

Fall 2023 IOLS



To: Scoutmasters, Scout Leaders, Troop Committee Members, and Webelos 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 leaders to take Webelos 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 Handbook 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 25-26, 2023. Check-in: Starts at 5:00 PM on Friday, Aug. 25 Training sessions begin at 6:00 PM with training concluding Saturday, Aug. 26 by 5 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 Sat. breakfast, lunch, snacks, and printed materials
Please eat a Friday night dinner before arriving at camp.

REGISTRATION: BSA-CVC.ORG - events 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.

REGISTRATION IS DUE BY: August 18, 2023 (5 PM)

Need minimum of 5 participants registered by August 18, 2023 to hold this training.

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

If you have completed the Leader 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 Handbook

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.

