



# BALOO Training

Basic Adult Leader Outdoor Orientation is the outdoor training orientation for Cub Scout Leaders and parents of Cub Scouts. This training is designed to present Cub Scout camping skills in a format leaders can use to teach to Scouts. Topics include, but not limited to: simple camping meals, campfires and story telling, how to pitch a tent, and equipment choices. Each Pack is required to have a BALOO trained leader if they wish to do overnight camping (Cub World and day camps are excluded).

**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. To register or for more information, please use the online registration form at: <https://bsa-cvc.org/> under events.

**WHO:** ALL Cub Scout leaders who wish to take their Pack camping (designed for Tiger, Wolf, Bear, & Webelos leaders).

**WHEN:** **August 25-26, 2023** Check-in starts at 5 PM Fri. Sessions run until 5:00 PM Saturday.

**WHERE:** Camp Brunswick

**DIRECTIONS to 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 parking area for check-in and tent set-up. (follow signs)

**COST:** FREE Please eat a Friday night dinner before arriving at camp. We will provide a Saturday breakfast, lunch and snacks.

A packing list is attached for this training. This training will be held rain or shine and is an outdoor training! **An online prerequisite is required which is available at [my.scouting.org](https://my.scouting.org) It must be completed prior to coming on August 25.**

**REGISTRATION:** [BSA-CVC.ORG](https://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)**

**A minimum of 5 registered participants is needed**

**by August 18, 2023 to hold this training.**

Electricity needed Friday PM? \_\_\_\_\_no \_\_\_\_\_yes

If needed, please bring your own extension cord.

**There is limited space for pitching a tent near the Education Building. You can use your own long extension cord for access to power during the night if needed.**

## Fall 2023

Greetings BALOO Participants,

The Chippewa Valley Council is very excited to offer BALOO on Aug, 25-26, 2023 at Camp Brunswick! The BALOO training includes not only an online prerequisite, but also a hands-on experience that includes an overnight. With that in mind, here are some details that you'll need to know as you prepare to come to the training:



\_\_\_\_\_1. The BALOO training consists of two parts. Part One is the completion of four brief online modules used as a prerequisite. These modules are found at: [my.scouting.org](https://my.scouting.org)

Once these required prerequisite modules are completed, print your certificate and you're ready for Part Two consisting of the practical portion of the training weekend –August 25-26, 2023 at Camp Brunswick.

**You will be responsible for completing the required online training prior to coming to the practical course. You will not fulfill the “BALOO Trained” status until you have completed both the online and outdoor portions. The online portion is available through the BSA Learn Center. Log onto [my.scouting.org](https://my.scouting.org) Click BSA Learn Center and then Catalog Tab. Search for BALOO Prerequisite Training V2. These modules will take about 35 minutes to complete. Once the online modules are completed, print the certificate of completion and bring it to the outdoor portion of the course on August 25.**

\_\_\_\_\_2. You will **need to attend both** the Friday night and Saturday sessions of the BALOO training to complete the outdoor portion of the training. Check-in and tent set-up begin at 5PM on Friday August 25. Program sessions will begin at 5:45 PM Friday and end by 5:00 PM Saturday – August 26.

\_\_\_\_\_3. You will be able to park your vehicle close to the camping area. There is no electricity in the camping area. However, there is **electricity available in the Olson Education Center** where there is limited space for pitching a tent. You can use your own long extension cord for access to power during the night if needed. Let me know if you need electricity ASAP.

\_\_\_\_\_4. **Eat supper** before arriving or bring something to eat for yourself at Camp Brunswick. We will start sessions promptly at 5:45 PM on Friday evening. Saturday breakfast, lunch, and snacks will be provided.

\_\_\_\_\_5. **Youth Protection Training is required for every leader/adult** who has direct contact with youth. Everyone attending BALOO must complete the YPT. This is a National BSA requirement. Please bring along a copy of your certificate or a copy of your YPT pocket card. Online YPT: [my.scouting.org](https://my.scouting.org) Click on the YP logo.

\_\_\_\_\_6. Bring a **current completed BSA Annual Health and Medical Record - Parts A&B.**  
[https://filestore.scouting.org/filestore/HealthSafety/pdf/680-001\\_AB.pdf](https://filestore.scouting.org/filestore/HealthSafety/pdf/680-001_AB.pdf)

\_\_\_\_\_7. This training will take place rain or shine and most of our time will be spent outdoors - so please come prepared. Note the **BALOO packing list** for "what to bring." We do have access to shelter in case of inclement weather.

\_\_\_\_\_8. Please come prepared with a song, skit, or a short story to share during the campfire planning session. Your ideas will help to build the campfire program on Friday night.

\_\_\_\_\_9. **DIRECTIONS to 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 parking area for check-in and tent set-up. (follow signs)

\_\_\_\_\_10. Feel free to contact me directly with any questions or concerns (especially **dietary** or personal needs) as I will not see your health forms prior to check-in time for that information. No special dietary accommodations can be made after Tues. PM Aug. 22 as food shopping will be done on Wednesday, Aug. 23. If you have food allergies, you are welcome to bring food that are appropriate for you.

#### **BALOO Packing List:**

- |  |  |
|--|--|
| ___Field Uniform                         | ___Rain Gear   |
| ___Jacket                                | ___Durable Shoes (no open-toed) + extra pair if wet conditions       |
| ___Clothing                              | ___Extra Socks   |
| ___Sleeping attire                       | ___Sunglasses (optional)   |
| ___Toiletries                            | ___Sleeping Bag (extra blanket depending on weather)                 |
| ___Pillow                                | ___Ground Pad/sleeping pad   |
| ___Hat, gloves                           | ___Flashlight and/or small lantern                                   |
| ___Camp Chair                            | ___Tent, tarp, ground cloth, stakes, poles                           |
| ___Water Bottle                          | ___Mess Kit (bowl/plate, cup, fork/spoon, knife, <b>coffee mug</b> ) |
| ___Insect Repellent (?)                  | (We will provide paper plates & utensils for Sat. meals.)            |
| ___Notebook and Pencil                   | ___Pocket Knife  |
| ___Day Pack                              | ___Skit or Song for Campfire   |
| ___Cub Scout Six Essentials              | ___World Friendship Fund financial donation (optional)               |
| ___Health Form (Parts A & B)             | ___YPT Certificate or Pocket Card                                    |
| ___BALOO Online Prerequisite Certificate |  |

You may also reference the Cub Scout or SCOUTS BSA Handbooks for additional ideas.

Our staff is looking forward to a very fun and informative training course.

YIS,

Margaret Almquist

[margaret@almquist.name](mailto:margaret@almquist.name) 715-523-1418

You may find that some of the following tips are not needed for this August training. However, please keep them in mind for outdoor camping in general.

# 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.



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