

WINTER CAMP INFORMATION SHEET

FEBRUARY 11 - 12, 2012

- ELIGIBILITY:** Any Scout who has attended at least two tent camps and is comfortable carrying a backpack may attend this camp. Attitude is a more important factor than age, but Scouts who have been with us for a year are often more successful.
- PREPARATION:** *All Scouts who are first time Polar Bear Campers and are going to camp must bring all their gear to the troop meeting on Tuesday, February 7th.* Packs, clothing and food will be carefully checked at this time. All items must be packed well so Scouts will be helped to pack properly at this meeting. Those boys who are missing items must have their gear checked again later in the week.
- WATER:** Every Scout is to have a plastic water container that holds at least 1 quart of water. Those Scouts who can, should carry 2 quarts. Water bottles must not leak, so test them at home. *These bottles of water will be taken to bed at night.*
- GEAR:
/CLOTHING** PLEASE REFER TO THE ATTACHED CHECKLIST. *Every item on the list is required unless otherwise marked.* Do not fail to include enough clothes. Scouts may not take any hand warmers or any items using liquid fuel. Scouts camping for two nights will only need to add an extra change of underwear and two pairs of socks to the clothing list, along with some extra breakfast items.
- BEDDING:** The sleeping bag must be fortified with two or three thin blankets, or a second sleeping bag. A ground cloth and a large plastic garbage bag are a must. 12 hours will be spent in this ground bed and it is necessary to make this time as warm as possible.
- FOOD:** PLEASE REFER TO THE ATTACHED CHECKLIST. Each Scout must pack his own food. No extra food will be packed for forgetful boys.
- ACTIVITIES:** Providing that there is sufficient snow, Scouts having cross country skis, sleds, toboggans, etc, are encouraged to bring them.
- DEPARTURE:** All Scouts should report to the church parking lot by **9:00 a.m. sharp on Saturday.**
- COST:** The cost for this camp is \$25.00 and should be paid on Tuesday, February 7th.
- RETURN:** Sunday morning drivers must be at Camp Butler, off Route 303 in Peninsula no later than 9:45 a.m. Camp drivers will get a separate direction sheet. *Scouts will be most upset if the drivers are late.*
- MOTTO:** **BE PREPARED!!** If you have questions, call the Scoutmaster, a member of the Staff or your Patrol Leader.

WINTER CAMP FOOD PROCEDURES

All food for winter camp is supplied by the Scout. The only food which is suitable

Is ready to eat "as is", or
Can be cooked using only hot water, or
Can be cooked directly over a wood fire

The following is a sample menu:

LUNCH

CUP-A-SOUP or instant Chinese soup
Hot chocolate, tea, coffee or hot Jello
Small salami, beef jerky or summer sausage
Pre-pack cheese or peanut butter and crackers
Raisins, peanuts, gorp, dried fruit
or **FUN FRUITS**

DINNER

BOIL-IN-THE-BAG pre-cooked dinners or
Hamburger foil dinner - see Scout Handbook or
Standard freeze-dried backpack dinner
Hot chocolate, tea, coffee or hot Jello
Cookies and a chocolate bar

BREAKFAST

POP-TARTS
QUAKER INSTANT OATMEAL
or **INSTANT GRITS**
KUDO or GRANOLA BARS
Hot chocolate, tea, coffee or hot Jello

SNACKS

Candy or gum
Cookies or brownies
KUDO or GRANOLA BARS
SLIM JIMS or beef Jerky
Chocolate bars - strict limit of four
Pre-pack cheese or peanut butter and crackers
Raisins, peanuts, gorp, dried fruit
or **FUN FRUITS**

Substitutions to this menu can be made, but the simpler the meal, the better. Most instant foods are good, but not instant macaroni products. They tend to freeze in the bowl before they can be eaten. **DO NOT** bring canned food. Canned food is heavy and cannot be heated or cooked while still in the can.

Don't skimp on food. You may get very hungry. Pack foods that are high in fat and calories. Pack all food in zip-lock bags to keep it protected and separate in your pack. The water you bring with you will be used to make your meals and provide your drinks. Bring at least one quart in a **leak-proof container**.

Even Scouts who do not normally eat breakfast should pack food for a light meal for Sunday morning. Don't go hungry. The right food will make this a memorable camp.

WINTER CAMP GEAR CHECKLIST

This list includes those items which will be worn at time of departure

- _____ Backpack - large enough to hold gear and sleeping bag
- _____ Boots, winter type - well insulated and waterproof
- _____ Bungee Cords or extra rope for securing gear to the pack
- _____ Coat or Snow Suit, warm winter type - lubricate zipper before camp
- _____ Cup and Bowl, plastic - and a **metal** Spoon
- _____ Flashlight - with good batteries
- _____ Food Supply - see other sheet
- _____ Gloves and Mittens - 3 extra pair
- _____ Hat or Hood with ear covering - head must be covered
- _____ Line, thin nylon - about 20 feet
- _____ Matches in zip-lock bag or waterproof container
- _____ Medication, personal and chap stick - if needed
- _____ Pants - 3 pair, but not jeans
- _____ Plastic Garbage Bags (2) to protect sleeping bag
- _____ Plastic Ground Cloth - at least 4' x 8'
- _____ Pocket Knife - optional
- _____ Scarf - if needed
- _____ Shirts - 2 warm winter weight shirts
- _____ Sleeping bag with extra blankets or a second bag inside
- _____ Snow Pants (optional but bring if you own them)
- _____ Socks - 6 pair, 4 pair cotton and 2 pair wool
- _____ Sweaters or sweatshirts - 2, preferably w/button or zip-down front
- _____ Toilet paper - no more than 1/2 a roll in a zip-lock bag
- _____ Underwear, full extra set - will change into this at night
- _____ Underwear, long for daytime - a must for this trip
- _____ Underwear, long or other garments for sleeping
- _____ Water jug, plastic - 1 quart, must not leak, no metal

- _____ I am prepared for this winter experience!!!!
- _____ I am going to think warm!!!!
- _____ I have had a good last meal today

BEDDIN' DOWN



A SWEATSHIRT WITH A BUILT-IN HOOD AND A PAIR OF SWEAT PANTS MAKE A FINE SLEEPING OUTFIT. UNDRRESS IN YOUR SLEEPING BAG -- FIRST FLUFF IT UP WELL. IT'S THE AIR, NOT THE STUFFING, THAT KEEPS YOU WARM.



HAVE MORE UNDERNEATH YOU THAN ABOVE: MORE LAYERS OF BLANKETS, OR SLEEPING BAG, OR YOUR CLOTHES FOR TOMORROW.

COOKING

USE A HUNTER'S FIRE. DIG SNOW AWAY TO BARE GROUND, IF POSSIBLE. PLACE A "FLOOR" OF STICKS AND BUILD FIRE ON IT. PUT LUG POLE THREE FEET OVER FIRE, SUPPORTED BY TRIPODS.

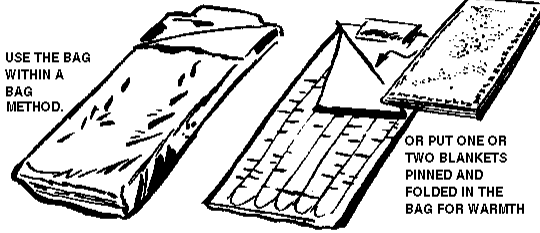


KEEP A POT OF WATER ON FIRE AT ALL TIMES. HOT STEWS, SOUPS, HOT CEREAL, HOT TEA HOT JELLO, HOT CHOCOLATE ARE BEST FOR WINTER CAMPING FOOD. SERVE FOODS THAT ARE HIGH IN ENERGY AND FATS. CARRY EMERGENCY CHOCOLATE RATIONS WITH YOU FOR ENERGY BUILDING.



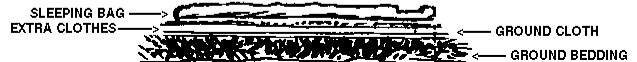
POLAR BEAR TIP SHEET

USE THE BAG WITHIN A BAG METHOD.



MOST BAGS NEED MORE INSULATION

OR PUT ONE OR TWO BLANKETS PINNED AND FOLDED IN THE BAG FOR WARMTH



BEWARE OF FROSTBITE! SYMPTOMS: INTENSE COLD, NUMBNESS, GRAYISH WHITE COLOR TO THE SKIN.

AVOID FROSTBITE BY PLACING HANDS OVER EARS OR NOSE. WARM HAND BETWEEN ARMPITS. IF YOU FEEL STIFF, GET TO SHELTER QUICKLY. IF FROSTBITTEN, COVER FROZEN PART WITH DRY WOOLEN CLOTHING. PUT ON EXTRA CLOTHING. GET WARM QUICKLY!

HAVE A WARM DRINK. WALK QUICKLY UP AND DOWN A HILL. SOAK FROSTBITTEN PART IN LUKEWARM WATER. DON'T GET TOO CLOSE TO THE FIRE. HELP YOUR BUDDY BY KEEPING A WATCH ON HIM, AND IF NEED BE, TREATING HIM FOR EVERYTHING FROM COLD FEET TO HYPOTHERMIA!

