

2021 Troop 71 Summer Camp Shakedown

FORMS/PAPERWORK

- Medical Forms – Parts A, B, and C (scouts and adults)
- COVID-19 Forms - signed
- Merit Badge Prerequisites
- Allergy form (if applicable)

ARRIVAL/DEPARTURE

- Early Arrival
 - Saturday, June 26
 - Depart SJV midafternoon (time TBD)
 - Third year scouts and above
 - One extra camping night
- Normal Arrival
 - Sunday, June 27
 - Mid day arrival
 - Will confirm time closer to camp
- Pickup at End of Camp
 - Saturday, July 3
 - Mid-morning, 10am ish
 - Will confirm time closer to camp

TENTING

- Scouts can tent with another scout (within 2 years age difference)
- If scouts want to tent by themselves, they should plan to bring their own small tent
- Tents should only be 2-3 person tents (no giant tents please)

Miscellaneous

- Medical officer administers meds
- Mail – Should be sent

BEHAVIOR

- Everyone wants a positive experience at camp
- Parents and scouts should discuss appropriate behavior at camp prior to camp beginning

Contact for the week is Mr. Field at 301-467-1548

Packing Checklist – See the following page





Simple Things That Will Help on your Scouts First Campout(s)

There are several simple things that may be new to Scouts going on their first campout(s). An item as simple as rolling up a sleeping bag can become frustrating. Older Scouts or Leaders can only guide Scouts with their personal belongings if it becomes absolutely necessary. They will not pack for them. Scouts should be able to set up as well as pack all personal gear without assistance.

* **Personal Gear & Clothing**

Let's look at some things that can be done that will help your Scout with his gear. Prior to camping, work with him to gather the supplies he will need for the trip in one spot. **Let him pack** the supplies in his bag so he knows exactly what is there. If there are items that have to be folded, rolled, or otherwise stowed, have him show that he can open it and close it without any assistance. It is important that gear that comes out of a bag be able to go back into the same bag. He should also be able to make up his bedroll-bedding & bed without help as well as store and care for his clothes at camp. **ADVISE** him but please don't do it for him!

Cooking

Help your Scout attempt to cook a few simple items at home. If you can work with your Scout to help him feel comfortable with simple meals that boys age 11-13 may cook, that would be great! Typical items cooked at camp breakfast are: bacon, eggs, pancakes and oatmeal. Typical dinner items are hamburgers, spaghetti, chili, and stew type meals. As you can see, it requires a little skill with heat control and consideration for hot surfaces and grease. By having this preparation, your Scout will have the confidence to jump into

camp cooking. Believable or not, anything a Scout cooks at camp is the "best meal in the world" because he helped cook it!

Cleanup

Scouts must learn and participate in camp cleanup. Imagine life without a dishwasher! Some boys may not know the typical dish washing procedures. To help him with this task, you might walk him through a five step process of washing by hand: Scrape off the dishes, rinse small debris off, wash, rinse and dry (on campouts we add a second rinse and air dry). Seeing it at home once or twice will help prevent frustration and give your Scout a good start toward success.

* **Sample Scout Camping Checklist**

The attached camping checklist is for a routine Scout camp out. It is a starting point and your Scout is encouraged to develop his own list. High adventure and winter camping will be more specialized.

* **What not to bring on a campout**

- Do not bring Electronics, video games portable radios, computers, CD players, iPod etc.
- Do not bring cell phones.
- Do not bring sheath knives
- **Do not pack food or snacks with personal gear** (This attracts critters to tents. You can bring snacks to camp **to share**, but you should place them in a Tupperware type container with your name on them. All snacks are kept in the Troop trailer at all times, (especially overnight). **Food is not allowed in tents!**

• *No Cots*

Sample Scout Camping Checklist

Scouts should develop their own list. Not all items are needed for every campout – use your judgment to add and subtract from this list.

Scout Essentials

- Scout Handbook
- Medical Forms
- Permission Slip
- Totin' Chit
- Firem'n Chit
- Personal first aid kit (Troop has larger kits)
- COVID Form
- Merit badge pre-reqs

Clothing

(Plan for all possible weather conditions and pack multiple changes of clothes as needed)

- Class "A" Uniform
- Class "B" Uniform
- Shirt(s)
- Sweatshirt(s)
- T-shirt(s)
- Pants
- Socks
- Underwear
- Sleeping wear
- Coat/Jacket
- Brimmed Hat
- Sneakers
- Hiking shoes / boots

Seasonal/

- Rain Suit (rain gear)
- Swim Suit
- Shorts
- Stocking Hat & gloves
- _____
- _____

Personal Items

- Personal Hygiene Kit
(toothbrush, toothpaste, floss, contact lens supplies, comb etc.)
- Soap / Shampoo (in plastic bag or case)
(one that has a hole so you can hang it)

- Sunscreen
- Insect repellent (Non-aerosol only)
- Towel
- Wash Cloth (with plastic Ziploc bag)
- Shower shoes
- Camera
- Notebook / Pen / Pencil
- Watch
- Pocket knife / Leatherman
(Scout must have earned Totin' Chit. Do not take to school)
- Clothespins
- Deck of Cards
Cash for trading post
- _____
- _____

Camping Gear

- Sleeping Bag or sheets & warm blankets
- Sleeping Bag Liner (optional)
- Ground pad (closed cell foam is good idea)
- Camp Pillow (or pillow case to fill with clean clothes)
- Mess kit
- Nalgene brand bottle (works with the water filtration systems available on high adventure camps) Name on bottom
- Backpack or duffel bag for all gear
- Flashlight and /or Headlamp
- Camp fire ring chair**
- Tent floor towel (will get dirty)

Seasonal/

- Heavy Blanket
- Fishing gear
- _____
- _____

2021 CAMP LONG LAKE

Pre-Event Medical Screening Checklist (YOUTH)

This is a tool to assist leaders in identifying potentially communicable diseases in advance of event participation. The intent of this checklist is to review with each participant their current health status both before departure and upon arrival at the event.

Has the participant had any of the following symptoms in the last 24 hours? (Check all that apply)

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> Fever (100.0° or greater) | <input type="checkbox"/> Fatigue |
| <input type="checkbox"/> Vomiting | <input type="checkbox"/> Cough |
| <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> Rash | <input type="checkbox"/> Open sore |
| <input type="checkbox"/> Muscle aches | <input type="checkbox"/> None |
- If the participant has been exposed to a person with COVID-19 in the last 10 days—he or she must stay home.

If the participant has any of these symptoms—he or she must stay home.

Participant who become ill should not return to the activity until they are cleared by health-care provider.

REQUIRED INFORMATION:

Youth Name (print clearly): _____

Temperature 24 hours prior: _____ Date: _____ Time: _____

*Parent Signature: _____

ARRIVAL AT CAMP:

Temperature: Under 100.0° Over 100.0° Date: _____ Time: _____

Staff Signature: _____

Camp reserves the right to turn away anyone who poses a risk by exhibiting and COVID-19 symptoms.

** I have read and understand all provisions of this release of assume risk and waive my right concerning liability as described.*

