



Arapahoe District Klondoree 2014



"Yeti Beach Party"

January 31st - February 2, 2014

Hosted by BSA Troops 444, 628, Front Range EMS Post 1180, and facilitated by Order of the Arrow's White Eagle Chapter!

KLONDOREE

This Klondoree is a 2-day winter camping event with troop competitive events that include Arapahoe District Troops with Troop-sponsored Webelos Scouts for Saturday only. We will have scout skill themed events, fire-starting, rescue techniques, broom ball and good old fashioned winter themed competition! Scout spirit is one of the keys to success in this Klondoree, so come prepared to show off your Yeti Beach Party spirit and patrol chant at each event!!

HOST TROOP's

Troops 444 and 628 and facilitators White Eagle Chapter, have worked hard to bring to you an exciting and fun oriented Klondoree! We look forward to working with representatives from each troop to ensure a balanced and fun scoring environment.

Klondoree Chairpersons: Jeff Read, 303-706-1072 jeff.read@expertcm.com Curtis Letson, 719-200-8681 curtis.Letson@gmail.com

WHEN

Friday January 31st - Sunday February 2nd, 2014. Friday-Sunday

REGISTRATION.

Use District website/Double Knot - www.ArapahoeDistrict.org

If registration is completed early by December 26th: Scouts and adult leaders: \$15.00. If completed by January 18th: Scouts and adult leaders: \$17.00. If after January 18th: Scouts and adult leaders: \$22.00. Registration is \$12 for Saturday day-only participation.

Registrations will close after December 30, 2014. Registrations on the day of the event the cost will be \$22.00 per participant.

Registration fees are non-refundable.

For Troops, campsite selection will be assigned based on number of scouts, registration time, and preference on a first come-first served basis. By selecting your campsite ahead of time, everyone in your unit should know where to go to set up camp. When you arrive at Golden Gate Canyon State Park, the entire troop (Webelos included) should go directly to their assigned campsite(s), then send one leader and your SPL to check-in at registration in HQ cabin - cabin #1 on the attached map.

EVERY person attending must have a completed medical form, Forms can be found at: http://www.denverboyscouts.org/resources/scouting-forms/49794. Forms used for previous District/Council events are also acceptable. Be sure they are still up to date.

Each unit is to provide a roster of participants, both youth and adult. See form at end of packet. The roster form will to be turned in at Headquarters, upon arrival at the Klonderee.

CHECK-IN

Troops are required to identify a minimum of ONE adult at check-in who can help with Events during Saturday.

- From 3:00 pm to 8:00 pm on Friday; and 7:30 am to 8:30 am on Saturday for Webelos and late arrivals.
- Units will have assigned campsites.
- No unit should arrive before 2:00 pm.
- Check-in materials:
 - Roster
 - You MUST bring BSA Medical Forms with Parts A and B filled out for every scout and adult - NO EXCEPTIONS. Your unit will retain possession of these. We will only check to see that you have them.
 - Receipts for payments

For safety reasons, it is very important that every unit check in at headquarters cabin, as soon as possible after arrival at the Klonderee.

Please bring your previously paid receipt. Be ready to pay for any additional participants, checks are preferred or exact cash. Troops may arrive after 2:00 PM to set up camp. You MUST have previously been assigned a campsite. Boy Scout Troops are to proceed to their designated campsite, then send one adult and the SPL to HQ Cabin with necessary fees and paper work.

ALL PARTICIPANTS MUST HAVE PROPER FOOT PROTECTION.

CHECK-OUT

When you unit is prepared to leave, you MUST find a Camp Coordinator and ask for a camp check. Leave No Trace policy will be enforced whether you leave on Saturday or Sunday.

WEBELOS PARTICIPATION

Show Webelos the fun we have in Boy Scouts AND Patrols get extra points for including Webelos in the competitive events!

Webelos dens and patrols are invited to participate at the Klondoree. All Webelos must accompany a sponsoring Troop and should coordinate meal arrangements with that Troop. Cub Scout guidelines in the Guide to Safe Scouting rules and especially guidelines on the number of leaders must be followed. Please consider the age and training of Webelos – do not expect them to excel in skills they have not yet learned. This participation should be for fun and to see what Boy Scouting is all about.

Webelos are allowed to stay the night but must be sponsored by a troop. It is also required that Webelos who stay the night have their parent there with them. Webelos should register just like a member of the Boy Scout troop they are participating with. All Webelos day visitors will need to check in at Headquarters Cabin, upon arrival. Please

arrive prior to 8:30 AM. As incentive to invite Webelos, all troops with participating Webelos scouts will receive additional scoring points throughout the Klonderee.

LOCATION

The Klonderee Games will be held at Reverend's Ridge Campground, Golden Gate Canyon State Park, northwest of Golden.

http://www.parks.state.co.us/parks/goldengatecanyon/Pages/ GoldenGateStatePark.aspx

See enclosed map.

DIRECTIONS

From Golden

Take Highway 93 north from Golden one mile to Golden Gate Canyon Road. Turn left and continue for 13 miles to the park.

From the Denver Area using Golden Gate Canyon Rd

Follow I-70 west to exit 265 for highway 58. Take highway 58 west to highway 93. Turn right (north) on highway 93 for approximately 1 mile to Golden Gate Canyon road. Turn left and follow Golden Gate Canyon road 13 miles to the Visitor Center. The campground is approximately 5 miles from the Visitor Center(in the summer when Mountain Base Rd is open. In winter continue on Hwy 46 West 3 mi to Hwy 119 go north on Hwy 119 4mi to mile marker 15.5 approximately and look for Gap Rd on your right). RVs or vehicles towing large trailers must continue west to Hwy 119 all seasons.

PARKING AND UNLOADING

Due to park regulations and the volume of traffic we create, unloading and parking can be a slow process. PLEASE, follow the directions of the traffic control people and be patient! Parking will be at your campsite and cars/trailers are to be parked in your assigned camping pullout and the right hand side of the road in your camping loop, allowing one way traffic through.

Day visitors will park on the main campground road, not in the campsite loops, on the right side as you enter. Please carpool as parking is limited. For safety reasons, cars are not to be moved until departure. Each vehicle is to have a Parking Pass, included at end of this packet. Please note that the purchase of a State Park Pass is NOT required unless you plan to visit other locations within the park.

CAMP SET UP AND TAKE DOWN

Troops may arrive after 2:00 PM on Friday to set up camp. Units should plan to depart by 10:30 AM Sunday. There are to be no tents, tarps etc. tied to any trees or structures. It is expected that all participants are to be sleeping in tents. No travel trailers or buses

are to be used. If because of unique circumstances, it is required, prior arrangements must be made with the District Klonderee Chairperson.

FIRES

Wood fires are only allowed if they are in the established fire grates or containers that are off the ground. Final ruling on open flames will be made the weekend of the event subject to notification from the sheriff's office. No wood will be available at the campsites. Wood gathering is not permitted. You should bring all the wood and kindling you will need for the campout. It is the responsibility of the Troop to monitor and maintain fires and put them completely out. Practice leave no trace!

ALL ASHES ARE TO BE TAKEN HOME.

NO OPEN FLAMES IN TENTS.

WATER

There is no running water available so please plan to BRING YOUR OWN.

Golden Gate may have water on the site, but only a limited supply. Maybe a wash sink in one of the cabins that is not accessible to the units so plan on bringing your own.

Dehydration can occur just as fast in cold weather as warm weather so be sure to bring extra water. Bring what you will need for the event. Scouts should all have a water bottle with them on Saturday. Leaders need to stay hydrated also.

FOOD

Each unit will be responsible for its meals. Webelos and their parents eat lunch and supper with their sponsoring Troop. Remember, you are also responsible for ALL of your food trash for example, leftovers and wrappers. Practice LEAVE NO TRACE! Use of stoves for cooking is strongly recommended.

NO COOKING IN TENTS.

FIRST AID

First Aid emergencies should be directed to the First Aid station located in cabin #3 on the attached map. The individual unit should handle all minor first aid opportunities. First Aid members will also be walking around the events on Saturday. First Aid services are being provided by Front Range EMS Post 1180 - Thanks!

MEDICAL EMERGENCIES

Your unit should be able to provide basic first aid to your participants. In the event of serious injury requiring professional aid or evacuation, contact the on-site Emergency Medical Team. Their exact location will be identified during the SPL and SM meetings on Friday evening. Your unit should have a first aid kit suitable for the activities and numbers of participants in your unit. Each patrol should be carrying a first aid kit with them throughout the events, as they are one of the ten essentials.

LATRINES

Latrines will be provided for all campers to use. There will be some designated for ladies, please be courteous.

TRASH

ALL UNITS MUST TAKE THEIR TRASH HOME!!!

The trash receptacles that exist in the campsites are NOT to be used. THIS INCLUDES ANY FIRE ASHES. Established fire grates should be cleaned out as well.

CAMPSITES

Each Troop will be assigned a campsite, but you still must check in at registration prior to 8:30 AM Sat. to finalize your attendance numbers. This is also a critical safety issue as well.

PARTICIPATION RIBBONS AND PATCHES

Any unit leaving Saturday must check out at the HQ cabin to receive their patches and participation ribbons. Those who are camping will be given theirs after campsite checkout on Sunday.

PRIZES

The top 3 patrols for each station will be recognized. Patrols that bring along Webelos scouts will receive extra points throughout the event.

LOST AND FOUND

Located at Headquarters Cabin.

CAMPING AND CAMP NAVIGATION

- No mobile homes or camping trailers
- Remember, you are setting the example.
- You must display the Parking Permit in lieu of a Park Pass in the campground. For travel in any other area of the park, a State Park Pass will be necessary.
- Mechanized snow removal equipment, included snowplows and snow blowers, are not permitted.
- Driving onto unplowed areas, including unplowed site pullouts, is not permitted.

WE ARE GUESTS OF THE STATE PARK.

A couple of items that need to be adhered to:

- No tying of tarps, tents, etc. to trees.
- Observe, do not feed or harass any wildlife.
- Pick up trash regularly, which will help in the amount of trash found when the snow melts, as well as keep the animals from looking for your food.
- Use the portable toilets provided. Park restrooms will be closed.

VOLUNTEER UNITS REQUESTED

Units are being requested to help run events, coordinate the activities, and help run logistics. To host an event please contact one of the klonderee coordinators to sign up.

BOY SCOUT DRIVEN

The events are organized and run by the Boy Scouts on a volunteer basis. It is requested that adults do not interfere with the Scouts who are running the event. If there is a problem, it should be brought to the attention of the adult advisor at the event.

ROAD AND WEATHER

To obtain road/weather conditions, starting Friday afternoon, please call 511 use prompt 5 for Denver area road conditions or visit http://www.cotrip.org/roadConditions.htm

COPIES

Make necessary copies of this packet for your needs and for parking permits. It will also be posted on the Arapahoe District Website. Also make copies of the last several pages, which include parking pass, participant roster and registration form.

PROVISIONS

Top considerations: Exposure and water – Dress, camp, and act appropriate for the climate – high altitude, cold air, wind, bright and reflecting sunshine, and snow. Read and follow the winter camping information and equipment list included in this packet. Preparation is essential for a safe and fun camping experience.

Competitive event supplies - There are a few events that require Patrols to carry supplies. See the list below.

FLAGS

Your unit is expected to fly your Unit Flag for identification. Bring your Troop Flag to the Flag Ceremonies on Saturday morning and evening.

UNIFORMS

Class A uniforms are optional. We'll all have coats and hats on.

CAMPFIRE PROGRAM

The Saturday evening campfire and awards presentation will be run by the scouts. If your unit would like to participate please plan on having a skit or a song ready for the campfire. To put on a song or a skit please contact one of the klonderee coordinators to sign up.

ARE THERE OTHER RULES TO FOLLOW?

- Read Guide to Safe Scouting and practice two deep leadership. All overnight campers
 must be registered with the BSA including adults, who must be Youth Protection
 Trained.
- You are REQUIRED to Leave No Trace. TAKE YOUR GARBAGE HOME WITH YOU.
- Have an immense amount of fun in a safe and courteous manner.

WHAT SHOULD I DO IF I STILL HAVE MORE QUESTIONS?

- Re-read this packet
 Ask an experienced Klondoree Scout or Adult Leader
 Contact a Klonderee Coordinator

DAILY SCHEDULE

The schedule is subject to minor change.

Friday Dec 31st

2:00 - 9:00 PM - Arrive at Reverends Ridge Campground Set-up camp

3:00 PM - Registration opens at HQ Cabin- cabin #1 on the attached map

9:00 PM - Staff Meeting

9:30 PM - Scoutmasters and SPL meeting-Warming Tent

10:00 PM - Lights out-Quiet time

Saturday February 1st

7:00 AM - Begin day, Breakfast

7:30 AM to 8:30 AM - Late Check-in Registration for Scout Troops - HQ Cabin

- Patrol Registration for Events - HQ Cabin

- Check-in Registration for Day Visitors - HQ Cabin

8:45 AM - Flag Ceremony-Parking Area - Campground Office

9:00 AM - Event Venues Open - they will NOT open early

11:30-1:00 - Lunch

1:00-4:00 PM - Event Venues Open

4:00 PM - All venues close

4:30-7:00 PM - Dinner

7:00-10:00 PM - Camp Fire and Awards - Amphitheater

10:00 PM - Lights out

Sunday February 2nd

7:00 AM - Begin day, Breakfast

10:30 AM - Campsite Checkouts

COMPETITIVE EVENTS

Safety is our top priority. Any scouts putting themselves or anyone else at risk will be removed from the event. If an unsafe condition exists, the event will be closed until the adult event coordinator feels it is safe to reopen the event. There is no limit on the number of Webelos participating. Some events limit the credit given for Webelos participation.

These events are not yet finalized - Events and event details are subject to change.

Each Scout and Leader will be required to have the 10 Essentials. They will be verified at the first event station. Each Scout and/or Leader not having all 10 essentials will cost their patrol 1 point. If everyone (Scout and Leader) has all 10 essentials the patrol will get points:

From the Scout Handbook:

- 1. Pocket Knife
- 2. First Aid Kit
- 3. Extra Clothing
- 4. Rain Gear
- 5. Water Bottle
- 6. Flashlight
- 7. Trail Food
- 8. Matches and Fire Starter
- 9. Sun Protection
- 10. Map and Compass

Fire Starting "We don't need no matches!"

A timed event: Two stakes will suspend a piece of string 12" above the base of the fire starting area. The objective is to burn through the string as quickly as possible. The setup of the string, matches and wood pile (to be used by the patrol competing) will be done by judges.

Troop Preparation: Scouts competing as patrols must bring two pieces if firewood. One that they will partially use (split it into kindling), and one that they donate for the evenings ceremony fire. The teams must also being fire starter (flint/steel, magnesium, etc.), tinder and kindling to start a small fire to burn string. Be prepared to build a small fire no larger than 12" x 12" x 12"

First Aid - Stretcher Carry

Event Description: The Stretcher Carry is a Blindfold Stretcher Carry. The victim will have an injury that must be treated first (first aid) then each stretcher carrier will be blindfolded. A single caller will guide the stretcher through a course to get everyone to "safety." Scoring will include proper treatment of the injury and timed completion of the course. Spirit and teamwork are the other scored categories.

Tie Breaker: Sportsmanship and chants!

Troop Preparation: Be Prepared!

Broomball

20 minutes: 2 games, 10 min/game

Scoring: One point per goal, and (2) points per game won.

Tie Breaker: Sportsmanship and chants! If time permits a third game will be played to

break any ties.

Troop Preparation: Non duct taped brooms!!

Sled Race

Sled race through a pre-established course.

Scoring: Based on time.

Troop Preparation: Troops should provide sleds and snow shoes! (Just in case!!)

Lumberjack Olympics

3 step event! Single and double log saw, log drag and an optional log toss event for bonus points!

Timed event. (Webelos may watch and cheer in this event but cannot participate.)

Troop Preparation: Single and double saws and rope for lashings

Spirit Award

Your spirit score will be based on the Klonderee Theme - Yeti Beach Party, Patrol Chant, Teamwork, 10 Essentials and any Webelos you have in your patrol. We are looking for, enthusiasm, cooperation and how well you exemplify the Scout Law

Winter Camping Tips

Some tips to keep in mind when your troop takes on winter camping. This section is meant as an overview; only, it has been copied from previous Klondoree information packets and from various web sources. It is not complete by any means. For your own comfort and safety, please study other resources for expert advice on cold-weather survival. If your Scouts are cold and miserable, the whole weekend will be miserable. The more comfortable your Scouts are, the easier your life will be.

- Fail to Plan, then Plan to Fail
- Always bring a bit more than what you think you'll need water, food, clothes.
- Make sure that you have a good knowledge of the signs of frostbite and hypothermia. You should be able to recognize it in others and in yourself. Tell someone right away if you or another scout is showing signs of cold-related problems.
- Stay hydrated. It's easy to get dehydrated in the winter. Eat and drink plenty of carbs.
- Keep out of the wind if you can. A rain fly for a tent can be pitched to serve as a wind break. The wind chill factor can often be considerable and can result in effective temperatures being much lower than nominal.
- Bring extra WATER. It's easy to get dehydrated in the winter. You aren't visibly sweating, so you don't think to drink water, but since the air is so dry, you lose a LOT of water through breathing. Drink lots of water!
- Bring extra food that doesn't need to be heated or cooked. Granola bars, trail mix, etc.
- Keep a pot of hot water available for cocoa or Cup-a-Soup these warm from the inside.
- Always eat hot meals (breakfast, lunch, & dinner.) Dutch ovens are the best they keep the food hot longer. It doesn't need to be fancy DO cooking. Meals should be 1-pot meals to keep cleanup to a minimum. Don't get too fancy with the meals it's hard to chop onions & carrots at -10 degrees with gloves on. Prep all meals at home in the warmth of the kitchen.
- Shelter the cooking area from wind (walls of tarps, etc.)
- Fill coffee/cook pots with water before bed. It's hard to pour frozen water, but easy to thaw it if it's already in the pot.
- Remember C O L D:

Clean - dirty clothes lose their loft and get you cold.

Overheat - never get sweaty, strip off layers to stay warm, but not too hot.

Layers - Dress in synthetic layers for easy temperature control.

Dry - wet clothes (and sleeping bags) also lose their insulation.

- COTTON KILLS! Do not bring cotton. Staying dry is the key to staying warm. Air is an excellent insulator and by wearing several layers of clothes you will keep warm.
- Remember the 3 W's of layering Wicking inside layer, Warmth middle layer(s) and Wind/Water outer layer. Wicking should be a polypropylene material as long underwear and also sock liner. Warmth layer(s) should be polyester fleece or wool. 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
- Bring extra hand covering mittens are warmer than gloves.
- Bring 2 changes of socks per day.
- Everyone must be dry by sundown. No wet (sweaty) bodies or wet inner clothing.
- Keep your hands and feet warm. Your body will always protect the core, so if your hands and feet are warm, your core will also likely be warm. If your hands or feet are cold, put on more layers, and put on a hat!
- Dress right while sleeping. Change into clean, dry clothes before bed. Your body makes moisture 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.
- Wear a stocking cap to bed, even if you have a mummy bag.
- Put tomorrow's clothes in your bag with you. This is especially important if you're small of stature. It can be pretty hard to warm up a big bag with a little body, the clothes cut down on that work.
- Put a couple of long-lasting hand warmers into your boots after you take them off. Your boots will dry out during the night.
- Fill a couple of Nalgene water bottles with warm water and sleep with one between your legs (warms the femoral artery) and with one at your feet. Or use toe/hand warmers. Toss them into your sleeping bag before you get in. Some of the toe/hand warmers will last 8 hours.
- Eat a high-energy snack before bed, then brush your teeth. The extra fuel will help your body stay warm. Take a Snickers bar to bed and eat it if you wake up chilly in the night.
- Use a sleeping bag that is appropriate for the conditions. Two +20 deg F sleeping bags, one inside the other will work to lower the rating of both bags.

- Use a bivy sack to wrap around your sleeping bag. You can make a cheap version of this by getting an inexpensive polyester 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 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.
- 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.
- Don't sleep directly on the ground. 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.
- 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.
- No cots or air mattresses! Better to lay on with 30 deg earth instead of -10 deg air.
- Sleep in quinzees or igloos. These are warmer than tents since you've got an insulating layer of snow between you and the outside air, instead of just a thin nylon layer.
- If in tents, leave the tent flaps/zippers vented a bit, it cuts down on interior frost.
- Drain your bladder before you go to bed. Having to go in the middle of the night when it is 5 deg out chills your entire body. Drink all day, but stop one hour before bed.

LEAVE NO TRACE

Winter generally provides a blanket of snow which protects underlying soil and vegetation, the major concerns for minimizing impact. However, when thin snow cover is compressed and compacted in early or late season, snowmelt can be delayed, shortening the growing season. Also, early and late winter trips can run into melting conditions, where top layers of soil melted by the sun lie overtop frozen ground. Erosion, and destruction of plant life is extremely likely at these times, and winter travel is best avoided. Otherwise travel in small groups and visit either remote places where your disturbances won't be compounded by others following you (allowing for recovery) or high impact areas that have already been disturbed. Special considerations exist for high altitude and glacier conditions (see Resources).

Backcountry travel and camping

- Winter clothing and equipment, even when "natural" colored will show up well against the snow.
- Brighter colors can be a safety measure, as people and equipment can easily be lost in a winter storm. Since there are less people out in the winter, the visual impact is less.
- Winter is an exceptionally quiet season in the backcountry. Travel quietly and avoid excess commotion at your campsite.
- One of the greatest impacts can be on wildlife. Animals in the winter have limited food supplies and are often stressed to their limits to survive. Being disturbed by backcountry travelers can drive them away from food sources, require them to use more energy, and can lead to death. Animals may seem more "approachable" in the winter. This is because they are trying to conserve energy. Do *not* approach wildlife too closely.
- Tent, igloo and snow cave sites should be selected away from trails and open bodies of water if possible.
- All campsites and cooking areas should be disguised when you leave so that accidental stains are covered, and so that camping areas will be undetectable after 2 3 inches of snow has fallen.
- Large snow structures such as igloos and snow caves can be left intact, as long as the rest of the camping area is well camouflaged. Occasionally these snow structures can be used again by other grateful winter travelers.
- Camp away from animal feeding, watering, and bedding areas.

Fires

Under winter conditions, it can be difficult to build a disguisable fireplace or to gather wood by acceptable means. Since any downed wood is under the snow and possibly wet, wood is both difficult to find and may not be usable for a fire. Gathering wood from live trees can have significant impacts on an area especially at high use sites. Therefore, one should carefully examine the location, the ecosystem, and the ability to

clean up the site after the fire before deciding to build one. Obviously, in a real emergency, a fire might need to be built in spite of the impact it might have on the environment.

Sanitation

Lack of sunlight and cold temperatures retard the decomposition of fecal material. Maximizing sunlight will help but will leave a visual impact if others are in the area. The best solution is to use camp outhouses or latrines, but if they are not available pleas dig a cat-hole just below the surface of the snow. Keep in mind that after the thaw, the feces will be resting on the ground. So pick a cat-hole site far from any water, summer trails, or summer camping areas. Locate a site with as much ground cover (grass or forest downfall), and as little slope as possible to minimize washing into surface water, and *maximize feces-soil contact*.

For maximum fecal dispersion, persons should make personal holes as needed. There is no reason for a group's waste to be deposited in one place. Head away from camp. Snow should be kicked over urine stains to prevent the "yellow snow" effect. Toilet paper can be a problem in the winter. Burning it once it has hit the snow is very difficult. You can burn it in a tin can or pack it out. A better idea may be to use snow or ice (although powder snow is difficult to use).

If you do have leftover cooking water, solid food waste should be strained out of the water and packed out. The water should be concentrated in sump holes far from water sources to prevent massive unsightly stains on the snow. The sump holes should be covered when breaking camp. Leftover grease will cool to a solid and can be carried out. Minimize all solid food since animals will often dig up sump holes. Litter is especially difficult to check in the winter when dropped items can be lost so easily in the snow. Special attention should be given to plastic bags, white toilet paper (use colored or better unbleached, or use snow or ice), candy wrappers and candle wax. Candy wrappers should be removed from all candy before leaving town to prevent accidental litter. Candle wax should be caught in a cup and packed out.

NUTRITION

The body "fires" burn somewhat hotter in cold weather and food affects morale, so you will want to supply your group well. Caloric intake in cold weather should increase for two reasons. First, the extra activity required by dressing and the hampering effect and weight of that clothing increases energy needs. Second, the stimulus of the cold gives you a ravenous appetite. Figure on each person consuming from 3,000 to 4,000 calories per day. These calories should com e from a diet that is 40% carbohydrates, 40% fats, and 20% protein. This should be consumed along with about 3 quarts of water per day. One of the biggest problem s encountered on winter campouts is dehydration so drinking water should be encouraged all day long. The amount of water should be increased with extra activity.

COLD WEATHER FOOD PREP TIPS

Prepare meals ahead, seal-a-meal them, and just throw them in boiling water to "heat & eat". Encourage the use of plastic bowls. Plastic utensils conduct less heat than metal and they're easier to clean.

FIRST AID

Please consult your First Aid Merit Badge book and other resources to familiarize yourself with the following conditions:

DEHYDRATION:

Most winter outdoor emergencies begin and end with this one problem -- dehydration is the excessive loss of body water. Exposure to cold has a diuretic effect that results in an increased output of urine. Water is also lost through the lungs, skin and gastrointestinal tract. Under normal circumstances water intake is regulated by the "thirst mechanism". In the cold, however, the thirst mechanism is not a dependable indicator of your needs. When you begin to become dehydrated, your reasoning ability is impaired. You may not realize you' re thirsty. It is often easier to recognize a change in urine color than to judge liquid intake. If your urine is not clear by noon, you should be drinking more water.

Prevention: Drink at least 2 quarts of water per day; Increase intake at first sign of change in the color of urine; Avoid dehydrating foods and fluids such as coffee and drinks that contain caffeine, and foods high in protein.

Symptoms: Increased pulse rate; Nausea and loss of appetite; Dark urine color or constipation; Fatigue, sleepiness or irritability; Thirst; Headache, dizziness; Bluish or grayish skin color.

Treatment: In mild cases, the victim should drink liquids, keep warm, and get plenty of rest. More severe cases require professional medical care.

Remember -- dehydration can lead to more serious disabling problems such as hypothermia and frostbite. It is important to remain on the alert to this possibility and reinforce the use of the buddy system!

HYPOTHERMIA:

Hypothermia is a lowering of the temperature of the inner core of the body that can and usually does happen above freezing. The victim may not recognize the symptoms and may not be able to think clearly enough to react to his condition. Injury or death may be a result. Predisposing conditions may include poor physical condition, thin build, and exhaustion.

Prevention: Get plenty of rest, eat well, drink lots of liquids; Use wool clothes and windproof clothing; Make camp early; Exercise to keep up body's heat function; Use buddy system to watch for symptoms.

Symptoms: Slowing of pace, drowsiness, fatigue; Stumbling; Thickness of speech; Amnesia; Irrationality, poor judgment; Hallucinations; Blueness of skin; Dilation of pupils; Decreased heart and respiration rate; Stupor.

Treatment: Shelter the victim from wind and weather. Insulate the victim from the ground. Change wet clothing. Put on windproof, waterproof gear. Increase exercise if possible. Put victim in a prewarmed sleeping bag or blankets. Give hot drinks followed by candy or high-sugar foods. Apply heat with hot stones or warm canteens. Huddle for body heat from others. Place someone in bag with victim. Self test for hypothermia: Touch the little finger and thumb together. If this cannot be done, stop immediately and warm up!

SNOW BLINDNESS:

Snow blindness is an inflammation of the eye caused by exposure to reflected ultra violet rays when the sun shines brightly on the snow. Symptoms are a sensation of grit in the eyes, watering, redness, head ache and light sensitivity. First aid measures include blindfolding and rest. Avoid further exposure to light without sunglasses. The condition heals in a few days without permanent damage. Snow blindness, in most cases, is due to negligence or failure to wear sunglasses. Don't wait for discomfort before putting on protection, damage may already have been done. Putting on sunglasses is essential to prevent further injury.

FROSTBITE:

Tissue injury involving the actual freezing of skin and underlying tissue. Recovery from frostbite can be painfully slow. Once exposed, the victim will be predisposed toward frostbite in the future. Frostbite occurs when the body needs heat elsewhere; it redirects blood flow from the extremities to protect internal organs. The blood in the extremities slows and thickens becoming sludge- like. Ice crystals form in skin cells, the skin can't get oxygen, nutrients or liquids it needs, further damaging the tissue.

Prevention: Proper insulation -- cover exposed skin; Guard against wind chill and moisture; Maintain good nutrition, drink water, exercise; Use buddy system to check exposed skin for frostnip and frostbite; Don't wear restrictive clothing, dress in layers.

Symptoms of Frostnip: Redness of skin, pain, burning, stinging or prickly sensation. After the pain disappears the skin may turn white, gray or waxy looking. The skin is firm to the touch but resilient underneath. On thawing, there is aching, pain or brownness.

Symptoms of Second Degree Frostbite: All signs of frostnip may occur; No pain, the part may feel dead or like a stump; Numbness, the part may be immobile or hard to move; Tissue is hard to the touch.

Symptoms of Severe Frostbite: The full thickness and perhaps bone is involved. Swelling and sweating occur after thawing. Gangrene may develop and amputation may be necessary.

Treatment: Don't rub the affected area! Hold it near fire or use cold water to thaw it. Exercise the affected area to promote circulation. Place victim's hands in arm pits or crotch, place foot inside your shirt against your chest, etc. Make certain thawed part does not refreeze. DO NOT attempt to thaw frostbitten limbs in the field: It is less harmful for the victim to walk out on a frostbitten limb. Check for hypothermia. Once in camp, transport the victim to a hospital or physician immediately.

Remember: when the pain goes away, you are in danger of moving into severe injury from frostbite. Take corrective action immediately!

CLOTHING- no cotton

Winter camping calls for clothing that protects you from the cold and wind and holds in body heat, but that can also be ventilated. Several thin layers are better than one big heavy layer. This allows for flexibility with the varying conditions. The prime consideration is function and not appearance!

SOCKS: Wear a wicking (polypropylene for example) sock next to your foot. The insulating sock can be made of wool (best) or wool blend. NEVER COTTON!!! Cotton just keeps soaking up water until your feet are chilled and you are miserable.

LONG UNDERWEAR: Use long underwear made from a wicking-type material such as Polypropylene.

PANTS: Good, loose-fitting wool pants (inexpensive ones can be found at Army Surplus store) are the best for insulation. Get some suspenders to hold them up. Ski bibs will also work for keeping you warm. Blue jeans are absolutely useless on winter campouts.

UPPER BODY PROTECTION: Use layers consisting of a turtleneck, shirt, sweater, vest, and jacket. Make sure you wear items that fit comfortably. In this layer, it is all right if you incorporate an item or two that contain some cotton (like a flannel shirt), but beware -- it won't dry out quickly and may induce chilling.

HAND PROTECTION: Mittens are warmer than gloves! Gloves are more useful when you have work to do, so bring both. Don't forget extras, your mittens and gloves will get wet.

NECK PROTECTION: Be sure that you have either a scarf or neck gaiter to protect your throat and neck area.

HEADGEAR: Caps, ear warmers, hats, etc. are important because they minimize the heat loss from your head. You can lose about 75% of your body heat through an unprotected head. Be sure to have an extra, dry hat to sleep in.

FOOTWEAR: This is the most important item of your gear. Strongly consider Pak boots. They have waterproof bottoms, leather uppers that breathe (vent that moisture out!),

and a removable felt liner. Take those felt liners out and take them to bed with you and in the morning you'll have warm liners to put your feet into. Purchase boots that fit comfortably, never tight, allow for good circulation. Leather hunting boots are inappropriate because they don't have removable liners and when the insulation gets wet (and it will) they will freeze solid.

SLEEPING SYSTEMS

Sleeping comfortably will make or break your experience in the snow. Let's start from the bottom up:

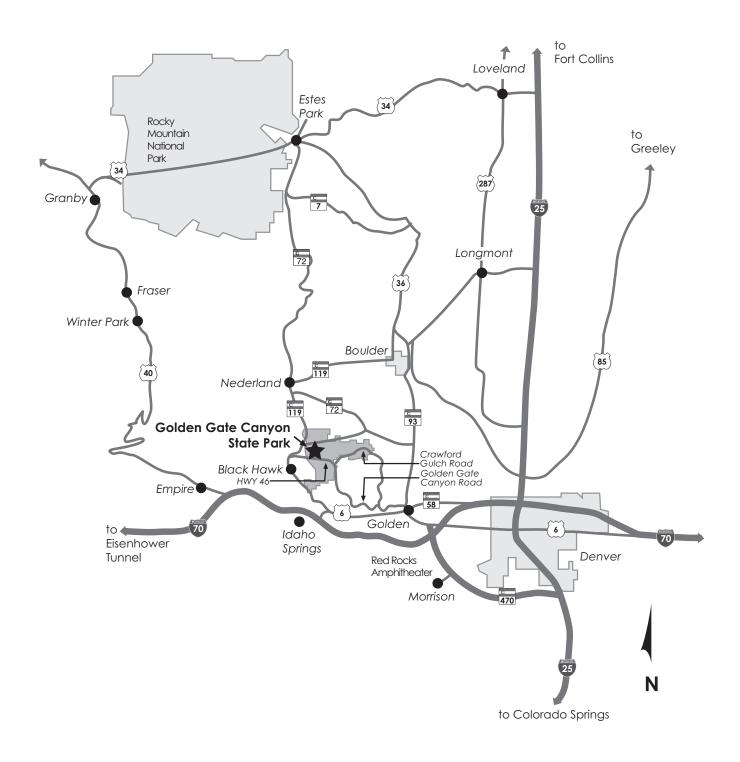
INSULATION: The insulation under you is almost more important than what is on top of you. First, clear away as much snow as you can from the ground under your tent. Then build several layers of insulation between you and the ground. Remember, in real cold weather, snow itself can be insulation against severe cold.

SLEEPING BAG: So you only have a summer weight bag? Borrow another lightweight bag and insert it in yours, or make a liner for your bag out of polar fleece. Instant winter weight bag! Keep your bedding clean and dry.

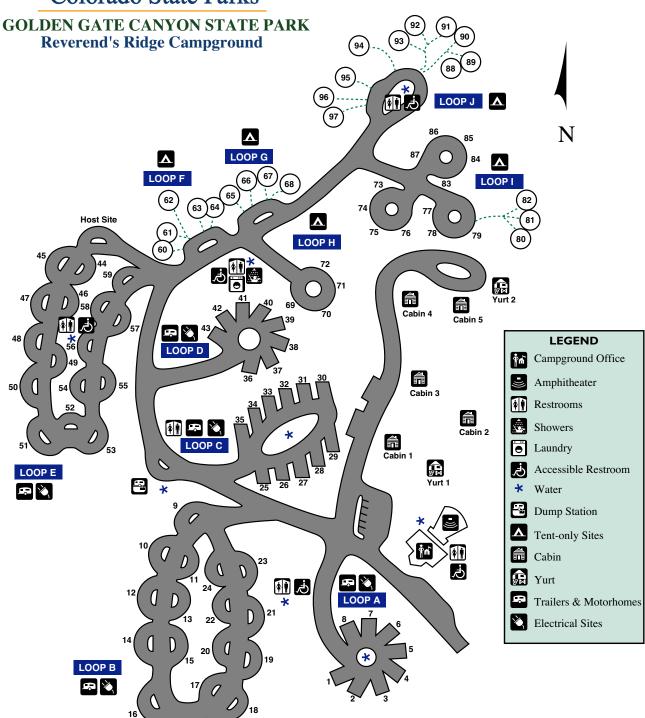
BEFORE TURNING IN: Dry your feet well and put on clean, dry, loose fitting socks. Put on clean, dry underwear that you have saved just for bed. Wear a stocking cap and wristlets to keep your head and hands warm. DON'T OVERDRESS FOR BED!! Take off that long underwear. Overheating will make you sweat and then FREEZE because you're wet.



GOLDEN GATE CANYON STATE PARK







Reverend's Ridge Campground accommodates tents, trailers and motorhomes.

All campsites have natural shade.

SUGGESTED EQUIPMENT LIST

(See the Winter Camping Information pages for more suggestions

Pe	rsonal Equipment:		
00000000	Sleeping bag (0 deg rated or 2 bags) Ground cloth Sleeping pad (insulated) Cup, Bowl and Utensils Water bottles Flashlight and batteries Small first aid kit Scout Handbook Sunscreen and lip balm	0000000	Sunglasses Toilet Paper (in zip-lock bag) Toilet Kit Compass Whistle Parachute Cord Waterproof Matches Pocket Knife (With Totin' Chip) Handkerchief
Clo	othing:		
	Clean underwear Long Underwear (no cotton!) Inner Socks (no cotton!) Wool Socks Turtleneck Shirt or Wool Shirt Wool Sweater &/or Polyester Fleece Jacket		Wool Pants or Ski Bibs Winter Parka (preferably w/hood) Wool Hat and Scarf Wool Gloves/Mittens (at least 3 pairs) Gaiters Waterproof Boots BSOLUTELY NO TENNIS SHOES!!!)
	Camera and film Notebook & pencil Small Day Pack		Signal Mirror Bible or prayer book
Event Equipment:			
000 000	Klondoree Sled Rope at least 50 feet. Several 6' sections of rope for knot tying Water for each scout (1 liter bottle) Energy bars Extra gloves and layers of clothing	0	Fire starter (char cloth, kindling, etc.) Flint and steel for fire starting Brooms for broom ball Patrol first aid kit Compass

ARAPAHOE DISTRICT KLONDEREE GOLDEN GATE CANYON STATE PARK FOR REVERENDS'S RIDGE CAMPGROUND ONLY

UNIT #
DRIVER'S NAME
THIS PASS CANNOT BE USED IN ANY OTHER PART OF THE PARK
VALID FOR Dec. 31 to Feb 2nd 2014
 PARK REGULATIONS: No RVs or Campers are permitted You must display this permit in LIEU OF A PARK PASS FOR TRAVEL IN ANY OTHER AREA OF THE PARK, A PARK PASS IS REQUIRED Mechanized snow removal equipment, included snow plows and snow blowers, is not permitted. Driving onto unplowed areas, including unplowed site pullouts, is not permitted. Parking is only allowed on the right side of the road as you enter the campground.
PARKING PERMIT DISPLAY ON DASHBOARD
ARAPAHOE DISTRICT KLONDEREE GOLDEN GATE CANYON STATE PARK
FOR REVERENDS'S RIDGE CAMPGROUND ONLY
UNIT #
DRIVER'S NAME

THIS PASS CANNOT BE USED IN ANY OTHER PART OF THE PARK

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PARKING PERMIT DISPLAY ON DASHBOARD

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ROSTER 2014 ARAPAHOE DISTRICT KLONDEREE TROOP#____ PACK#____

YOUTH INDICATE Scout or Webelos	ADULTS	
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