

2015 Klondike Derby Leaders Guide

Hosted By: The Scatacook and Pomperaug Districts



January 16 - 17, 2015
John Sherman Hoyt Scout Reservation
Redding, CT

CONTENTS

Contents

WELCOME! 3
 Camping..... 5
 Schedule..... 5

KLONDIKE: Sled Equipment List 10

KLONDIKE: Special Instructions..... 12

2015 KLONDIKE DERBY: Program Schedule..... 14

KLONDIKE Safety: Hypothermia 19

Laws of Layering.....20

One Suggested Klondike Derby Sled..... 15

WELCOME!

The Scatacook District, Pomperaug District and the Newtown Scout Troops are excited to host the 2015 Klondike Derby. We are excited this year to bring you a 'Super' program of events for the scouts to test their skills, knowledge and teamwork. If you have not already guessed, the theme for this year is Super Heroes.

Please carefully read through this Guide to be sure that we have covered all of the details for this year's event and if there any questions, please contact our Event Chairman, one of the Host Troop Contacts or our District Chairman. We also ask that you be sure to cover as much of both the Derby and Campout details with your scouts and adult leaders before the event.

Finally, please be sure to submit your 2015 Klondike Application Form to our District Executive no later than January 9th. Do not delay as we need as accurate a count as possible of units and patrols so that we can prepare in advance for your arrival. Please be sure to fill out the registration form completely as it has some important information we need for the final planning.

Thank you,

Klondike Derby Committee

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SCATACOOK & POMPERAUG DISTRICT'S CONTRIBUTION TO BSA'S GOOD TURN FOR AMERICA

Each sled is asked to bring non-perishable food items for donation .

Please bring your donation to the Check-in Station on Saturday morning at the beginning of the event.

2015 KLONDIKE Details

The 2015 Klondike Derby will entail a series of challenges/quests for each Patrol, Den or Crew of Scouts will need to complete. Each station will be judged & awarded points awarded based on how well each team performs the assigned task which will also include aspects of leadership, teamwork, and Scout Spirit. There will also be random opportunities for extra spirit points throughout the event.. Each sled will be given a map with an assigned route to their Stations that must be completed in the specified order. In order for each team of Scouts to pass the tests they must rely on their leadership, teamwork, Scout Spirit, Scout skills, their sled, equipment, food, and water. Boy Scout Patrols and Webelos Dens will pull/push their Klondike Sleds. Crews of Venturers are NOT required to use sleds.

While Adult Leaders may accompany each team, Adults are NOT to assist Scouts while at any station. Except in extraordinary circumstances Adults may NOT accompany Crews of Venturers or Senior Boy Scouts (Star, Life, and Eagles). **Points will be deducted for Adult involvement and assistance with Boy Scouts while completing various events. The only involvement of an adult with a sled is if a health or safety situation arises.**

Webelos Den Leaders (and other Parents) are considered part of the Den, and may assist their Webelos Scouts without penalty. However, Leaders are encouraged to let the Webelos Scouts perform as much of an event as they are capable and bonus points may be awarded for independent performances that are exceptionally well done. A maximum of 1 point per Scout and 5 per sled at the discretion of the station master.

During lunch break, the scout teams will be provided a location to cook a foil meal. All competition will be halted during lunch.

WEATHER

Winter weather will be a challenge and concern for Scouts during the Klondike. As seen from past Klondike Derby's, temperatures can range from -10 to +55 degrees, with wind chills as low as minus 35 degrees. The weather can include snow, rain, sleet, or sunshine, sometimes all in the same day. **Scouts (and Scouters) must be appropriately dressed for the weather, or they will not be allowed to participate.** That means long underwear, hats and gloves, wool or synthetic socks, boots (NOT sneakers), and layers of outerwear. COTTON KILLS and should not be worn. Rain gear (rain coat, poncho, etc.) must be carried or be available for each Scout on the sled or in daypacks.

Camping

Units camping on Friday night will be assigned an area based on the number of tents you indicate as required for your scouts, an appropriate area allocated for adult tents and a general area for setting up a cooking area. Units should check-in with a Klondike staff member upon arrival on Friday at the pavilion closest to the parking lot. Please register no later than 1/9/15 to allow for the Klondike committee to efficiently assign space. Late registrations will be put at the end of the list and may be subject to less than ideal arrangements. Consistent with safe scouting guidelines, Webelos will not be permitted to camp. There are no exceptions to the national BSA policy. There is NO camping on Saturday night.

Schedule

The Klondike will start Friday evening with a *Scouts Own Service* at 8:00 PM, followed by the "Welcome" Bonfire at 8:15 PM. Boy Scout and Venturing Units are invited to camp overnight at Hoyt Reservation on Friday evening as long as each Scout and Scouter is prepared for cold weather.

On Saturday, Boy Scout Patrols and Venturing Crews will start Klondike Derby events from 8:30 AM through about 9:30 AM. Each Patrol will be given a specific start time – and start times are assigned on a 'first-come...first-served' basis during check-in. Events will be completed by about 4:00 PM. Units should plan on departing Camp no later than 5:00 PM on Saturday.

Webelos Dens will begin their Klondike Derby events from 9:45 AM and end about 3:00 PM. Each Den will be given a specific start time, again on a 'first-come...first-served' basis. Events will be completed by about 3:00 PM. Webelos Units should plan on departing Camp by about 4:00 PM. Webelos are encouraged to participate at every station and scoring rules will be adjusted to make sure it is fair for Webelos.

Sled check-in

In the morning, Troop leaders will be required to check each sleds and patrols participating in

the Klondike before embarking on their first station. This 'self check-in' process will assist in reducing the long wait lines in the morning that have previously been noted. Troop leaders will be provided a checklist to review with the scouts and inspect the sleds for safety & required materials. Once the Troop Leader's have handed in their inspection checklists, their patrols will be able to proceed.

Each Crew Leader, Boy Scout Patrol Leader or Webelos Den Leader will responsible during sled inspection of their sled (or for Venturers/SPL scouts – their gear) and will present instructions to his group on preventing hypothermia. The leader will also assign an “Observer” within his group to keep track of everyone’s health, and make sure each scout is prepared for the weather, and is able to continue participating throughout the Klondike. Information on hypothermia has been included in this packet as a reference for your convenience.

In the event of severe weather, an e-mail and phone chain will be used to notify Unit Leaders of the postponement (or cancellation) of the Klondike. All cancellations will also be posted on both the Scatacook District web site home page at <http://www.ctyankee.org/districts/scatacook/news> and the Pomperaug District page at <http://www.ctyankee.org/districts/pomperaug/news>. The web site will also post a “Go” for the Klondike, in case of doubts about the weather.

KLONDIKE: Super Stations

Each Station has been created and designed to encourage participating patrols and scouts to have fun while using their best individual and teamwork skills to complete the task. The following provides the Station number, a description of the activity or task that must be performed, the basic scoring details, as well as the individual storyline behind these creative events.

Introduction - Storyline

Over the years, we have come to know super heroes to swoop in, battle the bad guys, and save the day. But, then they leave after their triumph and move to the next adventure. Few of them remain around to help out those that have been injured or even clean up in the wake of the collateral damage that they have caused.

Ever vigilant, this is where you as Scouts come into the picture to help where it is needed with the skills and knowledge that you have. Understand this, Heroes are not defined by the super powers that they have but by their thoughts and actions. Look around sometimes and you will see heroes around us called into action from police to firefighters to emergency crews and every day people. Today is the day where the Scout, with all of the knowledge and skills that you have learned, will raise up & become 'super'!

1. Station Alpha - First Aid (Troop ?) - Webelos skill

Scouts, we need your help! Continued battles with the Hydra has caused collateral damage to the civilian population. This is the triage location where we assess those that have been injured. You have 20 mins. to diagnosis and properly treat as many as you can.

Subject 1 - broken arm

Subject 2 - Shock

Subject 3 - Head wound

Subject 4 - 2nd Degree Burn

Subject 5 - Hypothermia/ Frostbite

2. Station Bravo - Lashings (Troop ?)

Scouts, our communications array is damaged and we can't get our dish high enough to send a signal out for support. Can you create us one of those tall flagpole, tripod things that we hear scouts can do? We have 20mins to get a sign out on time.

(Scouts sleds should have poles and rope to create this. Otherwise use branches from the surrounding area.)

3. Station Charlie - Knot Tying (Troop ?) - Webelos skill

Scouts, we need you to educate our special units how tie some of those fancy knots that you do. You see, we've spent so much time learning tactics, strategy, and weapons that we didn't learn the basics about knot tying in the field. I bet you guys know more knots than Captain America! Can you help us learn some of the knots that would help us further?

Sheep Shank

Tauntline

Bowline

Sheep Bend

Two - half hitches

Lark's Head

4. Station Delta - Waste disposal (Leave No Trace) (Troop 370) - Webelos skill

Scouts, after the battle, we have to clean up all of this debris that is scattered around. The Hulk seems to like to 'SMASH' too much, sometimes. Some of us are considering just chucking the waste into the nearby woods to get it out of the way. But, we weren't sure if that would cause any damage. Can you tell us about this 'Leave No Trace' thing we've heard about and what we should do with the following materials?

Contaminated Water

Iron beams

Wood planks

Trash

Human Waste

Etc.

5. Station Echo - Fire building (Troop ?)

Scouts, Our specials are freezing out here and we don't have the skill to build a simple fire to keep us warm. We could ask Sunspot or one of the other super heroes around to light it up. But they are never around when you need them. Can you do us a favor and get a fire in about 20 mins. so we can get warm & get back into the action?

(Scouts should have material within their sleds to create a fire)

6. Station Foxtrot - Shelter Building (Troop ?) - Webelos skill

Scouts, this situation looks like it's going to take us longer than we anticipated. No one thought to bring tents or shelters to stay overnight here. Can you help us out by creating a 'shelter' thing out of the materials in the woods for tonight?

7. Station Golf - Orienteering (Troop ?) (alternate will be snow shoe race depending on snow)

Scouts, we need your handy help with some advanced recon to find a clear path to get some civilians safely away. Here is a map with a suggested path to safety. We need you to tell us what are the compass coordinates for each line to the next point, and how many paces it will be. Report back when you have completed the entire path.

8. Station Hotel - Sled - Race (Troop ?) - Webelos skill

Ok, Scouts, we need you to use that handy sled of yours to quickly get across the field, pick up one of our injured agents, and bring him back as soon as possible! We'd ask Quicksilver to do this for us, but you know he doesn't seem to keep his focus too long.

(Scouts can empty out their sled and race across an open field 100yds away, pick up another person, and race back. Everyone gets points for completing this. But the top 5 will get additional points for overall competition for their speed.)

9. Station India - Signal Flag (Troop 70) - Webelos skill

Listen up, our coms are down and we have an urgent message to get back to HQ. We need you to take this message translate it using signal Flags to the group across the field. Here's a code book to help you figure out how to send it.

(Patrol splits into two groups. One group will start by sending a message/ question to the other group. The receiving group must translate and send an answer back. Questions can be determined by the hosting troop).

10. Station Juliet - Two man saw (Troop 70)- Webelos skill

It's getting a little cold our here. It's not like we are all made from the flame like the Human Torch from the Fantastic Four. We need you to cut up some wood for us as quickly as possible.

(Two man saw station will be set up with 8" dry logs).

11. Station Kilo - Rescue Sled (Troop ?) - Webelos skill

Patrol, we have a dangerous situation on the ice. One of your team members is stranded on the sled surrounded by thin ice. You need to throw a line to him and pull him back to safety. This is delicate matter so I will need to tell you which knot will be best to us.

(Patrol sends one patrol member out onto imagery ice pond in their sled. This scout should know knots well. The remaining scouts will stand 15 yds away and throw a rope to him. While the rope is in mid air, the station guide will call out a specific knot to use. The scout will then need to attach the rope to the sled using that knot and get pulled back to safety by his patrol.

Webelos will be provided a rope with a monkey fist to attach to the sled)

12. Station Lima - Team Building (Troop 370) - Webelos skill

Scouts, we have some hazardous material on the field over there. Tony Stark said he would send us one of his robot units to pick up, but we're still waiting. We need you to work together to pick up the container, move it across the field slowly, and place it in a safe storage unit for transport away.

(Scouts use a 5 person rope harness attached to springs to pick up a container, walk it 10 yrs and place it in another container without dropping it).

KLONDIKE: Sled Equipment List*

Other than your personal gear or any other items that you want to carry on your Patrol's sled, the following items are mandatory and must be on your sled (or person) during the initial Sled Inspection at the start, throughout, and at the finish of the Klondike Derby:

- **EACH SCOUT SHOULD BRING A CUP/MUG AND A PACKET OF HOT COCOA**
- 10 lengths of rope, each 5-6' long, depending on Cubs, Scouts, and Venture.
- 2 Poles between 6-8 feet
- Rain Gear (raincoat, poncho, etc.)
- Fire starting materials (matches, lighters, lint, shavings, tinder, fatwood, etc.)
- Compass
- Basic first aid kit. (Venture Crews/SPL scouts need complete kit.)
- Scout Handbook
- One Totin' chit
- One Firem'n's chit
- Water- 1 quart for each scout in Patrol
- Lunch- individual foil meal or each scout (*meat ingredients should be pre-cooked*)
- Sled w/tow-ropes
- Proper footwear and clothing
- Can donations
- Patrol Roster
- Patrol flag
- Patrol yell or chant
- Gallon zip-lock bag
- Garbage bag for trash and discarded items during the competition
- TWO 6 x 8 tarps
- Ground pad (optional for day visit/ imperative for overnight camping)

KLONDIKE: Station SCORING

The Klondike Derby scoring system will utilize a pre-printed score card, with spots to “punch- out” the score that a unit earned. Each station will be given a hole punch.

Stations scoring is 0 to 10, some bonus points, points can be lost for poor scout spirit

<u>Station# or Event</u>	<u>Minimum Points</u>	<u>Maximum Points</u>
1. First Aid	5	10
2. Lashings	5	10
3. Knot Tying	5	10
4. Leave No Trace	5	10
5. Fire Building	5	10
6. Shelter Building	5	10
7. Orienteering	5	10
8. Sled Race	5	10
9. Signal Flags	5	10
10. Two Man Saw	5	10
11. Sled Rescue	5	10
12. Team Building	5	10

Stations suitable for Webelos Dens have been marked as 'Webelos Skills'. Webelos Dens should exhibit lots of Scout Spirit and complete assigned tasks to the best of their ability to receive a score of 10. Den scoring will be somewhat more flexible than Patrol scoring.

Patrols arriving the night before will have an opportunity to earn 2- 5pts additional if they prepare a skit to show their scout spirit during the Evening Campfire.

This year, we will initiate the awarding of a permanent Klondike Trophy that will have a small plaque each year for the top patrol. There will be one of the Scouts/ Venturers and one for the Webelos. It will be the Scoutmaster's responsibility of the winning patrol to ensure the safety of this trophy until the following year.

And remember that appropriate Scout Spirit is courteous, kind, friendly and includes sportsmanship and positive team support.

KLONDIKE: Special Instructions

1. All Units must pre-register in order to receive a 2015 Klondike Derby Patch.
2. All Crews, Patrols and Dens should arrive 15 minutes before their start time on Saturday Morning. Only the Crew Leader, Patrol Leader or Den Leader will check-in at Headquarters. At the check-in, each sled team and Crew will be given a set of instructions, a map of the course and events, and a score sheet. All events must be completed in the assigned order, shown in the instructions.
3. Parking is very limited. Carpooling is essential. Please plan accordingly. **Unit Trailers will enter via the main entrance, unload their gear. Guides will be available to help with Parking**
4. A Registration Application form is included in this package. Units should register ASAP. Units wanting to camp on Friday night, January 16th, must pre-register. NO WALK-INS, PLEASE.
5. **All CAMPING Units MUST bring sufficient water for their own cooking and cleaning at their campsite.**
6. All trash must be packed out, including trash generated on the trail. Each Crew, Patrol or Den must bring at least one heavy-duty garbage bag, and use it.
7. Prizes for 1st, 2nd, and 3rd place (as measured by total points) will be awarded for (a) Boy Scout Patrols or Venture Crews and (b) Webelos Dens. Our plan is to present all awards at the conclusion of the day's events, approximately 4 PM. Event patches will be handed out to each Troop and Pack when Patrols and Dens turn in their score cards on Saturday afternoon. Units must have registered at the start to receive patches.
8. Fuel Use - See Guide to Safe Scouting. No drugs or alcohol permitted at a BSA event. No exceptions.
9. The First aid stations will be at the heated Pavilion station. **Report ALL injuries to Headquarters Pavilion.**
10. Each Troop, Pack or Crew must provide two adults to serve on staff; staff members from units running stations will be assigned to supervise their Unit's station during the event. All other staff members will be used as needed for various tasks. Names and phone numbers should be listed on the Registration form. Volunteers should report to Headquarters by 7:30 AM on Saturday, and should be available to serve until 4:30 PM. Volunteers should dress appropriately, as they will be outdoors all day. Station Managers will assist with keeping track of time.

11. A Tour Plan is not required for Klondike Derby for Connecticut Yankee Council Units. A Unit Insurance Certificate is also not required.
12. In the event of severe weather on Friday or Saturday, requiring postponement or cancellation of the Klondike, Unit Leaders will be contacted by phone or e-mail. Should the event be cancelled, Hoyt Scout Reservation will be closed for camping and the event re-scheduled. Additional information will be available on both the Scatacook District and Pomperaug District websites. If necessary, a Go/No-Go notice posted to the web site by 12:00 PM on Friday.

Proper Footwear and Clothing: Scouts who are not appropriately dressed for the weather will not be permitted to participate. That means warm boots, long pants, heavy jacket, gloves, hat, and rain gear. *Remember cotton kills.* Troop Leaders are responsible to police their patrols before they are sent out to participate with the Klondike. We suggest communicating to parents early to make sure the scouts are properly prepared. Most important, please make sure that all scouts have two pairs of gloves in the event of snow.
13. Leave-No-Trace: Please use only above-ground fire containers (grills, tubs, stoves, etc.) or existing site fire rings. All trash must be carried out by each unit.
14. Lunchtime: Please ensure that every Scout in your unit has a foil meal for Saturday lunch. Any meat should be pre-cooked. Charcoal fires will be available at each Klondike Derby "Quest Station". Horns will sound at noontime for each patrol to stop at a station and have their lunch. Charcoal fires should be started by each Station supervisor by 11:30am in preparation for lunchtime cooking. Remember that there will be a large number of Scouts/Scouters looking to prepare their lunch, so the foil meals should be pre-cooked and compact in size.
15. Radios: Most Klondike stations staff will have a radio capable of reaching the Headquarters/Emergency First Aid Tent. These will also be used to announce the Noontime "Lunch break." Station supervisors are responsible for their radio – *it must only be used when necessary and it must be for Klondike business only.*
16. Troops hosting stations should bring a camping stove to heat up water for lunch time. Charcoal and will can be provided for the campfires.
17. Scouts will be given 30 mins to transition to the next station and complete the task before moving to the next station (25 mins for skill; 5mins. travel). A signal cannon will be used to indicate transition to the next station.

2015 KLONDIKE DERBY: Program Schedule

Friday, January 16

3:00 PM	Campground open for Units that are camping
5:00 - 8:00 PM	Registration at the Jackson Pavilion.
8:15 – 9:30 PM	Klondike Welcome Campfire hosted by the OA
9:00 – 9:30 PM	Staff Meeting & Leader Cracker Barrel – Jackson Pavilion (For Scoutmasters & SPLs, and Crew Advisers and Crew Presidents) For Station Supervisors & All Other Klondike Staff
10:00 PM	Taps / Lights out

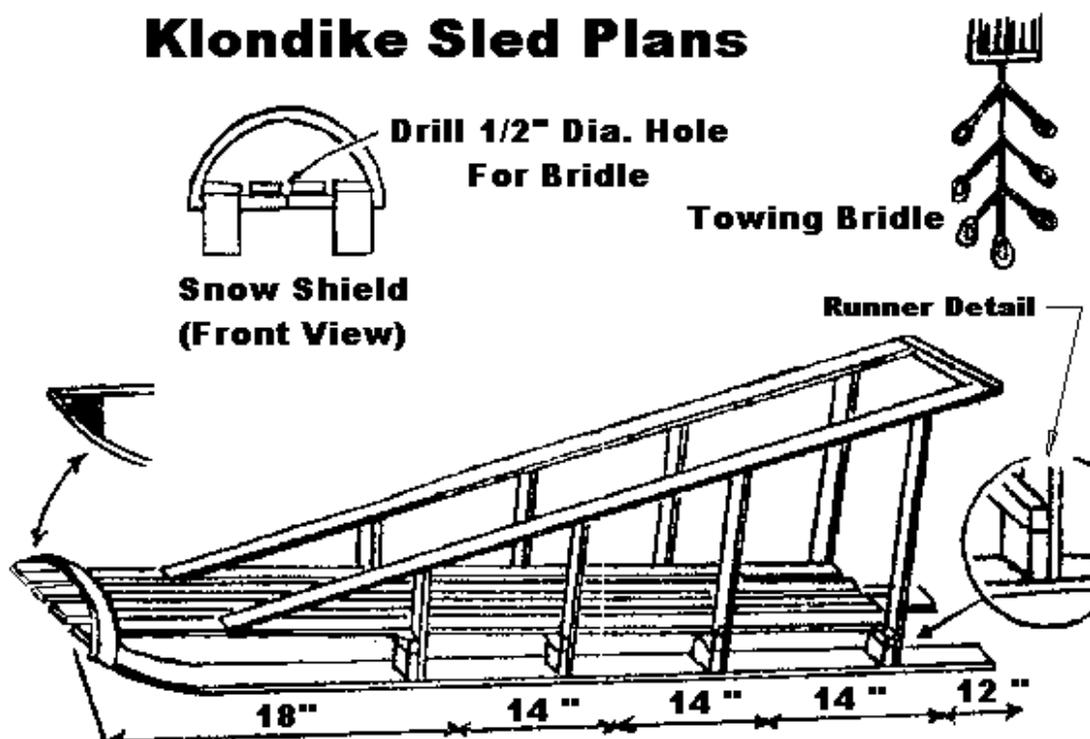
Saturday, January 17

6:30 AM	Revelry
7:00 - 8:00 AM	Registration at the Jackson Pavilion
7:30 AM	Staff Report to Headquarters Tent
8:00 AM	Opening Flag Ceremony
8:30 AM	Start Klondike*
	* Each Unit should report to Headquarters 15 minutes before start time
12:00 – 1:00 PM	Lunch – (Cannon will sound) Units to cook foil meals on the Trail at stations using charcoal fires
3:45 PM	All Stations Now Closed – No new starts at stations
4:00 PM	Sleds Turn in Scores to HQ -- ALL SCORE SHEETS MUST BE TURNED IN
4:30 PM	Klondike Derby is over. Results will be announced at the Feb. Roundtable. Units - please leave your camp and camp site in BETTER condition than you found it; pack out ALL trash. Awards & Closing Ceremony

One Suggested Klondike Derby Sled

Approximate Dimensions: HEIGHT = 40 inches, LENGTH = 6 feet, WIDTH = 18 inches. Paint your sled bright colors -- varnish the bottom of the runners -- then wax before use! You can add a canvas snow curtain to keep equipment dry. Lace the sides with nylon rope to keep equipment from falling off the sled. Use screws instead of nails and pre-drill pilot holes to prevent splitting. Use glue in addition to screws. An old set of downhill skis or pvc pipe works well as runners. Make your sled strong, but light! Mount a pole on your sled to fly your patrol flag! Use hardwoods such as maple, oak or ash to make your sled. Pine is too soft!

Be Creative!!



Bill of Materials

- 2 pcs. 4" x 1/2" x 6'6" - for Runners (use skis!!)
- 6 pcs. 1" x 1" x 18" - Cross Supports
- 8 pcs. 1" x 2" x 6" - Upright Supports
- 4 pcs. 1/2" x 4" x 5' - Floor Cover
- 2 pcs. 1" x 2" x 12" - Front Upright
- 2 pcs. 1" x 2" x 26" - 2nd Upright
- 2 pcs. 1" x 2" x 38" - 3rd Upright
- 2 pcs. 1" x 2" x 40" - Rear Upright
- 2 pcs. 1/2" x 2" x 6' - Hand Rail - sand smooth!
- 1 pc. 1/2" x 2" x 30" - Front Curved Snow/Ankle Guard
- 1 pc. 2" x 2" x 18" - Tow Bar
- Rope for Towing Bridle - 1/2" Dia. minimum
- Wood Screws
- Wood Glue
- Paint & Varn

SCATACOOK DISTRICT



2015 Official Patrol Roster

Patrol Name: _____ Troop/Crew: _____

Name	Age	Rank	Leadership
			Patrol Leader
			Asst. Patrol Leader

All Information above is correct

Signature of Patrol Leader

Date

Signature of Senior Patrol Leader

Date

Signature of Unit Leader

Date

2015 Scatacook/Pomperaug District Klondike Derby Hoyt Scout Reservation

Type of Unit: Boy Scout Troop _____ Venture Crew _____ Webelos Cub Scout _____
 Unit # _____ Town: _____
 Unit Leader's Name: _____
 Leaders e-mail: _____
 Phone (Home): _____ Cell: _____

- Is your unit camping on Friday Night? Yes _____ No _____
- Is your unit bringing a trailer? Yes _____ No _____
- Will your Senior Scouts be running the Klondike Course? Yes NO

In compliance with Safe Scouting Guidelines, Webelos II scouts are NOT permitted to camp overnight

Patrol Name		Number of Scouts	
Patrol Name		Number of Scouts	
Patrol Name		Number of Scouts	
Patrol Name		Number of Scouts	
Patrol Name		Number of Scouts	

RECOMMENDED MINIMUM NUMBER OF ADULTS PER UNIT IS 4

Each unit Must supply Two Adults to serve on staff the day of Klondike (7:30AM – 4:00PM)

Adult # 1 _____ Phone # _____

Adult # 2 _____ Phone # _____

Approx. # tents _____ How many Patrols? _____

Total # of Scouts: _____ Plus Total # of Adults: _____ Total Attendees: _____

Amount Due: _____

Early Registration before January 9th, \$12.00 after January 9th, \$17.00

Register on line at:

Fax to : (203) 876-6884

Mail completed Form & Check Payable to:

Connecticut Yankee Council

ATTN: Scatacook/Pomperaug

Klondike Derby 60 Wellington

Road, P.O. Box 32

Milford, CT 06460-0032

REMEMBER, THIS IS BOY SCOUTS - MAKE YOURSELF A COPY BEFORE MAILING received by Council On

2015 Klondike Cold Weather Camping Parent/ Scout Confirmation Form

The scout and parent confirm that they have read and discussed the information in the Cold Weather Camping Tips guide and following sections. They also understand that if they attend the winter camping trip - Klondike- unprepared, they will be sent home until properly prepared.

Please sign below and provide to your scoutmaster before attending the Klondike.

Parent/ Guardian _____ Date _____

Scout _____ Date _____

1. Always bring a bit more than what you'll need - food, water, clothes.
2. Bring extra WATER. It's easy to get dehydrated in the winter.
3. Remember C O L D. Clean - dirty clothes lose their loft causing you to get cold. Overheat - never get sweaty, since that moisture can cause problems later. Layers - dress in synthetic layers for easy temperature control. Dry - wet clothes lose insulation.
4. If Camping in the snow, wear snow pants over your regular clothes.
5. Bring extra pair of gloves in case the first pair gets wet (i.e. snow).
6. Bring 2 pairs of socks per day.
7. Always keep your hands and feet warm & dry.
8. Dress right while sleeping. Change into clean, dry clothes before going to bed. Wear a wool cap and gloves while sleeping. 40% of heat is lost from your head.
9. Put the next days clothes into the bottom of your sleeping bag to keep them warm for the next morning.
10. Consider using long lasting hand warmer pads while sleeping down by your feet.
11. Place hand warmers in boots to dry out the inside of the footwear over night.
12. Eat high-energy snack before bedtime to warm your core temperature.
13. Ensure that you have a sleeping bag rated for the right temperature. Consider doubling sleeping bags for extremely low temperatures.
14. Sleeping bag liners or blankets can also assist in a warm night.
15. Never sleep directly on the ground. Use a closed cell foam pad to insulate you from the freezing ground.
16. Go to bathroom before going to bed, so that you do not need to get up middle of the night.

KLONDIKE Safety: Hypothermia

One of the greatest dangers that Scouts and Scouters will face is hypothermia, due to the combination of low temperatures, high exertion, and moderate food and liquid intake.

Before each Crew, Patrol or Den sets out on their adventure into 'emergency situations' – we want avoid any *actual* situations by presenting a briefing on the dangers and signs of Hypothermia during Sled Inspection. An example outline of this 3-4 minute briefing is included below. See also the Scout Handbook and Woods Wisdom.

The Crew Leader, Boy Scout Patrol Leader or Webelos Den Leader will present this training session at the beginning of the Derby, after Registration and Sled Inspection. This training will be observed by the Klondike Derby Staff, and will be scored as an event (from 1 to 10 points). Additionally, the Staff will cover any points missed by the Presenter, and will conduct the entire training session for any Crew, Patrol or Den Leaders not prepared to present it. At the completion of the hypothermia training, the Crew, Patrol or Den Leader will assign one Scout as hypothermia observer – to keep an extra eye on the fellow Scouts and the leader.

No Unit will be permitted to compete in the Klondike Derby without this mandatory training, conducted by and for each Patrol and Den after registration and Sled Inspection.

Additionally, Scouts (and Scouters) must be appropriately dressed for the weather, or they will not be allowed to participate. That means long underwear, caps and gloves, wool or synthetic socks, boots (NOT sneakers), and layers of outerwear. COTTON KILLS and should not be worn. Rain gear should be available for each Scout on the sled (in daypacks).

PLANNING FOR WINTER CAMPING

Most of this information can be found in the Boy Scout Handbook. If you are going to be doing a lot of outdoor activities, this book is an invaluable source of know-how and advice.

"One has to lie deep in the snow to learn how warm and protective it is. A den in the snow confines the body heat like a blanket or overcoat. It is a snug place, no matter how hard the wind may howl. One who holes up in the snow understands better the mysteries of the woods in the winter. He knows why the severe weather grouse squirm their way under soft snow and be quiet. He understands why deer bury themselves in drifts, lying a half day or more with just their heads sticking out. He learns something of the comfort of the bear in hibernation."

William O. Douglas, 1950

Laws of Layering

First rule of fabrics

A layering system is key. But effective layering isn't just a matter of piling one item of clothing over another. What you put on where is important, too.

The new fabrics—as well as new and improved old favorites—give you dozens of choices. Take time to experiment: Everyone's body retains heat and produces sweat a little differently. It may take some fine-tuning to come up with the perfect system.

Under layers

Your base layer is the starting point for moisture and temperature management.

These garments come in several different weights, ranging from lightweight to expedition-weight. Don't overdo it: Even if you plan to hike in subfreezing temperatures, expedition-weight under layers will make you overheat, unless you're headed for places with names like Denali or Everest.

Polypropylene is a common base layer fabric because it wicks sweat away from your body and helps keep you warm. It's inexpensive, but has two major drawbacks: It retains body odor in a big way, and it can't be washed in hot water or put in a clothes dryer because it will melt.

Polartec, a versatile fabric used in everything from base layers to insulation and weather protection, is a big step up: It doesn't retain as many odors, and it often has a brushed, comfortable inner surface. Many manufacturers also offer proprietary blends. All have good moisture transfer properties and don't retain odors.

For those who love wool, *SmartWool* is both a base layer and a shirt for aerobic activities. Unlike synthetics, *SmartWool* fibers capture perspiration in the vapor state, which minimizes odors. The wool itself is soft New Zealand merino wool that is virtually itch-less. And it can be safely put in clothes dryers (unlike older wool clothing).

Another entry into the base layer field is the concept of a base layer that sandwiches three layers into one: a durable outer layer, a wind blocking mid-layer, and an inner wicking layer.

Insulating layers

When it comes to insulation, most hikers have at least one synthetic pile or fleece article of clothing.

Fleece pullovers, vests, zip-up jackets, and pants are available in a variety of weights, measured usually between 100 and 300. The higher the number, the heavier—and warmer—the jacket.

The lightest is 100-weight, useful in pullovers and middle layers as vests, or as an outer layer in warm temperatures. A good all-around choice is 200-weight fleece, because it can be used as either a heavier pullover or a jacket. A 300-weight fleece jacket is so warm that you would use it more often in camp or during rest breaks than while working up a sweat on the trail.

Microfleece jackets have a tighter weave and block wind better, and pile has a rougher texture

and tends to be warmer and bulkier.

Some manufacturers have added other features to their fabrics, like stretchy, form-fitting microfiber or water-repellent treatments. For example, a new 300-weight fleece that features a durable, water-repellent finish, making it useful as an outer layer in light rain conditions. Two-way pit zippers allow excess heat to escape.

And don't forget about your legs: While most hikers don't hike in fleece during the day, fleece pants can be cozy on cold evenings. You'll also use fleece for hats, mittens—and even socks for camp wear.

Insulating fills

Another way to stay warm is with a jacket filled with down or some other insulating fill. Following the layering principle, you don't want one of those heavy-duty jackets that could practically double as a sleeping bag. Instead, have a lightweight jacket that can be part of a layering system.

While down is highly compressible and extremely warm, it does not insulate when wet. Down works better in snow, that can be brushed off. If you're unsure of whether to expect rain or snow, you might opt for synthetic fill instead.

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