

From: Troop 71 Info [info@troop71.info]
Sent: Wednesday, January 07, 2015 6:28 PM
To: troop71bsa-donotreply@yahoo.com
Subject: Fwd: Kondike Derby and Camp-out
Attachments: Winter_Camping_Tips.pdf; 2015 Klondike Derby Announcement Troop.pdf

All,

Please see below from Mr. Dahle (Thanks Bob!).

Also, in addition to the "Winter Camping Tips" Mr Dahle sent, I've attached the Council's note to the PLC, which details some additional events at Klondike this year for the older scouts, as well as info on how they'll make the competitions more "even" for all.

Evan James

----- Forwarded message -----

From: **Bob Dahle** <bobdahle@gmail.com>
Date: Wed, Jan 7, 2015 at 2:38 PM
Subject: Kondike Derby and Camp-out
To: Scoutmaster Troop71 <scoutmaster.troop71@gmail.com>

Please forward.

All,

The 2015 Klondike Derby and Camp-out is only a few weeks away (Jan 24-25), and it's time to start preparing. I will post a sign-up sheet at the next meeting for scouts and adults.

Whether you intend to camp, or just show up for the derby, it's best to start making sure you the have necessary gear now. The weather at the end of January can vary, but typically that is the coldest part of the entire winter. That means dressing right and having the right equipment is important.

There are many internet articles and guides that can give you winter dressing and camping tips. I've also attached some winter camping tips that I got off the troop's website. Below is a list of the required items for camping.

- Sleeping bag (rated 20 F or better)
- Foam pad
- Stocking cap
- Warm sleep wear (e.g., long johns and socks)
- Winter boots

- Layered clothing (e.g., polypropylene long underwear + fleece/sweater + windproof pants and jacket + socks (wool/synthetic blend))
- Warm parka
- Mittens or gloves (wool / synthetic) with water-resistant outer shell
- Rain gear
- Mess kit (plate, bowl, fork, spoon, knife, cup, etc.)
- Water bottle
- Flashlight
- Toiletry kit
- Medications

My two cents worth:

Long Underwear Base-Layer - Buy polypropylene or polyethylene, it doesn't matter which. As long as it says poly something you'll be fine. Cotton long underwear is a bad idea. Both Meyer and Walmart sell the poly long underwear for a very reasonable price.

Mid-Layer - Pants - If you can avoid wearing Blue Jeans (because they are cotton) that would be best. I wear a heavy pair of running pants. They're thick and warm and made of some sort of poly type material. Performance fleece is also a good option. When the temp is 30 or above I usually don't need any additional layers. Tops - A fleece pullover or jacket works great and are cheap to buy. Wool is even better. I usually also wear a tee shirt -like my green scout shirt- under my fleece jacket as an additional layer.

Outer-Layer - The ideal outerwear is waterproof and windproof. I have a heavy Gortex rain-suit that I use as my outer layer, but I don't recommend going out and buying that for your son. My son wears his normal winter jacket and a pair of cheap ski pants. Having the right base and mid layer will help keep you warm and dry even if the outer layer gets a little wet. If we end up having warmer rainy weather, than I suggest rain gear.

Foot wear - I recommend wearing a single pair of good wool socks. Again no cotton socks. The key to warm feet is not having anything that is tight on your foot. If your boot is tight, or you put on too many socks, your feet will be cold. You can also wear what is called a liner sock under your wool sock. Liner socks are thin synthetic or poly socks that help keep the moisture away from your feet and help to prevent blisters. Just make sure it's not tight.

Boots are up to you. Dry warm feet makes for a good camp-out. I usually find something cheap (but gets the job done) for my son, because he only gets one year's use out of them.

Hand wear - I prefer mittens because they keep your hands warmer. I have a set of "choppers", which is a wool mitten with a leather outer mitten. Very warm. Having a second pair for backup is not a bad idea.

Campers

Make sure you have a good sleeping bag that is rated for 20 degrees or below. It is possible to put one bag inside a second bag if that's all you have. There are also fleece sleeping bag liners that can add an extra 10 degrees to the rating of your bag. Also be sure to have a mat under your bag. You will want a closed foam mat and not an air mattress. Closed foam will isolate you from the ground. I think two is better.

Happy Camping
Bob Dahle

Winter Camping Tips from

www.boyscouttrail.com

1. Some tips to keep in mind when your troop takes on winter camping.
2. Fail to Plan = Plan to Fail
3. Always bring a bit more than what you think you'll need – water, food, clothes.
4. 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.
5. Stay hydrated. It's easy to get dehydrated in the winter. Eat and drink plenty of carbs.
6. Keep out of the wind if you can. A rain fly for a tent can be pitched to serve as a windbreak. The wind chill factor can often be considerable and can result in effective temperatures being much lower than nominal.
7. 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!
8. Bring extra food that doesn't need to be heated or cooked. Granola bars, trail mix, etc.
9. Keep a pot of hot water available for cocoa or Cup-a-Soup – these warm from the inside.
10. 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°F with gloves on. Prep all meals at home in the warmth of the kitchen.
11. Shelter the cooking area from wind (walls of tarps, etc.)
12. 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.
13. Remember **C O L D**: **C** Clean - dirty clothes lose their loft and get you cold. **O** Overheat - never get sweaty, strip off layers to stay warm but not too hot. **L** Layers - Dress in synthetic layers for easy temperature control. **D** Dry - wet clothes (and sleeping bags) also lose their insulation.
14. **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.
15. 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 fleece or wool. The Wind/Water layer should be Gore-Tex or at least 60/40 nylon.
16. If you're camping in the snow, wear snow pants over your regular clothing
17. Bring extra hand covering - mittens are warmer than gloves.
18. Bring 2 changes of socks per day.
19. Everyone must be dry by sundown. No wet (sweaty) bodies or wet inner clothing.
20. Use plastic grocery bags or bread bags over socks. This keeps your boots

Winter Camping Tips from

www.boyscouttrail.com

- dry and you can easily change those wet socks.
21. 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!
 22. 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.
 23. 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.
 24. Wear a stocking cap to bed, even if you have a mummy bag.
 25. 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.
 26. Put a couple of long-lasting hand warmers into your boots after you take them off. Your boots will dry out during the night.
 27. 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.
 28. 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.
 29. Use a sleeping bag that is appropriate for the conditions. Two +20°F sleeping bags, one inside the other will work to lower the rating of both bags.
 30. Use a bivy sack to wrap around your sleeping bag. You can make a cheap version of this by getting an inexpensive 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.
 31. 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.
 32. 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.
 33. 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.
 34. 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.

Winter Camping Tips from

www.boyscouttrail.com

35. 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.
36. In an emergency, cardboard makes a great insulator. Old newspapers are also good insulation. A layer of foam insulation works too.
37. 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.
38. 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.
39. No cots or air mattresses! Better to lay on with 30° earth instead of –10° air.
40. Drain your bladder before you go to bed. Having to go in the middle of the night when it is 5 degrees out chills your entire body. Drink all day, but stop one hour before bed.

Dear PLC,

This year's theme is "Are you tougher than a Scoutmaster?"

Come compete against your Scoutmasters. A scoutmaster team will compete at each event including the race. If you score more total points than they do, you "Are Tougher than a Scoutmaster" and will be duly recognized.

Ask your Scoutmaster or Assistant Scoutmasters if one or two of them would be willing to show the scouts how it is done and set the bar for the competition at one of the events.

Work with your fellow scouts to prepare to compete with each other and the Scoutmasters. Camp one or two nights or come out for the day only. Separate champions will be awarded for Ventures, Boy Scouts, and Brownsea Scouts (Scout, Tenderfoot, Second Class Scouts). There will also be a Grand Champion this year that will be announced at the Merit Badge Trail Drive.

We will also offer your older scouts an "Extreme Klondike" Option. Ask the older Scouts if they are bored with the same Klondike and desire a challenge. Invite them to camp with your Troop on Friday night and then compete for the "Extreme Klondike" award Sat morning through Sun morning. They will attend Winter Survival Camping Training, build a sled as a team and orienteer over to Falling Timbers for winter survival camping. Build a shelter with tarps and wood poles, camp in your shelter (bring a sleeping bag), build a fire with primitive tools, cook dinner without pots or foil, and compete in some challenging scouting skills. Complete the challenge and be one of the first scouts to earn the "Extreme Klondike" patch. Pre-registration is mandatory to compete in the Extreme Klondike Derby. The last day to sign up for Extreme Klondike is 19 January 2015.

There will be many awards available to compete for and separate categories for Venture Scouts, Boy Scouts and new this year Brownsea Scouts (Open to Scout/Tenderfoot/Second Class Scouts + one older scout to help lead the team). Separate events will also be held for Webelos.

Please note that Troops, Crews, and Webelos are not required to have complete Sled Teams when they arrive. Klondike Derby team will help form sled teams on Friday night for any smaller groups or lone scouts for Extreme Klondike.

Sleds not required. The sled race will be separate from the Klondike Events this year so if you don't have a sled and want to compete as a sled team you can carry your materials from town to town in something other than a sled.

Yours in Scouting
Ernie McCallister
2015 Klondike Derby Chair

2015 CHILLICOTHE KLONDIKE DERBY

COST: \$12 per Scout and \$10 per adult leader/volunteer.

LUNCH: Bring a sack lunch.

EVENTS:

Sled Race

Separate from Sled Team Competition

Sled Team Competition Events: (Bring supplies to accomplish each task).

Fire Building

Orienteering

First Aid

Shelter Building

Scout Skill TBD

Kim's Game

Ice Shoot



CLOTHING: Winter outdoor clothes.

No tennis shoes. Scouts must wear boots to participate. Winter coat, hat, and gloves.

VOLUNTEERS: We would appreciate each unit providing one adult or older scout to help run one event. The event will be set up and instructions provided.

COMPETITION AWARDS:

Tougher than a Scoutmaster

Sled Team Out Scores the Scoutmaster Sled Team

Smartest Scout Unit Award (Top 3)

Collect most Gold Nuggets answering claim jumpers questions

Extreme Klondike Award

Complete extreme winter camping challenge

Klondike Sled Race (Top 3)

Fastest Sled Team

Brownsea Sled Champion Team Award (Top 3)

Total Points for 7 Events

Boy Scout Sled Champion Team Award (Top 3)

Total Points for 7 Events

Venture Scout Sled Team Champion Award (Top 3)

Total Points for 7 Events

Klondike Derby Grand Champion Award

Most points from the following:

Registered Early (0-50)

Sled Race Points (0-200)

Total Points for 7 Events (0-1400)

Camping Friday Night (0 / 50 cabin / 50 tent)

Camping Saturday Night (0 / 25 cabin / 50 tent)

Campfire Saturday Night (0 / 50)

Camp Site Inspection (0-50)

Submitting Patch Design for next year's Klondike (0 / 50)

Sled Team Leader attends Cracker Barrel (0 / 50)

Percentage of Sled Team Attends Scouts Own Service (0-50)

Unit's Leaders volunteered at an Event (0 / 100)

SCHEDULE KLONDIKE DERBY:**Friday**

06:00-09:00 Registration
07:00-10:30 Camp Site Inspections
09:00 Cracker Barrel (Sled Team Leaders & SMs)
11:00 Quiet Time

Saturday

07:00 Reveille
07:00-08:30 BREAKFAST
07:30-08:30 Mayors meeting (Breakfast) – Turner Bldg
09:00 Flags (Flag Poles)
09:30 Sled Race Mass Start (Parade Grounds)
10:30-12:00 Morning Events (Boy/Venture Scouts)
12:00-01:00 LUNCH
01:00-04:00 Afternoon Events (Boy/Venture Scouts)
04:00-05:00 Hot Chocolate
Video Presentation
OA Presentation
05:00-05:30 Awards Ceremony (Webelos, Boy Scouts, and Venture Scouts)
05:30-08:00 DINNER
08:00-10:00 Unit Campfire
10:10-10:45 OA Cracker Barrel
11:00 Quiet Time

Sunday

07:00 Reveille
07:00-09:00 BREAKFAST
09:00-09:30 Scouts own service
09:30-10:00 Klondike Derby Photo Show
10:00-12:00 Depart Camp

Saturday 7 Feb 15 (Merit Badge Trail Drive)
Announce Klondike Derby Grand Champion

SCHEDULE EXTREME KLONDIKE DERBY:**Saturday**

07:00 Reveille
07:00-08:30 BREAKFAST
09:00 Flags (Flag Poles)
09:30-12:00 Extreme Klondike Training (Cargill Pavilion)
12:00-01:00 LUNCH
01:00-04:00 Afternoon Events
05:30-08:00 DINNER
08:00-10:00 Campfire
11:00 Quiet Time

Sunday

07:00 Reveille
07:00-09:00 BREAKFAST

Please go to the Tecumseh Council Website to register.