

Lewis and Clark District Winter Camporee January 27-29, 2012

2012 WINTER CAMPOREE



Lewis & Clark District
Mid America Council, B.S.A.

January 27-29, 2012

Little Sioux Scout Ranch, Little Sioux IA

Lewis and Clark District Winter Camporee January 27-29, 2012

Schedule:

Friday

- 5:00 – 8:00 pm Check-in at Admin Building and set up camp
Turn in Troop roster, show current Health Forms and Tour Permit
- 8:00 pm Shooting Safety Briefing – required for all who want to shoot.
- 8:30 pm Scoutmaster and SPL meeting/cracker barrel at Admin Building.
Movie at Admin Building (open to all).
- 10:30 pm Lights Out

Saturday

- 7:00 am Reveille
- 7:00 – 8:00 am Breakfast in the Admin Building.
- 8:30 am Flag Ceremony and Roll Call at main Flag Pole
- 9:00 – Noon Program Activities
- Noon – 1:00 pm Lunch in the Admin Building
- 1:00 – 4:00 pm Program Activities
- 4:00 – 5:00 pm Scout-Athalon
- 5:30 pm Flag retreat at main Flag Pole
- 5:45 pm Activity scorecards due (turn in at Admin Building)
- 5:45 – 6:30 pm Dinner in the Admin Building
- 6:30 – 7:00 pm Clean-up
- 7:00 pm Scouts Own – Worship service
- 7:30 pm Evening Campfire and Awards presentation in Admin Building
- 8:30 pm Scoutmaster and SPL meeting/cracker barrel at Admin Building.
Movie at Admin Building (open to all).
- 10:30 pm Lights Out

Sunday

- 7:00 – 8:00 am Reveille and Breakfast in at Admin Building
- 8:00 – 10:00 am Checkout (units must checkout with staff)
- 10:00 am Camp Closed

Important Information

Registration & Fees

Registration is open to all Boy Scouts, Explorers, and Venture Crews for the entire weekend. Registration includes access to all events, four hot meals, and a Camporee patch. The cost is \$20 per person. There is no discount for daytime only participants. Registrations received after 1/20/2012 DO NOT include meals.

Health Forms

All Troops must turn in a completed Unit Roster and a copy of medical forms for all Scouts and Adults attending the camporee.

Parking

Please be courteous when parking your vehicles to ensure they are in designated parking areas. **SCOUTS AND SCOUTERS ARE NOT ALLOWED TO RIDE IN THE BED OF A PICKUP TRUCK FOR ANY REASON.**

Check-In Procedure

Please plan to arrive at LSSR between 5:00 pm and 8:00 pm Friday evening. Check-in will be at the Admin Building. Please have your Tour Permit and Health Forms for verification and turn in your Unit Roster that time.

Ground Fires

All ground fires must be contained in fire rings. You may need to check with the Ranger to get a fire ring from winter storage. All rings must be returned to where you got them before you leave camp.

Restrooms

The indoor restrooms are reserved for staff only. The Scouts are to use the camp latrines.

Activities

Thank you to all Units and Individuals who are sponsoring or staffing activities for the youth this weekend.

Patrol Competition – Activity Card

Each Patrol/Unit will be given an Activity Card that they will be responsible for carrying to each event or activity. The Staff member at each event will write a score for that event on the Activity Card along with his/her signature. Please turn your Activity Card in to be tallied by the Staff when you come for Dinner. The top three scoring Units or Patrols will be announced at the Evening Campfire.

Check Out Procedure

The Camporee Staff will be located in the Admin Building for check-out until 10:00 am. If you plan on leaving LSSR after 10:00 am, you must make arrangements with the Ranger as to what time you will be leaving camp. Please POLICE your campsite area before you leave. All trash and any material used for ground insulation must be removed and taken with you.

"Be Prepared" for Winter Safety – Don't Get Left Out in the C.O.L.D.

The most common errors people make during cold-weather activities include not eating the right kinds of foods, not drinking enough water, not having adequate clothing, and being unaware of the signs of frostbite. One of the best ways to remember what is appropriate to eat when you are spending extended periods of time outside in cold weather is to use good nutrition to "build the fire within". Make sure your food consumption includes sugars, which act like a fire starter, carbohydrates and proteins, which act as kindling, and fats that produce the energy needed to keep the fire burning and your body running at peak performance. Stay away from caffeinated drinks such as soda, coffee, and tea; drink plenty of plain water or sports drinks to keep yourself properly hydrated.

To avoid these and other similar safety hazards this season, the BSA is sharing its tried-and-true winter safety tips. These commonsense tips can help winter campers, skiers, outdoor enthusiasts, and families who make highway travel plans to "be prepared" for winter hazards.

TOP OUTDOOR SAFETY TIPS FOR THE C-O-L-D

Keeping warm is the most important part of cold-weather camping and outdoor activities. Use the C-O-L-D method to stay warm.

C - Clean

Since insulation is only effective when heat is trapped by dead air spaces, keep your insulating layers clean and fluffy. Dirt, grime, and perspiration can mat down those air spaces and reduce the warmth of a garment.

O - Overheating

Avoid overheating by adjusting the layers of your clothing to meet the outside temperature and the exertions of your activities. Stay hydrated by drinking plenty of water, and refrain from drinking caffeinated drinks that act as diuretics.

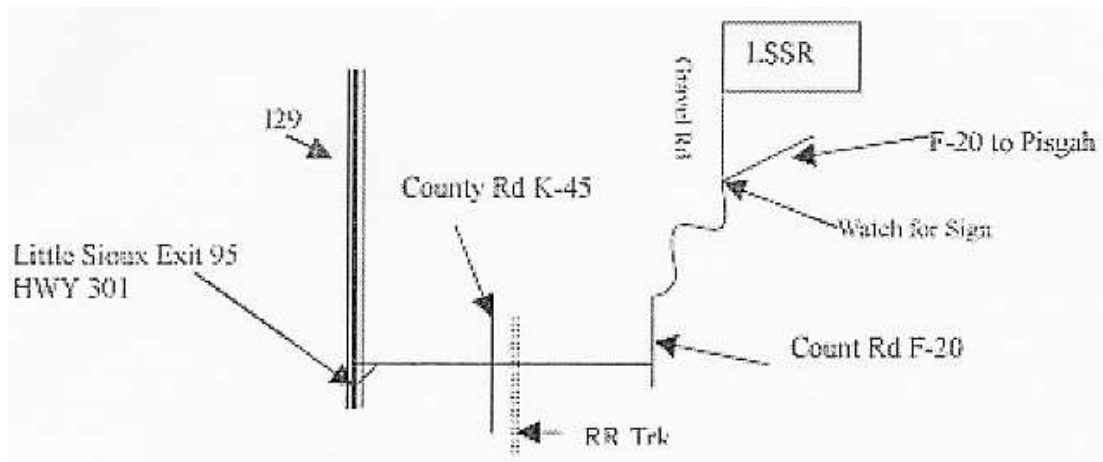
L - Loose Layers

A steady flow of warm blood is essential to keep all parts of your body heated. Wear several loosely fitting layers of clothing and footwear that will allow maximum insulation without impeding your circulation. Having clothing that is bright colored (orange or red) is also a good idea, so hunters and sportsmen can see you in snowy conditions. Always have a hat and wear it.

D - Dry

Sweaty, damp clothing and skin can cause your body to cool quickly, possibly leading to frostbite and hypothermia. Keep dry by avoiding clothes that absorb moisture. Always brush away snow on your clothes before you enter a heated area. Keep clothing around your neck loosened so that body heat and moisture can escape instead of soaking through your layers. Keep your socks dry.

Directions to LSSR



1. From 1-29 Take the Little Sioux Exit 95
2. Travel East along Highway 301
3. Turn left on County Road F-20 (look for sign)
4. At fork in the road go left on gravel road. County Road L-14 (Larpenteur)
5. Travel about 3 miles. Camp entrance is on the right.

Unit Roster

(This form must be turned in at Check-In)

Unit _____ Home District _____

Scoutmaster _____ Cell Phone # _____

Scouts (youth) and Scouters (adults) Attending

	Name (Last, First)	Youth / Adult Rank / Position	Current Health Form
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			

Lewis & Clark District

2012 WINTER CAMPOREE

January 27-29, 2012
at the
Little Sioux Scout Ranch
Little Sioux, IA

Unit Registration Form



Troop # _____

Scoutmaster _____

Phone _____

E-mail _____

Registration Fees:

Total Youth _____ @ \$20.00 \$ _____

Total Adults _____ @ \$20.00 \$ _____

Total Paid \$ _____

NOTE: Fees include the Camporee and four meals for the weekend. Registrations received after January 20th, 2012 DO NOT include meals. No discount for daytime only participants.

All troops are responsible for bringing current medical forms for all Scouts. We recommend each Scout carry a copy of their form in a plastic bag on their person at all times.

All Troops must turn in a completed Unit Roster and a copy of medical forms for all Scouts and Adults attending the camporee.

Questions? Contact Jim Benes at 402-431-2281 or jim.benes@cox.net