



**2025 Scouts BSA Klondike Derby**

**Information Guide**

**January 17-18, 2025**

**at Tecumseh Council Camp Hugh Talyor Birch**

## Welcome

Dear Scouts and Scout Leaders,

The Tecumseh Council challenges your unit to compete in this year's Klondike Derby. The program is designed to give Scout Patrols the chance to compete and work together as a team to solve problems. Patrols will be challenged with leadership, teamwork, and scout skills for points in the event competition. We have an exciting array of events for this year and, as in the past, we need your support.

First, please take time to read this information guide and become familiar with it's content. There are changes from past Klondikes. The specifics of several events will be slightly different from previous years. As long as Patrols follow the guidelines that are contained in this booklet, they will have a great experience at this event.

Second, as Scoutmaster, be aware of the limited role that you and the other adults actually have once the Klondike begins. This is a Scout ONLY event that is conducted using the patrol method. We need to keep it this way. Any assistance from adults or leaders will result in point penalization of the Patrol.

Finally, don't be afraid to ask questions prior to the event. The main purpose of this event is to have fun and test the scouts on their knowledge of Scout Skills. Our aim is to help you, as a leader, to find out where your scouts excel, and where they could use some help. At the end of the Derby, we will make available to all leaders a copy of the score sheet so you will be able to see how your Patrol(s) scored at each station.

Patrol leaders will receive a map of camp birch, and their starting point at check-in/registration. The station requirements are included in this information guide so that Scouts can work on their skills in advance. All stations will make use of either skills found in the Handbook or the sled team functioning together as a unit. All skills tests will be age appropriate no matter what the Scout's rank. **ANY SCOUT UNSURE OF ANY SKILL AT A STATION WILL BE ABLE TO USE THEIR SCOUTBOOK FOR GUIDANCE!**

Yours in Scouting,

Ken DePhillip (2025 Klondike Derby Chair)

## **KLONDIKE EVENTS**

Equipment: SLED and up to 8 Team members (Wheels are permitted on sleds for the events ONLY. All wheels must be removed for the race.

3 - 5 to 6 foot poles/hiking staves

1 - 6x8 or 8x10 tarp

1 - gallon water

1 - Scouts BSA Handbook

1 - compass

1 - first aid kit

1 - 50 foot length of rope (1\4" or 1\2")

8 - 6 foot lengths of rope (any diameter)

1 - blanket

1 - patrol flag on a pole

Up to 3 matches and/or flint and steel

Wood for firebuilding station or use what is available at camp

Hatchet, knives, and/or mallet (including sheaths)

### **SLED RACE**

All patrol members with their sleds will follow a staked course. This is a separate event from the Klondike events and will have recognition for first, second, and third place. (All members of the patrol and the sled must cross the finish line together to be counted as completed.) No wheels will be permitted on the sleds for the race only. All equipment except for patrol flag may be removed for the race.

### **LASHING EVENT**

Description: Lash together a tripod base and then lash your patrol flag on it. (staves and patrol flag on a pole provided by patrols.

Scoring; 100 points max. (80 points for completion of task and 20 points for patrol participation/spirit.

### **TREE IDENTIFICATION**

Description: Patrols will have to identify 5 different leaves that were collected at camp birch. They will also need some basic knowledge of winter survival and edible plants.

## **FIREBUILDING**

Description: Patrols will be required to make a sustainable fire while following the outdoor code. Patrols will be allowed a maximum of 3 matches and/or they may use flint/steel for as long as necessary. No fire starters or other flammables allowed. If raining, patrols may use a tarp, umbrella, or a platform to keep tinder dry.

Equipment: Patrols will provide all firemaking materials and all axes/knives/mallets needed. All equipment must be in a proper sheath. Patrols can either bring all wood needed with them or use what is available at camp. (If it has been or is wet I would suggest you bring dry wood with you.) Patrols will need water to extinguish fires. A rake or shovel will be provided by the scorer.

Scoring: 100 points max. (70 points for the completion of task and 30 points for proper staging of tinder and patrol participation.)

## **FIRST AID**

Description: As the patrols traverse the Klondike trail one of its team members will require wilderness first aid. Using their first aid kit and any items carried on the sled, patrols will get their team member ready for emergency evac.

Scoring: 100 points max. 25 points for effective use of their first aid kit, 25 points for creative use of equipment carried on the sled, 25 points for properly treating the team member, and 25 points for patrol involvement.

## **KNOT TYING SKILLS**

Description: Patrols will be required to 6 different knots. The Square knot, Bowline, Sheet Bend, Two-Half Hitches, Taut-Line Hitch, and Clove Hitch. Each team member will be required to tie at least one knot. All rope will be provided by patrols.

Scoring: 100 points max. Each knot tied correctly is 15 points and 10 points will be awarded for scout spirit.

## **MARKSMANSHIP**

(As you traverse the Klondike trail you might encounter that animal from up north (a wolverine), a polar bear, or possibly a woolly bigfoot! It would be a good idea to practice some rifle shooting)

Description: EACH patrol member will get 5 shots. Safety first and have fun!

Scoring: 100 points max. Patrols will be scored on targets hit.

Safety:

## **Range Rules**

- \* ALWAYS KEEP GUN POINTED IN A SAFE DIRECTION.
- \* ALWAYS KEEP YOUR FINGER OFF THE TRIGGER.
- \* ALWAYS KEEP THE GUN UNLOADED.

When using a gun, always follow these rules:

- \* KNOW YOUR TARGET AND WHAT IS BEYOND; MAKE SURE THE 'DOWN RANGE' IS CLEAR.
- \* BE SURE THE GUN IS SAFE TO OPERATE.
- \* BE THOROUGHLY FAMILIAR WITH HOW THE GUN OPERATES.
- \* USE ONLY THE CORRECT AMMUNITION FOR THE GUN.
- \* WEAR APPROPRIATE EYE AND EAR PROTECTION.
- \* NEVER USE ALCOHOL OR DRUGS BEFORE OR WHILE SHOOTING.
- \* UNATTENDED GUNS SHOULD NOT BE ACCESSIBLE TO UNAUTHORIZED PERSONS.

Always remember: **TREAT EVERY GUN AS A LOADED GUN!!!**

## **ORIENTEERING**

Description: Patrols will be required to use a compass to follow a directional course. Each patrol will provide their own compass. This station will be in the form of a game. All pieces of the game will be provided.

Scoring: 100 points max. 80 points for correct completion of the game and 20 points for patrol involvement. (If the older scouts do most of the work on the game I want to see them teaching the younger scouts what they are doing as they go.)

## **OBSTACLE/STRETCHER**

Description: As you traverse the Klondike trail one of your patrol members will need to be moved on a stretcher. Using items that should be on their sleds, patrols will be required to make a stretcher and move their injured member through a series of obstacles commonly found in the wilderness. All obstacles will be provided by the scorer.

Scoring: 100 points max. 60 points for the completion of task and 40 points for patrol involvement/scout spirit.

## **KLONDIKE SCHEDULE**

### **Friday January 20**

5:00 - 8:30 PM      Registration @ Turner Building  
5:00 - 10:00 PM     Unit Set-up @ Unit Campsites  
10:00 PM            Quiet Time @ Unit Campsites

### **Saturday January 21**

7:00 - 8:30 AM      Registration @ Turner Building

8:40 AM              Meeting for everyone behind the Turner Building. We will go over range safety, general event safety, pledge of allegiance, prayer, and start.

9:00 AM - 3:30 PM   Events at various locations around camp

11:30 AM -1:00 PM   Lunch

NOTE: All patrols will be responsible for their own lunch. Lunch can be cooked by troop or patrol. Please place all lunch trash in the dumpsters by the dining hall or take it with you.

NOTE: This is only a single night camping event. Friday night ONLY. All troops are welcome to camp Saturday night free of charge and must be gone by 10:30AM Sunday morning. Any troops that wish to camp will be required to place their trash in the dumpsters by the Dining Hall or take it with them. Thank you for your cooperation.

4:00 PM              The Great Klondike Sled Race @ Parade Field

4:30 PM              Awards @ rear of Turner Building

5:00 PM              2025 Klondike ends

\* You will get your camp assignment, event schedule + description, map, and patches at Registration. Have only your Scoutmaster and/or SPL check-in. Please check-in first before driving to campsites.

\* SCOUTMASTERS: IF ANYONE IN YOUR PARTY HAS ANY SPECIAL NEEDS OF ANY KIND PLEASE LET COUNCIL KNOW ASAP. Thank you and I hope you have a great time.

\* SCOUTMASTERS: Please make sure any of your adults in attendance have their YPT up to date. Thank you.

LUNCH NOTE : All troops/patrols will be responsible for their own lunch.

\*\* Troops/patrols that are camping may return to their campsite for lunch. You do not need to carry your lunch with you as sled equipment. You may leave all food, stove, etc at your campsite.

\*\* For troops/patrols that are not camping, you may either carry your lunch with you and eat on the course or leave everything in your vehicle. If you choose to leave everything in your vehicle, DO NOT eat in the parking lot. Find a spot around the edge of the parade field ( stay away from the race course ) to eat. Upon completion of lunch please remove all tables, E-Z ups, trash, etc. You may either take your trash with you or put it in the dumpsters by the dining hall. Thank you.

\*\* For any Event Staff not with a troop a soup/sandwich lunch will be provided.

### **KLONDIKE AWARDS & SCORING**

#### **SLED RACE: First, Second, and Third Place**

<b>EVENTS: Lashing</b>	<b>100 points</b>
<b>Tree Identification</b>	<b>100 points</b>
<b>Firebuilding</b>	<b>100 points</b>
<b>First-Aid</b>	<b>100 points</b>
<b>Knot Tying Skills</b>	<b>100 points</b>
<b>Marksmanship</b>	<b>100 points</b>
<b>Orienteering</b>	<b>100 points</b>
<b>Obstacle/Stretcher</b>	<b>100 points</b>

**Event Total Points: 800 points**

FIRST, SECOND, THIRD, FOURTH, and FIFTH place will be awarded for the EVENT portion of the Klondike and FIRST, SECOND, and THIRD place will be awarded for the Great Race.

#### **Code of Conduct**

The difference between Scouts and other youth is their commitment to the values of Scouting. Camp Birch follows the Scout Law and Oath in all matters and encourages the Motto during and before Merit badge classes and activities.

Discipline will be maintained by the Town Mayors, but continuous behavioral upsets will be referred to Unit Leaders. A Town Mayor has the right to expel a Scout from his town.

Serious issues will be brought to the attention of Unit Leaders by the camp administration.

- I am expected to follow the Scout Oath and Law and will do so.
- I will be clean in my outdoor manner, and not litter or maliciously harm wildlife.
- Camp property is not my own, and I will treat it with the  
  
upmost respect and dignity.
- I will not bully, haze, or purposefully set out to harm another person's feelings.
- A knife is a privilege, and I will treat my own and others with safety-oriented thinking.
- I will report sexual, physical, mental, or any other harmful abuse immediately to the Camp Administration.
- I will not steal, and I recognize that if I do I will be asked to leave camp.
- My uniform is a presentation of myself, and I will always wear it properly, and with respect.
- During Quiet Time, and from **10pm to 7 am**, I will respect other people's wish to sleep by staying in my campsite.

Once you have reviewed each point with your Scouts, please sign below and turn into the 10 day Out Meeting.

I \_\_\_\_\_ Unit Leader for Troop \_\_\_\_\_ have

discussed with all members of my troop the Code of Conduct. I understand I am responsible for all disciplinary actions, and will not hold the Camp administration responsible for any discipline except day to day redirections.

### **Medical Pt. 1**

Camp is a great time to have a lot of fun, but we all must do it safely. Without the proper medical checks and paperwork, **your admission to camp will be denied immediately.** You may not camp for over 72 hours without Parts A, both of B, and part C. **All Medical forms, regardless of length of stay, must have all required parts filled out completely.** *Chiropractors are not permitted by the Boy Scouts of America to sign BSA Medical Forms.*

### **Rotating Adults for Youth Protection Coverage**

You may rotate adults through in 48-hour periods, but they need completed parts of the BSA Medical form; A, and both of B. These Medical forms must have shots and immunization dates, or an attached record.

## Scouts BSA Medical Form

Length of Stay	Under 72 hours	Visiting for a day
Required Medical Form Parts:	<b>Parts A, Both of B</b> <ul style="list-style-type: none"> <li>• Troop No. in High Adventure Box</li> <li>• Completed Health History</li> <li>• Allergen History</li> <li>• Immunization Record</li> </ul>	<b>Parts A, Both of B</b> (Troop No. in High Adventure Box 3)Completed Health History <ul style="list-style-type: none"> <li>• Allergen History</li> <li>• Immunization Record</li> <li>• (<i>Attach shot record</i>)</li> </ul>
	( <i>Attach shot record</i> )	

### Length of Stay and the proper Medical Form Requirements

Every one that comes to a Scout camp should be well informed about what items belong in a first aid kit. Scouts should also carry a personal first aid kit and replenish it annually. We highly recommend any unit that camps with us to carry a basic first aid kit containing:

#### **First Aid Supplies**

One 4" Roller Bandage ♦ One 2" Roller Bandage ♦ Two Rolls 1" Tape ♦ Two Triangular Cravats ♦ Four Elastic Bandages ♦ Antibacterial Soap ♦ One Box of Band-Aids ♦ Twelve 4x4 Sterile Pads ♦ Scissors ♦ Six Pairs of Non-Latex Gloves ♦ Twelve 2x2 Sterile Pads ♦ Needle & Tweezers ♦ Safety Pins ♦ Sunburn Lotion (Poison Ivey Cream) ♦ Tylenol or Non Aspirin Tablet

#### **Prescription Medications**

If a Scout with a prescription medication comes to camp, each medication package needs to be labeled clearly with Name, Frequency of treatment, Unit Number, and other Drug information **in the original bottle**. Parents and leaders need to discuss who should be holding onto the medication, as participants are not allowed to hold onto their own, except for special circumstances where lifesaving medication is allowed. Epi-Pens, Rescue inhalers, etc. If a Unit has several Scouts with several medications, we ask that only one leader has access to them all. Our Medic may also handle drugs and dosage to each participant if need be, but only under the on camp medic's permission.

#### **Special Notes**

*The BSA encourages all members of the Scouting community to utilize available vaccines that can provide protection in preventing infectious diseases. Based on the recommendations of the CDC (Centers for Disease Control and Prevention), it is the national policy of the BSA that all participants attending events, activities, programs, or camps requiring an Annual Health and Medical Record (AHMR) must be up to date on all the immunizations listed as required below: REQUIRED for everyone:*

*Tetanus, Diphtheria, Pertussis (DTaP or Tdap) Measles, Mumps, Rubella (MMR) (if born in 1957 or later) Varicella (VAR) (chicken pox) (if born in 1980 or later) Polio (IPV)*

**Any Scout or Scouter who is not up to date on their vaccinations may be denied access to camp.**

See <https://tecumsehCouncilBSA.org/immunizationpolicychanges> for latest information.

## **DRESSING IN LAYERS FOR WINTER CAMPING**

**There is a 99% chance the temperature will be cold. Be sure that all Scouts and Webelos dress appropriate- for the weather.**

*Why dress in layers?* Because it keeps your skin dry and allows you to adjust your insulation depending on how cold it is AND your activity level. Both overdressing and physical activity will make you sweat- even in the winter. Layering prevents overdressing and helps get rid of moisture near your skin which makes you lose heat. It is a good idea to try out your layered clothes in cold weather before you go winter camping.

### **REMEMBER THE 3 W'S OF LAYERING**

A bulky winter coat is fine when you're not camping because you wear it for a short time and then take it off when you go indoors. However, it does not work well when dressing in layers. It provides too much insulation when you are active outdoors and has no layers that can be removed when you become overheated- it's either on, zipped open, or off. Also most winter coats are not water resistant and will get wet in the snow or rain.

**WICKING INSIDE LAYER** - WICKING SHOULD BE A POLYPROPYLENE MATERIAL AS LONG UNDERWEAR AND

ALSO SOCK LINER. The innermost layer must wick perspiration from the skin and transport it to an adjacent outer layer - otherwise your body heat is lost to the evaporation of this perspiration. The wicking layer must be very thin and in direct contact with the skin.

**WARMTH MIDDLE LAYER(S)** - WARMTH LAYER(S) SHOULD BE FLEECE OR WOOL. The middle, insulating layer

traps the air and restricts its circulation. It is this trapped air that keeps you warm. That's why you need to wear loose fitting layers - they trap more air. Wear enough layers so that you are comfortable and adjust your layers as needed. Look for pants, shirts, sweaters, jackets, vests, sock, hats, mittens made from wool, piles and fleeces such as Berber Pile, Borg Pile, Synchronilla and Polartec; and fiber fills such as Holofil, Lamilite, Lite Loft, Miroloft, Polar-guard, Primaloft, Quallofil, Tehrmoloft, Termolite and Thinsulate. For your feet, one layer of wool socks with silk liner works best. Synthetic wool also works well - look for brands like SmartWool with built-in liners.

**WIND/WATER OUTER LAYER** - THE WIND/WATER LAYER SHOULD BE GORE-TEX OR AT LEAST 60/40 NYLON. IF YOU'RE CAMPING IN THE SNOW, WEAR SNOW PANTS OVER YOUR REGULAR CLOTHING

The outer layer protects you from the wind, rain and snow. For the upper body, a parka with a hood as well as wrist and waist closures is best. Pants with waist and ankle closures work well to protect the lower body. Both of these garments should be sufficiently oversized so they'll fit over all of the

insulating layers when they're worn. Breathable, windproof shell garments are often constructed of Ripstop, Supplex, Taslan and Versatech. Water/Wind proof and breathable shells are typically made from Gore-Tex, Avalite, Entrant, Extreme, Hely-Tech, and Ultrex.

Bring extra hand covering - mittens are warmer than gloves.

Bring 2 changes of socks per day.

**DO NOT WEAR COTTON UNDERWEAR, TEE SHIRTS or COTTON SOCKS!!!!**

**DO NOT WEAR COTTON JEANS OR HOODIES. THEY DON'T INSULATE WHEN WET!!!**

**DO NOT WEAR SNEAKERS!!!**

**Boots** - It is very important to wear the right boots when winter camping. Wear insulated winter snow boots with one-piece injected rubber outsoles of such brands as Columbia, Sorel, Kamik, Asolo and Merrell. Boots should be loose fitting with enough room for thick socks - tight boots restrict circulation and will make your feet colder. Scouts should be encouraged to try on their old boots from last year to see if they still fit.

**DO NOT WEAR SNEAKERS!**

All Scouts should be properly clothed; waterproof footgear, heavy socks, jackets, gloves, etc.

**Inadequate clothing will disqualify a Scout.** Each participant will be checked for adequate cold weather clothing and footgear by the District Inspection Team. Any team member not complying with team specifications will be disqualified. Unit leaders will be responsible for their teams.

**ANYONE ATTENDING THE KLONDIKE DERBY WITH IMPROPER FOOTWEAR WILL BE SENT HOME.**

This includes sneakers, street shoes and similar footwear. Suitable boots for winter are an absolute must. Be sure that everyone has re-waterproofed his boots prior to the Klondike Derby.

### **Winter Camping Personal Equipment**

#### **Clothing**

- Class A Uniform (required for travel)
- Winter boots & extra shoes
- Nylon ski pants/bibs
- Sweat suit or pajamas
- Long John pajamas
- Outer nylon jacket
- Wool sweater
- Socks(@ 2-3 pairs)
- Boot Socks (2 pair)

- Tee Shirts (polyester or fleece types; no cotton shirts)
- Fleece hooded jacket or shirt
- Nylon wind/sport pants (1 pair)
- Underwear(@ 2 pairs)
- Ski Hat and/or Balaclava -
- Ski gloves and camp gloves

### **Tent/Camp Items**

- Backpack
- Sleeping bags (2) and blankets
- Foam mattress (no air mattress)
- Plastic ground cloth
- Towel
- Personal First Aid Kit
- Canteen or water bottle

### **Toiletries**

- Personal Medicines
- Comb
- Soap &/or antibiotic lotion
- Deodorant or antiperspirant
- Toothbrush & Toothpaste
- Toiletry bag
- Ear plugs (for those who need quiet to sleep)

### **Miscellaneous Necessities**

- Merit badge book
- Watch
- Sunglasses or Ski goggles
- Wallet & money

### **Optional Items**

- Disposable Camera
- Light jacket or wind breaker
- Folding knife
- Small camp pillow
- Day pack or fanny pack (to carry lunch/extra

### **THINGS TO REMEMBER: SATURDAY!**

**DON'T SWEAT TOO MUCH! WEAR LAYERS AND REMOVE THEM AS YOU WARM UP NO COTTON! NO JEANS!**

**WATER PROOF YOUR BOOTS**

WINTER CAMPING

**Be Prepared**

It is extremely important to have equipment shakedown and practices before coming to Klondike. One suggestion is to distribute the list of required equipment, and have a "demo" night to make sure that all Scouts and parents understand what clothing and equipment are essential to have a good experience. Inadequate or improper clothing for winter weather conditions can result in cases of frostbite and hypothermia.

After the Scouts have had a chance to put together their equipment and clothing, have a mandatory "shakedown" inspection meeting where each Scout is required to bring all equipment and clothing they will use at the Klondike and/or at pre-Klondike practice(s). Make sure that any deficiencies are corrected well before Scouts leave for Klondike. This is a good way to make sure each Scout has a positive experience that makes them want to come back again. If you need help please attend the Winter Camping training in December.-

## **SLEEPING**

### **Tents**

- Leave the tent flaps/zippers vented a bit, it cuts down on interior frost.
- Use a ground cloth to keep tent from freezing to the ground.

**Sleeping bag-** should be winter zero bag or below.

- Use a sleeping bag that is appropriate for the conditions. Two +20Qf sleeping bags, one inside the other will work to lower the rating of both bags.
- If you don't have a cold weather bag bring two and put one inside the other if you don't have two sleeping bags then you need to bring multiple blankets (preferably wool). The goal is to be comfortable, this can take some experimentation if you are too warm and start to sweat, you will get colder than if you were slightly cold to begin with.
- Use a bivvy sack to wrap around your sleeping bag. You can make a cheap version of this by getting an inexpensive fleece sleeping bag. It isn't much more than a blanket with a zipper but it helps lower the rating by as much as 10 degrees.
- Use a sleeping bag liner. There are silk and fleece liners that go inside the sleeping bag. They will lower your sleeping bag's rating by up to 10 degrees. Or buy an inexpensive fleece throw or blanket and wrap yourself in it inside the sleeping bag.
- Most cold weather bags are designed to trap heat. The proper way to do this is to pull the drawstrings until the sleeping bag is around your face, not around your neck. If the bag also has a draft harness make sure to use it above the shoulders and it snugs up to your neck to keep cold air from coming in and warm air from going out.
- Don't burrow in bag (it will cause ice to form in your bag because the condensation in your breath) keep your mouth and nose outside the bag. Moisture from your breath collecting in your bag is a quick way to get real cold. Keep the inside of the bag dry.
- A towel! Depending on the temperature a towel may be necessary to cover your face. A regular kitchen towel would do.

- Put a trash bag over the bottom half of your sleeping bag to help hold in the heat. A zipped up coat pulled over the foot of a sleeping bag makes an extra layer of insulation.
- Bring a piece of cardboard to stand on when changing clothes. This will keep any snow on your clothes off your sleeping bag, and help keep your feet warmer than standing on the cold ground.
- A space blanket or silver lined tarp on the floor of the tent or under your sleeping bag will reflect your heat back to you.
- Blankets! A fleece throw is a handy thing to have in order to fill the dead space in your sleeping bag.
- Don't smoosh your sleeping bag, pack it loosely so that it serves its purpose and warms you.

**Ground sleeping pad** - one minimum - two is better- you lose a significant amount of heat while sleeping to the ground (or snow if we are sleeping on that).

- Don't sleep directly on the ground.
- Don't sleep on Air mattresses unless you have a sleeping pad on top.
- Do not sleep on a cot. Cold air circles your body and makes you colder.
- Get a closed cell foam pad to provide insulation between your sleeping bag and the ground.

A foam pad cushions and insulates. The air pockets are excellent in providing good insulation properties. Use more than one insulating layer below you - it's easy to slide off the first one.

- In an emergency, cardboard makes a great insulator. Old newspapers are also good insulation. A layer of foam insulation works too.
- Ground insulator ideas: bubble insulation/ensolite pad/newspaper/foam insulation/dry leaves/ cardboard.
- Tip: *put your coat (if dry) underneath or on top of your sleeping bag for extra insulation.*

### **Sleeping Clothes**

- **Socks!** Change your socks, in this case it does not matter whether or not your socks are cotton.
- Cotton blend, a wool blend, down booties, as long as your feet are dry.
- **Hat!** Wear a hat to bed! As long as it is dry, covers your ears and neck and keeps you warm it qualifies. Even in a mummy sleeping bag.
- Change into **CLEAN DRY CLOTHES** before bed. Your body makes moisture and your and your clothes hold it in - by changing into dry clothes you will stay warmer and it will help keep the inside of your sleeping bag dry. Wearing wool socks and long underwear (tops and bottoms) in the sleeping bag is ok.
- Put on tomorrow's t- shirt and underwear at bedtime. That way you won't be starting with everything cold next to your skin in the morning.
- Put tomorrow's clothes in your bag with you. That way you don't have to warm up your clothes after putting them on. Save energy and keeps you warmer.
- Put a couple of long-lasting hand warmers into your boots after you take them off. Your boots will dry out during the night.

### **Other Sleeping Considerations:**

- Make sure to use the bathroom before bed because as you get COLDER as you attempt to hold your bladder, **Drink all day, but stop one hour before bed.**
- **Eat a high-energy snack before bed, then brush your teeth. The extra fuel will help your body stay warm.**
- **Take a snickers bar with you if you wake up chilly in the night. The added carbs will keep you warm.**

### **Hypothermia:**

The best prevention is working at a pace which minimizes getting sweaty and saturating your clothes with water, good preparation (sufficient dry & appropriate clothing), and avoiding drinking ice water, or eating snow, which will cool down your core temperature. Freezing rain is frequently more dangerous than snow, and Signs & symptoms (Characteristics are the 'umbles' mumbles, stumbles grumbles etc)

A person with hypothermia usually isn't aware of his or her condition, because the symptoms often begin gradually and because the confused thinking associated with hypothermia prevents self-awareness. Use of the 'Buddy System' helps with early hypothermia detection.

**Shivering is your body's automatic defense against cold temperature - an attempt to warm itself. Con-stant shivering is a key sign of hypothermia. Signs and symptoms of moderate to severe hypothermia:**

- Shivering
- Clumsiness or lack of coordination
- Slurred speech or mumbling
- Stumbling
- Confusion or difficulty thinking
- Poor decision making, such as trying to remove warm clothes
- Drowsiness or very low energy
- Apathy or lack of concern about one's condition
- Progressive loss of consciousness
- Weak pulse
- Slow, shallow breathing

**Treatment: At the Klondike Derby seek medical help at Turner Building.**

Mild hypothermia can be handled by changing into dry clothing and getting into a sleeping bag until they feel better. If severe, warm water bottles placed under the armpits and between legs (groin area) will help speed recovery. Severe hypothermia- evacuate to hospital.

Frostbite: Prevention is typically prevented by limiting your time in the outdoors- this can be a challenging when camping. although returning to your tent can get you out of the wind. Dressing in layers and a good 'shell' layer will help keep the wind out. Exposed skin is the highest risk area. Use hats which cover the ears, a facemask, scarf etc and goggles to help prevent frostbite. Use of the 'Buddy System' helps with early frostbite detection since you buddy may see this develop before you notice it. If you suspect frostbite (i.e. you see an area on the face), remember to check fingers and toes as well.

Signs and symptoms of frostbite include:

- A slightly painful, prickly or itching sensation
- Red, white, pale or grayish-yellow skin
- Hard or waxy-looking skin
- A cold or burning feeling
- Numbness
- Clumsiness due to joint and muscle stiffness
- Blistering, in severe cases

Frostbite typically affects smaller, more exposed areas of the body, such as your fingers, toes, nose, ears, cheeks and chin. Because of area numbness, you may not realize you have frostbite until someone else points it out.

**Frostbite occurs in several stages:**

**Frostnip.** The first stage of frostbite is frostnip - a mild form of frostbite in which your skin turns red and feels very cold. Continued exposure leads to prickling and numbness in the affected area. As your skin warms, you may feel pain and tingling. Frostnip doesn't permanently damage the skin.

**Superficial frostbite.** The second stage of frostbite appears as reddened skin that turns white or very pale. The skin may remain soft, but some ice crystals may form in the tissue. Your skin may begin to feel deceptively warm - a sign of serious skin involvement. If you treat frostbite at this stage, the surface of your skin may appear mottled, blue or purple as it's warmed or thawed. With warming, you may notice stinging, burning and swelling. A fluid-filled blister may appear 24 to 36 hours after rewarming the skin.

**Severe or deep frostbite.** As frostbite progresses, it affects all layers of the skin, including the tissues that lie below. You may experience deceptive numbness in which you lose all sensation of cold, pain or discomfort. Joints or muscles may no longer work. Large blisters form 24 to 48 hours after rewarming. Afterward, the area turns black and hard as the tissue dies.

## FOOD FOR THE KLONDIKE DERBY

When considering food for your winter Klondike, keep these fundamentals in mind:

### Keep it Simple

- preparation is the key to success.
- freezing temperatures is difficult at best.
- require little or no cooking or preparation.
- taking foods that can be eaten cold if necessary.
- in sealed bag pouches are great.

Simplicity of food

Cooking in sub-

Select foods that

Also consider

Meals packaged

### Prepare High Calorie Food

- produce sufficient energy to keep you warm.
- and fatty foods are best for long lasting energy.
- quick energy and is hard on your teeth.

High calorie food

Carbohydrates

Sugar produces

### Tasty Foods

- of your group will like.
- essential for staying warm, so make eating as pleasant as possible.

Foods that most

Eating is

### Hot Drink Mix

- hot chocolate, and hot Jell-O are popular on cold winter days.

Instant soups,

### Written Menu

- as a guide, develop a grocery list of needed food and supplies.
- make sure you are buying plenty of everything.

Using your menu

Do not skimp;

### You Need More Food Than Normal

- quantities of food and beverages are required for winter camping than for summer.
- require as much as 50% more food to keep warm in winter and perhaps even more than that for severe weather conditions.

Greater

Your group may

require as much as 50% more food to keep warm in winter and perhaps even more than that for severe weather conditions.

• A generous supply of emergency food should be included in your provisions.

• Remember that food produces the energy to keep you warm. Have your Scouts eat a good hot breakfast before they arrive.

### **Boiling Water**

• Be sure to cover your boiling water to keep a correct temperature.

### **Food Storage**

• Food and water will freeze fast if not properly packaged.

• **Food and water stored in a COOLER will keep from freezing longer than items left outside.**

### **Dehydration**

• **Drink more water!**

• When the air temperature is below the freezing point there is less moisture in the air so more water is lost through breathing.

• Working in the cold uses more energy so you can really work up a sweat {water loss}.

• Water bottles left outside can become frozen limiting your water supply.

• You can sleep with your water-bottle inside your sleeping bag to keep them from freezing.

• Alternative y you can bury them in the snow to keep from freezing although the water tempera- ture will be colder.

• Remember there is no running water on-site, so make sure you have an adequate supply.

## **Camp Rules and Policies**

### **Scouts BSA Registration Required**

National Policies concerning adults accompanying a unit during resident camp or other Scouting activity must be registered as a leader with-National, completed Youth Protection Training including a criminal background check, and have an official medical form signed by a physician. *This measure only applies to adults who stay at Scouting events for 72 hours or more.* Adults who stay under 72 hours need only Parts A and both of B of an official medical form and may request a computer to complete online Youth Protection Training.

### **Camp Vehicle Policies**

Please read and review the *Camp Hugh Taylor Birch Vehicle Policy* in the appendix. All adults driving on camp must complete this form.

### **Footwear**

Open toed shoes are prohibited on camp property.

### **Electronics**

All electronics are prohibited on camp property unless given permission by your Scoutmaster.

### **Town Mayor authority, and Scout accountability.**

All Town Mayors are the pinnacle of authority and responsibility within their town. Neither Klondike Derby Chair nor Ranger will interfere unless a serious risk or behavioral problem arises.

### **Prohibited Items**

#### **Alcohol**

Alcohol is forbidden on any Scouts BSA camp and has no place at Camp Birch. Any person found with alcohol will be removed immediately, and asked to leave camp. A right of refusal to refund is applicable at this point.

#### **Smoking, Vaping, dipping, or other nicotine usage**

Nicotine use is discouraged by Scouts BSA, and is not allowed on Camp Property. The only proper place for smoking on camp property is in the Parking Lot, within a personal vehicle. This includes any device, electronic or otherwise which involves nicotine. Any violation of this policy will result in expulsion from camp property, and a right of refusal to refund.

#### **Illegal Drugs, Narcotics, or unregistered prescription medicines**

All prescription medicines must be turned into the Camp Medic or held in a provided lock box by an adult 18 years of age. The possession, usage, or distribution of illegal drugs will result in immediate expulsion

from camp property and a call to local authorities, and a right of refusal to refund.

#### **Other Prohibited items:**

Hammocks, fireworks, sheath knives, personal firearms, bicycles, bows, arrows, ammunition, pets or other possibly dangerous items. Any violation of this policy will result in expulsion from camp property, and a right of refusal to refund.

### **Animals and Service animals**

Any pets, regardless of size or impotence are prohibited on camp property. Service animals are also prohibited on camp property without approval from Camp Ranger. Emotional Service animals are prohibited without question.

### **Visitors**

Visitors who are coming onto camp must check-in at the camp office. Unregistered visitors, without proper Youth Protection training, while also disobeying camp policy will be asked to leave.

### **Check-In/Check-out**

Regardless of physical readiness, or excellent planning, no unit or individual may be checked in any earlier than the posted time unless otherwise directed by the Camp Director.

Unit Leaders will be asked to check their campsite completely before leaving camp and stopping at the McMillan building for a final check out. Also bring up all trash to Dining Hall dumpsters before leaving your campsite. Have a safe trip home!

### **Early, or Temporary Release of Participants**

Camp administrators are not responsible for individual participant releases, but instead the leaders of the unit are to make those decisions.

### **Medical**

**Please see Medical section.**