



BOY SCOUTS
OF AMERICA®

MIDNIGHT SUN COUNCIL

CUB SCOUT 2024 COUNCIL ROCK



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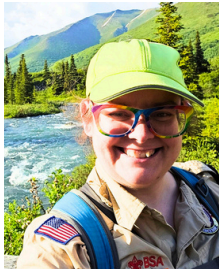
Get ready for a wild ride with the Cub Scout 6 Essentials! Some scouts have misplaced their must-haves, but fear not, for a helpful scout is on the case. Join the quest on September 14, 2024, at Camp Lost Lake to track down these missing treasures and embark on a scouting journey through the great outdoors! Prepare to discover new adventures and make new pals.

Welcome to Council Rock 2024 at Lost Lake! Get pumped for our Cub Scout Family Camp where both youth and adults will dive into their first Lost Lake camping experience. Our team is working tirelessly to make your adventure truly out of this world!

Exciting news - Dave Minto will be our culinary wizard, Raul Rovira will steer the Aquatics ship and lead the Boating fun, including the daring Polar Plunge. Get ready for a crash course in scout skills like First Aid, Knots, BB Shooting, Archery, and Handicraft during our program.

Consult this leader's guide to plot your weekend escapade. Got questions? Reach out to us at the Council Office or drop me a line anytime.

Adventure awaits, Scout's honor!



Amanda Foley

Camp Director

(706) 566-4169

foley.amanda.scouts@gmail.com



COMMUNICATION

Communication is Key

To make your experience the best possible please don't hesitate to reach out to the Camp Director or Midnight Sun Council Office if you are unsure of a policy or program leading up to camp. We want everyone to have an amazing weekend and know that you will get out of it what you put into it! **We all want the scouts to have a fun and productive day at camp, so let's work together to make that happen.** If anything is not up to your standards, please see the Camp Director or Staff Advisor during your stay.

Leadership Team

Amanda Foley
Camp Director
(706) 566-4169
foley.amanda.scouts@gmail.com

Stephen Smith
Staff Advisor
(907) 452-1976
Stephen.smith@scouting.org

Ranger Rick
Camp Ranger
(907) 699-5775
lostlakeranger@gmail.com

Ryan Capporelli
Health Officer
(907) 616-0508

Raul Rovira
Aquatics Director
raularovira@gmail.com

Dave Minto
Kitchen Manager
daveminto13@gmail.com



BOY SCOUTS OF AMERICA®
MIDNIGHT SUN COUNCIL

Camp Registration Page: <https://scoutingevent.com/696-CouncilRock2024>

Event Email: foley.amanda.scouts@gmail.com

Midnight Sun Council Facebook Page: <https://www.facebook.com/midnightsuncouncil>

Camp Address: 12660 Lost Lake Rd, Fairbanks, AK 99701

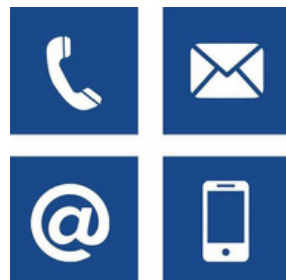
Emergencies When Camp Is In Session (Ranger Phone): 907-699-5775

Council Address: 1400 Gillam Way, Fairbanks, AK 99701

Phone: (907) 452- 1976

Email: Stephen.Smith@scouting.org

Council Website: <https://midnightsunbsa.org>



REMINDERS

- Health Forms A/B – please bring completed forms at check-in or turn into the scout office by Thursday.
ALL PARTICIPANTS NEED THEM
- Youth Protection Training – adults please make sure YPT is current within one year per Midnight Sun Council guidelines (ADULT LEADERS + VOLUNTEERS)
- Parking – please park at the bottom parking lot if attending the day event. Plan to get to Lost Lake early before flags, 8:30. It is about a 10-minute walk from the parking lot to Honor Lodge. Families with tag-alongs may consider bringing a wagon. Overflow parking by the Waterfront.
- Bring a hot cup for hot chocolate during station rotations
- All Afternoon Activities will be held at the Honor Lodge before Polar Bear Plunge.
- Polar Bear Plunge - 3pm at the Waterfront! Earn your plunge patch! Bring extra clothing and a towel.
- Afternoon Activities (Honor Lodge):
 - **Golden Skillet Theme – Dessert!**
 - Submit your dish to the Honor Lodge by 5pm Saturday
 - Scavenger Hunt
 - 6 Essentials Crafts
- **Breakfast Burritos** will be available Saturday Morning for **\$3. Bring Cash**
- Lunch is provided Saturday Afternoon. See Menu in Program Guide
- Dinner is **Potluck**. Bring a Dish or Side to Share
- Campfire Program / Retire Flags:
 - All packs should represent a skit/song. Sign up by the end of Dinner. Skits/songs/jokes need to be approved.

Be Prepared!

Always check the weather and Be Prepared. In past years, it has been cold, and cold scouts can lead to an unpleasant experience. To be ready, pack hats, gloves, heavy coats, and hand warmers.



REGISTRATION & PAYMENT

<https://scoutingevent.com/696-CouncilRock2024>

- Registration is done individually
- Register Online or Scan the QR Code
- Pack Leaders + Adults:
 - Be prepared to enter your YPT date when you register (ie. YPT needs to be up-to-date before your register).
 - Lions and Tigers must have a guardian present the whole event.



- Once you submit the form you will be provided with a link to pay by credit card. Options for payment:
 - Cash or Check: Visit the Midnight Sun Council at 1400 Gillam Way Fairbanks, AK 99701 and submit payment.

- Credit Card:
 - Over the Phone: Call the council office and pay over the phone (907) 452-1976
 - Pay Online:



<https://midnight-sun-council-bsa.square.site/product/2024-council-rock/88>

- Registrants should receive a copy of their registration form via email. If you have any questions if your registration went through, please contact Stacy or Linda at the scout office.
- Pack and Troop leaders will be responsible for ensuring two-deep leadership and current YPT prior to the event.

CHECK IN & CHECK OUT

Transportation - Transportation to and from camp is the responsibility of each Scout's parent(s) and should be coordinated through the Pack. A Scout is conservation minded, so please try to carpool. All drivers must be at least 18 years old, licensed and driving properly registered vehicles that are insured and inspected.

Check-In - Packs should plan to arrive at Lost Lake on Friday between 5:00 p.m. and 8:00 p.m. DO NOT arrive before 5:00 p.m. as the Camp Staff will not be prepared to check participants in. If a portion of the Pack needs to arrive after 8:00 p.m., they must check-in at the Honor Lodge. Late Check-in ends at 10:00 pm.

SATURDAY morning Check-In - 7:45- 8:15 Please park at the lower parking area. Check in at the Honor Lodge. Flags will begin at 8:30 am.

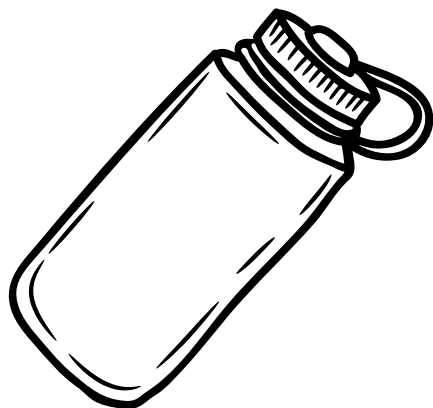
Check-In Stations - Upon arrival at Lost Lake, Packs should gather **health forms** for all Scouts, adult Leaders, and tagalongs.

Camp Tour - After check in take the opportunity to explore Lost Lake and become familiar with the camp.

Check Out - When leaving camp please check out with staff at the Honor Lodge. Medical forms will be picked up from the Honor Lodge by an adult Leader. Any health forms left behind will be discarded of properly. Make sure all litter has been removed from the campsite as well as Pack and personal gear. Garbage should be properly taken care of.

NO ONE EXCEPT STAFF SHOULD BE IN CAMP PAST 12:00 P.M on Sunday, September 15.

Camp Evaluation - Leaders are asked to complete a camp evaluation before departure. This information is used to assess the current program and make changes and improvements in the future.



HEALTH INFORMATION

Annual Health and Medical Form:

Health Form: https://filestore.scouting.org/filestore/HealthSafety/pdf/680-001_AB.pdf

Every camper (youth, tagalong, and adult) must submit a BSA Health and Medical Form Parts A and B upon arrival at camp. No other medical forms will be accepted. Any camper not bringing fully completed and signed medical form will be UNABLE to participate in any activities at camp.

Staff will specifically check for parent/doctor signatures, immunization dates, insurance and emergency contact information. This helps the Medical Officer know which adult Leaders to contact in case of an emergency. Individuals will turn in all completed forms to the Staff during check-in and forms will be returned to an adult or the Pack's Leader at check-out.

A certified Medical Officer is available 24/7. Any injuries or illnesses occurring at camp, no matter how minor, must be reported to the Honor Lodge to be logged. In the event of a medical emergency, the Honor Lodge and Medical Officer can be contacted at any time.

The Honor Lodge is prepared to handle all illness and injuries, with a licensed Medical Doctor under agreement and on call.

Adult Leaders should be aware of their Scout's medical needs and observant of their activities, realizing that camp activities may affect Scouts differently than routine home life.

Ryan Capporelli, Health Officer Emergency Contact: (907) 616-0508



PROGRAM & ACTIVITIES

Program:

Packs will rotate between 4 different program areas on Saturday. They will be traveling around camp completing different activities. Scouts will have forty-five minutes in each area and fifteen minutes to rotate to the next area.

Program Areas include: **First Aid**, where cubs will learn about the essentials needed in their personal first aid kits. **Waterfront**, cubs will get an opportunity to learn about boating safety and skills. **BB Shooting** where you will learn safety and might hit a target. **Archery** where you will learn how to shoot with a bow and arrow to perfect your shot.

After Lunch Activities:

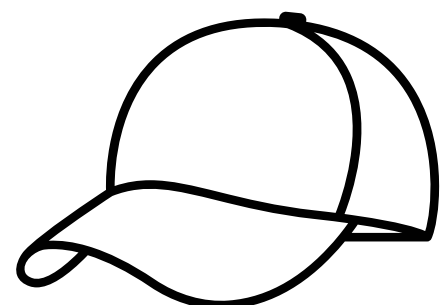
Handicraft: Stop by the Dining Hall to create a couple Cub Scout Essentials. Scouts will have the opportunity to create a flashlight and a sun visor for sun protection. As reminder to be a good buddy scouts there will also be a buddy keychain activity.

Essentials Scavenger Hunt: Gather your buddies and search Lost Lake for the missing 6 Essentials. A map and reminder of the essentials will be at the Honor Lodge. Return to the Honor Lodge with your tokens to be rewarded!

Polar Plunge: This is an Alaskan Classic. Join our Aquatics team at the waterfront for a mad dash into the lake. All participants will receive a patch for being **BRAVE!**

Golden Skillet: Scouts can submit a dessert to be judged and possibly win a **GOLDEN SKILLET!**

Closing Campfire Skits/Songs - Closing Campfire on Saturday evening is where the Scouts entertain the Camp Staff and other campers. A sign-up sheet will be available at the Honor Lodge for Packs to write down the name of the skit or song they would like to perform. Large Packs may do more than one skit/song. All songs/skits must be approved by the Camp Director prior to closing campfire.



SCHEDULE

Midnight Sun Council Cub Council Rock Schedule 2024

Friday

5:00- 8:00 PM
Check-In

Saturday

7:45- 8:15 AM

 Morning Check-In &
\$3 Breakfast Burritos

Sunday

12:00 PM
Check-Out ENDS

8:30- 8:45 AM

Opening & Flags

9:00- 9:45 AM

Station 1

10:00- 10:45 AM

Station 2

11:00- 11:45 AM

Station 3

12:00- 12:45 AM

Station 4

1:00- 2:00 PM

Lunch

2:00- 4:00 PM

Afternoon Activities

3:00 PM

Polar Plunge

5:00 PM

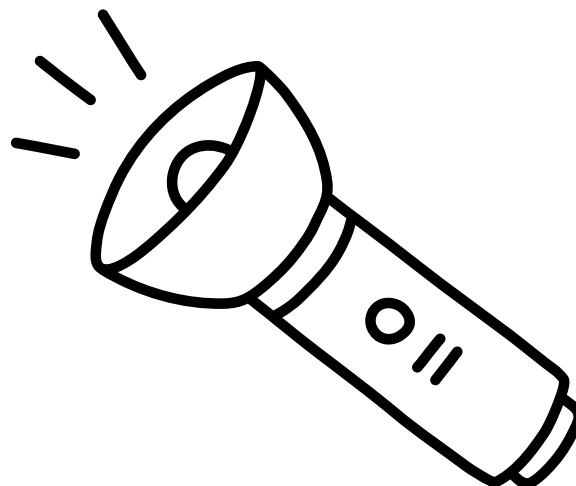
Golden Skillet Submission

5:30-6:30 PM

Dinner

6:45 PM

Closing Campfire



DINING HALL

A Scout Is Clean - Everyone should wash their hands with soap and water on the way to a meal.
Upon entering the Dining Hall, please remove hats. Removing your hat is a sign of respect.
Everyone should remain standing and quiet until after grace.

Table Assignments - No table will be assigned. A scout is **FRIENDLY**. We encourage Scouts and Adults to mingle among different packs to make connections and share experiences. Pack Leaders are responsible for the conduct, manners, and general supervision of their Scouts during meals. Adults should also monitor the food and water intake of the Scouts in their Pack to make sure they are eating and drinking adequate amounts. Water will be provided for all meals.

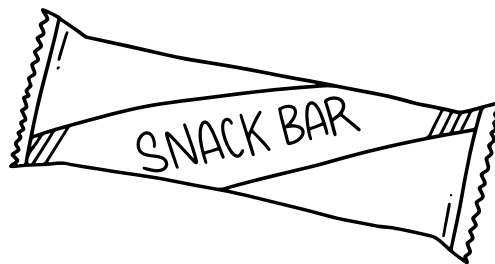
Cleaning Helpers - A scout is **HELPFUL**. Please be mindful of the space. Encourage scouts to help with clean up during and after each meal.

Uniforms - All Scouts and adult Leaders should be “washed and polished” for every meal. Class B or BSA Field Uniforms are preferred at lunch and dinner. Please do not wear swimsuits. Adult should lead by example.

Kitchen Operations - For sanitation and safety, only kitchen staff will be allowed behind the counter. Meals will be served buffet style.

Special Meals - If there are dietary restrictions, either for medical or religious reasons, special accommodations can be made. Please make a note of any restrictions during the online registration process.

MENU



Breakfast - \$3 Breakfast Burritos with salsa and sour cream
Fruit

Lunch - Macaroni & Cheese with Hotdogs
Garden Salad Bar (Carrots, Celery, Bell Peppers, Tomatoes,
Cucumber, Peas, Bacon, Eggs)
Brownies

Dinner - Potluck

Drinks: Water, Kool Aid, Hot Chocolate

MEAL TIMES

Breakfast: 8:00 a.m.

Lunch: 1:00 p.m.

Dinner: 5:30 p.m.

Packs report to the Honor Lodge prior to times. Staff will announce when to enter.

CAMPSITE REMINDERS

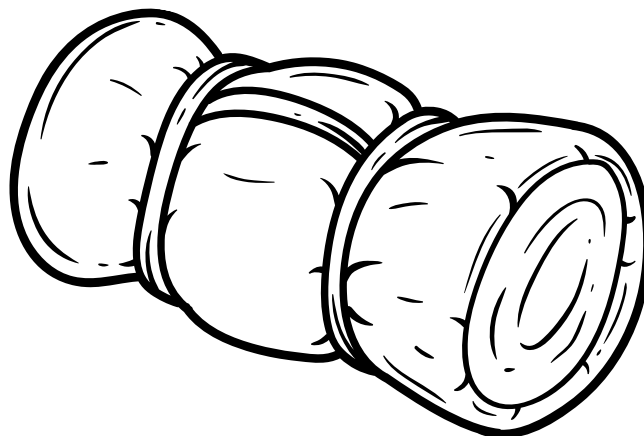
Campsite Reservations - Pack Leaders need to contact the office to make campsite or cabin reservations. Availabilities are a first come first serve basis. Adult participants communicate with your pack leaders on sleeping arrangements. No RV's or Camping Trailers are allowed on property unless prior permission is given.

Wildlife And Food - Lost Lake is home to many different animals. A scout is **KIND**- at no time should any animal be baited/lured, captured or harmed. Food and garbage are invitations for wildlife to visit your campsite and tent. Never take food into tents. Food and garbage in the campsite must be stored securely for the protection of both the campers and the local wildlife.

Garbage Disposal - There is a garbage collection at the Honor Lodge. See staff for more details. Please dispose of campsite garbage by 7:00 p.m. each evening. Any garbage remaining in the campsite should be secured in a trailer/vehicle at night.

Campfires - The BSA is a low impact "Leave No Trace" organization. While campfire wood is available free of charge during your stay, please limit campfires. Follow Fire Safety guidelines at all times. No standing trees are to be cut at any time without specific permission from the Camp Ranger.

Liquid Fuel - Lost Lake does not provide storage facilities for liquid fuels in the campsites. All Packs electing to use liquid fuels (including propane) must meet the adult supervision and training requirements. Fuel must be stored securely and in original containers. **DO NOT DISPOSE OF PROPANE CYLINDERS IN THE TRASH.**



CAMP POLICIES



BSA Policies For Adult Leadership:

Two registered adult leaders 21 years of age or over are required at all Scouting activities, including all meetings. There must be a registered female adult leader 21 years of age or over in every unit serving females. A registered female adult leader 21 years of age or over must be present for any activity involving female youth or female adult program participants. Notwithstanding the minimum leader requirements, age and program-appropriate supervision must always be provided.

Guide to Safe Scouting: Please review prior to attending camp. www.scouting.org/health-and-safety/gss.

Report safety issues or concerns while at camp to the Camp Director and/or Camp Office immediately.

General Behavior: Horseplay can result in injury and damage to equipment. FUN CEASES TO BE FUN WHEN SOMEONE GETS HURT, EITHER PHYSICALLY OR EMOTIONALLY. All Campers should follow the Scout Oath and Law. Violations and concerns should be reported to the Camp Director and/or Camp Office immediately. The Camp Director reserves the right to dismiss anyone from camp for violation of the camp policies and BSA standards.

Lights Out: To be considerate of others, everyone is asked to be in their campsite and quiet after 10:00 p.m. All youth must remain in the assigned campsite until morning, with the exception of travel to and from shower house facilities. Violators of this policy may be dismissed from camp.

Buddy System: During any activity outside of the Pack's campsite, Scouts are required to have a buddy (pair up with a friend or two). At no time should a Scout be traveling through camp alone. Pairs should always be single gender and should be no more than 2 years apart. Buddy groups of 3 or more may consist of both genders. Adults cannot be paired with youth unless it is their youth - this includes staff. The Buddy System, through the use of Buddy Tags, is used at all times at the pool or waterfront.

Transportation While In Camp: Scouts **ARE NOT** to be transported by personal vehicles while in camp. If a Scout has any physical limitations, arrangements should be made with the Camp Director prior to arrival at camp.

Alcohol, Illegal Drugs, Fireworks, Tobacco products: BSA prohibits any alcohol, illegal drugs, and fireworks within the boundaries of a Boy Scouts of America facility. Any of these items found on Midnight Sun Council property will result in contact with local law enforcement and possible arrest charges. In addition, the individual(s) will be removed from camp property and face revocation of their registration in the Scouting program. Alaska law prohibits anyone under the age of 21 from using tobacco products, thus smoking, vaping, or the use of smokeless tobacco is forbidden at camp. No one over the age of 21 will be allowed to smoke anywhere on camp property except in their vehicle, located in the parking lot away from the Scouts. All facilities in camp are "Non-Smoking", in accordance with National BSA policy.

Insurance: All registered Midnight Sun Council Scouts or Adult Leaders attending Council Rock will be covered under the Midnight Sun Council's Health and Accident Insurance. Medical bills due to events that happen prior to arrival at camp will not be covered. Out of council units must provide the camp with the name of their insurance company and policy number if not covered by a home council insurance plan.

Swimming Ability & Evaluation: Swim tests may be completed either upon arrival at camp or prior to camp at a swim test event. During check-in, the Aquatics Staff will issue Buddy Tags for the pool and water-front. Staff reserves the right to recheck/verify any evaluation.

EMERGENCY PROCEDURES

CODE GREEN

(Severe weather coming, missing camper)

Short blast of siren, on and off in 5 second increments

Report to the Honor Lodge for situations that require a headcount of all Scouts and adult Leaders. Staff will come around, take roll call, assemble a list of missing campers, and will provide further instructions as needed. Campers will remain until an “All Clear” is called.

CODE BLUE

(Severe weather hitting fast, lightning)

Continuous blast of the siren

Take Immediate shelter and stay put. Shelter locations are any building or pavilion in camp. Stay sheltered until an “All Clear” is given (4 short blasts of the siren or bell) or a Staff Member comes around with further instructions.

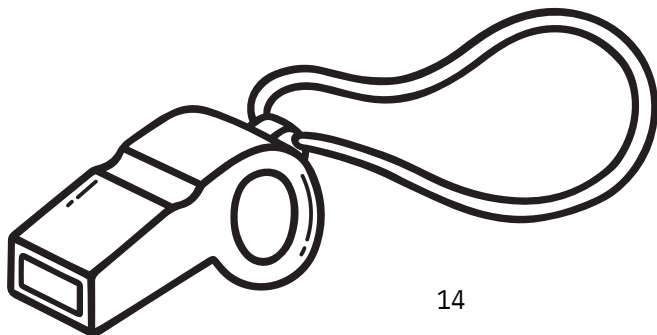
CODE RED

(Health Emergency)

All injuries beyond basic first aid must be reported to the Health Officer or Camp Administration. That person will figure out the proper medical response needed to be taken. Do not attempt to move the person, camp personnel will report to the location.

Lost Camper

If a Camper is presumed missing, report to the Administration staff as soon as possible. From there a decision will be made on the route of action to be taken.



GENERAL CAMP INFO

Camp Staff- Staff at Council Rock 2024 comprises of dedicated volunteers collaborating to ensure a rewarding and successful weekend at Lost Lake. These volunteers include members of the Midnight Council and individuals from outside the council. Junior volunteers, who may be under 18, have taken on leadership or support roles in various program areas.

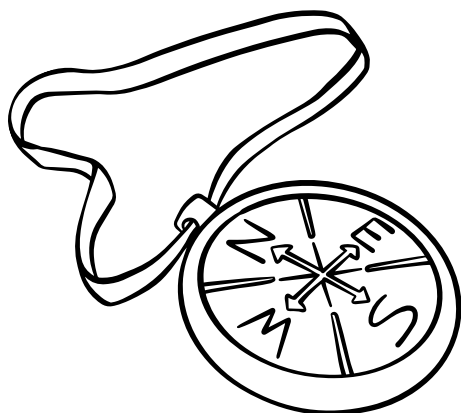
Honor Lodge Hours - The Camp Office will be open daily. Camp Administration phone numbers will be made available to adult Leaders at check-in.

Lost and Found - “Lost and Found” is available in the Honor Lodge during Council Rock. At the end of the camp event, unclaimed found items will be taken to the Council Office and kept until September 30th, after which time they will be donated to charity or disposed of.

Water - Running water will be shut off throughout the camp. The only running water that will be available at the Honor Lodge.

Driving in Camp- For traffic management, the loop around the camp functions as a one-way road. Parking at campsites may be restricted. Additional parking options can be found near the waterfront.

Leaving Camp- Any Scout or adult who leaves camp at any time, for any reason, must sign out at the Honor Lodge. Upon returning, they must also sign-in. NO SCOUT will be permitted to leave camp without written permission of the Pack Leader and parent/guardian indicating times of departure, return, travel arrangements, and with who the Scout is to be traveling. Anyone picking up Scouts may be required to show their driver’s license or other government issued photo ID.



PACKING LIST

Participant Packing List

The following is a suggested packing list for each participant.

- Completed Annual BSA Health & Medical Form Parts A & B
- Scout Handbook
- Insect Repellent
- Flashlight and/or Battery Operated Lantern
- Pocket Knife with Adventure Card
- Water Bottle
- Camp Chair
- Money for Breakfast Burritos (\$3 each)
- Sleeping Bag & Pillow
- Class A or B Uniform
- Change of Clothing (socks, underwear, sleeping clothes, shirts, pants)
- Close-toed shoes
- Hat
- Swimsuit & Towel for **POLAR PLUNGE**
- Jacket/Sweatshirt
- Rain Coat/ Poncho
- Toiletries (toothbrush, toothpaste, deodorant, hairbrush, etc)
- Portable hot drink cup (Hot coco will be available in program areas)
- Breakfast Items
- Potluck Dish

Optional:

- Bug Netting
- Watch
- Camera
- Binoculars
- Musical Instruments
- Fishing Gear
- Card Games

Do Not Bring:

- Open-Toed Shoes
- Valuables
- Fireworks
- Ammunition
- Firearms
- Pets
- Dry Ice

All campers must wear proper footwear. No open-toed shoes, walking sandals, or bare feet are permitted at camp. Flip flops are acceptable at the waterfront but are not to be worn in and around camp.

Clothing with foul language, images in poor taste, or ill-fitting revealing styles is considered inappropriate dress for camp. Participant will be required to change into something suitable.

Pack Packing List

The following is a suggested packing list for each participant.

- Pack Flag
- Pack First Aid Kit
- Water Jugs
- Fire Ring
- Fire Starters
- Matches/Lighters
- Wood Tools
- Lawn Games (soccer ball)
- Closing Campfire Skit Idea

DIRECTIONS TO CAMP

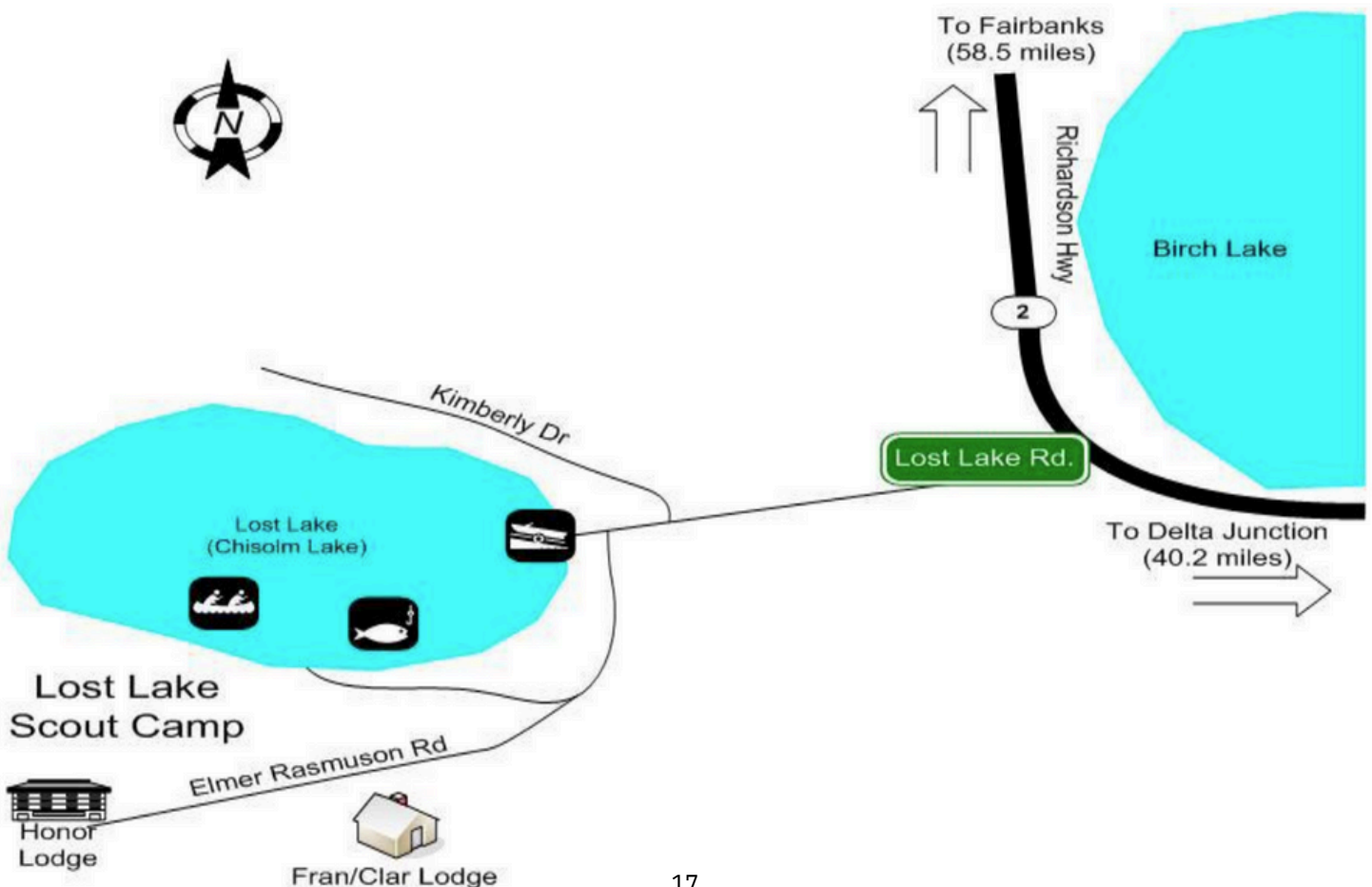


Camp Address:

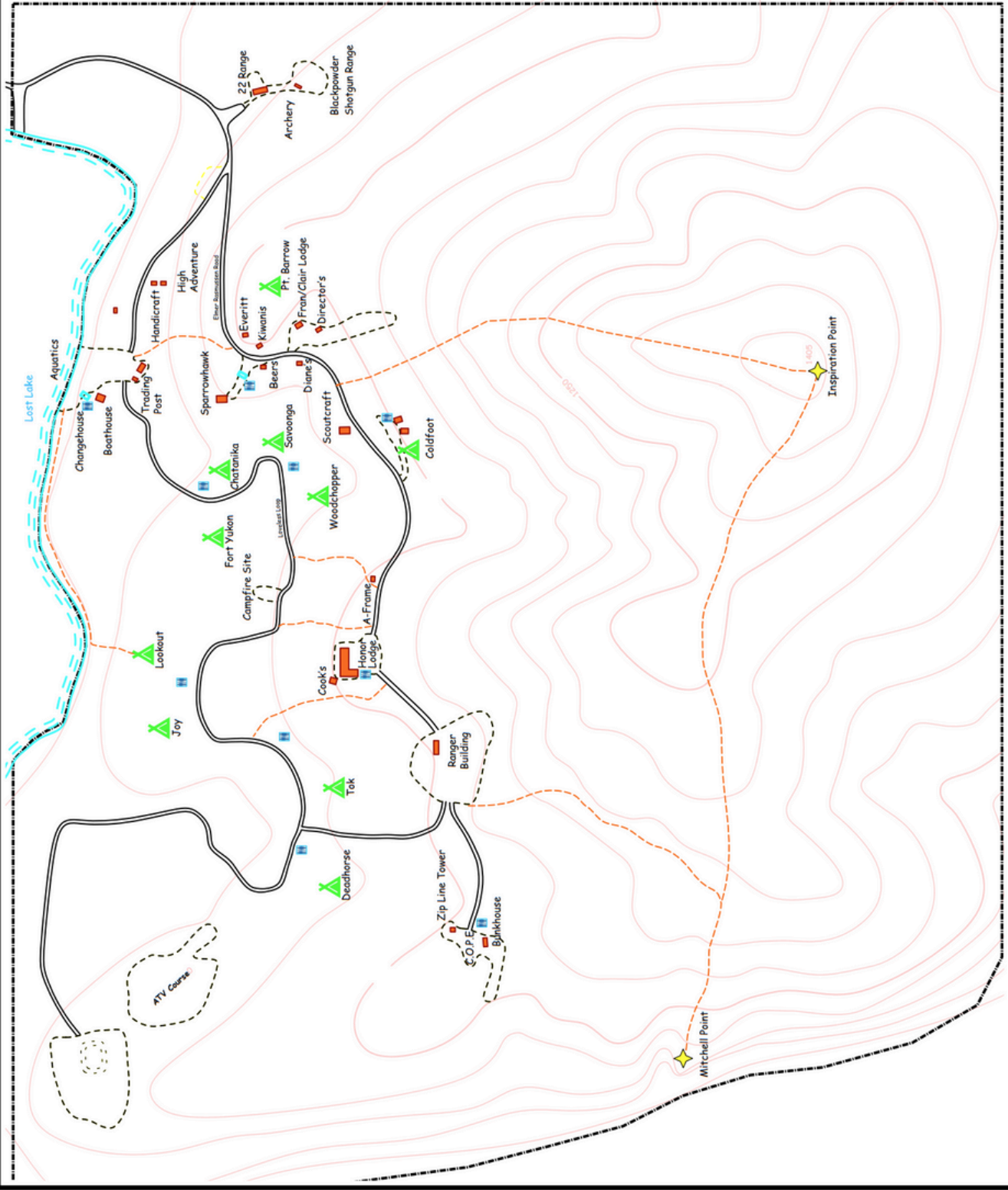
Lost Lake Scout Camp Mile 306 Richardson Hwy.
HCR 10 12660 Lost Lake Road
Fairbanks, Alaska 99701

Camp Location:

Lost Lake Scout Camp is located 58.5 miles south of Fairbanks on the Richardson Highway (Highway 2) at the end of Lost Lake Road (approximately at milepost 306). The camp lies between the Tanana River and Birch Lake on the 90 acre Lost Lake. If you get lost, pull over, turn on your GPS (or pull out the map and compass) and head towards 64° 18' N by 146° 41' W.



Midnight Sun Council Lost Lake Scout Camp



Legend:

- Campsites
- Buildings/Cabins
- Property Line
- Restrooms, Changerooms and/or Showers
- Open/Cleared Areas
- Roads
- Trails
- Topographic Contour lines, Elevations in feet (50 foot contour interval interpreted from USGS Big Delta (B-6) Quadrangle, 1987)

Approximate Scale (feet):

0 250 500 1000 1500