

Fall 2024 IOLS



To: Scoutmasters, Scout Leaders, Troop Committee Members, Webelos and Arrow of Light Leaders,

The Chippewa Valley Council invites you to participate in the **Introduction to Outdoor Leader Skills Training (IOLS)**. This fun-filled program of hands-on outdoor training is designed for Scout leaders to help master basic camp skills required for Tenderfoot to First Class and for Webelos and Arrow of Light leaders to take Webelos and Arrow of Light dens on overnight camping outings.

Sessions will include how to set up camp, cook, work with hand tools, ropes and knots, first aid, campfire program planning, map reading and compass skills, hiking and packing techniques, nature identification, and Leave No Trace. Each outdoor session will bring to life the pages of the Scout Handbooks to help you *deliver the promise* of Scouting to yourself and the youth you serve. IOLS will help to increase your comfort level and give you confidence as a trained, skilled leader. This training will give you the opportunity to work with other Scout leaders from our council, meet new friends, and reinforce skill teaching techniques with fellow unit leaders.

WHEN: August 17-18, 2024. Check-in: Starts at 7:30 AM on Saturday, August 17. Training sessions begin at 8:00 AM with training concluding Sunday, August 18 by 12 PM.

WHERE: Camp Brunswick S5070 William Ct. Eau Claire, WI

From Eau Claire: South on Hwy. 37 Left on Hwy. B (by Huntsinger Farms) Left on Mitchell Rd. Left on William Court. Continue to top of hill. Camp Brunswick is on left at top of hill through the gate. Proceed to large open field (right turn down hill and then left) for parking and camping.

COST: FREE We will provide a Saturday lunch, Saturday dinner, Sunday breakfast, snacks, and printed materials. Please eat a Saturday breakfast before arriving at camp.

REGISTRATION: [BSA-CVC.ORG - events](https://bsa-cvc.org) For more information, please contact the Scout Service Center at 715-832-6671.

Registration is required for this training. NO WALK-INS ALLOWED as food must be purchased and supplies will be prepared for the number who register.

Online REGISTRATION IS DUE BY: August 9, 2024 (5 PM)

Need minimum of 5 participants registered by August 9, 2024 to hold this training.

Show **completion certificates or pocket cards for Leader Position Specifics and YPT at check-in.**

If you have completed the Leader Position Specifics for your chartered position (Webelos DL or SM Specifics) and the YPT, you will be qualified to wear the "trained" patch at the completion of this IOLS training. The trained patch can be purchased at the Scout Service Center.

Electricity needed Friday PM? ___no ___yes Electricity is available at the Olson Education Building where space for tenting is limited. Bring your own extension cords.

The following items listed are for an overnight camping experience.

References to bring: *Scout Handbook*, refer to CHAPTER 9, "Camping"

Webelos or Arrow of Light Handbook (2024 printing)

Overnight gear, outdoor essentials, and appropriate clothing are the heart of camping equipment. Carry a light load of only what you need to keep yourself safe and make a good camp; leave all unnecessary items at home. Use lightweight backpacking tents - two person type-- no wall or large recreation types.

PERSONAL OVERNIGHT CAMPING GEAR All items should be marked with your name.

Appropriate Scout Handbook

Wear leader FIELD UNIFORM

Outdoor Essentials

pocketknife
personal first-aid kit
extra clothing
rain gear
water bottle **filled with potable water** (Nalgene type)
flashlight (extra batteries and bulb)
matches and fire starters
sun protection (optional in this season)
insect repellent (seasonal)
clothing for the season (changes for number of days camping)
outer clothing appropriate for spring outdoor sessions
clothes for sleeping
backpack, suitcase, or laundry bag
rain cover for backpack (large leaf bag works well)
sleeping bag, or 2-3 blankets
small tent (two-person)
sleeping pad
ground cloth (old shower curtain works well)
compass

Eat Kit bowl, plate, cup, spoon, fork, knife

(for this training we will supply paper plates and utensils)

Cleanup Kit

soap (in container)
toothpaste/ toothbrush / dental floss
comb
towel / washcloth
extra plastic bag bag for dirty clothes

Personal Extras

watch
camera (optional)
notebook or paper / pen or pencil
extra hat and gloves
sunglasses (optional)
boots (depending on weather)
folding chair
book of your faith- Bible, testament
sturdy shoes no open toed or open heeled



HOW TO SLEEP WARM

1. GO TO BED WARM

Do a few jumping jacks, push ups – just enough to warm yourself up but before you start sweating. If you get in a sleeping bag when you are cold you'll likely stay cold.

2. FUEL UP

If it's going to be a very cold night consider a pre-bedtime snack that will keep the furnace burning. Slow burning fatty snacks are better than refined sugars or caffeine.

3. WATER

You need to be well hydrated to stay warm.



How much water to drink within the hour or two before you go to sleep is determined by how fast you process it. If you need to get up early drinking a lot of water before bedding down will serve as a natural alarm clock – it can be tricky to get the timing right. If nature calls in the middle of the night get up and go! Holding it in makes you colder.

4. CLOTHING

Change as much of your clothing as possible. The clothes you wore all day will be a bit damp and cold. If you wear them to bed you'll have to warm your cold damp clothes up before you get warm.



5. HOT WATER BOTTLES

Consider filling your water bottles with hot water, wrapping them with some spare clothing and warming up your sleeping bag before you get in it.

6. WEAR A HAT

We lose heat from our heads. It's not an old wife's tale; wear a hat to keep your feet warm.



7. KEEP YOUR NOSE AND MOUTH OUTSIDE

Don't put your nose and mouth into your sleeping bag. Moisture from breathing will make the bag and your clothing damp. A well-designed mummy style sleeping bag will allow you to close the bag so only your nose and mouth are exposed.

8. KEEP OFF THE GROUND

Sleeping warm means insulating your self from the ground. A good insulating pad is important.

9. SLEEPING BAG SOCKS

If you get cold feet try keeping a dedicated pair of thick, loose fleece or wool socks worn only in the sleeping bag.



10. SHAKE UP YOUR BAG

Whatever type of insulation is in your sleeping bag it will be compressed from packing. Do a good job of shaking and re-distributing the insulation before you get in the bag.

