

# BLAST INTO ADVENTURE

4 SESSIONS OF SUMMER CAMP



JUNE

23RD - 26TH

26TH - 29TH

JULY

5TH - 8TH

12TH - 15TH



## ACTIVITIES!

SHOOTING SPORTS, CAMP CRAFTS,  
AQUATICS, FISHING, HIKING, MINING, STEM,  
AND MUCH MORE!

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602-BLASTINTOADVENTURE](https://www.scoutingevent.com/602-BLASTINTOADVENTURE)





# Cub Adventure Camp

2024 Leader's Guide

## ***Blast into Adventure!***



Heart of Virginia Council

*DELIVERING THE PROMISE OF SCOUTING*

VERSION 013024



## Welcome Leaders and Parents!

Summer is an incredible opportunity for you to spend quality time with your child. One of the most rewarding and character-building activities you can do as a family is to go camping, and I hope you consider taking your son or daughter to a session at Cub Adventure Camp (CAC). CAC offers a 4-day, 3-night experience every summer in Goochland County. You can attend as a Cub Scout Pack or as a parent/child pair. Meals are served in our air-conditioned Dining Hall; and you can stay in our Tent Village, Western Fort, Yurt, or Cabin.

Activities at camp include fishing, BB guns, archery, swimming in our pool, splashing in our spray ground, hiking the camp trails and so much more. The theme for this year's Cub Adventure Camp is "BLAST INTO ADVENTURE." Sessions at CAC will use this fun storyline, with staff members often in costume with the theme carrying into activities during the day.

The most important part of the Cub Adventure Camp experience is not the exciting activities or the engaging theme but having the opportunity to get up a little early and take your son or daughter down to the pond to fish, just the two of you to listen to the frogs. No video games, no cell phones, no television in sight. There's not much better in life than sitting next to your child in the evenings as well, enjoying a campfire, looking at the stars, and talking about the awesome day you had together.

I hope you have a great summer with your family, and I hope you choose to include Cub Adventure Camp in your plans. This Guide has information that will explain what to expect from a session at CAC. It has a breakdown of our daily camp life schedule and descriptions of the special programs offered at camp. For the most updated information please visit us at [www.cubadventurecamp.net](http://www.cubadventurecamp.net). At the end of this Leader Guide is a camp hold-a-space form that will allow you to reserve a space for your pack or family for the 2024 camp season. These forms are also available on our website and registration is always available online.

We look forward to serving your summer camp needs for the 2024 season. It's going to be an exciting summer, so register early and take advantage of our early bird camping rate.

Yours In Scouting,

*Heather Mulvihill*

Cub Adventure Camp Program Director



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## **2024 Season-Camp Sessions**

This year, all sessions are open to rising Wolves, Bears, Webelos and Arrow-of-Light Scouts. All sessions are 4-day, 3-night sessions.

- Session 1: Sunday, June 23 – Wednesday, June 26
- Session 2: Wednesday, June 26 – Saturday, June 29
- Session 3: Friday, July 5 – Monday, July 8
- Session 4: Friday, July 12 – Monday, July 15

## **Camp Fee Structure**

- \$185 per Youth / \$170 *Early Bird\**
- *\*An Early Bird rate of \$15 off will be applied to all Scouts who have 50% of their camp fees paid by May 15, 2024 – Balance due June 3, 2023*
- \$120 per Adult
- \$10 per meal for guest meals

**NO ADDITIONAL FEES FOR ANY PROGRAM!  
This includes Craft Projects, BB Guns, Archery, Fishing, etc.**

## **Black Pug Registration**

Register to attend Cub Adventure Camp this summer at [www.cubadventurecamp.net](http://www.cubadventurecamp.net).

### **ALL CAMPERS MUST BE REGISTERED BY THEIR PACK COORDINATOR AS A GROUP UNLESS THEY ARE CAMPING IN A SESSION DIFFERENT FROM THEIR PACK.**

Cub Adventure Camp (CAC) manages its camp registrations using the Black Pug program. This is an online service used by our Council to manage events. You can register your Pack or family online through the Black Pug program at the camp website or through the Council's online calendar.

***When registering your Scouts, choose the den assignment of the Scout's rank going into the upcoming 2024 Fall scouting year.***

If you register using the paper hold-a-space form, your information will be entered into the Black Pug system, and you will receive a Black Pug account. This will be assigned to the primary email address on the registration form. If you already have a Black Pug user ID you would like to use, please include it on the registration form.

You will need to log back into Black Pug periodically to update your registration and enter new information. ***It is very important that you log into your existing registration, DO NOT create a new registration – your payment history is linked to your reservation and your campsite request.*** If you know that your Pack plans to go to CAC, you should reserve a space for your Pack. Later, you can update the reservation with the exact number of people planning to attend camp and you can update information. When you know the names of all your participants at camp you can go into the system and enter your roster. You will also have the option to pre-order camp merchandise through the Black Pug system and have it waiting for your Pack when you arrive at camp.

### **Refund Policy**

Cub Adventure Camp strives to provide the very best program possible. We enter obligations with our staff and vendors during the winter before summer camp. Prior to March 16, 2024, cancellations will be refunded in full. Cancellations after March 15<sup>th</sup> undermine our ability to provide quality program. Cancellations after March 15<sup>th</sup> will be refunded all but \$50 per participant cancellation. There will be no refunds on cancellations after June 3<sup>rd</sup>. In the case of death of an immediate family member, sickness or injury, or a military transfer please reach out to [pamela.miscikowski@scouting.org](mailto:pamela.miscikowski@scouting.org) with supporting information verified by a physician, military commander or other such official. Reasons such as vacation schedule, sporting events and last-minute changes of mind are not acceptable reasons for refunds after June 3<sup>rd</sup>. Requests for refunds received after the events is over will not be accepted

### **Camperships**

Partial camper scholarships are sometimes available for Scout families. Campership application forms must be filled out by the parent or guardian and must be signed by the Cubmaster. Campership application forms are available at [www.cubadventurecamp.net](http://www.cubadventurecamp.net) and must be submitted to the Scout Service Center for review. Applications will be approved or denied on a case-by-case basis.

### **Dietary Needs**

All meals are served in Navas Lodge, our Camp Dining Hall, and approved by a dietician. Meals are designed to replenish the heavy caloric expenditure that camping requires. The Dining Hall is air-conditioned, meals are served by our kitchen staff 3 times a day. Hot coffee, water, bread, apples and bananas, and peanut butter and jelly are available in the Dining Hall 24 hours a day. **Campers with special dietary needs should communicate with the Camp Director prior to arriving at camp.**

## **General Camp Policies**

**To assure a smooth check-in for campers and an enjoyable camping experience for all, please make certain all adults attending camp have read this Guide and have a copy available for reference while in camp.**

## Leader to Scout Ratio

Cub Adventure Camp (CAC) is a BSA Nationally Accredited camp owned and operated by the Heart of Virginia Council. Its staff and all participants, including Scouts and leaders, must be currently registered members of the Boy Scouts of America. This camp abides by National Camp Standards set by the BSA and follows all BSA policy found in "Guide to Safe Scouting." All Packs in camp must abide by two-deep leadership requirements. We encourage a ratio of one adult for every two Scouts and require a ratio of one adult for every four Scouts. All Packs must always have two 21+ year old BSA registered leaders in camp. There must be a registered female adult leader 21 years of age or over if youth girls are in attendance. Notwithstanding the minimum leader requirements, age and program appropriate supervision must always be provided. Parent/child pairs are welcome to attend CAC, or they may attend with a Pack. CAC can accommodate either option. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating based on race, color, national origin, sex, age, or disability.

## BSA Youth Protection

BSA Youth Protection policies are strictly followed at camp. All adults attending camp need to have completed Youth Protection Training available at [www.my.scouting.org](http://www.my.scouting.org). If you suspect that child abuse has occurred, report this suspicion immediately to the Camp Director.

## COVID-19 Policy

The Heart of Virginia Scout Reservation will follow recommendations from the CDC, the governor's office of Virginia, the Council Risk Management Committee, and our Council Physician to determine COVID-19 policies for summer 2024.

These will be posted on the camp website as we get closer to summer camp.

## Vehicles in Camp

**Please help us keep your children safe by adhering to these rules:**

**Vehicle Speed – Drivers must exercise EXTREME caution when operating motor vehicles on camp property. IN-CAMP SPEED LIMIT IS 5 (five) MPH (the speed of a walking person). Cubs are here to have fun in a vehicle free environment.**

Vehicles are only allowed in camp to drop off and pick up gear during check-in and check-out times and must be immediately moved to the Upper Lot. Do not stop to set up camp. The camp road is closed to vehicles **by 5:30 p.m. of Day 1**. Vehicles will be allowed back in camp **at 8 a.m. after breakfast starts** on check-out day. We encourage the consolidation of camp gear to one car to cut down on traffic in the camp. Camp pull-carts are available to allow transportation of camp gear outside of driving hours. Vehicles must stay on roads or on gravel parking areas. No one under 18 is allowed to operate a vehicle at Cub Adventure Camp. ***Absolutely no one is allowed to ride in the bed of a truck.***

Vehicles are required to park in the Upper lot by the Welcome Pavilion. No cars may be parked in a campsite overnight without a Camp Parking permit. All roads must remain open for Emergency Vehicles at all times. The Lower lot is for Camp staff and Emergency vehicles. Failure to adhere to this request will result in towing and/or a fine by the Goochland Fire Dept.

**After check-in, the only cars that will be seen in camp during sessions are Ranger trucks (pickups) and camp vehicles marked with signs on the doors.**

## Handicapped Parking

Requests for special parking passes for medical conditions will be made on a case-by-case basis. Special passes must be requested in advance and will be issued on the day of the event. Please speak with the Camp Director prior to arrival at camp to arrange for transportation during sessions and to receive a handicap parking pass. Every reasonable effort will be made to accommodate those with physical disabilities or special needs.

## Wrist bands and Visitors

All campers are issued wristbands at check-in and must wear them during their stay at Cub Adventure Camp. Visitors must check-in at the Camp Administration Building and are issued a wristband at that time. Anyone (except Staff) found in camp without a wristband will be escorted to the Camp Administration Building immediately. (Staff is trained to immediately escort people found in camp without a wristband to the Camp Director.) If your wristband becomes lost or damaged while in camp you may receive a replacement at the Admin. Building.

## Alcohol, Tobacco, Firearms and Knives

- No alcoholic beverages or harmful/illegal drugs are allowed in camp. Failure to comply with this policy will be grounds for removal from camp and possible banning from future camp events.
- Per BSA policy, smoking, use of any tobacco products (to include chewing tobacco and vape devices) or marijuana is prohibited in buildings throughout the camp and in the presence of Scouts. The designated adult smoking area is the upper parking lot.
- Personal firearms, large sheath knives, and large folding knives are not allowed at camp. CAC provides BB guns for campers to use at the BB range with staff supervision. Individuals are not permitted to bring personal BB guns.
- Fireworks are not permitted on Camp property.
- Drones are not permitted on Camp property.

## Health Forms, Injuries and Medicines

All campers, adults and youth, are required to submit a BSA Annual Health and Medical Record at check-in. The most current form is available at [www.cubadventurecamp.net](http://www.cubadventurecamp.net). Attendees are required to complete parts A and B1 & B2. Completion of Part C is strongly encouraged, but not required.

- **PLEASE DO NOT BRING ORIGINAL COPIES OF HEALTH FORMS.**
- **PLEASE DO NOT SEND HEALTH FORMS BY MAIL OR EMAIL.**
- **ALL HEALTH FORMS NOT PICKED UP AT DEPARTURE WILL BE DESTROYED.**

CAC employs a Camp Health Officer who lives on-site and is available 24 hours per day in the Health Lodge. The Camp Health Lodge is fully stocked to handle almost any emergency and EMS response time to camp is less than five minutes.

Adult Leaders and Parents have the option of keeping prescription medications in their sleeping quarters under lock and key or keep them at the Health Lodge and allow the Health Officer to dispense them. A locked refrigerator is available in the Health Lodge for medicine required to stay cold.

## Non-Emergency after-hours help

Help is available at the Administration front counter 24 hours a day. Phone numbers for the Camp Director, Program Director and Health Officer are on the wall behind the front counter and in the Camp App.

## Inclement Weather

In case of inclement weather, activities may be interrupted by dangerous lightning. If this occurs take shelter in the nearest large wooden structure and avoid being out in the open. The Fishing Ship and Castle Pool Complex are not safe options. The Dining Hall, Admin. Building and Welcome Pavilion feature lightning protection. Staff is trained to take their groups to designated shelters. It is strongly suggested that Leaders and Parents take "Weather Hazards" training prior to arrival at camp. The camp is equipped with an Emergency/Tornado Siren.

## Campfires

ALL CAMPFIRES MUST BE IN FIREPITS OR AN AREA APPROVED BY THE CAMP RANGER.

- Elevated fire barrels or fireplaces are not allowed.
- A campfire must always be monitored by adults.
- A fire water bucket must be present at all campfires.
- Campfires must be cool to the touch before being left unattended.
- No liquid fuels, candles, gas lanterns, stoves or open flames of any kind are allowed in sleeping quarters.
- All liquid petroleum must be used by adults and stored outside tents.
- Where charcoal and charcoal lighter fluid is used, the lighter fluid must be used by adults and stored out of tents.



## Firewood

- Do not leave firewood stacked for other campers – Stacked wood or wood in the grass can harbor snakes or other pests.
- Collect firewood locally in camp; please DO NOT bring firewood from elsewhere. This prevents the spread of insects and diseases that can damage our forest.
- NO cutting or trimming of live trees. Please collect dead and downed timber and do not bring chainsaws. Use the downed, dead wood that is around camp.
- If no downed wood can be found, please speak with the Camp Commissioner.
- Ask the Camp Commissioner for firewood if you cannot find downed timber.

## Lost & Found

A “Lost and Found” box is located at the Camp Administration Building front counter. Found items should be brought there and put in the box. Labeling items with a Scout’s name and Pack number will assist in identification and return. In general, valuable personal items should not be brought to camp. The camp carries no insurance on personal items. All items left at the end of the summer will be donated to charity.

## Uniforms, Footwear and Clothing Attire

Field dress is encouraged to be worn at the evening flag retreat. We ask that **all** campers wear close-toed shoes (including parents and visitors) while at camp to prevent foot injuries. Flip-flops may only be worn in the pool area. Swimsuits may only be worn at the pool where changing facilities are provided. We ask that all campers be attired in modest swimwear. Class B t-shirts may be worn at the morning flag raising and during day activities. *Suggested Packing List on page 13.*

## Camp Contact Information and Camper Mail

For your scout to receive their mail in a timely manner, please post at least 1 week in advance of their camping session. Camper Mail will be distributed during Morning and Evening Announcements. All mail received after the scout’s session will be “returned to sender”.

The mailing address is:

Cub Adventure Camp  
Attn: Scout *Becky Camper*, Pack 123, Session  
#1 1677 Maidens Road  
Maidens, VA 23102

The camp phone number is reserved for camp business and emergency use only. The number is 804-554-9495.

## Buddy System and Lost Camper

Scouts should use the buddy system while in camp. No scout should go anywhere by him/herself! Cubs and their adult partner should remain together or with a fellow youth scout. Cubs should always be in sight of an adult. Staff is trained to contact the Administration office to notify of a lost camper. Program areas are notified of the situation and will immediately check their group for a number count. Sleeping areas are checked. If the scout is still not found, Rangers will lock down the camp, the Emergency Siren will sound, and all campers are to immediately report to the Flag Plaza and join their camp village. Staff is also trained to escort lone campers to either their campsite or activity area. Should those areas not contain their group, radio contact is made with Admin. To help locate their group.

## Wildlife and Animals

CAC is located in a heavily wooded area of Goochland County in Central VA. We do have wild animals and snakes that roam freely through the area. Our skunks are very used to having humans in their home for several months of the year and food will attract them. We ask that food (including candy) be kept out of tents and housing and be placed in coolers on top of picnic tables. Please do not interact with or feed wildlife. We leave them alone and they will leave us alone. ***All campsite trash should be placed nightly in the dumpster behind the Dining Hall.***

Lake Boisseau is where our fishing activities are located and where 2 snapping turtles call the lake home. “Big Kahuna” and “Little Kahuna” love to eat fish bait—who doesn’t love a free meal? Should your scout manage to hook one of the turtles, please DO NOT lift the turtles into the Pirate ship. Notify the Fishing Instructor who will cut them free from the hook.

**Only Certified Service Animals are permitted on property. Please leave pets at home.**

## Event Times and Quiet Hours

Scheduled events, including meals and flag ceremonies, will start on time whether all campers are present or not. Please be on time for scheduled events and activities to keep the camp on schedule and maximize your experience in program areas. Should you be late to daily Opening and Closing flags, please stop where you are and respectfully observe in silence.

Quiet hours are 10 PM to 7 AM. Campers should be quiet and in their bunks. Sound travels very far very easily and is magnified in the woods. Please have consideration for other campers.

## Check-In/First Day in Camp Basic Schedule

### Check-In

To ensure a smooth check-in and allow you to have maximum time to set up your campsite please have the following ready at check-in located at the Welcome Pavilion:

- Everyone in your group checking in together
  - We need to confirm the names and numbers of all campers registered to the session, if we are left waiting for a late arrival it will delay your camp tour and affect access to your campsite.
- A roster with names and contact numbers for all adults in your group (**see page 15**)
- Copies of Health forms A, B1 & B2 filled out for every Scout, Parent and Leader
- Scouts already in swimsuits (delays with scouts changing will delay your tour and time in the spray ground)
- All materials needed to complete any financial transactions

Upon arrival at the Welcome Pavilion, you will be greeted by the Camp Director, Program Director and Health Officer who will:

- double check your registration roster and receive your list of contact numbers
- confirm your campsite
- issue your wristbands
- receive your Health Forms A & B
- issue your Buddy Tags for pool access
- assign a Tour Guide to your group
- group photo by the totem pole

**Should you arrive after Check-In time, please proceed directly to the Admin. Building following the path to the right of the Welcome Pavilion. You will be checked-in there and receive further instructions. NOTE: Arrival after the Check-In window will result in the hauling of your camping gear to your campsite with a provided camp pull-cart.**

### Camp Tour

Once your Check-In is complete, your Tour Guide will take you on a tour of the camp, locating important features and buildings. Whether you are a first-time camper or returning guest, it is highly recommended that you participate.

Your tour will consist of:

- a Dining Hall demonstration of procedures for serving meals in a timely manner as well as cleaning, based on current COVID-19 guidelines
- the Trading Post rules being given
- a tour of important buildings and camp features
- a shooting sports range safety briefing to save valuable program time the next day
- a visit to the pool will discuss the use of "Buddy Tags" and pool rules to also save program time; scouts will be allowed to cool off in the spray ground, do not leave your scouts at the pool unattended at this time
- Finally, your Guide will show you to your campsite

## First Day Basic Schedule

2:00 – 2:45PM Check-In

Camp Tour

Set-up your campsite

5:45 PM Flag Retreat at the Crutchfield Flag Plaza, please stand with your Village Commissioner, attendance will be taken.

***(Field Dress Uniform)***

Evening announcements will be made. ***Please be on time!***

6:00 PM Dinner in Navas Lodge Dining Hall

**6:45- 7:15PM Adult Leader/Parent information meeting is in the air-conditioned Camp Conference Room.**

6:45-7:45PM GAMES (Held in the field near the Trading Post) Staff supervised

7:45-8:15 Change into Costumes!

8:20 PM Assemble with your Village Commissioner in the Crutchfield Flag Plaza for parade to Opening Show.

8:30 PM Opening Show at the Amphitheater

10:00 PM **Lights Out, All Quiet, Bed Check**

## Day 2 and Day 3-Basic Daily Schedule

<u>Time</u>	<u>Event</u>
7:00 AM	First Call
<b>7:30*</b>	Reveille
7:45	Assembly with Village Commissioner/Announcements and raising of the Colors in the Crutchfield Flag Plaza ( <b><i>Class B Uniform</i></b> )
8:00	Breakfast
8:50	Assemble at "the Tree" near the Castle, meet your Adventure Guide
9:00 - 9:50	Activity Session #1
10:00 – 10:50	Activity Session #2
11:00 – 11:50	Activity Session #3
<b>12:00PM*</b>	Assemble with Village Commissioner in the Crutchfield Flag 12:15 Lunch at Dining Hall
12:50-1:45	Free time
1:50	Assemble at "the Tree" near the Castle, meet your Adventure Guide
2:00 – 2:50	Activity Session #4
3:00 – 3:50	Activity Session #5
4:00 – 4:50	Activity Session #6
<b>5:30*</b>	Assemble with Village Commissioner in the Crutchfield Flag ( <b><i>Field Dress Uniform</i></b> )
5:45	Camp-wide Evening Retreat/Announcements at the Crutchfield Flag Plaza
6:00	Dinner at Dining Hall
6:45 (Day1)	Parent/Leader meeting in Conference Room (Scouts to games in Trading Post Field w/Staff) 7:00 – 8:00 (Day 2) Hike to Camp T. Brady Saunders for WEBS & AOL, assemble at the Trading Post
7:15(Day 2)	Chapel Service
8:20 (Day 3)	<i>Assemble with your Village Commissioner in the Crutchfield Flag Plaza for parade to Closing Show</i>
8:00-10:00 (Day 2)	Pack Fellowship activity period (Pack-planned activities in your village) 9:45
9:45	Call to Quarters
<b>10:00*</b>	<b>Lights Out, All Quiet, Bed Check</b>

\* Please count heads to ensure all your Scouts are accounted for.

Schedule subject to change.

NOTE: ATTENDANCE, PARTICIPATION, WEATHER OR OTHER UNFORESEEN FACTORS MAY NECESSITATE SCHEDULE CHANGES DURING THE WEEK. IF THIS OCCURS YOU WILL BE NOTIFIED AS SOON AS POSSIBLE

## **Check-Out Procedures**

Due to safety concerns, vehicles will be allowed in camp **after breakfast starts, 8 a.m.,** on the fourth day. Remember to drive slowly!

**5 (five) MPH (the speed of a walking person).**

At 8:45 AM, your Village Commissioner will arrive at your living quarters and complete the Check-out sheet. If you plan to leave earlier, please inform your commissioner so they can make special arrangements to have your area inspected. Your Village Commissioner will be checking for:

- swept rooms
- trash removal
- clean latrines/showers
- graffiti

Once inspection is complete, proceed to the Administration Building to pick up your check-out packet which includes camp patches, other awards, medical forms, and any medications held by the Health Officer.

## **Early Check-Out**

Unless there is a medical need, vehicles are not permitted in camp for those campers checking out early, Wagons are provided for the hauling of gear. Campers leaving early must stop by the Admin. Building on the way to their cars and sign out in the camper logbook annotating the name, unit number, time, and amount of people checking out. You may not check-out and stay on property, for example: sign out and then attend the closing show.

## **Advancement in Camp**

Research has shown when Cub Scouts earn advancements at Resident and Day Camps that Dens and Packs suffer. (Cub advancement is not a younger structure of the Merit Badge Advancement of Scouts, BSA and should not be thought of or modelled as such.) These cubs are less likely to attend den and pack meetings because of repetition of activities and boredom. This in turn causes them to miss out on the Aims and Methods of the Cub Scout program. Therefore, to support the health of Dens and Packs and help Cubs explore and experience the Aims and Methods of Cub Scouting, CAC is making the move to align with National Council's resolution to not offer advancements at Camp.

So, what will Cubs do at Camp that is different from Den advancement activities? Get messy, explore nature, do activities that are not conducive to Den and Pack meeting settings, and of course learn! Each rank will have separate activities that comply with the Age-Appropriate Guidelines listed in the Guide to Safe Scouting.

For example: All ranks will visit the pool to learn water rescue techniques that build upon the skills of the previous year and learn/demonstrate swimming strokes. At Campcraft, Wolves will learn and practice Map skills; Bears will learn and practice knife safety; Webelos will learn fire safety, learning to strike paper matches, wooden matches, modern flint and steel, traditional flint and steel, building (if time allows) to bow drills; AOLs will learn knots and lashing in preparation for transition to Scouts BSA.

## **Program Area Activities**

Campers will be divided into Adventure Groups. For example, your wolves will join with other wolves attending camp and will go through each of our activity stations together. Here is a list of the program areas, and some of the activities that will be offered:

- **Archery**: Basic Bow and Arrow, Advanced Archery
- **BB Range**: Basic BB Shooting, Advanced BB Guns
- **Aquatics**: PFD relay, Kickboard relay, snorkeling, water polo
- **Mining**: rock collecting, archaeology, panning for minerals
- **Nature**: Identify poisonous plants, animal scat, identify birds by song
- **Fishing**: using cane poles, baiting hooks, casting, using reels, types of fish, fishing laws

- Camp Craft: knots, map and compass, fire building contest, Whittling Chip, lashings
- Hiking: the 10 essentials for hiking and Leave No Trace
- STEM: Science, Technology, Engineering and Math, the fun kind

### **Awards and Patches**

- Camp Patch: Each camper will receive a camp patch upon check-out.
- Clean Camp Award: Units must meet the standards of the Camp Commissioner on daily inspections. Inspection sheets can be found on page 24. This will be awarded at the closing campfire.
- Spirit Award: Packs that display Scout Spirit throughout the session can earn the Spirit Award. The award is presented at the discretion of the Camp Commissioner. This will be awarded at the closing campfire.
- Adult Service Award: This award can be earned by adult participants who actively participate at CAC and perform some simple service requirements. Requirements can be found on page 23. Additional copies may be found at the front counter in the Admin. building.

### **Special Program Activities**

#### **Adult Leader/Parent Meeting**

On Day 1 of sessions there will be a mandatory Leader/Parent meeting in the Conference room of the Administration Bldg. All leaders and parents are asked to attend and will receive the following information: session schedules, emergency information, inclement weather plans, Clean Camp Award criteria, and Answers to all Questions not addressed in this guide. Staff will play games in the Trading Post Field with scouts while parents are in the meeting.

#### **Opening Show**

On the evening of check-in day, all campers should meet at the Crutchfield Flag Plaza at 8:20 PM. The Camp Commissioner and Village Commissioners will lead campers down to the amphitheater for the opening show. The Opening Show will be based around this summer's theme and will be an introduction to the camp-wide treasure hunt. The Opening Show is a lot of fun and a highlight of the camp session.

#### **Flag Ceremonies**

The first morning and evening flag ceremonies of each session are conducted by Staff as a demonstration to our campers. We encourage Scout participation for all other ceremonies during your session. We can accommodate **6 Scouts per ceremony** Leaders may sign up their Scouts for participation at the front counter in the Administration Building. We ask that participating Scouts arrive 15 mins. early for instruction by Staff.

***Should you be late to daily Morning and Evening flags, please stop where you are and respectfully observe in silence.***

#### **Family Night**

Adventure Camp encourages family visitors to come on the evening of Day 3 for "Family Night", arriving at 5 p.m but prior to arrival at camp, check your feet for closed-toe shoes. The number one injury in camp is stubbed and cut toes from rocky terrain. We ask that you park in the upper lot and walk to the Camp Administration Building. (Only camp service vehicles are allowed in camp after check-in day.) At the Admin Building, you will be signed-in and receive a visitor wristband. At the Admin Building, we will be able to tell you where your scout should be in camp. (Staff is trained to immediately escort people found in camp without a wristband to the Camp Director.)

- For \$10 per person, visitors can eat dinner with their Scout in the Dining Hall, tour camp, and attend the Closing Show.

#### **Closing Show**

The Closing Show is a brief wrap-up by staff of our "Hidden-Objects" and Opening show. This is really a time for your Cubs to shine! At 8:20 PM on Day 3, all campers and visitors should gather at the Crutchfield Flag Plaza. The Camp Commissioner will lead everyone down to the Amphitheater for the Closing Show. Cub Packs are encouraged to participate by performing

their own skits and songs at the Closing Show. Many Packs plan their skit or song before they arrive at camp and often wear theme-based costumes during their performance. At the Administration front counter, leaders may sign their Packs up to perform. We ask leaders to follow BSA guidelines by **omitting** the following from their songs and skits:

- **Embarrassing an audience member**
- **Racial or cultural putdowns**
- **Violent behavior**
- **Bathroom humor**
- **Skits involving water**
- **Material that is not consistent with BSA Standards**

## **Flag Retirement**

At the end of the Closing Show, the Camp Staff conducts a flag retirement ceremony. Arrow of Light Scouts are welcome to participate in the retirement ceremony. **We can accommodate up to 5 Scouts in the ceremony.** The scout volunteers will be paired with a staff member for the ceremony. The flags are retired in the campfire, and we keep the participation numbers low for safety reasons. Leaders may sign up their Scouts for participation at the front counter of the Administration Building. Packs are welcome to bring worn flags to camp for retirement. Worn flags may be turned in to the Administration front counter prior to the Closing Show.

## **Chapel Service**

At 7:15 PM on Day 2, a brief interfaith worship service will be held in the Welcome Center Pavilion.

## **Camp Program Areas**

CAC was purpose built for Cub Scouts, Webelos Scouts, and their families. It is very rare and special for a Council to have a cub dedicated camp property. The camp's facilities and program features were architecturally designed to be used specifically by elementary-age youth.

### **Program Features include:**

- ♦ *Medieval Castle* – Scouts can climb the towers and see the “Jamestown” style fort, Ship and Mine Shaft
- ♦ *Inside the Castle* – Scouts can use the “spray ground” and pool, designed for the needs of Cub Scouts.
- ♦ *Fort Dunn* – In the “Jamestown” style fort, Scouts practice their shooting sports skills. The ranges have permanent roofs.
- ♦ *Pirate Ship in Lake Boisseau* – This ship has two decks for play and exploration. Scouts can imagine it is a pirate ship, an explorer ship, or a ship on the seven seas with large sails.
- ♦ *Lake Boisseau* – Cubs can fish from the bank, ship, bridge over the dam or fishing dock. The fish love to bite, unless there has been a severe rainstorm. Poles are provided for fishing. The Blue Heron of Lake Boisseau is frequently seen when approaching the lake. Beavers live on the lake and build dams across the creek. Scouts love looking for our two snapping turtles “Big Kahuna” and “Little Kahuna”.
- ♦ *Mine Shaft and its Cave* – An old fashioned mine shaft entrance stands on the hill. Inside Scouts will find a network of tunnels through the hill. A tunnel may be a cave for a dragon or other fantastical creature!
- ♦ *Nature Center* – The nature lodge has many taxidermy animals and fish. There is a trail to a salt lick where the deer visit. Another trail takes Scouts through the Camp's wetland ecosystem. All stages of a forest are seen on this trail. If you are quiet on the trails, Scouts can see real Central Virginia animals in their natural habitats.
- ♦ *Sports Field* - a fitness obstacle course and BMX course are features in the sports field and available for after program independent use.
- ♦ *Campcraft* – Outdoor camping skills help establish a positive self-esteem by accomplishing something new and unusual. Camping skills are also essential to Cub Scout Camping. Some of the skills that are introduced are the Outdoor Code, fire building, map and compass skills and knot tying.
- ♦ *Amphitheater* – The Opening and Closing shows are performed in our 800-seat stage facility. During Family Night, families are encouraged to enjoy this open-air facility while they watch their scout perform.
- ♦ *Rock Throwing Range* – the only place at camp where rocks have wings! Try to hit the fire extinguishers and hear a satisfying ring.

## Other Buildings include:

- ◆ *Dining Hall* – healthy meals are served three times a day in the air conditioning.
- ◆ *Trading Post* – our camp store has snacks, camping supplies, and camp memorabilia.
- ◆ *Health Lodge* – staffed by an EMT and fully stocked to handle emergencies.
- ◆ *Administration Building* – the camp business and program offices.
- ◆ *Conference Room* –for Parent/Leader meetings and staff development.

## Camp Sleeping Quarters

Cub Adventure Camp offers a diverse range of sleeping accommodations. Campers need to bring bed linens, blankets, or a sleeping bag. Linens and towels are not provided. ALL campsites and housing have electrical outlets.

- *Mowgli and Baloo Villages (Wall tents)* -- large green canvas tent on a tent frame that is mounted to a wooden platform. Each tent has two canvas cots. (Sleeps 2.)
- *Western Fort*—each room sleeps 6 max. on bunk beds, 10 rooms available
- *Mountain Cabins*— each cabin has 1 large bay-sleeping 16 scouts in bunk beds, with 2 private rooms sleeping 4 each, 1 for male leaders and 1 for female leaders. (Sleeps 24)
- *Yurts*—sleeps 16 on bunk beds; adults are provided with wall tents

**Housing is not guaranteed & will not be final until arrival at camp; all housing is regulated per YPT standards and last-minute changes may need to be made.**

## Shower and Bathroom Facilities

- *Castle (Pool Complex) showers* are available for campers in the Baloo Tent Village, Yurts, and Mountain Cabins
- *Western Fort showers* are available for campers in the Western Fort and Mowgli Village.
- *Primitive latrines* are placed for Baloo, Yurts, Mountain Cabins and Mowgli.
- *Flush toilets* are available at Navas Lodge Dining Hall, the Welcome Pavilion, Castle Pool Complex, and the Western Fort.



## Suggested Packing List

A Cub Scout uniform is required for camping at Cub Adventure Camp. Sturdy shoes that are suitable for hiking will be useful. **Labeling items with a Scout's name or initials and Pack number will assist in identification and return of lost items.** In general, valuable personal items should not be brought to camp.

The camp carries no insurance on personal items. All items left at the end of the summer will be donated to charity.

The following is a list of equipment that will be useful for camping at CAC. Check off each item as you lay out your equipment pack.

### **Camping Equipment**

- Sleeping bag
- Pillow
- Air mattress or pad (optional)
- Personal First Aid kit
- Flashlight with fresh batteries
- Rain Tarp
- Mosquito net

### **Clothes Bag**

- Cub Scout Field dress uniform
- Class B clothes
- Poncho or raincoat
- Warm jacket
- Pajamas or sweatshirt, sweatpants
- Underwear
- Durable closed-toed shoes, extra shoelaces (flip-flops are only permitted in pool area)
- Extra socks, shoes, other clothing
- Swimsuit and towel

### **Toilet Kit**

- Toothpaste and toothbrush
- Comb
- Soap in a waterproof container
- Shower shoes
- Shampoo
- Wash cloth and towel

- Baby powder for anti-chaffing
- Medicine (given to leader)
- Extra plastic bag for wet clothes

### **Day Bag**

- Water bottle
- Hat
- Sunscreen
- Insect repellent
- Hand sanitizer
- Personal First Aid kit
- Pool towel

### **Extras**

- Pocket Knife\*\* (Bear rank and above)
- Camera
- Binoculars
- Sunglasses
- Fishing gear--if you'd like to use your own
- Fan
- Outdoor extension cord for electricals
- Cash for the trading post



**\*Personal BB guns are not permitted on camp property**

**\*\*large sheath knives and large folding knives are not allowed at camp**

**\*\*\*portable air conditioners are not permitted in any housing area**

## Leader Organization Check List

Please be ready to turn in a 3-ring binder, labelled with your unit number, at Check-in containing the following:

- Copies (not originals) of all health forms for your group
  - Each individual in a separate sheet protector sleeve
  - Alphabetized by last name
- A roster of all campers (see page 16)
  
- ✓ Scouts arriving at camp in swimsuits to reduce Camp Tour time and Check-in chaos?
  
- ✓ Have your campers spoken with food services or the Camp Director regarding dietary needs and restrictions prior to arriving at camp?



**CAMPING UNIT ROSTER**

Dates: \_\_\_\_\_ Site: \_\_\_\_\_

Unit Type: \_\_\_\_\_ Unit #: \_\_\_\_\_ Council: \_\_\_\_\_ District: \_\_\_\_\_

Leader: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_

Asst. Leader: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_

No.	Step 1		Step 2				Step 3		Step 4			
	Last Name	First Name	BSA Registered Youth	Non BSA Registered Youth	BSA Registered Adult	Non BSA Registered Adult <i>Parent / Guardian</i>	Current YPT?	Adult Position or Youth Grade	Food Allergies / Dietary Needs	Emergency Contact Name	Emergency Contact Phone	If you are a parent, please indicate the line #(s) associated with your child(ren)
1			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
2			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
3			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
4			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
5			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
6			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
7			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					

Please list additional adults or Scouts on the additional sheet provided, making as many copies as you need. This roster **must** be completed at check-in or before entering camp. All adults listed on this roster will be in attendance all weekend unless otherwise noted. I have been given a copy of the camp rules and regulations and I will inform all Scouts and adults of these rules and enforce them while in camp.

\_\_\_\_\_  
Camp Leader's Signature

\_\_\_\_\_  
Date



# 2024 CAMBERSHIP APPLICATION – HEART OF VIRGINIA COUNCIL

Scout's Name: \_\_\_\_\_ Age (as of 6/1 current year): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Unit #: \_\_\_\_\_ Troop  Pack  Crew  Ship  (check one)

Parent; briefly explain your need for Campership assistance:

My Scout is planning on attending (check one):

Camp T. Brady Saunders week # \_\_\_\_\_ or the week of \_\_\_\_\_

Cub & Webelos Adventure Camp Session # \_\_\_\_\_

Cub Scout Day Camp week of \_\_\_\_\_

I will be paying: \$ \_\_\_\_\_ Towards my son's week at camp

Our Pack/Troop will pay: \$ \_\_\_\_\_ Towards my son's week at camp

I am requesting Campership assistance of: \$ \_\_\_\_\_

Which Council sponsored fundraisers did the Scout participate in during the year? (check all that apply)

Scout sold Popcorn

Scout sold Peanuts

Scout sold Camp Cards

I understand that this is an application, and in no way guarantees a Campership. I further understand that Heart of Virginia Council ordinarily awards **partial** Camperships in belief that most Scouts can and should earn part of their camp fee. Camperships are limited to Heart of Virginia Council Scouts Only

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

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Parents Signature: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Applications must be received by Council no later than March 15<sup>th</sup>. Applicants will be notified of decision by April 10<sup>th</sup>.

Mail Applications to:

Heart of Virginia Council  
8090 Villa Park Drive  
Henrico, VA 23228

This applicant is a registered Scout within my unit:

Unit Leader's Name \_\_\_\_\_

E-mail address: \_\_\_\_\_ Phone # \_\_\_\_\_

Unit Leader's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

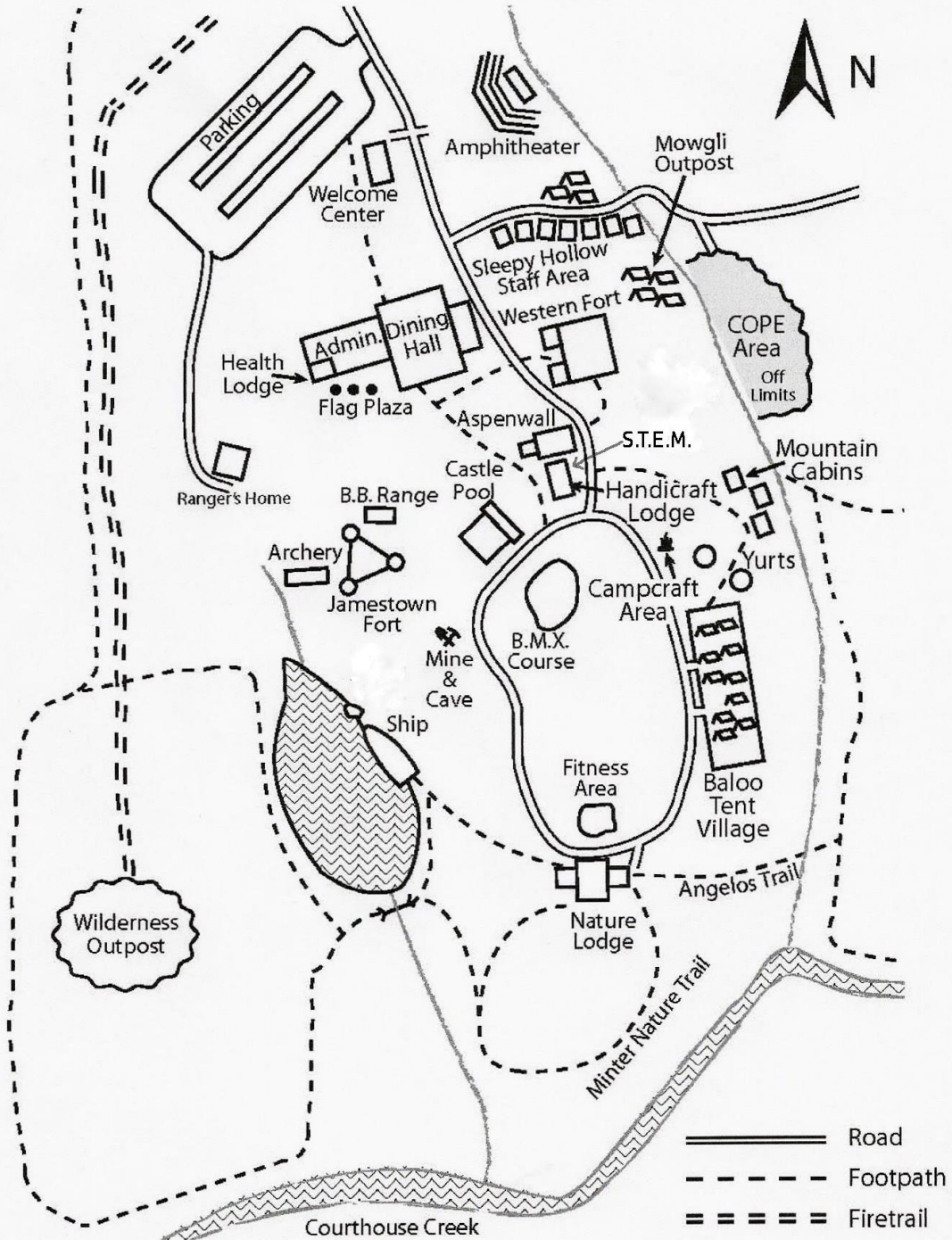
Service Center Use Only

Date Received in Office: \_\_\_\_\_ Approved by: \_\_\_\_\_ Campership Amount Awarded: \$ \_\_\_\_\_

### Cub Adventure Camp Map

# Cub Adventure Camp

The Heart of Virginia Scout Council





## Adult Service Award

There is no greater ideal in Scouting than service. As you can imagine, it takes many hands for a camp such as ours to function. We also want to make it a rewarding experience for the adults as well. For those adults interested, we are offering the Adult Service Award. This award recognizes your valuable service to the camp and your Pack.

### Do any 7 of the following 10:

### Signature of Staff

- ❖ Complete the camp orientation tour with your scout
- ❖ Serve as a Hiking Guard at the Hiking Station
- ❖ Serve as a spotter at the pool for one station rotation
- ❖ Assist with 3 activity stations as an asst. leader

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- (1) \_\_\_\_\_
- (2) \_\_\_\_\_
- (3) \_\_\_\_\_

- ❖ Make and wear a Theme Costume (made at camp or brought)
- ❖ Lead your den in a song, skit or cheer at an assembly (before meals and/or at the closing campfire)
- ❖ Volunteer to help in the kitchen by serving two or more meals
- ❖ Participate with your Pack in the camp Vesper Service
- ❖ Assist in camp maintenance/improvement program

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Complete this sheet over the course of your stay and turn it in to the Administration Building before you leave. In return, you will be presented with a special patch or certificate by the Administration or by mail. Thank you for all you do for Scouting!

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

Pack #: \_\_\_\_\_

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

District: \_\_\_\_\_

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



## Campsite Inspection Form

**Pack #** \_\_\_\_\_

**Village:** \_\_\_\_\_

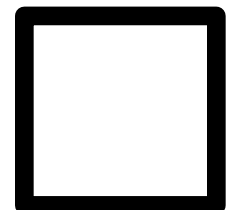
**Session #** \_\_\_\_\_

Points Possible	Areas Inspected	Day 2 Marks	Day 3 Marks
<b>20</b>	<u>General Appearance of Site:</u> Neat, clean, free of litter, rooms swept		
<b>20</b>	<u>Personal Gear:</u> Neatly stowed in bunks and bags		
<b>10</b>	<u>Trails and Entrances:</u> Neat, clean, free of litter, no personal gear or stacked firewood		
<b>10</b>	<u>Washstand (Sink Area):</u> Neat, clean, no personal gear left		
<b>20</b>	<u>Latrine:</u> Swept clean, seats down, paper present		
<b>20</b>	<u>Showers:</u> Neat, clean, free of personal gear <i>(Note: ALL assigned villages will be deducted for dirty showers)</i>		
<b>100</b>	Points Totals		

**Total Points Earned:** \_\_\_\_\_

**Average Score:** \_\_\_\_\_

**Final Grade:**



**Additional Comments:**