



# Cub Adventure Camp 2024 Camp Guide

# *Creepy Hollow*



Heart of Virginia Council

*DELIVERING THE PROMISE OF SCOUTING*

VERSION: 10022024



## Welcome Parents and Leaders!

Creepy Hollow is an amazing time to camp with your child in Central VA enjoying warm sunny days and cool crisp Autumn nights. Nothing is more refreshing and energizing after the rush of the start of the school year than falling asleep to a chorus of crickets and waking to a dewy dawn. Purchase a meal package and let someone else do the cooking or relax at your campsite and prepare your own meals, it is up to you! Enjoy our “Carnival Atmosphere” and rotate at your own pace throughout the activities which include:

- fishing
- BB guns
- scavenger hunts
- archery
- wrist rockets
- crafts
- field games
- Gross Nature
- science experiments
- BMX biking
- water balloon sling shots
- haunted activities
- *non-scary* activities
- hiking the camp trails to see the changing leaves, and so much more!

This is a true campout so beg, borrow or buy a tent to pitch on our 200 acres. Get to know other scout parents at the fire pits and feel the Scouting Spirit rise with the campfire show where your scouts are the Stars! Both weekends of this event fill up quickly so don't wait till the last minute to register!

We can't wait to welcome you back to camp!



Yours In Scouting,

*Heather Mulvihill*

Cub Adventure Camp, Program Director  
NCS Certified Trainer



## 2024 Creepy Hollow Weekends

Saturday & Sunday: October 19-20, 2024

Saturday & Sunday: October 26-27, 2024

### Fees

Registration: \$20 per person which includes all program materials and overnight camping.

Meal Plan: \$22 per person which includes Saturday Lunch, Saturday Dinner, and Sunday Breakfast.

### Refund Policy

Cub Adventure Camp strives to provide the very best program possible. Food and supplies are ordered weeks in advance based on registration rates. There will be no refunds on cancellations of registrations after October 10, 2024. In the case of extenuating circumstances (ie. sickness or illness with supporting documentation, death of an immediate family member, or military transfer), please contact [pamela.miscikowski@scouting.org](mailto:pamela.miscikowski@scouting.org). Weather or changing one's mind will not be accepted. This is a rain or shine event.

### Dietary Needs

If you decide to include the meal plan in your registration, all meals are served in Navas Lodge, our Camp Dining Hall, and approved by a dietician. Due to the nature of this event, we are unable to accommodate dietary restrictions or food substitutions. If you have dietary restrictions or medical allergies, please review the menu below to decide if the meal plan option will be suitable for you and your family. 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.

#### Creepy Hollow Meal Plan Menu:

Saturday	Lunch	Chicken Patty, Hot Dogs, Chips, Salad Bar, Cookies
	Dinner	Taco Bar/Salad Bar
Sunday	Breakfast	French Toast Sticks, Sausage Patty, Bacon, Apples, Juice

## 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.

## Guide Updates

- Due to multiple foot injuries during Summer of 2024, the following footwear has been banned from wearing while walking camp and should be contained to the showers:
  - Crocs
  - open toed shoes of any kind, ex.: Chacos or similar open toed hiking sandal
  - flip-flips

## **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 Council events held during throughout the year.

## **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 noon on SATURDAY.**
- Vehicles will be allowed back in camp **at 8 a.m. after breakfast starts SUNDAY.**
- 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. DO NOT drive into a campsite or across the grass (shallow septic pipes).
- 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. (Handicapped parking)
- 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 may result in towing and/or a fine .**

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

This is a rain or shine event. 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. 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

- Elevated 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.
- The road and gravel paths are not acceptable campfire locations.

If you cannot locate an unused firepit, join another group and make friends. If you see others without a firepit, please ask them to join you. A Scout is Friendly.

## 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 and campfire. We ask that **all** campers wear close-toed shoes (including parents and visitors) while at camp to prevent foot injuries. *Suggested Packing List on page 13.*

## Camp Contact Information

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. 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. Do not store food, including bags of candy in your tents. You will regret it. 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 and respectfully observe in silence.

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

## Check-In Process

**All individual registrations are combined by Pack Number into one registration. Please coordinate with your camp leadership to arrive by a scheduled time so we can cut down the Check-In line to group check-in. Please coordinate with your campers where you will be setting up your campsite. This is a non-structured camp out and Camp Leadership will not be tracking where Unit campsites are.**

## 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
- A roster with names and contact numbers for all adults in your group.
- Copies of Health forms A, B1 & B2 filled out for every Scout, Parent and Leader

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
- issue your wristbands
- receive your Health Forms A & B

**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.**

## Trading Post Hours (subject to change - check at camp to confirm hours)

Saturday: 10:00 am - 5:30 pm  
7:30 pm - 9:30 pm

## **Saturday Schedule**

9:00 AM- 11:45 AM Check-In at the Welcome Pavilion

11:20 AM Flag Retreat at the Crutchfield Flag Plaza, please stand with your Village Commissioner, attendance will be taken.

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

11:30 AM Lunch for those with Meal Plans in Navas Lodge Dining Hall

12:00 PM Gate will be closed to traffic

**12 PM-5:00 PM Program areas open**

5:45 PM Evening Flags in the Crutchfield Flag Plaza

6:00 PM Dinner for those with Meal Plan in the Navas Lodge Dining Hall

6:15 PM Last chance to sign-up for the Campfire program and last chance for the Costume Contest in the Trading Post

7:30 PM Campfire in the Amphitheater

9:15 PM Start of Haunted Activities and Movie in the Dining Hall

10:00 PM All activities are closed, Begin Quiet time

## **Sunday Morning**

7:45 AM Morning Flags

8:00 AM Breakfast for those with a Meal Plan in the Navas Lodge Dining Hall

8:00 AM Gate is open for camp traffic

9:00 AM Interfaith Chapel Service at the Welcome Pavilion

10:00 AM Camp should be empty 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.

## **Campfire Show**

On the Saturday evening the entire camp has the opportunity to perform in the Campfire show. Sign-ups can be made at the Admin. front counter. Please adhere to the Scout Oath and Law when choosing performance material, avoiding references to guns, abuse of food and water (a scout is thrifty and clean), potty humor,



## Flag Ceremonies

The morning and evening flag ceremonies are conducted by Staff with the assistance of Cub Scouts. 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.***

## Camp Sleeping Quarters

**Creepy Hollow is a tenting-only event. Housing reservations will not be taken.**

## Shower and Bathroom Facilities

- *Castle (Pool Complex) shower rooms*
- *Western Fort shower rooms*
- *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.

## 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:

- 1 Copies (not originals) of all health forms for your group
  - Each individual in a separate sheet protector sleeve
  - Alphabetized by last name
- 1 A roster of all campers

## 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

- Tent
- 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**
- Extra socks, shoes, other clothing

### Toilet Kit

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

- Medicine (given to leader)

### Day Bag

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

### Extras

- Pocket Knife<sup>\*\*</sup> (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**



**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



