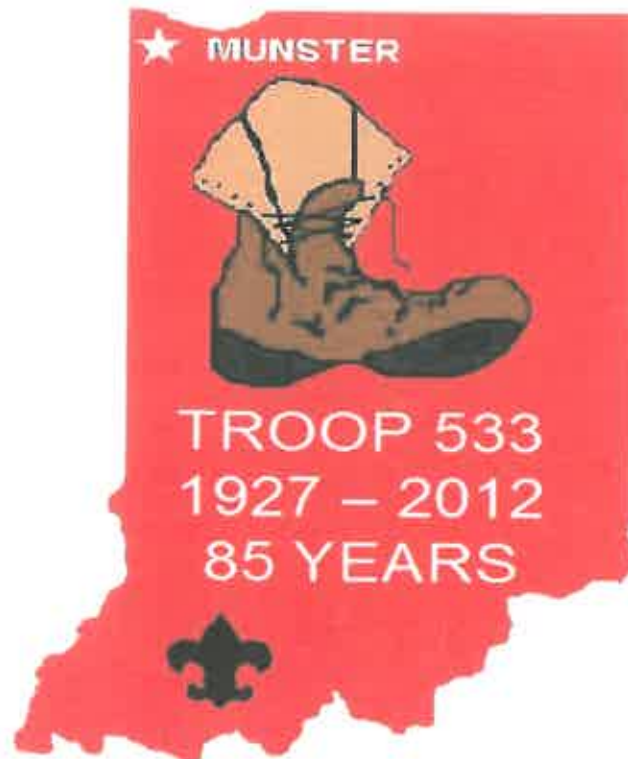




Troop Guidebook



Boy Scout Troop 533
Munster, Indiana
www.Troop533.org

Troop Guidebook

Troop Guidebook

TROOP HISTORY	Page 1
MEMBERSHIP	Page 1
PROGRAMMING	Page 1
MEETINGS	Page 2
SERVICE HOURS	Page 2
FUNDRAISING	Page 2
RANK ADVANCEMENTS	Page 3
MERIT BADGES	Page 3
CAMPING	Page 4
BASIC EQUIPMENT NEEDED	Page 4
APPENDIX A: LEADERSHIP STRUCTURE	
APPENDIX B: TROOPMASTER Web Information	
APPENDIX C: PATROL CAMPING MENU & SHOPPING LIST	
APPENDIX D: CAMPING CHECKLISTS	
APPENDIX E: COLD WEATHER CAMPING TIPS	

TROOP HISTORY:

Troop 533 dates back to the spring of 1927. Since then, Troop 533 has flourished and remained a unit due to the enthusiastic Scouts and dedicated Adult Leaders. Troop 533 holds a charter within the Thunderbird District of the Calumet Council of the Boy Scouts of America (BSA). Our charter is sponsored by the Munster Lions Club.

MEMBERSHIP:

To become a member of Troop 533, a boy must be 10 years old and received their Arrow of Light or be 11 years old and completed Fifth Grade. Scouts may remain active until 18 years of age.

- Scout Membership is renewed each Fall. The cost are \$35 for the first Scout and \$30 for additional Scouts within same family. *Webelos transfer membership to Scouts for \$1.00*
- Adult membership is also encouraged and costs around \$30 (This may change according to BSA and Calumet Council fees each year.) Adults must be a registered member and complete Youth Protection Training (on-line workshop) in order to chaperone Troop activities. Adult leadership positions are available within the Adult Committee, which helps manage the troop.
- Health Forms must be submitted annually with Youth and/or Adult Membership applications. The BSA requires all scouts to have a current physical on file with the troop. The BSA Health and Medical Record forms are supplied with registration forms each Fall. School physical forms cannot be accepted. Forms can be printed from www.scouting.org We suggest that you bring the BSA medical form when you visit the doctor for your child's annual school physical.

*Scout Members are required to have a scout shirt, neckerchief (supplied by the troop), slide, and scout handbook. Items can be purchased at the Council Scout Shop. One class B t-shirt is supplied by the troop and may be worn during summer meetings and campouts.

PROGRAMMING:

Troop 533 goals are to build character, foster citizenship and develop mental and physical fitness. The official BSA handbook serves as the Troop's compass, providing directions for our activities. Youth are provided opportunities to earn Merit Badges and Rank Advancements within the Troop setting as well as on their own.

Youth leadership is at the core of Scouting. Scouts are nominated for leadership positions within the Troop and Patrols (unit groups of 8-20 Scouts) as a whole. Positions of responsibility are needed for certain rank advancements. Each Scout will have the opportunity to hold a leadership position during their career. Our troop also participates in the National Youth Leadership Training program. Each year we encourage at least one scout from the troop to attend this week long summer program. Partial or full scholarship grants are available.

The Troop's Scoutmaster is appointed to help the youth leaders with their tasks as well as to be a consistent contact for all youth members.

Adult Committee members conduct the business of the troop (treasury activity, contracts with camp sites, required BSA paperwork, etc...) but also serve as supervisors and mentors for Scouting activities. All Adults are encouraged to attend the monthly Adult Committee Meetings. Only Adult Committee members are able to vote. Membership is available by completing 4 on-line courses.

Please see **Appendix A** for the Troop and Adult Committee Leadership Structure.

MEETINGS:

- **Weekly Meetings** take place on Wednesday from 7:00 – 8:30 p.m.
 - During school months, meetings take place at Elliott Elementary Gym. (No meetings during Winter Break, Spring Break or other school holidays that may fall on Wednesday evenings.)
 - During summer months, meetings are at Westminster Presbyterian Church.
- Parents are not required to attend meetings (although they are welcome.)
- **Court of Honor Meetings** take place quarterly (March, June, September and December) in place of a normal Troop activity meeting and usually occurs during the third week of these months. Scouts receive their advancements and awards at these events, which include a pot luck dinner. Mothers or another significant female in the Scouts life is a special part of this meeting. When Scouts receive rank pins they place them on a ribbon worn by each scouts designated female. The ribbon is often referred to as being the "Mother's Pin."
- Scouts with leadership roles meet the third Monday of each month for the **Patrol Leaders Council** (PLC meeting). Here the boys plan activities for at least the next month. The Adult Committee meets immediately after the PLC in order to conduct troop business.
- Weekly announcements are communicated via email to every registered address.

***If a scheduled activity is cancelled last minute, a troop email will be sent by the Scoutmaster and the scouts will utilize a phone tree to contact each other.**

SERVICE HOURS:

Service to the community is an important part of Scouting. Service hours are required for rank advancements. There are plenty of opportunities throughout the year to earn the hours. Troop service activities consist of, but are not limited to:

- Lions' Club Pancake Breakfast (First weekend in March)
- Fourth of July Parades (July 4)
- Lions' Club Steak Fry (First weekend in August)
- Bieker Woods Fright Night (Late October)
- Eagle Scout projects (on-going)

Scouts may also earn service hours through various community, school or religious activities provided it is pre-approved by the Scoutmaster.

FUNDRAISING:

Scouts are encouraged to participate in popcorn sales each fall. This raises money for National BSA, Calumet Council and Troop 533. Individual sales as well as "Show and Sells" at local businesses are opportunities to contribute to this Troop effort.

Other fundraising activities throughout the year may include hotdog promotions at local businesses, and bake sales at the Lion's Club Pancake Breakfast and Steak Fry.

Troop 533 offers Individual Scout Accounts where a Scout may earn a portion of the funds they raise. This account can be used towards BSA activity costs.

RANK ADVANCEMENT:

During a scout's career, they should be achieving personal growth through the requirements needed for each rank. Ranks are as follows:

- Tenderfoot
- Second Class
- First Class
- Star
- Life
- Eagle

Rank advancements are the responsibility of each individual scout. The appropriate steps to completing rank advancement are as follows:

- Accomplished the requirements of a rank as outlined in the scout handbook or on the BSA website www.scouting.org
- Contact the Scoutmaster to arrange a Scoutmaster's conference.
- Complete the Scoutmaster's conference.
- Contact the Adult Committee Chairperson to arrange a Board of Review.
- Complete the Board of Review.
- Upon successful completion of the Scoutmasters conference and a Board of review a scout has earned the rank. The rank is announced at the first available troop meeting and awarded at the next Court of Honor (rank patches are worn on the front pocket of each scout's uniform shirt.)

MERIT BADGES:

Scouts obtain important life skills through the completion of Merit Badges. There are about 135 merit badges. A full listing of Merit Badges can be found at www.meritbadge.org. Merit badge work is the responsibility of the individual scout. Occasionally the Troop will provide merit badge workshops that are open to all members. In order to achieve Eagle Rank scouts must complete 21 Merit Badges. 13 of these badges are required and 8 can be electives. For a listing of badges check out www.scouting.org/Home/BoyScouts.aspx

The appropriate steps to completing a merit badge are as follows:

- Pick a Merit Badge that they are interested in completing.
- Contact the Scoutmaster to receive approval, a merit badge application (the "blue card") and suggested counselors if needed.
- Print a merit badge worksheet from www.meritbadge.org and check out the merit badge book from the troop's librarian or purchase one from the council scout shop.
- Contact the Merit Badge Counselor to discuss what is expected.
- Accomplish the requirements for the merit badge.
- Contact the Merit Badge Counselor for an appointment to discuss what you have accomplished and learned. If the counselor is satisfied that you have met each requirement, they will sign your blue card. (Youth protection rules and regulations must be followed at all times.)
- Your completed blue card needs to then be signed by the scoutmaster.
- Submit your fully signed blue card to the troop's record keeper who will record your merit badge accomplishment in "TroopMaster" (a web based scouting records database.) The record keeper will also record the merit badge accomplishment with our council office. Information on "TroopMaster" can be found in **Appendix B**.
- Merit Badge awards and patches will be received at the next Court of Honor. Patches should be displayed on a sash which is available online or at the Council Scout Shop.

CAMPING:

Attendance at every camp outing is not required but is highly encouraged. Camping specifically addresses advancement requirements for rank and merit badges. Adult Members are encouraged to attend camping trips at least once a year. Our Troop has a three (3) adult minimum rule for every campout. One of the adults must be at least 21 years of age and a fully trained leader. In addition to the three adult minimum we follow the BSA standard ration of one (1) adult to (10) youth for all activities.

- **Monthly Camping** - Once a month outings typically within 2 hour drive. These weekend camp trips usually depart from the Elliott Elementary school parking lot at 6 p.m. on Friday evenings and return by noon on Sundays. Camp trips generally cost \$20 for scouts and \$10 per Adult and include camp sit fees and food costs. Payment is the responsibility of the individuals attending. Limited scholarships are available for camping if the need arises.
- **Week long summer camp** - The scouts choose a BSA camp and a week is reserved for the Troop. We drive to and set-up a site together at the chosen camp (a BSA camp location typically within a 4 hour drive.) During this week, scouts have the opportunity to complete rank requirements and achieve merit badges.
- **High adventure camp** – A major trip for scouts who are first class rank and 14 years of age or older. Each summer these scouts have the opportunity to enjoy a more vigorous camping experience. Troop 533 follows a three year rotation of activities; hiking at Philmont Scout Ranch in new Mexico, Boundary Waters canoe trip in Northern tier MN and an activity arranged by the troop.

*Scouts and adults are responsible for menu planning, purchasing food and cooking at each campout. Each patrol plans its own menu and creates a shopping list (see Appendix C.) The patrol then appoints a scout to purchase the food. Parents are asked to help their scout accomplish this task when it is their turn and to adhere to the list as well as follow the guidelines provided on the forms. Reimbursement will be provided upon submittal of grocery receipt to the troop treasurer.

BASIC CAMPING EQUIPMENT NEEDED:

Scout Class A Uniform (at minimum BSA Khaki Shirt).

Scout Class B Uniform (T-shirts. BSA if possible)

Scout Handbook

Mess Kit

Canteen or water bottle

Raingear

First Aid Kit

Sleeping bag or other sleeping supplies appropriate for camp outs

*Troop provides tents, tarps, lanterns, cooking supplies/gear, coolers and food.

More complete camping checklists are provided in **Appendix D**.

Helpful camping tips are provided in **Appendix E**.

Questions or concerns, please contact the Scoutmaster, Adult Committee Chairman and Adult Leaders.

TroopMaster Web setup guide for Troop 533 Parents

TroopMaster Web setup for Troop 533 Parents

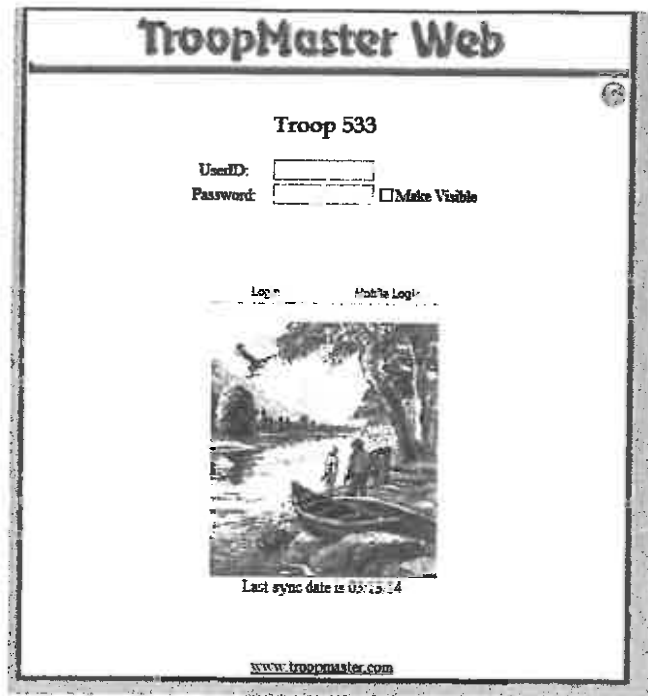
For nearly ten years, Troop 533 has used a software program called TroopMaster to maintain advancement records and contact information. It has been an excellent tool, but it requires that the information be maintained mainly by one person. With both Mr. Boyd and Mr. Goodwin updating the data, they discovered that the TroopMaster database on their computers could not easily or automatically be kept synchronized, resulting in much duplication of effort. With the new TroopMaster Web product that has been introduced, we can now make our troop data available securely online for all leaders to access and update.

In addition to the leadership, as a parent you can get access to your son's advancement records (including rank and merit badge progress), activity attendance, and the troop activity calendar. You'll also be able to update personal information such as address, phone numbers, email address, doctor information, medications, and more. This will provide the troop with more complete and accurate contact information and for completion of Council reports and registration.

In order for you to be able to access TroopMaster Web, you must first set up your personal UserID and Password. The setup is easy; just follow the steps outlined in the following pages. Your information is maintained on a server secured by TroopMaster, and access to your son's information is limited to only you and the troop leaders based your personal login information.

SETTING UP YOUR ACCESS TO TROOPMASTER WEB

Start by accessing TroopMaster Web at <https://www.troopmasterweb1.com/0397211> or from the Troop 533 website www.troop533.org. The TroopMaster Web link is listed under Scout Links. Once on the website, you will see the password screen displayed.




TroopMaster Web

Troop 533

UserID:

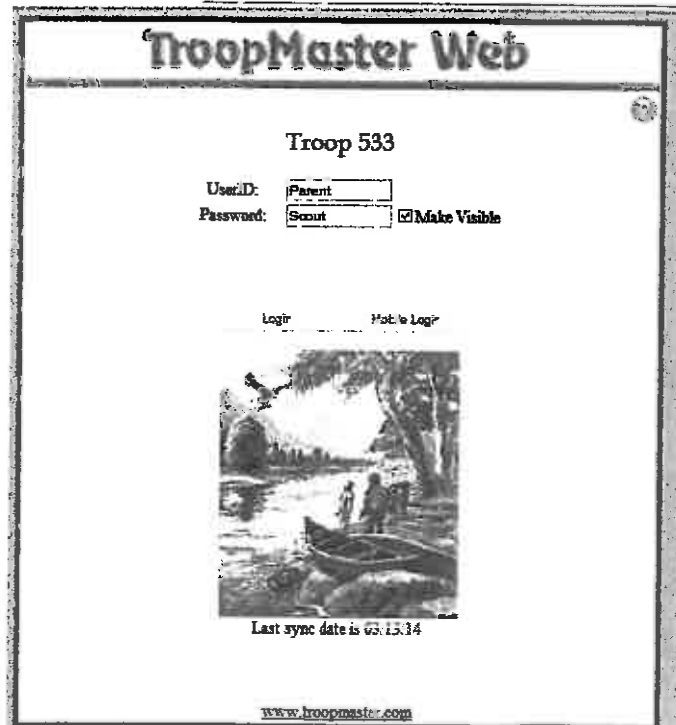
Password: Make Visible



Last sync date is 03/13/14

www.troopmaster.com

For your initial login enter: UserID = Parent and Password = Scout and select the Login button.




TroopMaster Web

Troop 533

UserID:

Password: Make Visible



Last sync date is 03/13/14

www.troopmaster.com

On the next screen, create your personal UserID and Password, enter your email address, and select your scout's name from the list. If you have more than one scout active in the troop, go ahead and select all of their names now.

TroopMaster Web

New users can use this page to create their initial UserID and Password for TroopMaster Web. Your access level will be determined by the profile UserID and Password you logged to with created by your Administrator.

If you have already created a UserID and Password from this page previously DO NOT create a new one here. Instead please contact your Administrator to recover that information for you.

Your new UserID:
Your new Password:
NOTE: The Administrator will be able to access your password. We recommend not using the same password as your other internet accounts (e.g., bank accounts, email, etc.)
Your Name:
Your Email:
Retype Email:

Select the scouts you need access to:

- PERKINS, GABRIEL
- Peters, Michael
- Quinn, Vincent
- Rhodes, Erik
- Rhodes, Logan
- Shelton, Ben
- Spencer, Daniel
- Talbot, Leo
- Wagner, Sean
- Wells, Christian
- Wilson, John
- Witt, Ethan
- Wolfe, Brett
- Zuck, Garrett

Select the adults you need access to:

- Zuck, Garrett
- PERKINS, GABRIEL
- Peters, Michael
- Quinn, Andrew
- Rhodes, Glenn
- Seltz, Francine
- Spencer, Daniel
- Sarna, John
- Spencer, Daniel
- Talbot, George
- Wagner, Mark
- Wagner, Nichole
- Wilson, Leonard
- Wilson, Terry
- Zuck, Dale
- Zuck, Dean

Create Account C 206

Finish by selecting the Create Account button at the bottom of the page.

For the last step in the setup process, a confirmation screen will be displayed showing the personal login information you created. Please print this page and save it for reference, then select the Close button.

TroopMaster Web

New users can use this page to create their initial UserID and Password for TroopMaster Web. Your access level will be determined by the profile UserID and Password you logged in with created by your Administrator.

If you have already created a UserID and Password from this page previously DO NOT create a new one here. Instead please contact your Administrator to recover that information for you.

Your new UserID	<input type="text" value="Best Scout Parent EVER"/>
Your new Password	<input type="text" value="Troop 533 Eagle Scout"/>

NOTE: The Administrator will be able to access your password. We recommend not using the same password as your other internet accounts (e.g., bank accounts, email, etc.)

Your Name	<input type="text" value="Troopmaster Example"/>
Your Email	<input type="text" value="shelton.1533@gmail.com"/>
Retype Email	<input type="text" value="shelton.1533@gmail.com"/>

Congratulations you have now setup your own UserID and Password for TroopMaster Web.

You should click the print button in your browser to print these settings.

Click Close to return to the Login page and you will be able to login with the new UserID and Password that you have created on this page.

[Close](#)

USING TROOPMASTER WEB

Once you have registered, you can access TroopMaster Web. To begin using the program, go to TroopMaster Web as before and enter your personal UserID and Password on the sign-in screen. Then select one of the Login buttons: if you are logging in from a computer, select the Login button; if you are logging in using a Smartphone or other mobile device, select the Mobile Login button.

From the Main Menu, your parent login gives you the following access:

- Passwords – View access to your UserID and Password information.
- Activities – View access to a list of troop activities and attendees.
- Adults – No access. Updating of parent information is under the Scouts button.
- Scouts – Update access to scout and parent information. View access to advancement, awards, and completed/partial merit badges
- Merit Badge Counselors (MBCs) – No Access. Consult with the Scoutmaster concerning merit badge counselor information
- Calendar – View access to the calendar of troop activities
- Reports – No Access. For scoutmaster and advancement chair.
- Message Board – Update access. Allows for sharing of information with other Troop 533 users.

The Mobile Login requires that you select the type of device.

Then the Main Menu will be displayed.

The Mobile Login does not have buttons for Password(s) or the Message Board, but the access to the other functions is the same as the PC based login.

BSA Troop 533 Guidebook

Troop 533 - Patrol Camping Menu

The following checklists are used by the scouts and approved by the adult leadership for a weekend camping menu. A single scout generally consumes \$10-\$12 of food for the weekend.

Patrol: _____

Number of Scouts attending: _____

Campout: _____

Scout name: _____ Phone: _____

Date: _____

Scout name: _____ Phone: _____

Food Purchaser: _____

Scout name: _____ Phone: _____

Scout name: _____ Phone: _____

Scout name: _____ Phone: _____

Scout name: _____ Phone: _____

Scout name: _____ Phone: _____

Scout name: _____ Phone: _____

Scoutmaster/Adult Approval: _____

Friday Night: Cracker Barrel

Sunday Breakfast:

Saturday Breakfast:

- ✓ remember- \$10 to \$12 per scout for the weekend
- ✓ no soda pop or energy drinks are to be purchased
- ✓ no electronics at any campout or troop activity

Saturday Lunch:

Saturday Dinner:

Campout Shopping List

Remember to spend \$10-12 per scout for the weekend. No soda pop or energy drinks are to be purchased.

DAIRY:

- milk
- eggs
- butter/margarine
- yogurt
- sour cream
- cream cheese
- block cheese (cheddar, colby, etc.)
- other _____

MEAT, FISH, POULTRY:

- bacon
- sausage
- cold cuts
- chicken
- turkey
- beef/ground beef
- pork products
- other _____

FRUITS & VEGETABLES:

- apples
- bananas
- oranges
- grapes
- melon
- carrots
- onion
- lettuce
- potatoes
- tomatoes

- peppers
- other _____

DRY GOODS:

- cereal
- oatmeal
- cookies
- crackers
- pasta/noodles
- beans/lentils
- rice
- bread crumbs
- sugar
- flour
- cake mix
- pancake mix
- potato/tortilla chips

BREADS:

- wheat/white/rye bread
- bagels
- buns
- english muffins
- rolls
- other _____

CANNED GOODS:

- applesauce
- canned vegetables
- canned fruit
- spaghetti sauce
- tuna

- other _____

PAPER PRODUCTS:

- paper towel
- aluminum foil
- napkins
- plastic wrap
- lunch/sandwich/garbage bags
- other _____

CONDIMENTS:

- oil
- vinegar
- ketchup
- mustard
- mayonnaise
- relish
- olives
- pickles
- salsa
- salad dressing
- soy sauce
- honey
- jam/jelly
- peanut butter
- syrup
- other _____

General Checklist for Monthly Campout and Summer Camp

- Class A uniform (shirt and neckerchief/bolo)
- Socks (one pair per day + one extra pair)
- Underwear (one pair per day + one extra pair)
- T-shirt (one per day + one extra), include your Class B shirt
- Extra shoes
- Headgear (optional)
- Sweatshirt or light jacket
- Raingear
- Clean mess kit
- Personal first aid kit
- Sleeping bag, sleeping pad, camp pillow
- Daypack (if hiking)
- Flashlight, extra batteries
- Tent (provided by the Troop; may be needed for High Adventure or Philmont Scout Ranch)
- Camp chair (optional)
- Non-aerosol mosquito repellent (seasonal)
- Non-aerosol sunscreen (seasonal)
- Canteen/water bottle
- Spending money + money for merit badge supplies and books (Summer Camp)
- Non-scented soap, toothbrush, toothpaste, shampoo, comb
- Sleepwear
- Scout Handbook, paper, pencil, merit badge books
- Pocket knife (No sheath knives allowed!) allowed only if Scout has earned his Totin' Chip.

General Checklist for High Adventure Camping

Packing

- Backpack with rain cover
- Drypack/garbage bags
- Compression sacks

Shelter

- Tent, poles/bivy sack
- Ground cover

Sleeping gear

- Sleeping bag
- Sleeping pad

Navigation

- GPS/Maps and compass
- Headlamp, flashlight

Clothing

- Long sleeve shirt
- Short sleeve shirt
- Underwear
- Sleeping clothes
- Long pants

- Shorts/zip-off pants
- Hiking boots
- Hiking socks
- Raingear
- Baseball cap and bandana
- Jacket/hoodie (optional)
- Camp shoes (optional)

Cookware

- Pot
- Utensils
- Stove and fuel
- Waterproof matches
- Water treatment
- Water bottles
- Gallon ziplock bags
- Washcloth (optional)

Essentials

- First aid kit
- Non-aerosol sunscreen
- Insect repellent

- Whistle
- Toilet paper
- Pocket knife
- Space blanket
- Duct tape
- String/cord/straps
- Toothbrush/toothpaste
- Watch/clock
- Soap (optional)
- Beacons (optional)
- Camera (optional)
- Sunglasses (optional)
- Hiking stick
- Camp shovel (optional)

Food

- Breakfast
- Lunch
- Dinner
- Snacks
- Drinking water/fluids

BSA Troop 533 Guidebook

Cold Weather Camping Guide

Cold weather camping can be one of the greatest challenges a Scout will face. With the proper planning and knowledge, this challenge can be easily met. This guide is intended to provide a quick start course of the skills of cold weather camping. This guide is broken down into several key areas that include clothing, the layering system, special equipment, bedding down, nutrition, and cold weather first aid. We hope everyone will accept this challenge and most importantly: Be Prepared- Have Fun!

Clothing

The clothing a Scout brings on a winter camping trip will be one of the most important factors of his warmth and comfort. While clothing does not directly provide warmth, it does provide insulation to preserve and conserve heat loss.

Clothing material can be broken down into wools, synthetics, cottons, and blends. Each type of material holds its own advantages and disadvantages. Wool, although itchy, provides warmth when wet. Synthetics provide waterproof and windproof advantages yet lack breathability. Cottons are primarily used in warm weather camping by providing lightweight, cool clothing. Finally, blends represent a mix among cotton, wool, and synthetics. The Scout uniform represents an ideal example of blends.

Before running through a recommended list of clothing for the weekend, it is important to address several important issues. First, perspiration can prove to be a serious side effect of intense winter activity. To avoid this, it is important that the first layer of clothing be able to wick moisture away. Polypropylene long underwear is the solution. Commonly referred to as "Wickers", polypropylene materials wick moisture away from the body allowing your body heat to evaporate your sweat and ultimately reduce any chilling. The second concern is breathability. Waterproof materials do a superb job in keeping us dry; however, they hold one important drawback- they lack breathability. What this means is that waterproof materials counteract the effects of polypropylene materials by trapping the moisture that the thermal underwear attempts to wick away. Ultimately, when this occurs, it is important to change layers throughout the day to avoid excessive moisture build-up that brings down the body temperature. Finally, the proper clothing on your feet is important to enjoying a cold weather weekend. Poly liners should be worn under wool or wool synthetic socks in order to wick away moisture. Wool socks help combat cold feet in the event that your socks get wet. Wool, unlike other fabrics, will still keep you relatively warm if wet. Be sure that your socks are not too tight, as this can reduce blood circulation and lead to cold feet. In the event your feet get wet, be sure to change into a dry, clean pair of socks as soon as possible!

The following list represents the recommended clothing for a two-day winter camping trip:

- Polypropylene long underwear (bottoms and tops)
- 2 shirts (wool or flannel)
- Turtlenecks
- 2 pairs of wool or casual hiking pants
- Boots (waterproofed)
- Foot wear for back-up
- 2-3 pairs of heavy socks (wool recommended)
- 2-3 pairs of lighter socks (preferably polypropylene liners)
- Windbreaker
- Wool stocking cap, ear warmers, & neck gators
- Parka or heavy jacket
- 2 pair of gloves or mittens, at least one heavy warm pair
- Rain Suit
- Personal Gear
- Water bottle
- First aid kit
- Pocketknife
- Flashlight (with spare batteries)
- Compass
- Pack (backpack or duffel bag)
- Heavy sleeping bag
- Sleeping pad
- Mess kit (spoon, fork, plate, bowl, cup)
- Cleaning kit (soap, toothbrush & toothpaste, dental floss, hand towel)
- Rope for tent tie downs, clothesline, clothespins

No winter camper should have sweat clothes in his pack. Sweat clothes act like a sponge and absorb moisture and have no wind-deflecting capabilities. The only possible exception to this rule is the use of a hooded sweatshirt for sleeping. Winter campers cannot over-emphasize the importance of this rule.

Special Winter Camping Equipment

This section is intended primarily to introduce equipment concerns that need to be addressed when camping in extreme cold weather.

- The first, single most important piece of special equipment is fortunately the cheapest. Zip-lock (or similar) bags! All underwear, socks, and long underwear should be packed in zip-lock bags. All other clothing should be stored in something waterproof. This can range from a garbage bag to stuff sacks. All the wool and polypropylene in the world won't do any good if it is wet from the beginning. Dryness is the key to success.
- Foam pads are the second most important piece of special equipment. The ground is cold! When you are sleeping, it is important to have that added insulation under you to avoid losing body heat to warming the Earth. Remember the rule of thumb; it is a good idea to have two to three times as much insulation under you as you do above you.
- The next most important piece of equipment will more than likely not cost anything because you probably have it lying around the house. All Scouts should carry a wool blanket with them on the weekend. If you cannot locate wool blanket (Army blanket), ask around. Someone is bound to have a wool blanket somewhere in a closet.
- Finally, another important piece of equipment is not one that you have to run out and purchase for the weekend, however, in the long run you want to consider if your scout decides he enjoys cold weather camping, a mummy bag for 0 - 15 degree is recommended.

The Layering System

While clothing will provide the insulation to maintaining a constant body temperature and steady warmth, it is useless if not worn properly. Layering represents an individual's personal thermostat. As you begin to feel cool, you can put on another layer. As your body begins to sweat, you simply remove a layer. More often than not, this body temperature regulation can be performed through the wool cap. The body loses 80% of its heat through its head. A wool cap helps maintain this heat within your body, warming you rather than your surroundings. The layers begin with the polypropylene long underwear and work their way up to the parka. In short, the primary importance of the layer system lies in body temperature regulation. For this reason, it is important to have various layers packed in order to properly regulate your body temperature.

Nutrition

Menu planning and a properly balanced diet are crucial in cold weather camping. Unfortunately, it is sometimes difficult to do. Who wants to cook and clean a full course dinner or grand slam breakfast in zero degree weather? Most important to realize is that a scout will require a greater calorie intake in cold weather. In addition to increased activity, increasing the metabolism is a good way to increase warmth. A proper diet should be high in carbohydrates and protein. Many of the menus have already been planned and approved by the adults. However, we would recommend sending some extra snacks along for the trip. Rather than sending cookies and chips, replace them with cheese and crackers, granola bars, and trail mixes (a favorite is Cheerios, chocolate chips, peanuts, raisins, and M&M's). Foods high in protein result in a slow release of body heat as your metabolism digests the foods. Candy and other high sugar foods result in a quick release of body heat that causes your body temperature to drop below what it was originally. Ultimately, it is important to have a high calorie diet that is high in protein and carbohydrates.

Bedding Down

Sleeping in the winter is really no different than camping out in the summer. However, there are a few important tips that require mentioning. The first most important tip is to never wear wet clothes to sleep. Not only will it decrease your body temperature, it will also cause moisture in your sleeping bag that will decrease the insulating properties of the bag. Second, if you do get cold during the night, do not place your head inside the sleeping bag, as this will cause moisture from your breath to have the same effect as mentioned above. Wearing a hat while you're sleeping will produce the same results as sticking your head inside the bag. Finally, the insulated capabilities of the bag come from warmth being trapped in the dead air space of the synthetic fibers (or bag fill), be sure that the bag is as fluffed out as possible to increase the insulating characteristics. In addition, it is recommended to keep the bag in a stuff sack until you are ready to bed down, this will keep moisture in the air from finding a place on or in your bag before you bed down. When storing your sleeping bag at home, hang it in a closet rather than in the stuff sack in order to avoid crushing the fill in the bag. Preparing your bed roll for winter camping requires a little more effort than a summer night under the stars. Insulation under you is the key to enjoying a warm winter night. The first layer down should be a plastic ground cloth to keep moisture from the cold ground from coming in contact with and ultimately penetrating your sleeping bag. One-half of the ground cloth lays over the sleeping pad. On top of the pad, lay out a folded

wool blanket (again, army blankets work great) to add extra insulation from the cold ground. Place your sleeping bag on top of the wool blanket and fold the remaining ½ of the ground cloth on top of the bag. The ground cloth on top of the bag helps to prevent dew and frost from forming on the bag and ultimately reducing the insulating capabilities. In extreme cold weather, newspaper, hay or more natural materials such as leaves and pine needles can be placed under the sleeping pad to provide more insulation. Finally, get warm before going to bed. Increasing activity by doing jumping jacks increases your metabolism and body heat before hitting the sack!

Cold Weather First Aid

This subject always becomes an important topic that hopefully no Scout will ever have to use. However, up to date knowledge is of extreme importance. In addition to basic first-aid skills that many of the Scouts know, cold weather first aid concerns and safety issues often take precedence on cold weather outings. As a refresher to cold weather first aid, it is important to review common problems and remedies found in cold weather camping:

- **Dehydration:** Excessive loss of body water that impairs the ability to reason, so the victim may not react properly. Prevention can be achieved by drinking at least two quarts of water a day, and avoiding dehydrating foods (high sugar) and caffeinated fluids. Treatment includes increasing liquid intake and keeping warm. Severe cases require immediate medical attention.
- **Hypothermia:** Lowering of the inner core body temperature. Hypothermia can and commonly happens in temperatures above freezing. The victim may not recognize the symptoms and may not be able to think clearly enough to react. Injury or death may result. Prevention includes good nutrition, consumption of high-energy foods, proper clothing, and increased activity. Treatment includes providing shelter and warmth for the victim from the elements, hot drinks followed by candy or other high sugar foods to jump start the metabolism, and increasing body heat through huddling. If hypothermia is suspected, medical attention should be contacted as quickly as possible.
- **Frostbite:** Tissue injury involving the actual freezing of the skin and underlying tissues. Recovery is slow. Once exposed, the victim will be predisposed toward frostbite in the future. Prevention includes proper clothing, good nutrition, drinking fluids, immediate treatment of minor symptoms, and use of the buddy system to check face, nose, and ears. Treatment includes warming area through exercise, heat, or water (Do not rub with snow).
- **Snow Blindness:** Inflammation of the eye caused by exposure to reflected ultraviolet rays when the sun is shining brightly on an expanse of snow. Prevention includes wearing sunglasses when any danger is present. Treatment includes blindfolding the victim, rest, and avoided future exposure. Snow blindness heals in a few days without permanent damage. Notify the adult leadership if any symptoms occur.

More Cold Weather Tips

- If you only have a rectangular sleeping bag, bring an extra blanket to pack around your shoulders to keep air from getting in.
- Use a ground cloth (or poncho) to keep ground moisture from forming your bag.
- Put a hand warmer (in a sock) in the bottom of your sleeping bag to warm it up before bedding down.
- Placing ground pepper in your socks prior to a day in cold weather increases the circulation to your feet and reduces that chance of cold, wet feet.
- Avoid eating snow. The coldness requires too much energy to convert to water and could result in a decrease in body temperature.
- Using deodorant on your feet before a day in cold weather reduces the chance of sweating which can cause a chill in your feet.
- Use the buddy system to check each other for signs of cold weather health
- Place the next day's clothes inside your sleeping bag as added insulation and to warm them up.
- **Stay warm and dry. Be Prepared, Have Fun!**

It is our hope that this cold weather survival guide has been helpful in preparing you for your cold weather trek. The information on cold weather camping is abundant. If you have any specific questions or are interested in learning more about anything discussed in this packet, please do not hesitate to contact your leaders. The Troop is filled with extremely knowledgeable and experienced Scouters that would love to pass this information on.