

## **Erie Shores Council “Boy Scout Activity” Camp Alaska Guidelines**

Erie Shores Council Camp Alaska is a unique opportunity for a troop/patrol to experience real winter survival. Careful preparation and education can pay off in a challenging, safe and successful outing. A Camp Alaska patch is available from the Scout Service Center for a nominal fee to all Scouts and leaders who successfully complete the experience.

**Below are guidelines established by the Erie Shores Council Camping Committee for your unit to have a complete Camp Alaska experience.**

- Conduct an outdoor encampment for a **twenty-four (24) hour (minimum) period** between the dates set on the Erie Shores Council Calendar.
- The troop/patrol should not leave the campsite or area for an outside activity.
- Hold four troop meetings preparing for the Camp Alaska experience. Before any Scout can participate, the unit leader should ensure that the Scouts participating have knowledge of:
  - a. Appropriate types of clothing, bedding and camping equipment;
  - b. Cleanliness in cooking and care of the campsite;
  - c. Proper practice in the care of food, menu planning, and proper sanitation;
  - d. Proper types of fires and their uses;
  - e. Proper skill in use of wood tools (Totin' Chip)
  - f. Proper training in cold weather first aid
- Units may not use manufactured tents. They may use visquene, tarps or native materials.
- A minimum quarter mile pack-in is suggested. With the exception of their water, units may only bring what they can backpack in one trip.
- Menus must be prepared and food purchased by the Scouts. Cooking should be done individually or in teams of two.
- **Practice Leave-No-Trace camping, carry out what you bring in, follow the BSA Outdoor Code!**

A special segment will be available for Scouts camping in BELOW ZERO weather provided they use an approved shelter and make their own ground bed. Below Zero is achieved anytime the temperature drops below zero during the outing.

Additional resources on Camp Alaska First Aid practices and other cold weather camping procedures can be found at:

1. BSA Fieldbook: Chapter 13
2. <http://www.macscouter.com/keepwarm/index.asp> (Information to prepare for winter outings.)
3. <http://okpik.nwsc.org/> (Adult leader training.)

## Supplement to Camp Alaska and Winter Camping: BSA Resources

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### **a. Appropriate types of clothing.**

- Clothing for Outdoor Adventures ~ *The Boy Scout Handbook, A Guide to Adventure, A Guidebook for Life, 12th Edition.* Page: 270.
- Cold Weather Clothing Checklist for Outdoor Adventures ~ *The Boy Scout Handbook, A Guide to Adventure, A Guidebook for Life, 12th Edition.* Page: 273.
- Clothing Checklist for Cold Weather Camping ~ *Camping, Merit Badge Series, BSA, 2011 Printing.* Page: 33.
- Layering ~ *Camping, Merit Badge Series, BSA, 2011 Printing.* Page: 33.
- Cold Weather Clothing/Footwear/Head Gear/Hand Gear ~ *BSA Fieldbook, Fourth Edition, Chapter 13, Cold-Weather Travel and Camping.* Pages: 195-198.

### **b. Appropriate types of bedding.**

- Making Your Bed Outdoors [Sleeping Bag/Sleeping Pad/Ground Cloth] ~ *The Boy Scout Handbook, A Guide to Adventure, A Guidebook for Life, 12th Edition.* Pages: 305-306.
- Sleeping Bag/Sleeping Pad/Ground Cloth ~ *Camping, Merit Badge Series, BSA, 2011 Printing.* Pages: 34-35.
- Winter Sleeping Systems ~ *BSA Fieldbook, Fourth Edition, Chapter 13, Cold-Weather Travel and Camping.* Page: 210.

### **c. Appropriate types of camping equipment.**

- Camp Stoves ~ *The Boy Scout Handbook, A Guide to Adventure, A Guidebook for Life, 12th Edition.* Pages: 414-415.
- Stoves and Campfires ~ *The Boy Scout Handbook, A Guide to Adventure, A Guidebook for Life, 12th Edition.* Page: 325.
- Choosing a Backpack ~ *The Boy Scout Handbook, A Guide to Adventure, A Guidebook for Life, 12th Edition.* Pages: 297-299.
- Eating Kit/Cook Kit ~ *The Boy Scout Handbook, A Guide to Adventure, A Guidebook for Life, 12th Edition.* Page: 324.
- Outdoor Essentials ~ *Camping, Merit Badge Series, BSA, 2011 Printing.* Page: 31.
- Pack ~ *Camping, Merit Badge Series, BSA, 2011 Printing.* Page: 36.
- Stoves ~ *Camping, Merit Badge Series, BSA, 2011 Printing.* Pages: 41-43.
- Cook Kits and Utensils ~ *Camping, Merit Badge Series, BSA, 2011 Printing.* Page: 44.
- Pack Your Pack ~ *Camping, Merit Badge Series, BSA, 2011 Printing.* Page: 45.
- Cold Weather Camping Expertise ~ *BSA Fieldbook, Fourth Edition, Chapter 13, Cold-Weather Travel and Camping.* Page: 212.

## **Supplement to Camp Alaska and Winter Camping: BSA Resources**

### **II**

#### **a. Cleanliness in cooking.**

- Cleaning Up After Meals ~ *The Boy Scout Handbook, A Guide to Adventure, A Guidebook for Life, 12th Edition. Page: 327.*
- Keeping Clean ~ *The Boy Scout Handbook, A Guide to Adventure, A Guidebook for Life, 12th Edition. Page: 307.*

#### **b. Care of the campsite.**

- Managing Your Campsite ~ *Camping, Merit Badge Series, BSA, 2011 Printing. Page: 51.*
- Breaking Camp ~ *Camping, Merit Badge Series, BSA, 2011 Printing. Page: 58.*
- Leave No Trace While Cold-Weather Camping - *BSA Fieldbook, Fourth Edition, Chapter 13, Cold-Weather Travel and Camping. Pages: 214-215.*

### **III**

#### **a. Proper practice in the care of food.**

- Food Storage ~ *The Boy Scout Handbook, A Guide to Adventure, A Guidebook for Life, 12th Edition. Page: 329.*
- Protecting Camp Food ~ *The Boy Scout Handbook, A Guide to Adventure, A Guidebook for Life, 12th Edition. Page: 308.*
- Food Storage ~ *Camping, Merit Badge Series, BSA, 2011 Printing. Pages: 54-55.*

#### **b. Menu planning.**

- Planning Your Meals ~ *The Boy Scout Handbook, A Guide to Adventure, A Guidebook for Life, 12th Edition. Page: 316.*
- Food for the Outdoors ~ *The Boy Scout Handbook, A Guide to Adventure, A Guidebook for Life, 12th Edition. Pages: 317-319.*
- Menus ~ *The Boy Scout Handbook, A Guide to Adventure, A Guidebook for Life, 12th Edition. Pages: 320-323.*
- Menus/Dried/Dehydrated Food ~ *Camping, Merit Badge Series, BSA, 2011 Printing. Page: 25.*
- Menu and Recipes ~ *Camping, Merit Badge Series, BSA, 2011 Printing. Pages: 27-28.*
- Cold Weather Food and Fluids [Gathering and Storing Winter Water] ~ *BSA Fieldbook, Fourth Edition, Chapter 13, Cold-Weather Travel and Camping. Pages: 199-200.*

#### **c. Proper Sanitation.**

- Keeping Clean ~ *The Boy Scout Handbook, A Guide to Adventure, A Guidebook for Life, 12th Edition. Page: 307.*

## **Supplement to Camp Alaska and Winter Camping: BSA Resources**

- Getting Rid of Dish Water ~ *The Boy Scout Handbook, A Guide to Adventure, A Guidebook for Life, 12th Edition. Pages: 328.*
- Sanitation ~ *Camping, Merit Badge Series, BSA, 2011 Printing. Page: 52.*
- Cleaning Up After Meals ~ *Camping, Merit Badge Series, BSA, 2011 Printing. Page: 53.*

### **IV**

#### **a. Proper types of fires and their uses.**

- Campfires [Managing and Putting Out a Fire] ~ *The Boy Scout Handbook, A Guide to Adventure, A Guidebook for Life, 12th Edition. Pages: 410-414.*

#### **b. Shelter building.**

- Tarps ~ *The Boy Scout Handbook, A Guide to Adventure, A Guidebook for Life, 12th Edition. Page: 304.*
- Cold-Weather Shelters [Emergency Winter Shelters] ~ *BSA Fieldbook, Fourth Edition, Chapter 13, Cold-Weather Travel and Camping. Pages: 201-209.*

### **V**

#### **a. Proper skill in use of wood tools (Totin' Chip).**

- Pocketknives, Saws, and Axes ~ *The Boy Scout Handbook, A Guide to Adventure, A Guidebook for Life, 12th Edition. Pages: 402-409.*

### **VI**

#### **a. Cold weather injuries: frostbite & hypothermia.**

- Frostbite ~ *The Boy Scout Handbook, A Guide to Adventure, A Guidebook for Life, 12th Edition. Page: 152.*
- Hypothermia ~ *The Boy Scout Handbook, A Guide to Adventure, A Guidebook for Life, 12th Edition. Page: 152-153.*
- Frostbite ~ *First Aid, Merit Badge Series, BSA, 2007 Printing. Page: 52-53.*
- Hypothermia ~ *First Aid, Merit Badge Series, BSA, 2007 Printing. Pages: 51-52.*
- Avoid Cold-Weather Emergencies ~ *BSA Fieldbook, Fourth Edition, Chapter 13, Cold-Weather Travel and Camping. Page: 213.*

### **Resources:**

*The Boy Scout Handbook: A Guide to Adventure, A Guidebook for Life, 12<sup>th</sup> Edition.*

*Camping, Merit Badge Series, BSA, 2011 Printing.*

*BSA Fieldbook, Fourth Edition, Chapter 13, Cold-Weather Travel and Camping.*

*First Aid, Merit Badge Series, BSA, 2007 Printing.*

(See also: <http://www.ntier.org> for information pertaining to BSA Northern Tier High Adventure Program: Cold-Weather Camping; Okpik.)