

Mountaineer Area Council, BSA

# Klondike Derby

Doddridge Co. Park-Lone Pine Campground



Leaders/Program Guide

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## Klondike Highlights

- Several Derby Stations are created and set up by specific Units/Volunteers. We are open to new Station ideas. If your Unit is interested, email [hosscrna@gmail.com](mailto:hosscrna@gmail.com)
- Registration, First Aid and Headquarters are at Main Building at the Top of Hill.
- Campsite locations will be First come First Serve. Water, Electric, and Fire Rings are available
- Firewood will be available from the nearby Sheds. Trash should be disposed of in the Trash Sheds.
- Vandalizing Camp Property in any way will not be tolerated.
- Traffic flow in the park is one-way, in a counterclockwise loop.
- Upon arrival unload all needed gear at campsite and return vehicles to Parking Lots above Main Building.
- Adults and camp staff may camp in the Yurts or inside the lower level of The Main Building (A)

# General Information

**When**..... 5:00 pm Friday, January 26<sup>th</sup>. to noon Sunday, January 28<sup>th</sup>.

**Location**..... Doddridge Co. Park 1252 Snowbird Road West Union, WV 26456

**Park Contact**.....304-873-1663

When you enter the park follow the Road to the Rt. and Cross the small Bridge to enter Lone Pine Campground. Please unload your gear and return all vehicles to the Parking Lots above the Main Building.

**Invitees**.....Boy & Girl, Scout Troops & Venture Crews. Webelos/AOL Scout Day Visitors.

**Reservations**..... \$20 early bird, \$25 after December 31<sup>st</sup>.

**Campsites**..... Campsites are obtained on a first come, first served basis. No on-site reservations. In the spirit of Leave No Trace and to maintain our relationship with the Doddridge Co. Park, please Respect the Property and Practice

**Leave No Trace at All Times!!**

**Questions?** Contact:

Jason Hosaflook-Event Chair----[hosscrna@gmail.com](mailto:hosscrna@gmail.com) or 304-838-3906

Alex Stout--Mountaineer [Executive --- alex.stout@scouting.org](mailto:alex.stout@scouting.org) or 304-290-1485

**Vehicles**.....Because parking is very limited, make every effort to carpool. Only one vehicle and Trailer may be parked on the parking pad at each campsite. No vehicle may be parked in the road. Emergency vehicles must have unobstructed access to the sites. Unit leaders are responsible for informing other drivers they must park in designated areas. To assure the safety of participants during the event, drivers must not drive to nor park their cars inside the camp. Cars parked on the side of any road will be subject to a parking ticket and towed. No parking is allowed on the fields. Drivers must observe and obey speed limit signs posted in the park. Be mindful of pedestrians on the roads.

**Overflow Parking** ..... Overflow parking is located near the park Entrance, above the Main Building (A). Park in the overflow area after your unit equipment is unloaded at your campsite.

**Patrols**.....Each Patrol should consist of approximately six (6) to eight (8) Scouts. Patrols should not be organized on the basis of experience or age. The older Scouts should help the younger Scouts up the Scouting Trail.

**Attire**..... The Scout uniform is to be worn at Flag Ceremonies, Meals, and Camp Ceremonies. Supplement the Scout uniform with additional layers of clothing. It is critical that everyone knows how to keep warm and dry. Changing conditions necessitate being prepared for almost any condition. Cold weather camping requires adequate layered clothing and waterproof boots to protect the camper yet be versatile enough to prevent sweating during activities and to retain warmth during idle periods. A second and third change of inner clothing will be required for a Scout's personal safety and comfort. Prior to dinner, leaders should ensure that Scouts with wet or damp inner clothing change to dry inner

clothing. Wearing damp or wet clothing next to the skin during idle periods, such as dinner time and the campfire activities, is a prime time for the body to become cold and could result in hypothermia. A winter cap or hat is necessary during the day and at night in the sleeping bag. Before arriving at the Derby, leaders should review the important principles of winter dressing with all participants to ensure a safe and rewarding experience for all. Share “Winter Camping”, “MUST READS About Winter Camping” & “Hypothermia 101” included in this packet.

**No tennis shoes/sneakers will be permitted.**

**Campers improperly prepared for the weather may be asked to leave.**

**Check-In.....** Friday Night - 5:00 pm to 8:00 pm (preferred)

Saturday Morning - 7:00 am to 8:00 am (backup)

After arrival at your campsite(s), have one adult bring a copy of your completed Roster & Final Payment Form to Lone Pine Camp Store. Adults working as Klondike Staff, OA and Station Mayors must asterisk (\*) their names on the Roster to receive a Staff patch. The participant fee covers the Klondike Derby patch, Saturday meal and year-round Council support necessary to run this event and others around the district.

Make checks payable to: “Mountaineer Area Council, BSA”. Memo on check “2024 Klondike Derby”

**Orientation.....**Friday Night, 9:00 - 9:30 pm at Main Building (A). Scoutmasters, Senior Patrol Leaders, and Staff are strongly urged to attend for updates to the program.

**Staff Dinner & Meeting.....** Friday Night, 8:00pm Klondike Derby and Station Mayors. In The Main Building (building A)

**Sled & Survival Kit.....** Patrol, with Sled and Survival Kit, must line up in the designated area. Patrols should wait while their gear and sled are judged by camp staff.

**Flag Raising.....**Saturday, 8:45 – 8:55 am, Building C

**Derby Stations.....** Descriptions of the various stations run during the Saturday competition will not be detailed. Stations test traditional Scouting skills: Such as: pioneering, compass reading, fire building, knots, lashings, Leave No Trace, Nature and first aid. Other stations will require problem-solving or initiative games.

**Warming Stations.....** Warming Stations with hot chocolate (and coffee for adults) will be in the Main Building (A)).

**Adult Participation.....** Adults are strongly discouraged from accompanying / helping Patrols during the Saturday Patrol competition. A great way to see all the action is by volunteering as Station Mayors. Observe Patrols from other units in action and pick up tips from the collective intellect of the Patrols at work.

**Webelos Participation.....**Webelos may observe the older Scouts in action. They may participate only if stations have no boy scouts at that time.

**Other Competitions.....** In addition to the Derby Stations, Patrol Sled Race, the Patch Design Competition for next years patch, and Saturday's Dutch Oven Dessert Contest.

The Sled Race is optional and will be held Saturday following the Derby in the field by the Flag Pole.

**Flag Lowering.....**Saturday, 4:00 pm, Building C.

**Awards.....**5:30 Main Building (A)

**Dutch Oven Dessert Competition.....** Turn in desserts at 7:15 pm Saturday at HQ. **See Patrol Competition Guidelines.**

**Cracker Barrele &Movie..... Saturday, 7:30 pm, Main Building A.**

Patrols and Troops are encouraged to make desserts for the competition and bring snacks for a Camp Cracker barrel and Movie. Come warm-up with good food and Fellowship.

**Derby Staff.....** Adults serving as Klondike Derby Staff are welcome to the Cracker Barrel following the Campfire on Saturday evening.

**Worship Services.....** Sunday, 9:00 am, Council Circle (H on Map).

A Scout is Reverent! Please join us to pay reverence.

**Check-Out..... Sunday, 10:30 – 11:30 am. A Klondike Derby Staff member must sign out every Unit.**

After Unit has completed site clean-up and has packed away Unit gear, a representative should go to Camp registration and arrange to have a Staff member inspect the site(s). Once inspection is completed, the Staff member will award Klondike Derby patches. Early check-out can be arranged.

**Troops leaving without being checked-out by a Staff member will not receive Klondike Derby patches.**

**Food.....**Each Troop is responsible for its own meals during this event, except for Saturday Lunch. Patrol cooking is encouraged. Patrols should plan a hot portion for each meal.

**Fires.....** Open fires **MUST** be kept in the designated fire ring at the campsite. Wood may be obtained from any downed trees, so bringing an axe and saw may be useful. The Park also has wood. No standing tree may be cut.

**Water.....** Water will be available from pumps located by the Bathrooms. **DO NOT WASH DISHES AT THE PUMPS!** Please emphasize this with Scouts. See "Camping Dishwashing Procedures".

**Latrines.....** Restroom buildings located throughout the campground. In Lone Pine the Youth will use the attached restrooms and shower houses, one for each male and female. Adults may use the Restroom located inside the Camp Store.

In the main activity area, restrooms are located on the outside of Building A for youth. Adults may use the restrooms and showers inside Building A.

**First Aid .....** A First Aid Station will be open 24/7. It is located at the Main Building (A). All injuries, however slight, must be reported to the First Aid Station. **Contact Jason Hosaflook at 304-838-3906**

**Trash** .....Troops are responsible for leaving Camp better than upon arrival. Units are allowed to use Park dumpsters.

**Lost & Found** .....HQ will serve as the repository for found items. To minimize lost gear, Scouts should label all personal gear with name and Unit number.

**Reminders**.....Two adult leaders MINIMUM (at least 21 years old), must always be present with the Unit (except with Patrols during the competition). As always, drugs, alcohol, fireworks, sheath knives, etc. are not allowed.

### **Why Do We Do This?**

Every adult leader is asked at some point why we take part in a winter camping experience like the Klondike Derby. The staff who put on this event talk about reasons for our own participation, being:

- It's a chance to learn and test our winter camping skills, and more importantly help reaffirm a major lesson
- We teach in the Scouting Program - you can overcome anything with planning, leadership, cooperation, and practiced skills.
- It helps us teach basic Scouting skills in the program. Lashings can be tough to get Scouts to do as an abstract exercise. Tell them to make a catapult, though, and lashings go to the top of the list of neat things to do.
- And finally, it's VERY FUN (and a little crazy)!

## **Patrol Competition Guidelines**

**Scenario:** The Survival Kit has been dropped by an airplane to sustain the Patrol through their adventures. Below is a list of items necessary to successfully compete at this year's Klondike Derby. Survival Kits will be judged and scored against the following criteria:

- Visible Patrol identification + Troop number
- Portability / compactness / usability
- Completeness of contents
- Durability

### **Survival Kit Contents**

- Fuel, kindling, and tinder for 1 fire
- Matches/fire Starting Kit
- Bottled water (1 qt.)
- Duct tape (1 roll)
- Compass
- Pencils and paper
- First aid kit
- Blanket (not space blanket)
- Tarp, approximately 6 ft x 8 ft
- Rags or bandages (6 or more, useful as bandages, splinting material, and blindfolds)

- 1 Pot or pan, for boiling water
- Rope - at least 4 which are 8 feet or longer, 1 should be 12 feet long
- Twine (lots) or parachute cord (at least 50 ft)
- Knife – to cut twine, cord, or rope
- Trash bag
- At least 2 staves, each 5 feet or longer
- Personal reusable cups/mugs for hot drinks at warming stations
- Scout Handbook
- Patrol Flag
- Optional: bungee cords, disposable hand warmers, trail mix or other “sled dog” food

**Sleds**      The use of sleds by the Patrols at the Klondike Derby is strongly encouraged.

- Sleds should have Troop number and Patrol name on them.
- The sleds will be judged by the following system: 7 points for having a sled, and up to an additional 3 points for contents, creativity, originality, craftsmanship, flag, Patrol cheer, etc.
- If a Patrol already has a sled, that sled may be used. Even a child’s plastic sled will do!
- All competing participants are expected to operate and manage sleds in an appropriate Safe Scouting manner and to prevent hazards that would result in bodily injury.
- Sleds should be designed to navigate the trails and roadways in both snow and dry conditions because we are uncertain if the order that was placed for at least a foot of snow will be processed in time for the Derby.

### **Derby Patch Design Contest**

Patch designs are turned in to the Staff by Patrol at the time of Sled and Survival Kit judging on Saturday Morning, so Patrols are encouraged to prepare this work ahead of time. ***See Patch Design Submittal Form.***

Patrols are awarded 8 participation points (turning in a thoughtful design — scribble on paper will not count towards participation). Additional points are awarded to the winner (2 points) and the runner-up (1 point).

The Event Chair and District Executive will judge the contest. Submissions should be in keeping with the Scout Oath and Law and in good taste; the Klondike Director reserves the authority to disqualify submissions without appeal.

***This year’s patch design winner will be next year’s patch.***

**Sled Race** Saturday, Following completion of the Derby, while scores are being calculated, Will take place in the Large field near the Flag Pole. Not part of the Patrol scoring competition, but just for bragging rights.

Sled plans: <http://www.inquiry.net/outdoor/winter/gear/sleds>

- If wheels are used, they must be removed for the sled races.
- When the wheels are off, use tennis balls to cover the axles to ensure safety.

- Tow ropes or leads on sleds should be limited to a length that will allow the sleds to be used in a safe manner.
- Tow ropes or leashes deemed unusually long by the judges will be disqualified from participating in the races.
- Racing Scouts must be prepared to prevent falling and to respond appropriately in the event they slip and fall.
- Each sled must have one passenger

**Stations** Traditional Scouting skills will be tested, such as: orienteering, fire building, knots & lashings, rope tossing, nature identification, first aid, Leave No Trace, and a few problem-solving or initiative games. A Patrol must follow instructions carefully to complete each event.

**The following general instructions apply to each Station:**

1. When a Patrol reaches a Station, park the sled in the designated parking area and greet the Station Mayors with Patrol Yell / Cheer.
2. Patrol will show Station Mayors their identifying items received at sled check-in. **A Patrol without said items will be penalized 3 points per station.**
3. Patrol should follow the instructions of the Mayor.
4. When a Patrol is given instructions, they should perform those required actions. The Patrol should use learned skills but may also be creative. If the Patrol thinks they have a better solution, they may use that solution and explain why it was used. Teamwork is critical. If good results are obtained despite bickering and uncooperativeness, the score will be worse than a poor result that is achieved with teamwork, positive attitude and real effort.
5. The Patrol shall tell the Mayor when they complete the Station assignment.
6. The Patrol Leader should ensure the Mayor records results on both their's and Patrols Score sheet. Station Mayor will then dismiss the Patrol or give further instructions.
7. The start time for all Patrols will be 9:15 am.
8. Stations will close for lunch from 12:00-1:00 pm. If Station Mayors determine there is not enough time for a Patrol to start and finish the station right before noon, the Patrol will have to begin at 1 pm.
9. Stations will reopen from 1:00-4:30 pm.

**Station Scoring**

Scoring for each station ***emphasizes teamwork*** and the group ***Patrol method*** as opposed to the specific Scouting skill being tested. If a Patrol cooperates with each other and shows good Scout Spirit, they will do well in the competition no matter how new they are to Scouting. Patrols are rewarded for understanding what Scouting is all about – ***doing your best while living by the Scout Oath and the Scout Law.***



### **How the Patrol is scored at each station:**

1 Shows License

1-4 Participation (DOING, not just attending)

1-2 Patrol Spirit (i.e., acting as a group of one and not one of a group)

1 Patrol Yell/Cheer (unsolicited)

1 Patrol Leadership (does the PL take charge and direct, and make use of his or her resources?)

1 Demonstrating sportsmanship or teamwork (depending on the activity)

1-5 Completing the activity/problem

15 Maximum Points

### **Dessert Contest-- *Turn in desserts by 7:15 pm Saturday at Main Building A***

- *Each Patrol should make a dessert from scratch while at the Derby.*
- *Unit Number and Patrol Name should be with dessert.*
- *The Patrol Leader and one other Patrol member will preface their presentation with a Patrol Yell/Cheer*
- *Points will be given for participation, presentation, difficulty, and taste (maximum of 15 points).*

***Desserts will be judged by the specially trained palates of the Klondike Derby staff. Any leftovers will be available during Cracker Barrel. Don't forget to reclaim Dutch ovens or other non-disposable containers after Cracker Barrel Saturday night.***

## Klondike Derby

### Patch Design Submittal Form

Unit: \_\_\_\_\_ Patrol Name: \_\_\_\_\_

*(write artist's name on back of entry sheet)*

The event organizers prefer that a Scout design the Klondike Derby patch. Therefore, points will be awarded to Patrols as part of the Patrol competition. See "Derby Patch Design Contest" in the Patrol Competition Guidelines.

#### **Patch Requirements:**

- Shape: either 3" round, 2-1/2" x 3-1/2" rectangle (in either orientation), or chevron (see samples below).
- Colors: maximum of 9 (nine) colors
- Required wording and logo:
  - BSA Logo
  - "Klondike Derby"
  - "2025"
  - "Mountaineer Area Council"
  - "STAFF" (on some patches)

**Draw Image Below or Attach Separately:**

## Mountaineer Area Council Klondike Derby Schedule

### **26<sup>th</sup>. Friday**

- 5:00– 8:00 pm Registration – Main Building (HQ)
- 8:00pm Camp Staff & Station Mayors Cracker-barrel & Meeting (Volunteers running Stations only) – Main Building (HQ)
- 9:00--9:30 Orientation – Main Building (A) (HQ) (Scoutmasters & Patrol Leaders only)
- 10:00 TAPS – Quiet in Camp. All Lights Out.

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### **27<sup>th</sup>. Saturday**

- 7:00 – 8:00 am Reveille/Breakfast
- 7:00 – 8:30 am Registration for Latecomers – Main Building (HQ)
- 8:45 – 8:55 am Flag Raising – Stage Building C
- 9:15 – 12 pm Morning Station Sessions\*\*
- 12:00 – 1:00 pm Lunch (no stations open during this hour)
- 1:00 – 4:00 pm Afternoon Station Sessions\*\*
- 4:30 pm—Sled Race—Stage Building C
- 5:00 pm---Flag Lowering—Stage Building C
- 5:30pm--- Awards—Camp Store
- 6:00 – 7:00 pm-- Dinner at Troop Campsites (Staff dinner at Main Building)
- 7:15 pm--Dessert Contest - Patrol Leaders submit at Main Building (HQ)
- 7:30--10:00 pm--Cracker Barrel & Movie at Main Building (HQ)
- 10:30 pm--TAPS – Quiet in Camp. All lights out.

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### **28<sup>th</sup>. Sunday**

- 7:00 am Reveille
- 7:00 – 8:30 am Breakfast at Campsites (Staff Breakfast at Main Building)
- 9:00 am Worship Services – Main Building (A)

9:30 am Site Inspections (see Check-Out instructions)

12:00 pm Park closes.

\*\*\*Denotes Scores Event\*\*\*

## Mountaineer Area Council Klondike Derby Registration Form

Troop #: \_\_\_\_\_ Leader Name: \_\_\_\_\_ Phone# \_\_\_\_\_

Patrol Name \_\_\_\_\_

#Scouts \_\_\_\_\_

Names:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

Patrol Name \_\_\_\_\_

#Scouts \_\_\_\_\_

Names:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

Adults

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

# Scouts \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_

#Adults \_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_

Total# \_\_\_\_\_ = \_\_\_\_\_

# **Winter Camping (2 nights) Packing List**

## **Clothes**

- ✓ Long underwear (2-3 pairs, no cotton)
- ✓ Many layers of fleece and wool
- ✓ Water and Wind-proof jacket (preferably w/hood)
- ✓ Insulated Pants (fleece)
- ✓ Water and Wind-proof pants (ski or rain pants)
- ✓ Clean pants and torso layers for nighttime activities
- ✓ Clean clothes for sleeping in ONLY
- ✓ Waterproof gloves / mittens (1-2 pairs) Mittens (warm) (1 pair)
- ✓ Wool Hat (2)
- ✓ Sock liners
- ✓ Wool socks (6 pairs)
- ✓ Waterproof boots (2 pair)
- ✓ Class A Uniform (Shirt only)

## **Sleeping Things**

- ✓ Sleeping Bag
- ✓ Thick wool blanket or fleece liner
- ✓ Pad (not an air mattress)
- ✓ Space Blanket (thick kind, not the foil ones)
- ✓ Extra Blanket

## **Before Going to Bed**

- ✓ Take the Patrol for a walk around the loop
- ✓ Eat some trail mix
- ✓ Visit toilet (do it now rather than at 3 am)
- ✓ Change ALL clothes, including underwear (your old ones are wet/dirty)
- ✓ Put on a dry wool hat
- ✓ Put clothes for the next day in your sleeping bag
- ✓ Open your tent a little
- ✓ If you need to leave the tent at night, you MUST wake up your tent mate!

## **Camping Gear**

- ✓ Water bottle (w/water)
- ✓ Mess Kit in mesh bag (plastic is best; metal cools too fast)
- ✓ Insulated Mug w/handle

- ✓ Flashlight + spare batteries
- ✓ Knife
- ✓ Kleenex (keep dry in zip-top bag)
- ✓ First Aid Kit

### **Miscellaneous**

- ✓ Money
- ✓ Watch
- ✓ Paper and Pencil [pens will freeze]
- ✓ Zip-top bags for clothes (keeps moist air out)
- ✓ Pillow
- ✓ Toiletries (toothbrush, toothpaste, washcloth, etc.)
- ✓ Trail Mix
- ✓ Scout Book (under 1st Class, should always have)
- ✓ Plastic trash bag for wet clothes

### **Tent**

- o the more people the better!
- o Space blanket under everybody (shiny side up)
- o Sleeping bag and wool blanket combo
- o Wool blanket on top of everybody

### **Key Points**

- ❖ It's easy to get cold; it's very hard to warm back up
- ❖ If you get wet, you will get cold. So, Stay Dry!!!
- ❖ Don't overheat – sweat gets you wet and cold, fast
- ❖ You warm the sleeping bag; it does not warm you!
- ❖ Poor Planning = Poor Performance
- ❖ If you get cold, tell somebody!

## **MUST READS About Winter Camping**

- ❖ You warm the sleeping bag; it does not warm you! Plan to dress lightly by changing into clean, dry clothes (even your underwear) when you retire for the night. The clothes you wear during a regular day contain about a pint of moisture from normal perspiration and increases your risk of hypothermia.
- ❖ ☒ You should place all clothes into heavy-duty sealable Ziploc bags before you pack them. Natural moisture in your clothes when you are camping can be uncomfortable when you get dressed in the morning. Backpacks and duffels are not waterproof and they do absorb moisture, therefore clothes in unsealed bags are damp.
- ❖ A closed cell sleeping pad does not absorb moisture. Open-cell pads absorb moisture. An air mattress is useless in winter, actually wicking cold air from the ground to you! If you do not have a backpacking-type sleeping bag rated to at least 10-15 degrees F., bring an extra wool blanket. A fleece liner in your sleeping bag provides an extra layer of warmth.
- ❖ Wearing a wool watch cap when you sleep is helpful; remember the chimney effect. A scarf or neck gaiter also helps hold in the heat.
- ❖ Waterproof your shoes or boots with a “Sno-Seal” before your camping trip. Two or three treatments several days apart are useful. Mink oil does not waterproof.
- ❖ Putting some of the clothes you will wear the next day inside your sleeping bag when you go to bed will warm them up. Always bring at least one extra pair of wool socks and mittens or gloves for emergencies. Plan on using several pairs of socks each day.
- ❖ Ventilate your tent at night. A closed tent allows condensation to build up on the roof of the tent and it might “snow” or “rain” inside your tent.
- ❖ If you are cold or get wet, talk to your leaders. Don’t wait until you are numb or until the early morning hours. Learn what hypothermia is before going winter camping and learn to prevent it.
- ❖ No one will have extra clothes or equipment to loan to you should yours gets wet. Take a few precautions before you leave to go winter camping, so you stay warm and dry. If you have questions, get answers to those questions before you leave. Keep an extra set of clothes in the car just in case; it’s good insurance.
- ❖ Avoid overheating by adjusting the layers of your clothing to meet the outside temperature and the exertions of your activities. Excessive sweating can dampen your garments and cause chilling later on.
- ❖ Damp clothing and skin can cause your body to cool quickly, possibly leading to frostbite and hypothermia. Keep dry by avoiding cotton clothes that absorb moisture. Always brush away snow that is on your clothes before you enter a heated area. Keep the clothing around your



neck loosened so that body heat and moisture can escape instead of soaking several layers of clothing.

- ❖ A steady flow of warm blood is essential to keep all parts of your body heated. Wear several loosely fitting layers of clothing and footwear that will allow maximum insulation without impeding your circulation.

## **BASIC COLD WEATHER CLOTHING LAYERS**

1) The base layer is basically your underwear—the layer next to your skin. Synthetic and merino wool fabrics work best (avoid cotton). They wick perspiration away from your skin to outer layers so it can evaporate. They dry quickly so you spend minimal time in wet clothing. When snow camping, it's common to wear 2 base layers: a lightweight or midweight layer, then a thicker heavyweight layer.

2) The middle layer is your insulating layer. It is primarily designed to help you retain body heat. Consider wool, fleece or microfleece shirts, pants, and jacket and/or a goose down jacket.

3) The outer layer, or shell, is your waterproof/windproof/breathable layer. Laminates such as Gore-Tex, eVent or REI Elements offer premium protection. Less expensive alternatives use polyurethane-coated fabrics that are equally waterproof but somewhat less breathable. Look for core vents and underarm vents that expel excess heat and moisture.

## **CAMPING DISHWASHING PROCEDURES**

For individual camper health and for the good of the natural environment use these procedures at camp!

***ABSOLUTELY NO DISHWASHING AT WATER SPIGOTS OR BATH-HOUSES!!!***

### **MATERIALS NEEDED:**

- ✓ Container for garbage
- ✓ Paper towel or napkin (from meal)
- ✓ 3 dishpans, tubs, or buckets
- ✓ Detergent (preferably biodegradable)
- ✓ Dish scrubber
- ✓ Bleach
- ✓ Plastic grocery bag

***BEFORE SITTING DOWN FOR MEAL: Put a large pot of water on to heat.***

### ***PRIOR TO WASHING DISHES:***

- ✓ Set up container for garbage.
- ✓ Using a small piece of paper towel or napkin, wipe ALL food particles into the garbage container.

1. Wipe utensils first, cups second and plates third. This order ensures that items going into one's mouth are as clean as possible.

2. After all personal gear is wiped, use the same steps for the Patrol cooking gear.

***DO NOT ALLOW any gear that HAS NOT been wiped free of food particles into Dishpan #1.***

#### **PREPARING DISHWATER:**

Dishpan #1 – wash water: small amount of liquid detergent in first, then add hot water

Dishpan #2 – rinse water: clear, warm water

Dishpan #3 – sterilize: lukewarm water with 1 tablespoon bleach for every gallon of water; add 1 tablespoon of bleach after every eight campers. Gear stays in this tub for one minute.

#### **DISPOSING OF DISHWATER:**

Prepare a plastic grocery bag for straining any food particles that may have sneaked into the dishpans.

1. Punch several small holes into the corner of the bag.

2. Fill the corner with a small amount of leaves and/or pine needles to act as a filter. Carefully empty the dishpans into the bag in the following order and allow the bag to drain after each addition in a different part of the woods each time:

3. Dishpan #1 into the bag.

4. Dishpan #2 into #1, swish water around and then into the bag

5. Dishpan #3 into #2, swish water around, then into #1, swish water around and then into the bag. This will ensure that all three dishpans will have an opportunity to be sterilized.

6. Dispose of plastic bags properly.

#### **HYPOTHERMIA 101**

***As the temperature dips, hypothermia can threaten survival for backwoods adventurers unaware of its warning signs.***

Hypothermia is an abnormally low body-core temperature caused by exposure to a cold environment.

**Caution:** First-aid management of hypothermic victims should not be based solely on measurements of body temperature because it is often difficult to obtain an accurate temperature in the field.

#### **Mild Hypothermia**

When core body temperature drops below 95°F, mild hypothermia sets in.

- ❖ A person feels cold and shivers at maximum level.
- ❖ A person maintains a normal consciousness level, remains alert, and has normal or slightly impaired coordination.
- ❖ When core body temperature drops below 93°F, the person develops slurred speech, memory loss, poor judgment, and carelessness.

### **Mild Hypothermia Treatment:**

1. Move the person from the cold environment to a sheltered environment.
2. Replace any wet clothing with dry, insulated garments.
3. Give the person warm food and lots of sugary hot fluids (an average size adult needs about 60 kilocalories of hot drinks or about 2 quarts of highly sugary liquids such as drink mixes) to elevate core temperature 10 F.
4. Slow heat loss by wrapping the person in a sleeping bag, plastic bag, or tarp. Huddling with the person in a sleeping bag will help slow heat loss.
5. Resist the urge to use hot water bottles or heat packs. They can turn off the body's shivering mechanism, and they add very little heat to the body core. Instead, bring water to a boil and have the person inhale the steam, or build a fire.

### **Profound Hypothermia:**

When core body temperature drops below 90 degrees F, profound hypothermia develops.

- ❖ The person becomes weak and lethargic.
- ❖ The person has an altered mental state (is disoriented, confused, combative or irrational, or in a coma).
- ❖ The person is uncoordinated.
- ❖ When core body temperature drops below 88 degrees F, a person stops shivering.
- ❖ When core body temperature drops below 86 degrees F, a person's heart pumps less than two-thirds the normal amount of blood. Pulse and breathing are half their normal rates.
- ❖ When core body temperature drops below 83 degrees F, the heart is very irritable and unstable, and likely to develop abnormalities. The person is in danger of cardiac arrest. Rough handling of the person increases the potential for cardiac arrest.

### **Profound Hypothermia Treatment:**

Treatment in the backcountry is aimed at stabilizing the person and preventing any further cooling.

1. Handle the person very gently. Rough handling may cause his heart to fail.
2. Place the person in a sleeping bag, or place blankets or clothing underneath and on top of him. Any heat that you can provide will probably not rewarm the person but will help prevent further cooling.
3. A person with a significantly altered mental state should not be allowed to eat or drink because of the potential for choking or vomiting.
4. Rewarming is best done in a hospital, because of the potential complications associated with profound hypothermia. Professional assistance is usually needed to evacuate a profoundly hypothermic person.

It may be difficult to distinguish whether a person is profoundly hypothermic or dead. A profoundly hypothermic person may have a pulse and respirations that are barely detectable. Double-check carefully, feeling for the carotid pulse (it is found on either side of the center of the throat where the

carotid artery goes to the head). Check this for at least one minute since the heart rate may be very slow. Place a glass or plastic surface next to the person's mouth to see if it fogs up.

**When to perform CPR:**

If the person is breathing or has any pulse, no matter how slow, do not initiate CPR, as this may cause the heart to stop beating completely. If there is no sign of a pulse or breathing after one minute, what to do next depends on your situation:

1. If you are alone or with only one other person, cover the hypothermic person and place him in a protected shelter (place insulation beneath and on top of him). Both rescuers should go for help and stay together for safety.
2. If there are multiple rescuers, and it is safe to stay with the victim, begin CPR. Chest compressions should be done at one-half the normal rate. At least two people should go for help and stay together for safety.
3. If the person can be easily transported out of the backcountry in an improvised stretcher, the rescuers may elect to do this while performing CPR during the transport as best as possible.

Never assume that a profoundly hypothermic person is dead until his body has been warmed thoroughly and there are still no signs of life. It is possible, though rare, that one without detectable signs of life will recover when rewarmed.

*Adapted from Wilderness 911: A Step-by-Step Guide for Medical Emergencies and Improvised Care in the Backcountry, Eric A. Weiss, M*