORIENTATION

Your troop guide will help you get to your campsite as quickly as possible. Once at the campsite, you will have time to begin setting up. A member of the camp management team will visit your campsite and they will cover the general camp information, program, schedules, and more.

### MEDICAL CHECK

A member of the camp medical team will complete the medical check with your unit at your campsite. Please keep all medical forms and medication with your unit. Units are encouraged to put the medical forms in a 3-ring binder, arranged alphabetically to help speed up the process. Please do not place forms in plastic sheets. The medical check is performed to ensure that all required signatures are present and review any changes in health status since the physical was obtained. It works best if your

unit presents themselves in alphabetical order for this process, as they will be matched to the health forms in the binder referenced above.

### **ONCE YOU HAVE FINISHED THE CHECK-IN AND HEALTH CHECK AT YOUR CAMPSITE...**

Camp management will coordinate your arrival to aquatics and the dining hall for the remainder of your check-in needs; which will include your Range & Target Safety Review. Please follow the directions of your troop guide so we can stream you through this process as seamlessly as possible. T-shirt pre-orders will be delivered at this time.

### **SWIM CHECK**

All campers attending Aquatics (adult or youth) must visit aquatics on Sunday during their time slot to receive the safety talk and buddy tag. Swim tests will be available as needed during this time.



When possible, we encourage all units to conduct the required annual Scouting America swim classification test prior to arriving at summer camp.

[Refer to the swim classification test options attachment in the form index of this guide for more information about conducting your swim tests prior to camp.](#)

**NOTE: A copy of the certifications of the person who conducted the swim test is required to be attached to the form. The Aquatics Director reserves the right to retest any participant as deemed necessary.**

## **SUNDAY EVENING SCHEDULE OF ACTIVITIES**

12-2PM	Check In
4:45PM	Merit Badge Adjustments @ Conference Center
5:15PM	Lakusin Meeting @ Chapel
5:45PM	Flag Ceremony @ Parade Field
6PM	Dinner
7:30PM	Leaders' Meeting @ Le Bleu Pavilion
8PM	Assemble @ Parade Field for Opening Campfire
8:15PM	Campfire @ Council Ring
10PM	Retire to Campsites

## COOK IN CAMP INFO



Patrol/Troop campsite cooking is done **CAMP-WIDE** on Wednesday and Friday evenings for dinner. This time could also be used by the troop to provide additional opportunities for scouts to complete rank requirements. Your meals will be delivered to your site between 5-6PM. We will not have a closing flag ceremony at 5:45 on these evenings. Additional food can be ordered for visitors for a fee of \$10/person and paid for at the trading post. You may also supply your own food for visitors. Please purchase additional meals for Friday evening visitors on Wednesday at the Trading Post.

Wednesday Menu is Chicken Fajitas (subject to change).

The meat will be pre-cooked but cold. Reheating recommended.

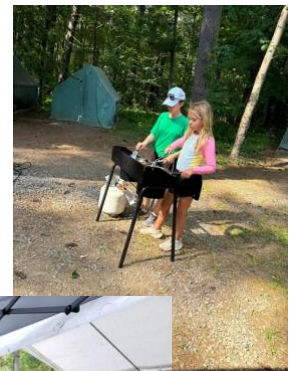
Toppings include peppers, onions, cheese, and salsa. These will come cut but not cooked. Bring materials to cook, if desired.

Friday Menu is Hamburgers (subject to change).

The meat will be precooked but cold/frozen. Reheating needed.

### Recommended Troop/Patrol Packing List for Cooking

- Skillet – 2
- Spatula
- Griddle
- Mess Kits
- Pot
- Aluminum Foil
- Dish Cleaning materials



**NEW FOR 2026!!!**

## PATROL STYLE COOKING IN YOUR CAMPSITE

### Did you hear the news?

Camp Sinoquipe now offers the option to cook your own meals as a patrol with a specialized menu designed specifically for campsite meal prep, cooking and cleanup by the Scouts while at Summer Camp.

We will provide all of the equipment, supplies and ingredients for a week filled with good food and a great summer camp experience.

**More info available on the website.**



# LEADERSHIP & CONDUCT

## A Word About You and the Camp Staff,

***The camp staff is here to assist you, the troop leaders, in making possible a truly great camping experience for your troop.*** Our camp staff is composed of skilled, well-rounded scouts and scouters, selected based on their knowledge, leadership, enthusiasm, and overall maturity. We strive to hire only the best role models and teachers, and like you, they are making personal sacrifices to be part of camp for the summer. Together, we can make possible a finer camp experience for your scouts. Each of you shares this responsibility.

***Please remember one thing as you go into this big adventure of camp: The staff will help and accommodate you in every way they can, but they will not take over your troop.*** You are an integral part of our extended team. Occasionally, a leader may be asked to volunteer in a program area or with a specific project or activity. But, remember first and foremost, you are the leader, you are the person your scouts know and respect. You give them understanding and leadership, maintain discipline, and counsel needed in camp. Do this, and the scouts will look back and recall with fond memories their association with you in camp.

Please direct any special requests, problems or concerns directly to the Area Director, Program Director or Camp Director. As part of our camp's **Open-Door Policy**, any leader or camper may request an appointment with the Camp Director or Program Director to discuss any issue confidentially.

## The Adult Leader's Role at Camp

Camp Sinoquipe exists to deliver the scouting program outdoors. Scouting is at its heart a "game with a purpose," a game which scouts play under the leadership of their peers, with the guidance of adults. The role of an adult is one of coach, counselor, mentor, teacher, friend and guide to the youth.

In general, unit leaders are responsible for maintaining unit safety and discipline at all times, which includes the safe travel to and from camp. They are responsible for coordinating troop activities to ensure maximum benefits to participants and be aware of each scout's personal growth. Unit leaders are also responsible for completing and turning in camp evaluations.

In exchange, the staff will create opportunities for leaders to be actively involved in the fun as more than spectators and cheerleaders. Your participation in camp wide activities, visits to program areas, interaction with fellow leaders, staff and scouts to provide counseling and guidance, and punctual attendance at designated meetings shows your scouts how much you care. If an adult would like to volunteer in a program area, please consult with the Program Director.



**REMEMBER:  
IF THEY SEE YOU HAVING FUN,  
THEY WILL TOO!**

# LEADER MEETING SCHEDULE

## Sunday

Noon-4:30PM	Check In: Health Checks, Swim Tests, Camp Tour, Move into Campsites
4:45PM	Merit Badge Schedule Changes @ Conference Center
5:15PM	Lakusin Orientation @ Hose Pavilion
7:30PM	Scoutmaster & SPL Meetings @ LeBleu Pavilion
8:00PM	Gather for Campfire @ Parade Field
8:15PM	Campfire @ Council Ring
10:00PM	Retire to Campsites

## Monday

8:45AM	SPL Meeting @ Hose Pavilion
9:00AM	Scoutmaster Meeting @ Hose Pavilion

## Tuesday

6:00 PM	Leader's Dinner @ Hose Pavilion
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## Wednesday

10:15AM	Meet the Camp Key 3 @ Conference Center
10:30AM	Tentaroo Navigation Orientation @ Conference Center
5:00PM	Dinner Box Delivery @ Your Campsite
	Wednesday is staff night off. Please plan activities and a campfire at your site.

## Thursday

9:00AM	Purchase Extra Meals for Friday's Family Night Cookout @ Trading Post
9:15AM	Turn in Cookout Adjustment Sheet to Kitchen Staff

## Friday

9:00AM	Scoutmaster Meeting @ Hose Pavilion
9:30AM	OA Call-Out Meeting @ Hose Pavilion
5:00PM	Dinner Box Delivery @ Your Campsite
8:00PM	Gather for Campfire @ Parade Field
8:15PM	Campfire @ Council Ring

## Saturday

8:30AM	Awards & Go Bag Distribution @ Parade Field
9:00AM	Campsite Inspection & Departure

# THE SCOUTMASTER'S SUGGESTED TIMELINE & TO DO LIST

As Scoutmaster, you have a key role in your troop while at camp. Camp Sinoquipe has a staff that is eager to assist you and tend to your unit's needs. Your job...

**SUMMER & FALL** Register for your camp week in Tentaroo.

**JANUARY** Plan for 2-deep leadership.  
Hold a parent meeting and make a payment plan.  
Plan a troop campout at camp for our adopt-a-site program in April.  
Make the first camp payment.

**FEBRUARY** Make the second camp payment.  
Have scouts plan their schedules.  
Schedule OA elections with your lodge.


**MARCH** Make 2nd camp payment.

**APRIL** Make 3rd camp payment.  
April 13–Merit Badge registration opens for scouts who are paid in FULL.  
Any "SPOTS" that have not paid the minimum \$200 will be dropped.  
Have scouts schedule physicals.  
Participate in the adopt-a-campsite program.  
Plan troop swimming activities and pre-camp swim tests.

**MAY** May 1–Last chance to drop "SPOTS" without penalty.  
After May 1<sup>st</sup>, only 50% of the total fee will be refunded, refer to [Summer Camp Refund Policy](#).  
Custom T-shirt orders due.  
May 15–Final payments due to avoid LATE FEE.  
May 15–NO REFUNDS after today.

**JUNE** Share travel plans and emergency info with parents.  
Finalize merit badge registration.  
Encourage scouts to complete prerequisites.  
Pay any outstanding fees.  
Verify that adults staying at camp at least one night have current YPT.  
Mail copies of medical forms so delivery is one week before camp.

**AFTER CAMP** Sign in to Tentaroo to print "blue" cards or export to Scoutbook.  
Relax!



Confidential  
Sinoquipe Scout Reservation  
ATTN: Health Officer  
677 Boy Scout Road  
Ft. Littleton, PA 17223

# THE SENIOR PATROL LEADER RESPONSIBILITIES



**“The more responsibility the Scoutmaster gives his patrol leaders, the more they will respond.”**

**SIR ROBERT BADEN-POWELL,  
FOUNDER OF THE SCOUTING MOVEMENT**

The job of the Senior Patrol Leader is to make sure that the troop is ready for camp so that they can have as much fun as possible. We have three jobs for the SPL to complete before camp.

## **JOB #1 – HELP YOUR TROOP PICK BADGES & ACTIVITIES**

Help your troop pick merit badges and activities. If you have earned a badge that a scout is interested in, share your experiences. Help each scout make a list of first choices and backups. Then encourage scouts to have a brief conference with the Scoutmaster. Once they have made their choices, check to see if the badges have prerequisites. If they do, start working on them. Some have research that is difficult to complete at camp.

### **TIPS TO SHARE WITH SCOUTS FOR MERIT BADGES**

- Scouts can take 6 badges, but how many do you recommend? Should they plan time to relax back at the campsite, go fishing, or visit the Trading Post?
- How many Eagle badges should they take? Be sure to look at prerequisites as you help them decide. Working toward Eagle is a good goal, but so is having fun!
- Check out the camp map too. If scouts have to get from Ecology to Archery in 10 minutes, that might be tough! Also, if scouts are going swimming, will they have time to change and get to their next station?

## **JOB #2 – HELP TO PLAN SPIRIT DAY**

Wednesday is for nothing but fun! Activities range from field sports, waterfront activities, open ranges, troop/patrol competitions and many more. Basically, you show up to an event with a buddy, have fun, and get points. See more detailed information about Spirit Day on page 19.

To prepare your troop...

- Pick a theme with your troop.
- Put on skits/songs/cheers. After lunch on Wednesday, audition for the Friday Night Campfire.

### ***Keep the Spirit Going All Week!***

**Mon Troop Shirt Day**  
**Tues Crazy hat & socks Day**  
**Wed Spirit Day Theme**  
**Thurs Hawaiian Day**  
**Fri Sinoquipe Shirt Day**

## **JOB #3 – HELP YOUR SCOUTMASTER ORGANIZE FOR CHECK IN**

### **IN THE WEEKS BEFORE CAMP**

- Assist your Scoutmaster in gathering paperwork. Two forms to mail to camp before your arrival are the medical forms and the swim classification record.
- The medical forms should be collected and mailed at least two weeks prior to camp. You do not need to wait for all of them but check in will be faster if we have some or most of your troop's forms early.
- The BSA swim classification record can be found in the [Forms Index](#). Consider going to a local YMCA or perhaps a school pool for a troop outing. Have fun with it! If possible, scan or take pictures of the record and email it to [ssrcampdirector@scouting.org](mailto:ssrcampdirector@scouting.org).

### **THE FIRST DAY: PREPARE FOR CHECK IN**

- Double check everyone has turned in forms and brought any pre-requisites. Do this before leaving!
- Consider arriving in uniform–activity or field. Have anyone that still needs to take a swim test wear bathing suits and bring a towel with them instead of being packed away in their gear.
- You and the Scoutmaster will check in at the main parking lot to receive further instructions and the Scoutmaster Packet. There will be staff to direct you.
- There will be forms in the Scoutmaster Packet that will be your responsibility to complete. Help get these taken care of.

### **SAFETY IS NUMBER ONE**

Keeping everyone safe is also a camp goal. Here are important rules to remind scouts about:

- Drink water! Dehydration can lead to fatigue, muscle cramps and nausea. When we don't feel well, we usually want to go home. If a scout is homesick, try getting them to drink water and have a healthy snack. All spigots around camp dispense safe & cold drinking water.
- Wear fully enclosed shoes at camp. This means no sandals, crocs, or any other odd or patial shoes. We are a very long camp and you will walk multiple miles a day.
- There is a public road beside the parking lot. Please walk on the side of it.
- We are in the woods. There are animals in the woods. Take pictures, enjoy the experience, but leave them alone. Don't get close and don't give them food.
- There are areas in camp that are marked as "Adults Only." They are for individuals 18 years of age or older. It is a violation of Youth Protection to enter these areas.
- Quiet time is from 10 PM – 6:30 AM. Make sure people who want to sleep can.
- For a detailed list of camp rules, see the page titles [Rules We Live By At Camp](#).

# PARENT INFORMATION

We look forward to welcoming your scout to Camp Sinoquipe! We know that there are many camps to choose from and we appreciate that you and your scout's troop recognize the quality and value that Camp Sinoquipe provides. Please alert your Scoutmaster to any dietary or accessibility needs so we can help you scouts have a great week at camp!

## JOIN US FOR FAMILY NIGHT!

### FRIDAY @ 5PM

Sign in at the Admin building. Then head to your troop's campsite for dinner. Campfire is at 8 PM. Wear good walking shoes and bring a camp chair. Dinner is \$10 but check with your Scoutmaster about payment. Your Scoutmaster must sign you up on Thursday!

## DAILY THEMES!

**MON TROOP SHIRT DAY**  
**TUE CRAZY HAT & SOCKS DAY**  
**WED SPIRIT DAY THEME**  
**THUR HAWAIIAN DAY**  
**FRI SINOQUIPE SHIRT DAY**

## SIGN THESE FORMS!

-BSA Annual Health Form (Doctor completes part C)

### **Find these in Forms**

#### **Index:**

-Over the Counter Med Permission Form  
-Cowboy Action. Discover Scuba, or PADI Dive Forms (if participating)

## MAIL

Mail at camp is awesome! You are welcome to send packages and letters to your scout. Please keep in mind shipping times can be long, so send mail prior to camp to be sure it arrives while the scout is in camp. Mail that arrives after camp will be marked "return to sender."



To send letters, postcards, or packages to a Scout please address it as follows:

**Scout's Name**  
**Troop #, Week #**  
**Camp Sinoquipe**  
**677 Boy Scout Road**  
**Fort Littleton, PA 17223**

## TIPS FOR TEXTS & LETTERS

- o Focus on the fun activities.
- o Ask about the fun things they did today or the people that they like at camp.
- o DO NOT tell your scout you miss them.
- o Tell your scout you are confident in them and that you are proud of them.
- o DO NOT tell your scout you can't wait for them to get home.

## PHONES & TECH

Please talk with your scout about technology. We use technology at appropriate times to help us learn and appreciate nature. Your troop may have a policy dictating cell phone usage. Keep this in mind when packing with your scout. Don't let that phone screen distract your scout from the whole world of fun at camp!

# STAFF OPPORTUNITIES

## ONE WEEK OF CAMP IS FUN. THE FULL SUMMER SEASON IS AWESOME!

We depend on our skilled, dedicated, and enthusiastic group of scouts and scouters to operate Camp Sinoquipe each summer. Serving on camp staff is truly the summer experience of a lifetime. It's a unique chance to learn, to share your knowledge, be a leader, work with a team...and to touch the lives of the 1,200+ scouts who will pass through the camp's gates this year.

We hope that you will encourage your best scouts to apply for staff positions so we can truly offer the best role models and teachers to all troops who attend Camp Sinoquipe. The staff undergoes extensive training in BSA policy, first aid, CPR, customer service, teaching techniques, safety, youth protection, and many more topics before they ever meet their first camper. Contact the Scout Service Center or visit <https://www.sacscouting.org/SACcampstaff> to fill out an application.



## CAMP STAFF POSITIONS

### COUNSELOR-IN-TRAINING (AGE 14)

Up to seven weeks of hands-on training, learning to be a summer camp staffer in various areas throughout camp plus an intensive leadership and teaching skill program. CITs also have the ability to work on merit badges and develop their own leadership skills while volunteering on staff.

### COUNSELOR OR SUPPORT STAFF (AGE 15+)

Teach merit badge sessions, lead special programs, work in the kitchen, camp office, or trading post.

### SENIOR STAFF (AGE 18+)

Senior staff include managers, area team leaders, camp chaplains, health officers, and commissioners. Area team leaders (age 21+) are here to ensure the program within his or her area is carried out according to the standards of the BSA. He or she is responsible for the staff members and CITs working in their area, as well as keeping accurate records of merit badges or specialty awards completed.

**Scouting America**  
Shenandoah Area Council

**APPLY NOW**

**SUMMER CAMP STAFF 2025**

Are you looking for a fun and rewarding summer adventure?  
We're hiring friendly and energetic staff members to work with our Scouts this summer on our camp staff.

- Program Area Directors
- Food Service Managers
- Climbing Instructors
- Aquatics Director & Lifeguards
- Program & Activities Instructors
- Kitchen and Trading Post staff

More Info: [www.sac-bsa.org/SACcampstaff](http://www.sac-bsa.org/SACcampstaff)

Apply Here

To schedule an interview, complete the staff application at [www.campsinoquipe.org/SACcampstaff](http://www.campsinoquipe.org/SACcampstaff).

## FORMS INDEX



*It is the expressed written policy of the Shenandoah Area Council, Scouting America, that Sinoquipe Scout Reservation is operated for the benefit, enjoyment, training, and advancement of all Scouts without regard to race, color, national origin, sex, age, religious denomination, or handicap.*



# MERIT BADGE QUICK GUIDE

*\*Final updated version\* May 20th, 2025.*

<b>AQUATICS</b>	<b>LOCATION</b>	<b>PREREQUISITES</b>
Swimming	Pool	Must be classified as a swimmer before starting badge.
Lifesaving		Must be classified as a swimmer AND have earned the Swimming MB BEFORE starting this badge. Review front crawl, sidestroke, breaststroke, and elementary backstroke. Recommended for ages 14+. Bring clothes suitable for req. 9.
Canoeing	Lake	Req. 2. Bring shoes that can get wet.
Kayaking		Req. 2. Bring shoes that can get wet.
Rowing		Must be classified as a swimmer before starting badge. Req. 2 and review and be ready to discuss 8 & 9 at camp. Bring shoes that can get wet.

<b>CULTURAL CENTER</b>	<b>LOCATION</b>	<b>PREREQUISITES</b>
Cit in the Nation	OA Lodge	Req. 7. If possible, bring a device with a news app like AP or Reuters. Some out of class time needed.
Cit in the World		Req. 7.
American Heritage		3c.
Fire Safety		Req. 5c, 5d, 5e, 5g, & 10.
Music		Req. 3. Scouts who play an instrument may bring it to camp.
Chess		Familiarize yourself with chess piece moves. Consider making a chess.com account to play the computer to practice.
Communications		Req. 5 & 7.
Golf (Disc)		None.
Salesmanship	Trading Post	None.

<b>ECOLOGY</b>	<b>LOCATION</b>	<b>PREREQUISITES</b>
Environmental Science	Ecology Lodge	Recommended for age 14+. Some independent project work required. Req. 3, 6 & 7. Time may be needed outside of class for req. 2a and 6.
Nuclear Science		None.
Weather		None.
Nature		None.
Astronomy		None. Must participate in evening observations.
Chemistry		None.
Landscape Architecture		None.
Fishing	Hummel Pavilion	Some equipment is available. If possible, bring your own rod. Scouts will clean, cook, and eat fish in the program area. Fishing license is not required regardless of age.
Fly Fishing		Same as Fishing.
Fish & Wildlife Management		Req. 5 and 8.
Forestry		None. Be familiar with MB requirements before camp. Offered during evening program M, Tu, & Th.

<b>HANDICRAFT</b>	<b>LOCATION</b>	<b>PREREQUISITES</b>
Basketry	Handicraft Pavilion	None.
Art		Req. 6
Pottery		Req. 7.
Leatherwork		None.
Woodcarving		Req. 2a. Must have a Totin' Chip Card present for Mondays class. Not recommended for young campers.

<b>HEALTH &amp; SAFETY</b>	<b>LOCATION</b>	<b>PREREQUISITES</b>
First Aid	Le Bleu Pavilion	Req. 2b1 and 15. Bring materials or detailed photos of your personal first aid kit.
Emergency Preparedness		Req. 1, 3a, 8b, and 10.

<b>SCOUTCRAFT</b>	<b>LOCATION</b>	<b>PREREQUISITES</b>
Geocaching	Scoutcraft	Req. 7. Some out of class time may be needed to complete Req. 9.
Camping		Req. 4b, 5e, 7b, 8cd, and 9abc. A note from SM for prerequisites and a copy of the menu for 8cd will suffice.
Cooking		Req. 4a-f and 6a-f. For scouts 13+. Class is extended through lunch. Scouts will not attend lunch in the dining hall M, Tu, Th, & F and cannot be assigned table waiter duty for these meals. A note from the SM for prerequisites and a copy of the meal plans will suffice.
Signs, Signals, & Codes		None. Research the basics of American Sign Language, Braille, and Morse Code.
Orienteering		Good map & compass skills are recommended. Materials are available at Scoutcraft.
Pioneering		None. A working knowledge of knots, lashings, and rope splicing is strongly recommended.
Wilderness Survival		Req 5. Req. 8 will require an overnight outpost on Tuesday evening.

<b>RANGE &amp; TARGET</b>	<b>LOCATION</b>	<b>PREREQUISITES</b>
Rifle	Rifle Range	Req. 1g1 and 1g2. Recommended for older scouts.
Archery	Archery Range	Req. 1e.
Shotgun	Shotgun Range	Req 1g. Recommended for older scouts. Additional fee of \$25 for ammo.

<b>TECH CENTER</b>	<b>LOCATION</b>	<b>PREREQUISITES</b>
Robotics	Tech Center	None.
Moviemaking		None. If able bring a device capable of taking digital videos.
Programming		Req 1a.
Photography		Req. 1a. If able bring a device capable of taking digital pictures.
Space Exploration		None.
Game Design		None. Bring a notebook.
Digital Technology		Req. 1.

<b>TRADES &amp; VOCATIONS</b>	<b>LOCATION</b>	<b>PREREQUISITES</b>
Woodwork	Maintenance	Must have Totin' Chip.

Welding		7a. Scouts must wear pants and boots to class. No sneakers as weld spatter is an issue.
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<b>AWARDS &amp; SPECIAL PROGRAM</b>	<b>LOCATION</b>	<b>PREREQUISITES</b>
Snorkeling	Pool	Must be a swimmer.
Mile Swim	Lake	Must be a swimmer.
Swimming & Water Rescue	Pool	Complete Safe Swim Defense Online. Be classified as a swimmer.
Paddlecraft Safety: Basic Canoeing or Kayaking	Lake	Complete Safety Afloat Online. Be classified as a swimmer.
Cowboy Action	Rifle Range	Must have waiver completed by parent brought to camp.
Discover Scuba	Pool	Must be a swimmer and have completed form.



# CONSERVATION UNIT AWARD

The Sinoquipe Conservation Unit Award is presented to Units that demonstrate outdoor stewardship and help to improve the ecosystem of camp.

Earned by completing all of the requirements below:

- o Scouts from your unit engage in a conversation with the Ecology Director or Program Director about the importance of camp conservation.

Signature by Director\_\_\_\_\_

- o Complete a Conservation Project during your week at camp, approved in advance by the Ecology Director, Program Director, or Ranger.

Signature by Director\_\_\_\_\_

Conservation project ideas:

salamander houses, turtle huts/coves, duck boxes/homes, pond, turtle crossing or wildlife signs for roads, make floating logs for basking turtles, snake basking spots, wildlife emergency contacts sheets (DNR, wildlife center of Virginia), wetland ecosystem, spillway ecosystem, milkweed area (grant), remove invasive species around camp, endangered animal grants, creek clean up, trail maintenance.

- o Complete 2 of the following:
  - o Have Scouts from your unit attempt one of the following:
    - ⊙ a frog survey
    - ⊙ an owl/bat spotting

Signature by Ecology Director\_\_\_\_\_

- o Collect Recyclable trash that your unit creates during the week while at camp in your campsite and plan to haul it out with you to recycle when you get home.

Signature by Head-Commissioner\_\_\_\_\_

- o Have Scouts from your unit participate in one of the following:
  - ⊙ Nature Scavenger Hunt
  - ⊙ Astronomy Observation

Signature by Ecology Director\_\_\_\_\_

-----  
Troop Number \_\_\_\_\_

Unit Leader Signature\_\_\_\_\_

Week # \_\_\_\_\_

Ecology/Program Director Signature\_\_\_\_\_



# HONOR SCOUT AWARD

**Please turn in this form to the Admin office by Friday Turtle Time.**

Camp Sinoquipe offers a unique honor program. It is not required but is offered as part of the overall Summer Camp Program to be utilized by the Scout that wants it.

The Award is earned by completing all of the requirements listed below:

1. Complete a long term (6 days, 5 night) camping experience at Sinoquipe.
2. Earn 3 or more merit badges during the week.
3. Earn at least one point for your troop on Spirit Day.
4. Attend at least one camp wide campfire.
5. Enjoy time at our pool/waterfront during open evening activity.
6. Attend 3 days of Run for Life and/or Polar Bear Swim.
7. Help for at least one hour with a camp improvement project.
8. Do 3 of the following:
  - Identify 10 plants at camp
  - Identify 10 constellations in the night sky at camp
  - Shoot a bow or a gun at camp
  - Play on the slide in the lake
  - Pick-up trash throughout the week
  - Touch the deepest part of the pool
  - Meet 10 new people
  - Demonstrate Scout Spirit

Requirement 2: When tallying "earned" badges you may assume Friday afternoon merit badge will be earned as long as Scout has no missing prerequisites and attends the final session(s).

Leaders can also earn this award – required to attend a minimum of 3 hours of merit badge sessions over the week instead of earning merit badges.

Leaders and/or SPL please use the table on the opposite side of this form to track the scouts in your unit who are participating.

**Please turn in this form to the Admin office by Friday Turtle Time.**





# HONOR UNIT AWARD

The Sinoquipe Honor Unit Award is presented to the best of the best, those Units that have exemplified Scouting during their week at Summer Camp and gone above and beyond. The Award is earned by completing ALL the requirements listed below.

- o Campsite Inspections – Units must score a 95% or better or 4 of the 5 inspections with no score below 90%. Friday's campsite inspection will be verified by Camp Management.

Monday	%	Tuesday	%	Wednesday	%	Thursday	%	Friday	%
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- o Unit came prepared for Spirit Day in theme wear.  
Theme idea\_\_\_\_\_
- o Complete a pioneering project within your site.  
SM Initials\_\_\_\_\_
- o Unit follow the Patrol Method (SPL Initials)  
Duty Roster\_\_\_\_\_
- o Patrol Flags\_\_\_\_\_
- o Patrol Areas\_\_\_\_\_
- o Unit attends, participates, or holds a religious service during the week together.  
Chaplain's Signature\_\_\_\_\_
- o Every Scout and Leader has taken at least 3 showers during the week.  
SPL Initials\_\_\_\_\_
- o An Adult Leader attends all Leader's meeting throughout the week.  
Program Director Signature \_\_\_\_\_
- o Unit completes a pre-approved camp improvement project.  
Ranger Signature \_\_\_\_\_
- o Unit adheres to the Scout Oath and Law.  
Program Director Signature\_\_\_\_\_

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Troop Number\_\_\_\_\_

Unit Leader Signature\_\_\_\_\_

Week # \_\_\_\_\_

Program Director Signature\_\_\_\_\_

## CODE OF HONOR

In order to provide a positive, safe, and enriching environment for all Scouts; while offering opportunities for wonderful outdoor scouting adventures; Shenandoah Area Council has established the following Code of Honor standards:

The unit is primarily responsible for the behavior, safety, and welfare of our Scouts. Unit leaders, including those from unit's other than our own, have the right and responsibility of helping and correcting any inappropriate behavior they encounter. We will follow the directions of those leaders as if they were my unit's leaders.

1. We will follow the Scout Law, Oath, Outdoor Code, Motto, and Slogan. We will remember that these are the basis for all the following rules and should be the basis for all our actions.
2. We will treat others with respect. No name-calling, insults, bullying or bad-natured teasing. Sexual comments, sexual activity, flirting, or ogling (staring at others) are inappropriate.
3. Jokes, insults, skits or songs based on race, ethnicity, religion, gender, sexual orientation, age, or disability have no place in Scouting.
4. We are expected to follow the posted or verbal schedule of activities and assignments specified by the unit and camp leadership. We will do our best to be on time and wear the appropriate uniform for all camp activities.
5. We may not use or possess any alcoholic beverages, marijuana, tobacco, vaping products, e-cigarettes or illegal drugs. If found or detected, our parents (and/or the police, if necessary) will be notified immediately.
6. We will respect the privacy of other Scouts and adults in latrines, bathrooms, showers, tents, cabins, Adirondacks or other structures.
7. We will not take pictures or videos of anyone in or around the latrines, bathrooms or showers. Or any other inappropriate pictures or videos around camp. We will not post any pictures or videos on social media that are not appropriate or without the expressed permission of those in the picture or video.
8. We understand that lights will be out, we will be quiet after 10:00 P.M.
9. No visitors will be allowed in other people's tents, cabins or other housing from 10:00 PM to 8:00 AM.
10. Sounds that can be heard outside our tent after lights out are disrespectful and disturbing to others. Lack of compliance will be dealt with by the unit leaders.
11. We will take responsibility for any property owned by the camp, the unit, or another individual that we damage.
12. The use of profanity, abusive language, and threats of violence or sexual assault will not be permitted.
13. We will use matches and lighters only when appropriate, safe, and only if we have earned Firem'n Chit.
14. We will use knives, saws, and/or axes only when appropriate, safe, and only if we have earned Totin' Chip.
15. We will use the buddy system while at camp.





ORDER OF THE ARROW CAMPERSHIP REQUEST FORM

ONERAHTOKHA LODGE #297

APPLICATION DEADLINE: MARCH 15th

The purpose of the OA campership program is to assist in making summer camp programs available to deserving Scouts who otherwise could not afford the fees. The campership program is not intended to pay 100% of all the fees associated with attending a camp and not more than 1/2 of the total fee will be granted to any Scout.

SUBMIT COMPLETED APPLICATIONS: MAIL: SHENANDOAH AREA COUNCIL, Inc. BSA, 107 Youth Development Ct., Winchester VA 22602, or EMAIL: sheandoaharea.councilbsa@scouting.org

CAMPERSHIP APPLICANT (SCOUT'S INFORMATION)

Name Address City State Zip Phone Age Email

SCOUTING INFORMATION

(circle) Pack / Troop / Crew # District Applicant's # of years in Scouting Chartering Organization Name

FAMILY

Single Parent Both Parents Other Total # in Household # Under 18 Total Yearly Family Income

FAMILY PARTICIPATION (COMPLETED BY PARENT/GUARDIAN)

Participation in Family FOS program Participation in Popcorn sales

UNIT SUMMARY (COMPLETED BY UNIT LEADER)

Unit Family FOS Presentation? If so, date of presentation Unit Participation in Popcorn Sales If so, gross sales \$

SUMMER CAMP PROGRAM (choose one)

- Cub Scout Resident Camp (Tiger, Wolf or Bear) Webelos & Arrow of Light Resident Camp Scouts BSA Resident Camp Venturing Resident Camp

Is a parent attending camp as well? Is a Scout sibling attending camp as well? Have you received a campership in the past?

UNIT LEADERSHIP INFORMATION

UNIT LEADER NAME: PHONE: EMAIL: UNIT COMMITTEE CHAIR NAME: PHONE: EMAIL:

CAMP FEES AND ASSISTANCE

Total Camp Fee \$ Amount of funds being contributed by: Family Unit Chartering Organization Total Funds Collected Remaining Balance of Funds Needed \$ Amount of Campership Requested \$

Please provide an explanation for the need of a campership below (to be completed by parent/guardian)

I certify that the above information is correct to the best of my knowledge and that I have verified the need for this campership request.

Parent / Guardian Name: Signature: Date: Unit Leader Name: Signature: Date: Unit Com. Chair Name: Signature: Date:

Date Received: Date Reviewed by OA Committee: Campership Grant Approved NO YES Amount awarded: \$ Balance of all other fees to be paid by the Scout, Unit or Charter Organization. Signature of OA Committee: Print Name: Date:

# SWIM CLASSIFICATION INFORMATION

## GENERAL BSA SWIMMER TEST INFORMATION:

All participants are designated as swimmers, beginners, or nonswimmers based on swimming ability using the BSA swim classification tests. Each group is assigned a specific swimming area with depths consistent with those abilities.

## REGARDLESS OF WHERE OR WHEN THE SWIM TEST IS GIVEN, FOLLOW THESE PROCEDURES:

- The test is given one-on-one. The test administrator and the swimmer are buddies during the test.
- Each component of the test is important. The test must not be changed either to assist the scout or to expedite the process.
- The test must be completed without aid or support. Aids include lifejackets, wetsuits, fins, etc. Swim goggles may be used to avoid eye irritation.
- Swim tests must be renewed annually, preferably at the beginning of the outdoor season.

## WHO CAN GIVE THE BSA SWIM CLASSIFICATION TESTS?

**SAC HAS THREE OPTIONS FOR SWIM TEST ADMINISTRATION:** Conducted at camp by Aquatics personnel, council conducted at approved date & times, or conducted at the unit level using council-approved personnel. Tests should be performed by an Aquatics Instructor, BSA; BSA Lifeguard; BSA Swimming & Water Rescue; or other lifeguard, swimming instructor, etc. The person giving the test understands that they are responsibly certifying that the swimmer meets the BSA standards. The Camp Aquatics Director may reassess a participant at any time.

**LIFEGUARDS:** You CANNOT sign off on a test that you did not administer. The scout leader cannot give the test in your place, especially while you're on duty. If you administer a test, you need to look for swimming strengths or weaknesses. If you don't know what to look for or what the BSA requirements are, do not give the swim test. Only test one swimmer at a time.

**TIPS FOR TEST ADMINISTRATORS:** The swim test event should be fun. If a scout is nervous, it's ok to spend time with the scout in the water, possibly letting them kick on the guard tube, for example. Encourage parents and leaders to avoid saying things like "You won't have any fun at camp if you don't pass the swimmer test!" If a scout is struggling, stop them as soon as you realize that they will not pass. If you let the scout finish the distance, and then say they didn't pass, you will have frustrated scouts and parents.

## SWIMMERS PASS THIS TEST:

Jump feet first into water over the head in depth. Level off and swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy resting backstroke (elementary backstroke or relaxed back crawl). The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating. Swimmers can swim in any designated swim area with a buddy who can also swim in that area.

## BEGINNERS PASS THIS TEST:

Jump feet first into water over the head in depth, level off, and swim 25 feet on the surface. Stop, turn sharply, resume swimming and return to the starting place. Beginners can swim in designated swim areas that are just over their head.

## NON SWIMMERS:

Anyone who has not completed either the beginner or swimmer tests is classified as a nonswimmer. The nonswimmer area should be no more than waist to chest deep.

# Swim Classification Record

Unit \_\_\_\_\_  
Date \_\_\_\_\_

Unit Leader Name \_\_\_\_\_  
Unit Leader Signature \_\_\_\_\_

**NOTE: A copy of the certification of the person administering the Swim Classification Test must be attached to the form to be considered valid.**

	Participant Name	Swimmer	Beginner	Nonswimmer	Y/A & Other Notes
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

**Person Conducting the Test**

Printed Name \_\_\_\_\_

Signature \_\_\_\_\_

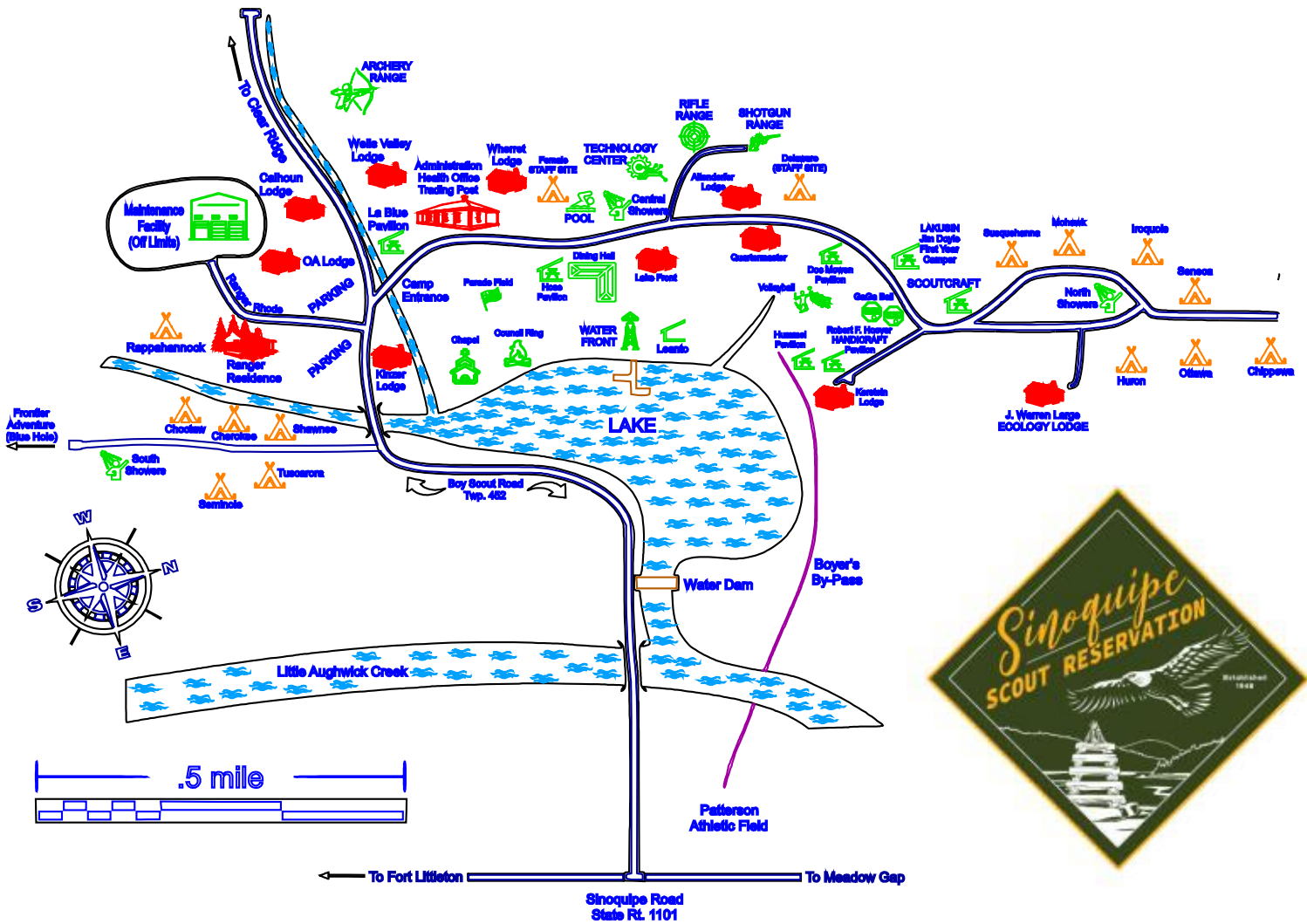
Qualification \_\_\_\_\_

Council/Agency (YMCA, etc) \_\_\_\_\_



# CAMP SINOQUIPE

## Main Camp Area



# CAMP T-SHIRT AND MERCHANDISE PREORDERS

For your convenience, camp t-shirts, hoodies and other merchandise such as hats, belts, assorted drinkware, day packs, patches, and stickers can be pre-ordered using the online form available at [www.sinoquipe.org/campswag](http://www.sinoquipe.org/campswag) or purchased in the camp trading post, while supplies last.



## CUSTOM UNIT T-SHIRTS

Individual units can order custom Summer Camp themed t-shirts that will include the theme graphic for the summer on the back of the shirt in addition to camp logo and Unit number on the front left chest of the shirt. A variety of shirt colors are available on the online order form.

All custom t-shirt orders must be received and paid in full no later than May 1<sup>st</sup> at 11:59pm. Orders will be delivered to the Unit when they arrive at camp.



*We are regularly updating and adding new items. To see the complete and updated variety of camp merchandise options available visit the website page at [www.campsinoquipe.org/campswag](http://www.campsinoquipe.org/campswag).*

## REFUND POLICY- SUMMER RESIDENT CAMPS

This General Refund Policy applies to all Summer Resident Camps of the Shenandoah Area Council, BSA unless otherwise stated.

The Shenandoah Area Council strives to provide the absolute best program. We sign contracts with staff and vendors based upon confirmed reservations. Cancellations after May 1<sup>st</sup> undermine our ability to provide a quality Summer Resident Camp program.

### REFUND REQUESTS WILL BE CONSIDERED ON A CASE-BY-CASE BASIS:

- On or before May 1st – full refund of any funds paid will be issued (less processing fee)
- After May 1st – Partial refund up to 50% of the total fees will be issued (less processing fee)
- After May 15<sup>th</sup> – NO REFUNDS will be issued, with the following few specific exemptions:
  - 50% refund of funds paid may be issued in the event of the death of an immediate family member, sickness, injury, or summer school requirement (verification from physician or another official required).

### NOTE:

1. Refund requests (for exemptions listed above) made more than 7 days following the end of the session will NOT be considered.
2. Fees cannot be rolled over to a future event or activity.
3. Refund requests should be submitted in writing by the unit leader on the official SAC Refund Request Form and submitted to the SAC Armstrong Service Center and can be sent by mail, email, or fax.
4. Refund checks will be issued to the entity paying the original fee within 30-days of receipt of the written request pending its approval.
5. Unit leadership is responsible for conveying the refund policy to the participants and their parents or legal guardians.

## REFUND REQUEST FORM SUMMER RESIDENT CAMP

Participant Name/Unit: \_\_\_\_\_  Scout  Adult  Other

Unit Type:  Pack  Troop  Crew      Unit #: \_\_\_\_\_ Council: \_\_\_\_\_

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

Total Fees Paid: \$ \_\_\_\_\_ Amount of refund requested: \$ \_\_\_\_\_

**Reason for Refund Request:** *(provide supporting documentation if applicable)*

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

**Please provide the following information to receive your refund:** *(Refunds are issued to the Unit)*

Unit Leader Name: \_\_\_\_\_

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

City, State, Zip: \_\_\_\_\_

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

Email: \_\_\_\_\_

I understand this request will be reviewed and, if approved, payment will be made to the unit leader as appropriate.

Signature of unit leader \_\_\_\_\_ Date: \_\_\_\_\_

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FOR OFFICIAL USE ONLY – DO NOT WRITE BELOW THIS LINE

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

Reviewed by: \_\_\_\_\_ Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Approved  YES Full Refund  less processing fee  NO Refund  PARTIAL Refund

**AMOUNT REFUNDED:** \_\_\_\_\_

If No Refund or Partial Refund is being granted, explain why below:

\_\_\_\_\_

\$ \_\_\_\_\_ CREDIT FROM TENTAROO ACCOUNT REMOVED ON \_\_\_\_\_ by: \_\_\_\_\_

Refund Check Request processed on : \_\_\_\_\_ by: \_\_\_\_\_



# SCOUT COWBOY ACTION SHOOTING PROGRAM PARTICIPATION AND HOLD HARMLESS AGREEMENT

Camp Sinoquipe (Shenandoah Area Council) will be conducting a Scout Cowboy Action shooting program. In this program, scouts will shoot a rifle, pistol, and shotgun under the supervision of an NRA Range Safety Officer and NRA certified instructors. Scouts will be required to wear eye protection and hearing protection at all times while on the range. Scouts are expected to abide by all safety rules and the instructions of the Range Safety Officer(s) and rifle, pistol, and shotgun instructor(s). I, the undersigned, give my child, \_\_\_\_\_, permission to participate in this program.

I understand that participation in the activity involves a certain degree of risk. I have carefully considered the risk involved and have given consent for my child to participate in the activity. I understand that participation in the activity is entirely voluntary and requires participants to abide by the rules and standards of conduct. I 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 claims or liability arising out of this participation. For safety, my child and I agree that he/she will do the following or he/ she will be removed from the program. I understand that any additional cost associated with participation in this program will not be refunded if my child is removed for not following the rules below.

- o 1. Complete a range safety briefing.
- o 2. Wear all safety gear at all times while on the range.
- o 3. Follow all the safety rules provided in the briefing.
- o 4. Follow the instructions of the Range Safety Officer(s) and rifle, pistol, and shotgun instructor(s).
- o 5. Do not handle the firearms until instructed to do so by the instructor(s).
- o 6. Is 14 years of age, or 13 and has completed the eighth grade, as of the start of the class and will be in full compliance with all local, state, and federal guidelines, including age restrictions and original equipment manufacturer standards.

Participant signature \_\_\_\_\_

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

Parent/guardian signature \_\_\_\_\_

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

Parent/guardian printed name \_\_\_\_\_

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

Home phone \_\_\_\_\_

Cell phone \_\_\_\_\_

Email address \_\_\_\_\_

## PADI Discover Scuba® Diving Participant Statement

Read the following paragraphs carefully.

This statement, which includes a Medical Questionnaire, a Liability Release and Assumption of Risk Agreement (Statement of Risks and Liability), Non-Agency Disclosure and Acknowledgment and the Discover Scuba Diving Knowledge and Safety Review, informs you of some potential risks involved in scuba diving and of the conduct required of you during the PADI Discover Scuba Diving program. If you are a minor, your parent or guardian must read this Guide and sign on the back panel.

You will also need to learn important safety rules regarding breathing and equalization while scuba diving from the PADI Professional. Scuba diving and the use of scuba equipment without proper supervision or instruction can result in serious injury or death. You must be instructed in its use under the direct supervision of a qualified instructor.

## PADI Medical Questionnaire

Scuba diving is an exciting and demanding activity. To scuba dive you must not be extremely overweight or out of condition. Diving can be strenuous under certain conditions. Your respiratory and circulatory systems must be in good health. All body air spaces must be normal and healthy. A person with heart trouble, a current cold or congestion, epilepsy, asthma, a severe medical problem, or who is under the influence of alcohol or drugs, should not dive. If taking medication, consult your doctor before participating in this program.

The purpose of the Medical Questionnaire is to find out if you should be examined by a physician before participating in recreational scuba diving. A positive response to a question does not necessarily disqualify you from diving. A positive response means that there is a preexisting condition that may affect your safety while diving and you must seek the advice of a physician.

Please answer the following questions on your past and present medical history with a YES or NO. If you are not sure, answer YES. If any of these items apply to you, we must request that you consult with a physician prior to participating in scuba diving. Your PADI Professional will supply you with a PADI Medical Statement and Guidelines for Recreational Scuba Diver's Physical Examination to take to a physician.

- \_\_\_ Do you currently have an ear infection?
- \_\_\_ Do you have a history of ear disease, hearing loss or problems with balance?
- \_\_\_ Do you have a history of ear or sinus surgery?
- \_\_\_ Are you currently suffering from a cold, congestion, sinusitis or bronchitis?
- \_\_\_ Do you have a history of respiratory problems, severe attacks of hayfever or allergies, or lung disease?
- \_\_\_ Have you had a collapsed lung (pneumothorax) or history of chest surgery?
- \_\_\_ Do you have active asthma or history of emphysema or tuberculosis?
- \_\_\_ Are you currently taking medication that carries a warning about any impairment of your physical or mental abilities?
- \_\_\_ Do you have behavioral health, mental or psychological problems or a nervous system disorder?
- \_\_\_ Are you or could you be pregnant?
- \_\_\_ Do you have a history of colostomy?
- \_\_\_ Do you have a history of heart disease or heart attack, heart surgery or blood vessel surgery?
- \_\_\_ Do you have a history of high blood pressure, angina, or take medication to control blood pressure?
- \_\_\_ Are you over 45 and have a family history of heart attack or stroke?
- \_\_\_ Do you have a history of bleeding or other blood disorders?
- \_\_\_ Do you have a history of diabetes?
- \_\_\_ Do you have a history of seizures, blackouts or fainting, convulsions or epilepsy or take medications to prevent them?
- \_\_\_ Do you have a history of back, arm or leg problems following an injury, fracture or surgery?
- \_\_\_ Do you have a history of fear of closed or open spaces or panic attacks (claustrophobia or agoraphobia)?



Scout's Name: \_\_\_\_\_

Troop/Pack: \_\_\_\_\_

**GUIDELINES:**

1. No Scout will be given any prescribed or over-the-counter (OTC) medication without prior, expressed written approval and specific instructions from the custodial parent/guardian.
2. No medication will be administered unless it is in the original container. All OTC medication that a Scout brings to camp MUST be marked with the Scout's name on the label; all prescription medications MUST have the Scout's name clearly printed on the label, as prescribed for the Scout by a medical doctor.
3. All medications, with the exception of physician-identified emergency medications (example: bronchial inhaler, Epi-Pen, Nitroglycerin, etc.) must be placed in a sealed plastic zip-lock bag and will be taken from the Scout's possession at the beginning of the week and will remain in the possession of the adult leader in charge of the unit. Medications will be returned to the Scout at the end of the week.
4. Participants may keep over-the-counter insect repellent (non-aerosol), sunscreen, and anti-itch lotion/ointment that they bring to camp in their possession. All other OTC medications must be secured with the adult unit leader.

**CAMP-SUPPLIED MEDICATIONS:**

A limited supply of certain medications will be available for use, however permission to use any of the below listed medications must be approved by custodial parent/guardian. Please check the appropriate box to the left of each medication/application in order for the camp health staff to administer any of these to your Scout indicating your **permission to administer** or **NOT administer** each medication. Remember to include your Scout's personal dosage instructions should it differ from the recommended dosage on the label.

Permission to Administer Camp-Supplied Medication/Ointments, etc.			
May Administer	Do Not Administer	Medication	Directions: (If differs from recommended dosage on label) for dose, how often and/or application.
		Acetaminophen (Tylenol) – 500mg	
		Ibuprofen (Advil / Motrin) – 200mg	
		Naproxen Sodium (Aleve) – 220mg	
		Aspirin – 325mg	
		Cetirizine Hydrochloride (Zyrtec) – 10mg	
		Bismuth Subsalicylate (Pepto Bismal) – 262mg	
		Calcium Carbonate (Tums) – 1000mg	
		Diphenhydramine Hydrochloride (Benadryl) – 25mg	
		Cough Syrup (Robitussin)	
		Sore Throat Spray (Chloraseptic)	
		Hydrocortisone Anti-itch Cream - 1%	
		Aloe Vera Gel	
		Triple Antibiotic Ointment	
		Loperamide (Imodium AD) - 2 mg	
		Antifungal Cream (Tolnaftate) - 1%	
		Burn Cream – contains Lidocaine	
		Diphenhydramine HCL Gel (anti-itch ointment)- 2%	
		Magnesium hydroxide(Milk of Magnesia) - 1200 mg	
		Mydol Complete	

**PARENT/GUARDIAN AGREEMENT:**

I have read and understand the above guidelines regarding the dispensing of medications to my child. I have initialed all camp-supplied medications/ointments that have my approval along with any additional dosage instructions.

Further, my Scout has (*please check*): \_\_\_\_\_ *No Known Allergies* \_\_\_\_\_ *The following allergies (medications or other):* \_\_\_\_\_

Printed Name of Parent/Guardian	Signature of Parent/Guardian	Date
Street Address	City, State, Zip	E-Mail Address
Home Phone	Work Phone	Mobile Phone