



2026

Lake of the Ozarks Scout Reservation

# **CUB SCOUT CAMP LEADER'S GUIDE**

Great Rivers Scouting



GREAT RIVERS SCOUTING

# 2026 Camp Dates

Cub Akela Family Camp	July 13 – July 15
Cub Adventure Camp	July 13 – July 16 Optional through July 17
Webelos Camp	July 13–July 17
Arrow Of Light Camp	July 13– July 17

## Contact Us:

The best way to contact the Lake of the Ozarks Scout Reservation when camp is not in session is via email at [greatrivers.lotosr@scouting.org](mailto:greatrivers.lotosr@scouting.org)

We can answer any of your pre-camp questions related to program, sign-ups, facilities, and any other questions or concerns you or your Pack may have.

## Additional Contacts:

Dennis Kerns – LOTOSR Reservation Director  
Phone: (660) 221-0443 – Email: [dennis.kerns@scouting.org](mailto:dennis.kerns@scouting.org)

Lake of the Ozarks Scout Reservation Welcome Center  
Phone: (573) 374-5761 – Email: [greatrivers.lotosr@scouting.org](mailto:greatrivers.lotosr@scouting.org)

Jacob Hopkins – GRC Program Specialist  
Phone: (573) 449-2561 Ext. 201 – [Jacob.Hopkins@scouting.org](mailto:Jacob.Hopkins@scouting.org)

# LOTOSR Director Welcome Letter

The summer of 2026 at the Lake of the Ozarks Scout Reservation represents our 61st season of Scout camping at Camp Hohn! Thousands of Scouts and leaders have participated in a week of Scouting adventure over the last 61 years, and this year, we are taking things to an even greater level of camping and outdoor fun, just for you, your family, and your unit!

The highlight of the Scouting year for every young person in our program is summer camp. Scouts from all over the council and beyond our council borders will gather at the Lake of the Ozarks Scout Reservation looking for a fun-filled program for an entire week. Our staff has been preparing for a fantastic summer program for all the Scouts and their families to enjoy. After redefining our approach to the Summer Camp program last year and are refocusing all our programs with a fun-first approach, and adding specific programs that allow families to enjoy the camp together as one, we are continuing right where we left. Ensuring that each of you experience a fun-filled program.

In addition to program changes, we have made significant improvements to our camp over the years, including the introduction of a new Welcome Center and Medical Lodge, an Aquatics Center with a pool in 2015, a new ring of fire, and a completely renovated trading post. Furthermore, the only camp to boast a Sinquefield Invention Campus right here on location.

To help ensure you and your Scouts are prepared for all we have to offer, we have prepared this comprehensive guide with information on everything you need to know for your Cub Scout camping experience in 2026. Please get yourself, your family, and scouts ready for your adventure at camp by getting to know this guide. We feel that this year's program will be our best and most energetic effort ever, and we don't want you to miss a thing.

As always, if you have any questions, special needs, or just want to talk about your week in camp, feel free to contact us or check out our camp website at [www.lotosr.org](http://www.lotosr.org) or contact me directly at [dennis.kerns@scouting.org](mailto:dennis.kerns@scouting.org). We will be happy to work with your pack in any way we can. We look forward to seeing you at camp.

Yours in Scouting,

*Dennis Kerns*



GREAT RIVERS SCOUTING

# Camp Fees

## Cub Akela Family Camp – 3 Day, 2 Night Camp

- \$100.00 per Scout if paid in full by May 15 (\$110.00 if paid after May 15)
- \$75.00 per adult

## Cub Adventure Camp – 4 Day, 3 Night Camp

- \$175.00 per Scout if paid in full by June 15 (\$185.00 if paid after June 15)
- \$90.00 per adult (if staying more than 2 nights, all adults must be registered BSA members)
- Optional 4th Night +\$25.00

## Webelos Camp – 5 Day, 4 Night Camp

- \$200.00 per Scout if paid in full by June 15 (\$210.00 if paid after June 15)
- \$110.00 per adult (if staying more than 2 nights, all adults must be registered BSA members)

## Arrow of Light Camp – 5 Day, 4 Night Camp

- \$200.00 per Scout if paid in full by June 15 (\$210.00 if paid after June 15)
- \$110.00 per adult (if staying more than 2 nights, all adults must be registered BSA members)

Leaders not attending the full camp session will be charged a fee of \$10.00/meal.

# Who Can Attend The Camp

## Cub Akela Family Camp

Cub Akela Family Camp is for Cub Scouts that are entering 1st grade or higher during the 2026–2027 school year, and their families. This camp's adventures are centered around our Lions & Tigers, but programs will be available for the entire family.

## Cub Adventure Camp

Cub Scouts that are entering 1st grade or higher during the 2026–2027 school year. This Camp is designed for our Tiger, Wolf and Bear Cub Scouts. Something new we have added last year will be the ability to join your family for family-specific programming during the first two days of camp.

## Webelos Camp

Any Scout that will be entering the fourth grade during the 2026–2027 school year. This camp is designed with our Webelos scouts adventures in mind. Yet, just like our other camps this week, Webelos will have the ability to join their family for family-specific programming during the first two days of camp.

## Arrow of Light Camp

Any Scout that will be entering the Fifth grade during the 2026–2027 school year. This camp's adventures focus on the rank of Arrow of Light and provide the opportunity to participate in family-specific programming during the first two days of camp.

# Camperships (Program Grants)

A limited number of camperships are available to help scouts in need of financial assistance. An application form is available at [www.grc-bsa.org](http://www.grc-bsa.org) or at the council service center. Early requests are necessary to ensure equitable distribution of available funds. The amount of campership given to each Scout will vary based on economic need, but in nearly all circumstances will not exceed 50% of the full price of camp. Unfortunately, camperships are only available at this time for scouts registered within the Great Rivers Council.



# Camp Refund Policy

Prior to June 15 Camper Savings Day, all fees, less the \$15 camper deposit, are refundable and transferable. Please check your Scouts' prior commitments to summer sports and family vacations before June 15. After June 15, all fees are non-transferable.

After June 15 Cub Camper Savings Day, the following policy applies: Refund requests MUST be submitted in writing to the Council Service Center prior to the beginning of the camp session, or to the Camp Office Manager upon arrival at camp. A unit leader or Scout may request a refund of their fees under the following conditions ONLY:

- Illness or serious accident of Scout prevents their attendance at camp.
- Family illness or emergency prevents the Scout's attendance at camp.

Refund requests for a Scout or leader who changes their mind about attending or decides not to attend for any reason other than those listed above WILL NOT be considered for a refund.

If the refund request is granted, the \$15 reservation deposit and an additional 25% camp readiness fee will be withheld. However, if your unit wants your refundable fees transferred to your unit Scout Shop account (GRC units only), the readiness fee will be reduced to 15%. Scouts leaving camp early will not be eligible for partial refunds.

**Refund requests submitted after leaving camp will not be honored.**

## Planning for Your Arrival at Camp

Check-in runs between 1:00–3:00pm. **EARLY CHECK IN IS NOT AVAILABLE SO PLEASE DO NOT ARRIVE EARLIER** as the staff will not be ready to greet you. Please plan to arrive **BEFORE** 3:00pm. Otherwise, you may have to rush to get everything done. Lunch is NOT provided on the day of check-in, so please eat before you arrive.

# Check-In Procedures

- When you arrive at camp, please have your Cubmaster (or designee) check-in at the Welcome Center to be assigned a campsite. When checking-in, they will need the following items: Complete roster of adults and scouts at camp & remaining camp registration fees owed. **ALL FEES MUST BE PAID UPON ARRIVAL & BEFORE YOUR PACK ENTERS CAMP**
- After checking in, your pack will travel to their assigned campsite to begin setting-up. The camp staff will be able to assist as needed. All vehicles should be unloaded and returned to the parking area no later than 3:00 PM. After this time all vehicles will need to be escorted by staff in or out of the camp.
- Medical rechecks and medicine check-in will be completed at your campsite by a designated camp staff member. **DO NOT SEND YOUR MEDICAL FORMS TO THE COUNCIL SERVICE CENTER, BRING THEM TO CAMP WITH YOU.** A copy of this form is provided in the "important forms" section later in this guidebook.
  - Participants attending Cub Akela Camp or who are staying at camp for less than 72 hours, are required to have parts A and B of the BSA Health Form completed.
  - Participants attending Cub Adventure camp, Webelos camp, and Arrow of Light Camp are staying longer than 72 hours, are required parts A, B and C of the BSA Health Form completed.

## **THERE ARE NO EXCEPTIONS TO THE MEDICAL FORM POLICY!**

- After the medical re-checks at your campsite, you quickly change into swimsuits. **ALL SCOUTS AND LEADERS WILL PARTICIPATE IN THE ANNUAL SWIM TEST AT THE NEW AQUATICS CENTER AFTER MED CHECKS.**
- After checking in, your pack will travel to their assigned campsite to begin setting-up. The camp staff will be able to assist as needed. All vehicles should be unloaded and returned to the parking area no later than 3:00 PM. After this time all vehicles will need to be escorted by staff in or out of the camp.
  - **Swimmer's Test** - Jump feet first into water over your head and surface. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl. Swim 25 yards on your back, using an easy, resting stroke. Rest by floating (or, if not buoyant, with just enough motion to stay afloat).



- **Beginner's Test** – Jump feet first into water over your head, come to the surface, level off, swim 25 feet, turn sharply, and come back to the starting point.
- **Learner's Test** – Anyone who either opted out of the test or was unable to complete either of the two swimming tests above will be classified as a Learner
- After completing the swimming test, you will return to your campsite to complete the setting up your campsite.

## Check-Out Procedures

- The gate at the entrance of camp will be opened at 7:00am on day 5 of the camp schedule.
  - Individuals attending **Akela Family Camp only** will need to coordinate check-out with the camp director upon check-in at camp.
- Breakfast will be served at 8:00 am.
- After breakfast, vehicles will be permitted to be moved out of campsites.
- Your campsite host will meet you at your campsite for a campsite check-out inspection. Once cleared up by your campsite host, you will be able to head out of camp
  - If your pack chooses to utilize the canvas camp tents, these will be left set up at your campsite.
- Beginning at 8:00 AM, your pack leader will be able to check-out at the Camp Welcome Center, once your pack has been cleared by your campsite host. Please have one designee enter the Welcome Center for check-out.
  - Medical forms, patches, etc. will be distributed at check-out.

# Cub Akela Family Camp

## Schedule & Highlights

Cub Akela Family Camp offers a terrific three-day/two-night program for Cubs of all ages. Unlike our standard summer camp programs, which are centered around a Scout's Troop, Pack, or Den, this program is designed to deliver fun for your whole family. You will enjoy wonderful meals; spacious campsites; private, family-friendly bathroom and shower facilities; and amazing program opportunities! Participants choose from a wide variety of activities that you can do as a family. If you have more than one child attending, don't worry we have programmed in time for the entire family to be together! Cub scouts will still enjoy the pack and den experience of the other camps by participating in rank-appropriate adventures each day during the scheduled program in the morning, but the rest of the day is a "choose your own adventure." This camp promises fun for the entire family!

Below is the anticipated schedule of activities and a list of possible highlight activities. Some modifications may be necessary. A final schedule will be distributed during the leader's meeting on the evening of Day 1 and updates will be posted to the camp website and Facebook.

Block 1		<ul style="list-style-type: none"><li>• Nature Hike</li><li>• Rope Making</li><li>• Blacksmith Demos &amp; Field Games</li><li>• Intro into Electricity</li></ul>
Block 2		<ul style="list-style-type: none"><li>• Nature Hike</li><li>• Rope Making</li><li>• Blacksmith Demos &amp; Field Games</li><li>• Intro into Electricity</li></ul>
Block 3		<ul style="list-style-type: none"><li>• Nature Hike</li><li>• Rope Making</li><li>• Blacksmith Demos &amp; Field Games</li><li>• Intro into Electricity</li></ul>
Block 4	<ul style="list-style-type: none"><li>• Open Invent</li><li>• Craft</li><li>• Archery</li><li>• BBs</li></ul>	FREE SWIM
Block 5	<ul style="list-style-type: none"><li>• Open Invent</li><li>• Craft</li><li>• Archery</li><li>• BBs</li></ul>	FREE SWIM
Block 6	<ul style="list-style-type: none"><li>• Open Invent</li><li>• Craft</li><li>• Archery</li><li>• BBs</li></ul>	FREE SWIM
Block 7	<ul style="list-style-type: none"><li>• Open Invent</li><li>• Craft</li><li>• Archery</li><li>• BBs</li></ul>	FREE SWIM



# Cub Adventure Camp

## Schedule & Highlights

Cub Adventure is our four-day, three-night Cub Scout camping program (Optional 4th Night) designed specifically for Tigers, Wolves and Bears and will run concurrently with the other Cub Scout Camp programs – Scouts will pick up where Cub Akela Family Camp left off and dive right into activities and Cub Adventures that continue to focus on fun first. This camp promises a week of fun, confidence building, and plenty of opportunities to work on Cub Scout Adventures to help with rank advancement!

Below is the anticipated schedule of activities and a list of possible highlight activities. Some modifications may be necessary. A final schedule will be distributed during the leader's meeting on the evening of Day 1 and updates will be posted to the camp website and Facebook.

Time / (Block)		Tuesday	Wednesday	Thursday
9:00-9:45 (1)	Tiger	SLINGSHOTS	•Canoe/Kayak •Boat Rides •Outdoor Cooking	•GOOD KNIGHTS •BBs
	Wolf	AIR OF THE WOLF	•Canoe/Kayak •Boat Rides •Outdoor Cooking	PAWS FOR WATER
	Bear	SUPER SCIENCE	A BEAR GOES FISHING	CRITTER CARE
10:00-10:45 (2)	Tiger	FLOATS AND BOATS	•Canoe/Kayak •Boat Rides •Outdoor Cooking	SKY IS THE LIMIT
	Wolf	ADVENTURES IN COINS	A WOLF GOES FISHING	•CUBS WHO CARE •BBs
	Bear	SLINGSHOTS	•Canoe/Kayak •Boat Rides •Outdoor Cooking	SALMON RUN
11:00-11:45 (3)	Tiger	CURIOSITY, INTRIGUE, AND MAGICAL MYSTERIES	FISH ON	TIGERS IN THE WATER
	Wolf	SLINGSHOTS	•Canoe/Kayak •Boat Rides •Outdoor Cooking	SPIRIT OF THE WATER
	Bear	FORENSICS	•Canoe/Kayak •Boat Rides •Outdoor Cooking	Nature Hike/BB's
12:00-1:00		LUNCH @ Show-n-Do		
1:30-2:15 (4)	Tiger	DESIGNED BY TIGER	Free Swim	•Archery •Free Time •Intro to Disc Golf •Scouting History
	Wolf	•Craft •Rope Making •Family Time •Open Invent		•Blacksmith Demos •Field Games •Animals in Camp
	Bear			•Archery •Free Time •Intro to Disc Golf •Scouting History
2:30-3:15 (5)	Tiger	CHAMPIONS FOR NATURE TIGER	Free Swim	•Archery •Free Time •Intro to Disc Golf •Scouting History
	Wolf	COMPUTING WOLVES		•Blacksmith Demos •Field Games •Animals in Camp
	Bear	BALOO THE BUILDER		•Archery •Free Time •Intro to Disc Golf •Scouting History
3:30-4:15 (6)	Tiger	Rope Making	Free Swim	•Archery •Free Time •Intro to Disc Golf •Scouting History
	Wolf	CHAMPIONS FOR NATURE WOLF		•Blacksmith Demos •Field Games •Animals in Camp
	Bear	Open Invent/Family Time		•Archery •Free Time •Intro to Disc Golf •Scouting History
4:30-5:15 (7)	Tiger	•Craft •Family Time •Open Invent	Free Swim	•Archery •Free Time •Intro to Disc Golf •Scouting History
	Wolf	CODE OF THE WOLF		•Blacksmith Demos •Field Games •Animals in Camp
	Bear	CHAMPIONS FOR NATURE BEAR		•Archery •Free Time •Intro to Disc Golf •Scouting History

# Webelos Camp

## Schedule & Highlights

The Webelos Camp is a five-day, four-night camp complete with activities focused on fun and the Webelos Adventures! Each day offers a variety of pre-programmed activities including Pellet Guns, slingshots, archery, hiking, games, canoeing, swimming, and fishing as well as other evening activities provided by our excellent staff. Webelos Scouts will enjoy the outdoors, play games, make new friends, learn Scouting skills, and create memories that will last a lifetime.

Below is the anticipated schedule of activities and a list of possible highlight activities. Some modifications may be necessary. A final schedule will be distributed during the leader's meeting on the evening of Day 1 and updates will be posted to the camp website and Facebook.

	Tuesday	Wednesday	Thursday		
9:00-9:45	<b>Aquanaut</b> •Aware and Care •Earth Rocks •Pellets	•Champions of Nature (Webelos) •Intro to Wilderness Survival •Modular Design •Archery	•Open Climb •Open Invent •Build It		
10:00-10:45	<b>Aquanaut</b> •Aware and Care •Earth Rocks •Pellets	•Champions of Nature (Webelos) •Intro to Wilderness Survival •Modular Design •Archery	•Open Climb •Open Invent •Build It		
11:00-11:45	<b>Aquanaut</b> •Aware and Care •Earth Rocks •Pellets	•Champions of Nature (Webelos) •Intro to Wilderness Survival •Modular Design •Archery	•Open Climb •Open Invent •Art Explosion		
1:30-2:15	•Intro to Disc Golf •Chef's Knife •Blacksmith Demos & Field Games •Hike to Osage Bluff •Family Time	•Open Fish •Boat Ride	Paddle Onward & Open Boat	•Pellets •Rope Making	•Free Swim •Math on the Trail & Tech on the Trail
2:30-3:15	•Intro to Disc Golf •Chef's Knife •Blacksmith Demos & Field Games •Hike to Osage Bluff •Family Time	•Open Fish •Boat Ride		•Pellets •Rope Making	
3:30-4:15	•Intro to Disc Golf •Chef's Knife •Field Games •Hike to Osage Bluff •Family Time	•Open Fish •Boat Ride	Paddle Onward & Open Boat	•Pellets •Rope Making	•Free Swim •Math on the Trail* & Tech on the Trail
4:30-5:15	•Intro to Disc Golf •Chef's Knife •Blacksmith Demos & Field Games •Hike to Osage Bluff •Family Time	•Open Fish •Boat Ride		•Pellets •Rope Making	



# Arrow of Light Camp Schedule & Highlights

The Arrow of Light camp is a five-day, four-night camp complete with fun advancement activities focused on the Arrow of Light Adventures and the slow transition to Scouts BSA! Each day of activities is not only focused on fun and advancement activities but promises confidence building and the development of a newfound independence in preparation for the next level of scouting in Scouts BSA. Our program offers a variety of pre-programmed activities from aquatics, hiking, range activities and much, much more! Every AOL Scout will enjoy the outdoors, play games, make new friends, while learning Scouting skills, creating memories that will last a lifetime, and preparing them for the fun adventures that lie ahead.

This program covers many skills of a first-year Scouts BSA Scout:

- The Patrol Method
- Fire Starting and Building
- First Aid
- Knots and Lashings
- Land Navigation Skills
- Outdoor Skills
- Hiking

Below is the anticipated schedule of activities and a list of possible highlight activities. Some modifications may be necessary. A final schedule will be distributed during the leader's meeting on the evening of Day 1 and updates will be posted to the camp website and Facebook.

	Tuesday		Wednesday	Thursday
9:00-9:45	Introduction/Patrol Making (Name, Yell, and Flag)		Swimming	Engineer
10:00-10:45	Knots/Lashings		Free Swim	<ul style="list-style-type: none"><li>•Archery</li><li>•Slingshots</li></ul>
11:00-11:45	Pioneering/Camp Gadget		Camp Menu/Patrol Duty Planning	Patrol Cooking
1:30-2:15	Sailing	<ul style="list-style-type: none"><li>•Canoe/Kayak</li><li>•Open Fish</li><li>•Boat Ride</li></ul>	Into the Wild AOL	<ul style="list-style-type: none"><li>•Trades and Skills Tour/Electricity Activity</li><li>•Family Time</li></ul>
2:30-3:15		<ul style="list-style-type: none"><li>•Canoe/Kayak</li><li>•Open Fish</li><li>•Boat Ride</li></ul>	Pellets/Skit and Song Practice	<ul style="list-style-type: none"><li>•Flag Etiquette</li><li>•Knife Safety</li><li>•Family Time</li></ul>
3:30-4:15	Sailing	<ul style="list-style-type: none"><li>•Canoe/Kayak</li><li>•Open Fish</li><li>•Boat Ride</li></ul>	<ul style="list-style-type: none"><li>•Open Climb</li><li>•High Tech Outdoors</li></ul>	<ul style="list-style-type: none"><li>•Blacksmith Demos</li><li>•First-Aid</li><li>•Family Time</li></ul>
4:30-5:15		<ul style="list-style-type: none"><li>•Canoe/Kayak</li><li>•Open Fish</li><li>•Boat Ride</li></ul>	<ul style="list-style-type: none"><li>•Open Climb</li><li>•Into the Woods AOL</li></ul>	<ul style="list-style-type: none"><li>•Hiking Etiquette/Hike</li><li>•Family Time</li></ul>

# Camp Traditions

## Camp Hohn Song

High above Lake Osage Arm, nestled in the trees.  
Lives the spirit of good Scouting, and true loyalty.

Daily working, daily striving, ever more to be.  
Faithful to the Oath and Scout Law,  
Hail Camp Hohn to thee.

## Lake of the Ozarks Scout Reservation Grace

For the Friends that we find.  
For the Memories we make.  
For the Land and the Lake,  
The Living, the Laughing, the Learning  
We thank thee o' Lord,  
Amen

# Trading Post

No camp is complete without a trading post well-stocked with camp necessities and souvenir items. From toiletries to flashlights to sunscreen, we have got whatever your Cub Scout may have forgotten. We have souvenirs, snacks, slushies, and much more. Trading Post Hours of operation will be posted outside the trading post and provided in the Christine Jr. (an additional camp reference guide provided to your leaders during the Leader's Meeting on day 1).



# Contacting Camp

Please encourage parents to write, but not to call unless it is an emergency. The main telephone at the Reservation is for Reservation business and emergencies ONLY.

## Snail Mail Service:

Mail received at camp for scouts is delivered to the Camp Welcome Center and distributed to your scout's Pack the day it is received. If mail items are received after your unit has left camp, this item will be returned to the sender. To send mail to your scout, please use the following address:

Scouts Name and Pack #  
Cub Scout Camp - Lake of the Ozarks Scout Reservation  
525 Camp Hohn Drive  
Gravois Mills, MO 65037

## Telephone:

The Camp telephone is used for Reservation business and emergencies only. In case of emergency, the number for the Welcome Center is (573) 374-5761. The telephone messages received will be delivered to your pack as soon as possible.

# Health Examinations

Scouting America recommends that all youth and adult members have annual medical evaluations by a certified and licensed health-care provider. In an effort to provide better care for those who may become ill or injured and to provide youth members and adult leaders with a better understanding of their own physical capabilities, Scouting America has established minimum standards for providing medical information prior to participating in various activities. Every Scout and adult must have a Personal Health and Medical Record, completed, and signed by an examining physician, if staying in camp over 72 hours.

If staying less than **72 hours**, parts **A, B1, B2**, of the medical form are required for ALL campers – youth and adult. All participants must use the most recent form released by Scouting America. Sports and other physicals will be accepted only if accompanied by Parts **A, B1, B2**, of the newest form. Pay attention to the following:

- The date of the last tetanus shot
- Any current ailments and medication
- Allergies
- PARENTS MUST HAVE SIGNED THE FORM WITHIN 12 MONTHS OF THE END OF YOUR CAMP SESSION.

Campers with only parts **A, B1, B2**, will be unable to participate in any high-risk activities (this includes aquatic activities). For this reason, we recommend each scout and adult have Parts **A, B1, B2, & C**.

Medical examinations are not provided at the Lake of the Ozarks Scout Reservation. If a Scout or leader does not bring their medical examination form, or if their medical examination form does not have a current parent signature, they will not be permitted to remain at camp after 72 hours. There are no exceptions to this policy. Leaders are encouraged to develop some type of "fail safe" mechanism to ensure that no Scout arrives at camp without a current parent permission signature on their form.

PLEASE BRING YOUR COMPLETED MEDICAL FORMS TO CAMP WITH YOU AS YOU CHECK INTO CAMP\*\*. DO NOT SEND THEM TO OR LEAVE THEM AT THE COUNCIL SERVICE CENTER! OFFICE STAFF HAS NO NEED FOR THEM, AND THEY WILL MAIL THEM BACK TO YOUR PACK. Health forms are available at [www.lotosr.org](http://www.lotosr.org), at the council service center, or in the "important forms" section of this guidebook.

**Reminder that Health checks are done in the campsite.  
Leaders DO NOT need to bring them to the Welcome Center  
when they check in the Pack.**



# Equipping For Camp

Scouts' clothing and personal equipment should be marked clearly with his or her name and pack number. Be advised that there is not a safety deposit box for valuable personal articles.

## Scout Personal Gear

----- BSA Health Form  
----- Swimsuit  
----- Towel  
----- Scout Uniform  
----- Raincoat or poncho  
----- Sweater or jacket  
----- Undergarments  
----- T-shirts  
----- Shorts/Pants  
----- Socks  
----- Sneakers and/or hiking boots.  
----- Ext Clothes  
----- Hat or cap  
----- Sleeping bag.  
----- Flashlight and extra batteries  
----- Dirty clothes bag  
----- Insect repellant  
----- Sunscreen  
----- Compass  
----- Camp Chair  
----- Water bottle  
----- Tent  
----- Ground cloth

**Items NOT Recommended** Items of value, Gaming devices, Computers, Laptops, Cell phones

## Cub Pack Equipment

----- Pack/Den flags  
----- First aid kit  
----- Propane lanterns (adults only)  
----- Plastic tablecloth

----- Plastic to protect wood supply.  
----- Matches  
----- Bow saws  
----- Twine

## Items Prohibited at Camp

- Firearms
- Ammo and archery tackle
- Fireworks
- Alcohol & Illegal substances
- Pets



# General Policies & Practices

## Advancement

It is not the responsibility of the Camp Staff to sign off on any advancement requirements earned in a Scout's book. Many of the activities performed at camp will meet requirements, and we will try to inform adult leaders of these complete requirements. However, the ultimate responsibility lies with the parent or den leader to sign off on a Scout's requirement completions.

## Camp Leadership

Adults in charge of your pack or den must be at least 21 years of age and must be registered leaders with current YPT training. At camp there must always be one adult for every five Scouts attending with a minimum of two adults in camp. If you have less than two adult leaders, we will coordinate pairing your pack with another pack or den in camp. Please call the council service center to plan this accordingly.

## Co-ed Camping

Married couples are permitted to stay together; otherwise only adult leaders of the same gender are permitted to share a tent. Scouts may not tent with an adult other than his or her parent/legal guardian, and scouts are only permitted to share a tent with scouts of the same gender. Please follow Youth Protection guidelines when camping and tenting.

## Campfire Safety

Fires are permitted in your campsite under the following conditions: Fires are laid inside approved fire rings, or inside a fire barrel; The ground is cleared a minimum of 10 feet in and all directions from the fire; Liquid or gas fuels are to be used ONLY in lanterns – never in fires, and never by Scouts (All such fuels must be stored in a locked, ventilated container as indicated by BSA policy).

## Campground Etiquette

Trash should be picked up in the campsite daily. Each day, please bring your trash to the dumpster or designated trash drop-off. NEVER store food in your tents. Instead, store food properly in a secure, air-tight container. Following these rules will help prevent four-legged visitors from being at your campsite.



## Campground Accommodations

All Scouts and leaders stay in clean and well-maintained campsites. All campsites have large tarps or shelters over picnic tables to provide shelter in case of rain. Campsite washstands provide convenient drinking and wash water. Campers sleep in large two-person, fire-resistant wall tents that are pitched on concrete platforms, or they may camp in tents they bring to camp. Private, individual shower facilities are available at the shower house. All camp facilities are thoroughly inspected to ensure the safest possible experience for all campers.

## Emergency Trips

It is the responsibility of the unit leadership to provide transportation for members of their units requiring nonemergency attention from a doctor or hospital. One adult from the unit will accompany the camp medical personnel and the youth member requiring services. The leader must ensure the proper health form from the health lodge has been collected before leaving camp.

## Leaving Campsite

After 10:00 P.M. each evening, Scouts should not leave their campsite without a buddy and adult leadership. This includes the use of the shower facilities.

## Lost and Found

Lost and Found items will be turned into the Welcome Center, Show and Do, Invention Lab, Lakefront, and the Pool. Leaders and parents should encourage Scouts to mark their personal belongings with their name and pack number. Camp management and staff are not responsible for lost items.

## Meals

Meals will be served at either Parkhurst or the Show & Do Shelter. All campers are expected to be present at each meal.

## Membership

Scouting America requires that all campers participating in the summer camp program be registered members. Make sure all your campers are currently registered. Rosters should be submitted with your final payment at camp check-in. Not having rosters ready will cause a delay in the check-in process. Additionally, ALL adults staying in camp MUST be registered members of Scouting America and have current youth protection training. NO EXCEPTIONS!

## Shower Houses

Shower house facilities are available at the camp. Separate facilities are available for boys, girls, women, and men. Please follow the Youth Protection Guidelines.

## Special Needs

If you have a Scout or adult leader that has a medical condition that limits participation or requires a special diet, please be sure to note this when registering for camp. Please also notify the Council Service Center of any special dietary needs prior to arrival at camp if possible (collected during the registration process).

## Travel

Transportation to and from camp shall be by approved means only. All campers and adults are required to wear seat belts. Scouting policy prohibits anyone from riding in the back of pick-up trucks. All drivers must have a valid license and be at least 21 years of age. Observe insurance, safety precautions, and youth protection guidelines as stated in the Guide to Safe Scouting.

## Swim Qualifications

All Scouts and leaders participating in aquatic activities will be tested by the aquatic staff and placed in one of three ability groups: learner, beginner, and swimmer. Scouts who do not satisfy the requirements of the swimmer's test may retake the test as time allows.



## Quartermaster

DAMAGE TO EQUIPMENT AND FACILITIES – All campsites and camp owned equipment will be inspected before checking in and out of Camp. Any damage that occur will be assessed by the camp management and must be paid prior to leaving camp. Damage may include lost or damaged equipment, defacing tents or facilities or damage to the natural environment. Please note and report any damage you detect on your check-in

## Uniforms

Scouting is a uniformed organization. The official uniform is strongly encouraged for all participants, both youth and adult. The camp will have specific times at which Scouts and registered leaders should wear their uniforms, dinner and retreat included.

## Visitors

Visitors are welcome during the week at any time. **ALL VISITORS must check-in and out of the Welcome Center with the Welcome Center Staff** and receive a visitor tag. There is NO formal visitor night for Cub Camps. Meals for visitors are available at \$10.00 per person, per meal payable at the Welcome Center prior to meals.

# Camp Security

**Pack members:** and leaders arriving at camp after 3:00 PM: Must sign-in at the Welcome Center upon their arrival.

**Visitors in camp:** Please advise your visitors to sign in and out at the Welcome Center when they enter and leave camp. Each visitor will receive a visitor tag to wear while in camp.

**Adults:** In camp they will be asked to wear a wristband to help spot non-Scouters in camp. The more closely we follow these procedures, the safer our camp will be for Scouts.

**Pack Leaders/Scouters/Scouts:** who leave camp at any time – for any reason: MUST stop at the Welcome Center and sign-out. When returning, please stop and sign in. No Scout will be permitted to leave camp without the permission of a parent or legal guardian. We need to be able to ascertain everyone's whereabouts in the case of an emergency, in camp or at home, or if someone calls from home for an individual who is supposed to be in camp with us.

**A Scout:** who plans to leave camp at a time other than when their pack is departing MUST: 1. Have a signed Camper Release Authorization form on file at the Welcome Center (turned in during check-in). 2. An adult leader from their pack must be present to sign out the Scout. 3. The parent or guardian who has come to take the Scout from camp must sign the form. The name of the parent/guardian signing out the Scout must match the name on the Camper Release form. 4. All parties must be present at the time of their release. Scouts will not be released to a parent/guardian unless one of his adult leaders is present at the planned time of release. This procedure has been implemented for youth protection and legal liability reasons.

**Pack leaders:** should provide the Reservation office with advance, written notice of any scout's plan to leave camp early. Leaders must always be able to account for all the Scouts with their pack.



# Youth Protection Guidelines

The following policies have been adopted to provide security for the youth in our programs. In addition, they serve to protect adult leadership from situations in which they are vulnerable to allegations of abuse.

**Two-Deep Leadership:** Two registered adults (who must be at least 21 years of age or older), or one registered adult leader and a parent of a participant, are required on all trips and outings. The Chartered Organization is responsible for ensuring that sufficient leadership is provided for all activities. At least two leaders must be with the pack 24 hours a day. Leaders may rotate but they must also sign in and out at the Camp Office.

**No One-to-One Contact:** One-to-one contact between adults and youth members is not permitted. In situations that require a personal conference, the meeting is to be conducted in view of other adults and youth.

**Respect of Privacy:** Adult leaders must respect the privacy of youth members in situations – such as changing into swimming suits or taking showers at camp – and intrude only to the extent that health and safety requires. Adults must also protect their own privacy in similar situations. When camping, no youth is permitted to sleep in the tent or cabin of an adult other than their own parent or guardian. Limited, separate shower and latrine facilities for females are provided, and when separate facilities are not available, times for male and female use should be scheduled and posted.

**Abuse:** Adult and unit leaders are not to use physical, mental, or verbal abuse on any individual. This includes any threatening manner toward any youth or other person. The Lake of the Ozarks Scout Reservation is a SAFE SPACE for all who visit. Any actions or suspected behavior of this type is to be reported immediately to the Reservation Director. All registered adult members are considered mandatory reporters. It is the policy of the Boy Scouts of America that suspected abuse of any kind be reported to the appropriate authorities.

Youth Protection Training is available online, and all adults attending are expected to have completed the training before attending camp. YPT refresher courses will be available at the camp for adults who would like to take it.

# Prohibited at Camp

**Alcohol:** The possession or use of alcoholic beverages is prohibited in camp. Those unwilling to abide by this policy will be required to leave camp immediately. Leaders, please inform parents of this so they are aware of this policy.

**Firearms and Archery Equipment:** Firearms and archery equipment are prohibited in camp anywhere except the designated shooting sports areas. Personal firearms and archery equipment are not allowed at camp. This is a BSA national policy. Ammunition may not be brought to camp. Ammunition for the shooting sports area is issued only at the range.

**Illegal Drugs:** The possession or use of illegal drugs is prohibited. Offenders will be escorted off camp property immediately.

**Other Items:** The following list contains other items prohibited in camp: pets, fireworks, motorcycles, and un-Scout-like literature. This list is not comprehensive. Please recommend the Guide to Safe Scouting for other prohibited items.

**Tobacco:** Please refrain from using tobacco in camp. Remember the 11th point of the Scout Law (a scout is clean). No Smoking on the trails or in any tent. Smoking is prohibited in all buildings. Leaders set an example.

**Vehicles in Campsites:** Vehicles will not be allowed in the camp except for during the check-in and check-out procedures. Additionally, wheelbarrows will be available to carry gear to and from your campsite. VEHICLES ARE TO BE RETURNED TO THE PARKING LOT. Only emergency and service vehicles will be allowed to enter the camp during the week.

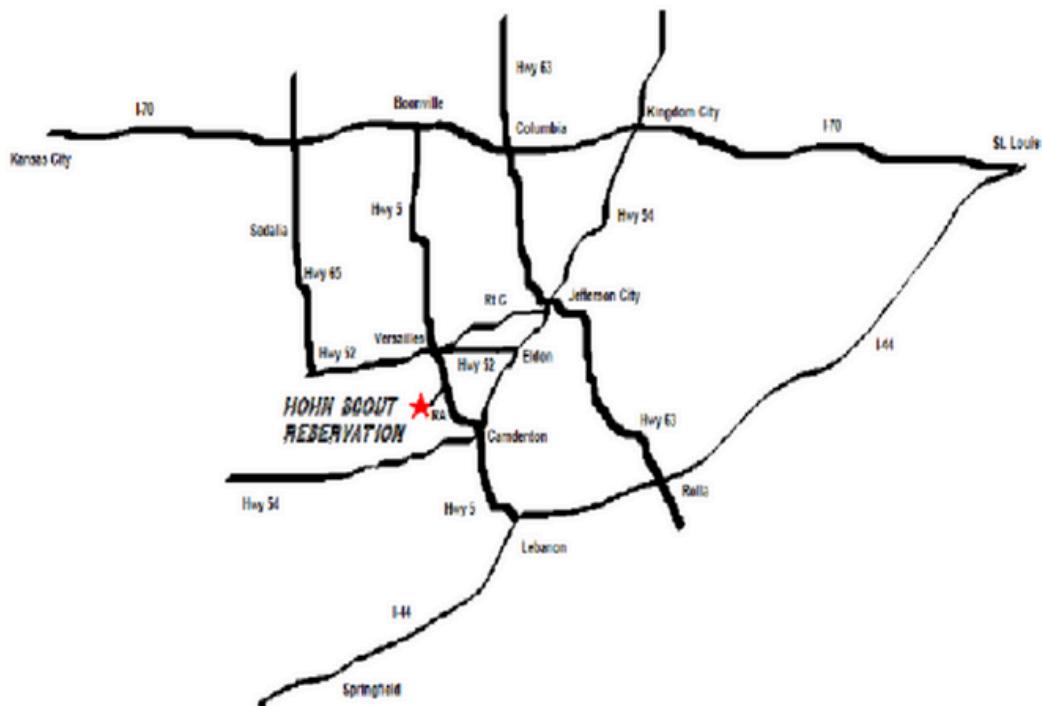


# For Parents Regarding Homesickness

It is not unusual for Scouts to develop homesickness during a session of camp. Research and experience have shown several ways to help boys and girls make the most of their time away from home:

- Leave cell phones at home, or at least leave them with the Unit Leader 'for emergency use only'. Scouts need to be able to participate in all the fun that camp has to offer and develop self-confidence away from home. The cell phone offers a 'lifeline' to home, friends, etc. that diminishes that opportunity.
- Encourage your son or daughter to try new things and get involved prior to camp and in mail/email messages during the week. Tell them how much fun you know they will have at camp and how proud you are of them. Avoid comments like "I don't know what I'll do without you", "the dog has whined at your door all week."
- Do not make pick-up deals. If a Scout is told that they will be picked up if they become homesick, several things have occurred:
  1. The idea has been planted that they might become homesick.
  2. They have been subliminally told that they can't handle the separation.
  3. They have been given an easy out, rather than an opportunity for personal growth.

# Directions to Camp



## Driving Directions:

From Columbia: South on Hwy 63 to Jefferson City. West on Hwy 54 to Rte C (exit Rte C/ Ellis Blvd). West to Hwy 52 at Versailles. Hwy 52 joins Hwy 5. Stay on Hwy 5, south to Laurie. West on Rte R.A. 4 miles to camp

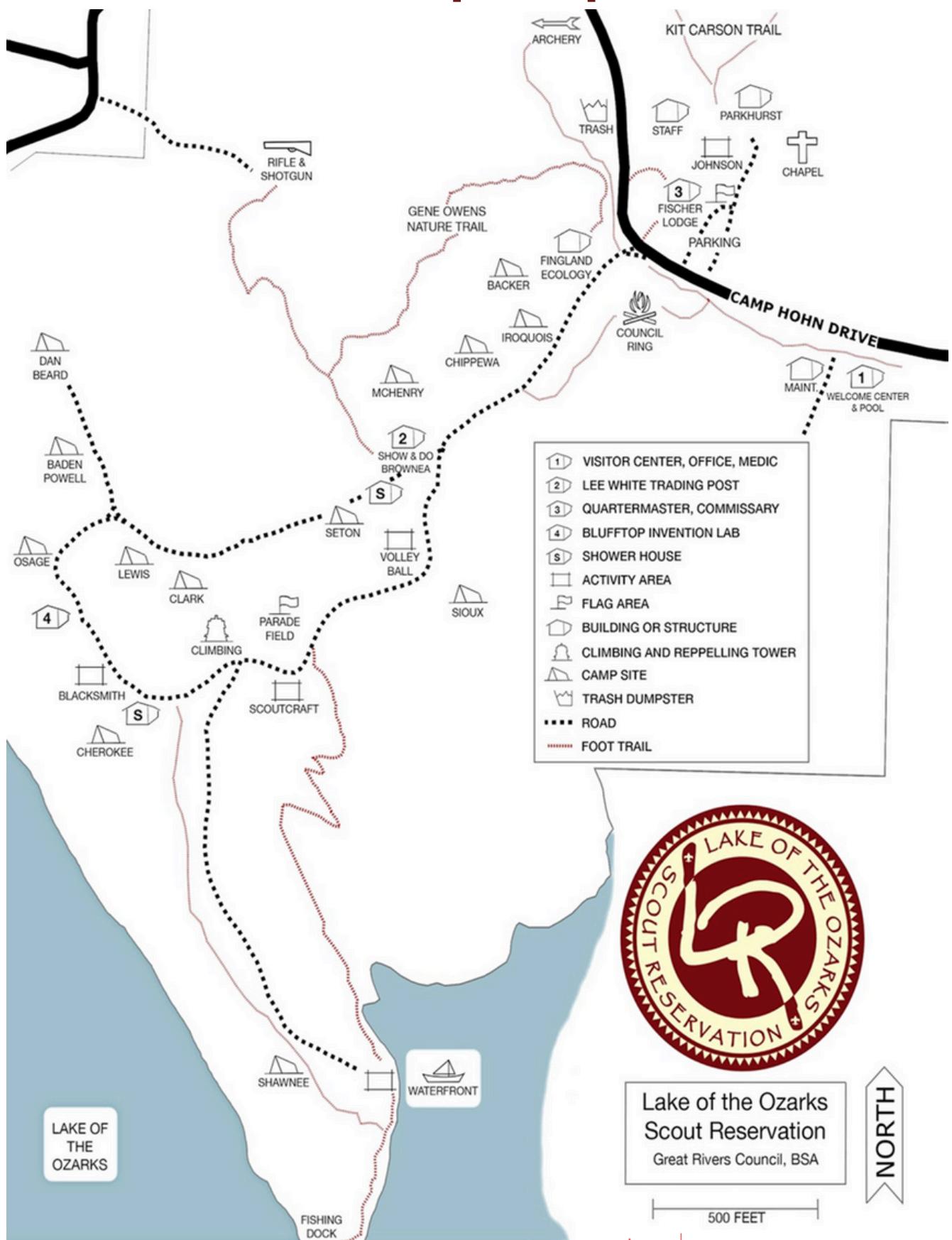
From St. Louis: West on I-70 to Kingdom City. West on Hwy 54 to Rte C (exit Rte C/ Ellis Blvd). West to Hwy 52 at Versailles. Hwy 52 joins Hwy 5. Stay on Hwy 5, south to Laurie. West on Rte R.A. 4 miles to camp

From Kansas City: East on I-70 to Hwy 65. South through Sedalia to Cole Camp Junction. East on Hwy 52 to Versailles. South on Hwy 5 to Laurie. West on Rte R.A. 4 miles to camp

From Springfield: East on I-44 to Lebanon. North on Hwy 5 through Camdenton to Laurie. West on Rte R.A. 4 miles to camp



# Camp Map



# Health Forms Begin Next Page



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## Part A: Informed Consent, Release Agreement, and Authorization

A

Full name: \_\_\_\_\_

High-adventure base participants:

Date of birth: \_\_\_\_\_

Expedition/crew No.: \_\_\_\_\_  
or staff position: \_\_\_\_\_

### Informed Consent, Release Agreement, and Authorization

I understand that participation in Scouting activities involves the risk of personal injury, including death, due to the physical, mental, and emotional challenges in the activities offered. Information about those activities may be obtained from the venue, activity coordinators, or your local council. I also understand that participation in these activities is entirely voluntary and requires participants to follow instructions and abide by all applicable rules and the standards of conduct.

In case of an emergency involving me or my child, I understand that efforts will be made to contact the individual listed as the emergency contact person by the medical provider and/or adult leader. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me or my child. Medical providers are authorized to disclose protected health information to the adult in charge, camp medical staff, camp management, and/or any physician or health-care provider involved in providing medical care to the participant. Protected Health Information/Confidential Health Information (PHI/CHI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.103, 164.501, etc. seq., as amended from time to time, includes examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

(If applicable) I have carefully considered the risk involved and hereby give my informed consent for my child to participate in all activities offered in the program. I further authorize the sharing of the information on this form with any BSA volunteers or professionals who need to know of medical conditions that may require special consideration in conducting Scouting activities.

With appreciation of the dangers and risks associated with programs and activities, on my own behalf and/or on behalf of my child, I hereby fully and completely release and waive any and all claims for personal injury, death, or loss that may arise against the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with any program or activity.

I also hereby assign and grant to the local council and the Boy Scouts of America, as well as their authorized representatives, the right and permission to use and publish the photographs/film/videotapes/electronic representations and/or sound recordings made of me or my child at all Scouting activities, and I hereby release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all liability from such use and publication. I further authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of the BSA, and I specifically waive any right to any compensation I may have for any of the foregoing.

*Every person who furnishes any BB device to any minor, without the express or implied permission of the parent or legal guardian of the minor, is guilty of a misdemeanor. (California Penal Code Section 19915(a))* My signature below on this form indicates my permission.

I give permission for my child to use a BB device. (Note: Not all events will include BB devices.)

Checking this box indicates you DO NOT want your child to use a BB device.

 NOTE: Due to the nature of programs and activities, the Boy Scouts of America and local councils cannot continually monitor compliance of program participants or any limitations imposed upon them by parents or medical providers. However, so that leaders can be as familiar as possible with any limitations, list any restrictions imposed on a child participant in connection with programs or activities below.

List participant restrictions, if any:

None

I understand that, if any information I/we have provided is found to be inaccurate, it may limit and/or eliminate the opportunity for participation in any event or activity. If I am participating at Philmont Scout Ranch, Philmont Training Center, Northern Tier, Sea Base, or the Summit Bechtel Reserve, I have also read and understand the supplemental risk advisories, including height and weight requirements and restrictions, and understand that the participant will not be allowed to participate in applicable high-adventure programs if those requirements are not met. The participant has permission to engage in all high-adventure activities described, except as specifically noted by me or the health-care provider. If the participant is under the age of 18, a parent or guardian's signature is required.

Participant's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/guardian signature for youth: \_\_\_\_\_ Date: \_\_\_\_\_

(If participant is under the age of 18)

### Complete this section for youth participants only:

#### Adults Authorized to Take Youth to and From Events:

You must designate at least one adult. Please include a phone number.

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

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

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

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

#### Adults NOT Authorized to Take Youth to and From Events:

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

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

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

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



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## Part B1: General Information/Health History

Full name: \_\_\_\_\_

High-adventure base participants:

Date of birth: \_\_\_\_\_

Expedition/crew No.: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Height (inches): \_\_\_\_\_ Weight (lbs.): \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP code: \_\_\_\_\_ Phone: \_\_\_\_\_

Unit leader: \_\_\_\_\_ Unit leader's mobile #: \_\_\_\_\_

Council Name/No.: \_\_\_\_\_ Unit No.: \_\_\_\_\_

Health/Accident Insurance Company: \_\_\_\_\_ Policy No.: \_\_\_\_\_



Please attach a photocopy of both sides of the insurance card. If you do not have medical insurance, enter "none" above.

In case of emergency, notify the person below:

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

Address: \_\_\_\_\_ Home phone: \_\_\_\_\_ Other phone: \_\_\_\_\_

Alternate contact name: \_\_\_\_\_ Alternate's phone: \_\_\_\_\_

### Health History

Do you currently have or have you ever been treated for any of the following?

Yes	No	Condition	Explain
<input type="checkbox"/>	<input type="checkbox"/>	Diabetes	Last HbA1c percentage and date: _____ Insulin pump: Yes <input type="checkbox"/> No <input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Hypertension (high blood pressure)	
<input type="checkbox"/>	<input type="checkbox"/>	Adult or congenital heart disease/heart attack/heart pain (angina)/heart murmur/coronary artery disease. Any heart surgery or procedure. Explain all "yes" answers.	
<input type="checkbox"/>	<input type="checkbox"/>	Family history of heart disease or any sudden heart-related death of a family member before age 50.	
<input type="checkbox"/>	<input type="checkbox"/>	Stroke/TIA	
<input type="checkbox"/>	<input type="checkbox"/>	Asthma/reactive airway disease	Last attack date: _____
<input type="checkbox"/>	<input type="checkbox"/>	Lung/respiratory disease	
<input type="checkbox"/>	<input type="checkbox"/>	COPD	
<input type="checkbox"/>	<input type="checkbox"/>	Ear/eyes/nose/sinus problems	
<input type="checkbox"/>	<input type="checkbox"/>	Muscular/skeletal condition/muscle or bone issues	
<input type="checkbox"/>	<input type="checkbox"/>	Head injury/concussion/TBI	
<input type="checkbox"/>	<input type="checkbox"/>	Altitude sickness	
<input type="checkbox"/>	<input type="checkbox"/>	Psychiatric/psychological or emotional difficulties	
<input type="checkbox"/>	<input type="checkbox"/>	Neurological/behavioral disorders	
<input type="checkbox"/>	<input type="checkbox"/>	Blood disorders/sickle cell disease	
<input type="checkbox"/>	<input type="checkbox"/>	Fainting spells and dizziness	
<input type="checkbox"/>	<input type="checkbox"/>	Kidney disease	
<input type="checkbox"/>	<input type="checkbox"/>	Seizures or epilepsy	Last seizure date: _____
<input type="checkbox"/>	<input type="checkbox"/>	Abdominal/stomach/digestive problems	
<input type="checkbox"/>	<input type="checkbox"/>	Thyroid disease	
<input type="checkbox"/>	<input type="checkbox"/>	Skin issues	
<input type="checkbox"/>	<input type="checkbox"/>	Obstructive sleep apnea/sleep disorders	CPAP: Yes <input type="checkbox"/> No <input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	List all surgeries and hospitalizations	Last surgery date: _____
<input type="checkbox"/>	<input type="checkbox"/>	List any other medical conditions not covered above	



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## Part B2: General Information/Health History

Full name: \_\_\_\_\_

High-adventure base participants:

Date of birth: \_\_\_\_\_

Expedition/crew No.: \_\_\_\_\_

or staff position: \_\_\_\_\_

## Allergies/Medications

DO YOU USE AN EPINEPHRINE  
AUTOINJECTOR? Exp. date (if yes) \_\_\_\_\_ YES     NODO YOU USE AN ASTHMA RESCUE  
INHALER? Exp. date (if yes) \_\_\_\_\_ YES     NO

Are you allergic to or do you have any adverse reaction to any of the following?

Yes	No	Allergies or Reactions	Explain	Yes	No	Allergies or Reactions	Explain
<input type="checkbox"/>	<input type="checkbox"/>	Medication		<input type="checkbox"/>	<input type="checkbox"/>	Plants	
<input type="checkbox"/>	<input type="checkbox"/>	Food		<input type="checkbox"/>	<input type="checkbox"/>	Insect bite/stings	

List all medications currently used, including any over-the-counter medications.

 Check here if no medications are routinely taken.     If additional space is needed, please list on a separate sheet and attach.

Medication	Dose	Frequency	Reason

 YES     NO    Non-prescription medication administration is authorized with these exceptions: \_\_\_\_\_

Administration of the above medications is approved for youth by: \_\_\_\_\_ / \_\_\_\_\_

Parent/guardian signature

MD/DO, NP, or PA signature (if your state requires signature)

	Bring enough medications in sufficient quantities and in the original containers. Make sure that they are NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication unless instructed to do so by your doctor.
---	---

## Immunization

The following immunizations are recommended. Tetanus immunization is required and must have been received within the last 10 years. If you had the disease, check the disease column and list the date. If immunized, check yes and provide the year received.

Yes	No	Had Disease	Immunization	Date(s)
<input type="checkbox"/>	<input type="checkbox"/>		Tetanus	
<input type="checkbox"/>	<input type="checkbox"/>		Pertussis	
<input type="checkbox"/>	<input type="checkbox"/>		Diphtheria	
<input type="checkbox"/>	<input type="checkbox"/>		Measles/mumps/rubella	
<input type="checkbox"/>	<input type="checkbox"/>		Polio	
<input type="checkbox"/>	<input type="checkbox"/>		Chicken Pox	
<input type="checkbox"/>	<input type="checkbox"/>		Hepatitis A	
<input type="checkbox"/>	<input type="checkbox"/>		Hepatitis B	
<input type="checkbox"/>	<input type="checkbox"/>		Meningitis	
<input type="checkbox"/>	<input type="checkbox"/>		Influenza	
<input type="checkbox"/>	<input type="checkbox"/>		Other (i.e., Hib)	
<input type="checkbox"/>	<input type="checkbox"/>		Exemption to immunizations (form required)	

Please list any additional information about your medical history:

DO NOT WRITE IN THIS BOX.  
Review for camp or special activity.

Reviewed by: \_\_\_\_\_

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

Further approval required:  Yes     No

Reason: \_\_\_\_\_

Approved by: \_\_\_\_\_

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



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## Part C: Pre-Participation Physical

This part must be completed by certified and licensed physicians (MD, DO), nurse practitioners, or physician assistants.

Full name: \_\_\_\_\_

High-adventure base participants:

Date of birth: \_\_\_\_\_

Expedition/crew No.: \_\_\_\_\_

or staff position: \_\_\_\_\_



You are being asked to certify that this individual has no contraindication for participation in a Scouting experience. For individuals who will be attending a high-adventure program, including one of the national high-adventure bases, please refer to the supplemental information on the following pages or the form provided by your patient. You can also visit [www.scouting.org/health-and-safety/ahmr](http://www.scouting.org/health-and-safety/ahmr) to view this information online.

Please fill in the following information:

	Yes	No	Explain
Medical restrictions to participate	<input type="checkbox"/>	<input type="checkbox"/>	

Yes	No	Allergies or Reactions	Explain	Yes	No	Allergies or Reactions	Explain
<input type="checkbox"/>	<input type="checkbox"/>	Medication		<input type="checkbox"/>	<input type="checkbox"/>	Plants	
<input type="checkbox"/>	<input type="checkbox"/>	Food		<input type="checkbox"/>	<input type="checkbox"/>	Insect bites/stings	

Height (inches)	Weight (lbs.)	BMI	Blood Pressure	Pulse

	Normal	Abnormal	Explain Abnormalities
Eyes	<input type="checkbox"/>	<input type="checkbox"/>	
Ears/nose/throat	<input type="checkbox"/>	<input type="checkbox"/>	
Lungs	<input type="checkbox"/>	<input type="checkbox"/>	
Heart	<input type="checkbox"/>	<input type="checkbox"/>	
Abdomen	<input type="checkbox"/>	<input type="checkbox"/>	
Genitalia/hemia	<input type="checkbox"/>	<input type="checkbox"/>	
Musculoskeletal	<input type="checkbox"/>	<input type="checkbox"/>	
Neurological	<input type="checkbox"/>	<input type="checkbox"/>	
Skin issues	<input type="checkbox"/>	<input type="checkbox"/>	
Other	<input type="checkbox"/>	<input type="checkbox"/>	

### Examiner's Certification

I certify that I have reviewed the health history and examined this person and find no contraindications for participation in a Scouting experience. This participant (with noted restrictions):

True	False	Explain
<input type="checkbox"/>	<input type="checkbox"/>	Meets height/weight requirements.
<input type="checkbox"/>	<input type="checkbox"/>	Has no uncontrolled heart disease, lung disease, or hypertension.
<input type="checkbox"/>	<input type="checkbox"/>	Has not had an orthopedic injury, musculoskeletal problems, or orthopedic surgery in the last six months or possesses a letter of clearance from his or her orthopedic surgeon or treating physician.
<input type="checkbox"/>	<input type="checkbox"/>	Has no uncontrolled psychiatric disorders.
<input type="checkbox"/>	<input type="checkbox"/>	Has had no seizures in the last year.
<input type="checkbox"/>	<input type="checkbox"/>	Does not have poorly controlled diabetes.
<input type="checkbox"/>	<input type="checkbox"/>	If planning to scuba dive, does not have diabetes, asthma, or seizures.

Examiner's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Examiner's printed name: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP code: \_\_\_\_\_

Office phone: \_\_\_\_\_

### Height/Weight Restrictions

If you exceed the maximum weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from an emergency vehicle/accessible roadway, you may not be allowed to participate.

Maximum weight for height:

Height (inches)	Max. Weight						
60	166	65	195	70	226	75	260
61	172	66	201	71	233	76	267
62	178	67	207	72	239	77	274
63	183	68	214	73	246	78	281
64	188	69	220	74	252	79 and over	295



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**Scouting**  
**America**<sup>TM</sup>

**Great Rivers Council**



Lake of the Ozarks Scout Reservation

# CUB SCOUT CAMP LEADER'S GUIDE

Great Rivers Scouting

