

**Camp Wakpominee
2010 Summer Camp Leaders Guide
Keeping the Promise Since 1920**

We look forward to serving you and your Scouts, leaders and families this summer at Camp Wakpominee! We're honored by and appreciate your selection of Camp Wakpominee to serve your summer camp needs and are pleased to have you join us for our 2010 summer season. We're glad to have you as part of our Camp Wakpominee family.

During your 2010 summer camp planning, please note the following important information as well as information available on the Twin Rivers Council web page at www.twinriverscouncilbsa.org.

HEALTH AND SAFETY AT CAMP

ELECTRONICS AND CELL PHONES

Cell phones may only be used by leaders in their campsites in the central camp area and in a manner that does not interrupt program. Beepers should always be set to "QUIET" mode. Scouts may not have a cell phone in camp. Scouts may not use walkie-talkies in camp.

STOVES AND LANTERNS

Propane stoves and lanterns may be used in camp only under adult supervision. Battery operated lanterns are useful in troop sites. Propane stoves must be used in open areas only, well away from canvas. Propane **must** be stored properly at the campsite in accordance with B.S.A. guidelines or in the camp's central storage locker.

TRASH CANS

Are supplied at each campsite and program area. Please insist that your Scouts use them and that nothing is left on tables or on the ground. Please separate garbage as directed. We have an active recycling program.

LATRINES

Keep them clean. A broom will be supplied and other cleaning materials can be obtained on request. Please see your Commissioner.

QUIET

Must be maintained by troop leaders in sites after 9:30 PM. Leaders should check to assure everyone is in the campsite before taps and must account for all Scouts prior to lights out.

MEDICAL RESTRICTIONS

Be sure to inform staff members about important medical restrictions, since not all staff are generally aware of restrictions. The camp health officer routinely notifies waterfront staff.

PETS

No pets are allowed in camp. Please remind parents and other visitors of this policy. Pets are also not allowed in camp during Sunday afternoon check-in, the Wednesday Family Night Barbecue and campfire and Saturday check-out.

ALCOHOL, DRUGS AND FIREWORKS

The possession or use of alcoholic beverages, narcotics or non-prescription drugs, and fireworks will be a basis for immediate dismissal of any staff member, adult leader, or Scout.

LEAVING CAMP

Anyone leaving camp for any reason must notify the camp office, and sign out and in. During the week Scouts will be released only with permission from parent or legal guardian and the Scout's leader.

Written permission is required for scouts to leave camp with a non-parent for other than necessary medical treatment (a completed, properly signed "Custodial Permission to Leave Camp" form must be provided to the camp office).

OUTPOST CAMPING

Troops leaving on hikes or outpost trips must leave a roster of participating Scouts and Leaders in the office. Outpost group must also check with the Health Officer prior to departure and report to the office upon return to Camp. Outpost camping must be conducted in accordance with written guidelines that are available in the camp office.

ADULT LEADERSHIP REQUIREMENTS

Troops must have a responsible adult (21 or over) and a second (over 18) with them at all times (must be registered Scout leaders). When leadership changes occur, leaders must sign out and in at the camp office. **We strongly recommend at least one leader stay for the entire week.** If 2-deep leadership is not possible at all times, the Camp Director must be notified prior to arrival in camp so that appropriate arrangements can be made. Troops will be charged a surcharge for any evening the camp must provide supplemental coverage.

PHYSICAL EXAM AND PERSONAL STANDING ORDERS

Every Scout and Adult in camp must have had a physical exam by a licensed health-care practitioner prior to arrival at camp.

Medical forms and health information provided to Camp Wakpominee will be maintained in the Health Lodge in a manner respecting the privacy of the individual. Medical forms

are secured in the Health Lodge and will be returned to the unit at the end of the week. Relevant medical information will be shared with responsible leaders and staff only when necessary and to ensure the welfare and safety of camp participants.

Required documents:

Annual BSA Health and Medical Record

The **Annual BSA Health and Medical Record** form (available at www.twinriverscouncilbsa.org) at the Wakpominee link under forms. It is recommended that this form be copied and distributed to all participants. This is the **only** medical form that will be accepted in 2010. Participants with a prior medical form will need to have a new physical taken this year with the new form. Please note that this form is an **Annual form** and used for all ages, youth and adults.

Beginning in 2005, the NYS Department of Health requires a record of two additional immunizations, *haemophilus influenza type b* and *hepatitis b*. Parents must either indicate the date of immunization on the medical form or indicate on the form that the family has elected not to receive the immunization by indicating "N/A". The immunization is not required, but rather the above described record of whether or not the immunization has been received.

The New York State Health Department requires immunization dates, so remind parents to list the full date of immunization on the form. Medical forms received without immunization dates (for instance, with just the year) or without a date or "N/A" for the *haemophilus influenza type b* and *hepatitis b* will be considered incomplete and require follow up contact w/ the parent and/or physician before a participant can be cleared for swim test and camp participation.

Adults staying in camp for less than 48 hours are required to submit the medical history, emergency contact information and treatment release information on the form. While recommended, a signed physical examination is not required (see next paragraph).

In order to take a swim-test and participate in aquatics or other strenuous activities, any adult or child must provide a completed medical form, with a valid physician-signed physical examination, *regardless of the length of stay*.

It is recommended that your troop submit your completed medical forms to the Health Officer prior to arriving in camp. This will allow our medical staff to check the forms and alert you of any items missing so it can be corrected before you arrive. This will make the check in process go much faster on Sunday afternoon.

Please note that if the form says that the person needs an inhaler than the person needs to have that inhaler with him or her in camp even if they normally do not use it. Participating in activities will be suspended until an inhaler is present.

Personal Standing Orders Form

Each Scout bringing medication to camp (prescription and over the counter) must present a properly completed and signed (by parent and licensed healthcare provider) **Personal Standing Orders Form** (available at www.twinriverscouncilbsa.org) at the Wakpominee link under forms, indicating the dosage that the scout is to take and specific instructions regarding the frequency of the medications' administration. All medications must be brought to camp in their original prescription bottles or packaging with the pharmacy instruction labels and must be turned into the Health Officer during Sunday afternoon's medical check-in.

Scouts are responsible (with the assistance of unit leaders) for reporting to the Health Lodge at the Health Lodge's designated medication times to take their medications. All medications must be self-administered by the Scout under the observation of our staff. Our staff is not permitted to distribute or prescribe medication.

Adults must bring with them and report all medications to the Health Officer during Sunday afternoon's medical check-in. The Health Officer will review the requirements for the storage of adult medications with the adult at that time.

Camp Wakpominee and Twin Rivers Council are not responsible for pre-existing health conditions and related medications. Scouts and Scouters are expected to follow their doctors' and pharmacists' directions and instructions with respect to any recommended activity limitations or prescribed medications, including over the counter medications.

IMMUNIZATIONS

It is **mandatory** that all campers, leaders and staff members provide an up-to-date immunization record on their Personal Health and Medical Record form, including date of vaccination for Tetanus, Diphtheria, Pertussis, Measles, Mumps, Rubella, Polio and Chicken Pox. A Tetanus booster must have been received within the past 10 years. A new Tetanus booster may become necessary in the event that a Scout or leader incurs a Tetanus-prone injury during camp and their most recent Tetanus booster is more than 5 years old.

Beginning in 2005, the NYS Department of Health requires a record of two additional immunizations, *haemophilus influenza type b* and *hepatitis b*. Parents must either indicate the date of immunization on the medical form or indicate on the form that the family has elected not to receive the immunization by indicating "N/A". The immunization is not required, but rather the above described record of whether or not the immunization has been received.

Under New York State Health Department statutes, individuals may not remain in camp or participate in activities without this information. Please be sure all immunization records are complete and current.

HEALTH LODGE

A qualified person will be on hand at all times. All accidents, regardless of seriousness, should be reported immediately, as should any illness. **Failure to do so could invalidate insurance claims.** A doctor is on call and arrangements have been made with Glens Falls Hospital for emergency care. The Fort Ann Rescue Squad and West Fort Ann First Responders are available 24 hours a day. **To set a good example for our young campers, the staff at Camp Wakpominee encourages a smoke-free environment.**

Parents are responsible for promptly reporting any illness developing after their son's return from Camp.

SAFE USE OF WOODS TOOLS IN CAMP

For safety reasons, Scouts may only use jackknives, bow saws, hatchets and other woods tools in camp with adult supervision, during daylight hours and in safe/designated areas. Scouts using any woods tools in camp must hold a valid Totin' Chip card and follow B.S.A. guidelines for their safe use.

SHOES IN CAMP

For safety reasons, everyone in camp is required to wear enclosed-toe shoes (i.e. sneakers, hiking boots, etc.) at all times. The exceptions to this rule are inside the Aquatics area and inside the shower house.

BUDDY SYSTEM

The Buddy System is followed in Camp at all times in accordance with B.S.A. guidelines. Troops are urged to set up a buddy system for hikes, fishing, informal activities and have Scouts sign out and in from their campsites. Warn Scouts to stay well clear of shooting ranges and roped off areas and to use the waterfront only during program hours. Scouts should travel to and between their campsite, program areas, meals and other activities with a buddy.

CAMP SITE VISITATION

A Camp Commissioner visits each campsite daily. Daily campsite ratings are determined on the basis of cleanliness, safe storage of equipment, posting troop program and assigned duties, camp improvements, etc.

VEHICLES IN CAMP

To help keep the camp trails open and safe for campers and leaders on foot, during Sunday afternoon check-in and Saturday morning check-out, each Troop will be issued a car pass which may be used by one vehicle at a time to drive troop gear, etc. to/from the campsite. **Vehicles should be parked in the camp's designated parking areas at all other times.**

GENERAL INFORMATION

ARRIVAL AT CAMP

A member of the camp staff will meet you upon arrival and will be ready to help you get settled and start your program. **The camp staff is not in a position to handle early arrivals.** The camp period begins on **Sunday at 1:30 PM** and the first meal is at 6 PM. Sunday afternoon check-in will include a medical check, swim check and a guided tour of camp before evening retreat at 5:45 PM.

AQUATIC CLASSIFICATION

On opening day, campers take a swim check to determine ability in accordance with the B.S.A. Safe-Swim Defense plan. Non-swimmers take a “get-wet” test in the shallow water of the non-swimmers area. Beginners jump into water over their head and swim 50 feet (25 up, 25 back). Swimmers jump in water over 6 feet deep, swim 100 continuous meters (75 on the front or side and the last 25 using the elementary backstroke), and float on their back for one minute. Swim classification may be upgraded during the week; swimming instruction is available.

SCOUT UNIFORM IN CAMP

The official leaders' summer uniform is suggested for camp leaders. The official uniform for Scouts is short-sleeved scout shirt, shorts, belt and scout socks. Uniform is required at retreat and the evening meal. Troop T-shirt and other clothing may be worn during other program hours.

CHAPEL

A Scout is Reverent. An all faith chapel service will be conducted each week and is open to all Scouts and leaders.

WEDNESDAY FAMILY NIGHT - VISITOR MEALS

Visitor meals are available on Wednesday evening for the 6 PM family-night barbecue and campfire program. Reservations are appreciated and can be made at the Trading Post when the Scouts arrive on Sunday or by calling the camp office at 518-792-8849. Donation for the family-night barbecue is \$7.00 for adults and \$3.00 for children under 12.

VISITORS AND VISITORS' USE OF WATERFRONT

All visitors to camp must sign in and out at the camp office. Camp aquatic facilities are for the use of registered, medically cleared campers and leaders only.

CAMP PHONE

The office phone is restricted to business and emergency use. The Camp phone number is (518) 792-8849.

A public pay phone is also available. Scout use of the phone is restricted to Scouts having permission from their Scout leader.

CAMP MAILING ADDRESS

Scouts Name - Scout's Troop #

Camp Wakpominee

185 Sly Pond Road

Fort Ann, NY 12827

The mailbox for your Troop's campsite (in the camp office building) should be checked daily.

TRADING POST

The camp maintains a well-equipped Trading Post. The Trading Post stocks spring water, soft drinks, snacks, candy, ice cream and Sno-Kones, soap, Scout handbooks, and Scout equipment such as compasses, knives, flint & steel, flashlight & batteries, etc. Also, the Trading Post carries craft items, and a full line of Camp Wakpominee souvenirs such as Camp T-shirts, Camp hats, and mugs.

SATURDAY CHECK OUT

Check out is after breakfast on Saturday. The Staff member who met you on Sunday will check your troop out. Be sure to return all camp equipment and to leave your site clean for the next troop. Troops will be held financially responsible for any damage to camp equipment, tents, tarps, cots, etc.

TROOP CAMPING

The troop attends camp with its own two deep leadership. One adult at least 21 years of age and a second adult at least 18 years of age attend free with at least 8 boys. Any troop exceeding 10 youth members in camp is entitled to an additional free leader for each additional eight Scouts. There is a \$100 fee for additional leaders that stay in camp in order to help defray food cost.

TRANSPORTATION

Each troop must provide its own transportation. Plan well in advance.

INSURANCE

Campers who are not registered members of Twin Rivers Council must bring proof of medical insurance and Out-of-council units must provide a Tour Permit approved by their local council. Registered members of the Twin Rivers Council are included in the council's year-round insurance program.

Troops attending Camp Wakpominee who are not part of Twin Rivers Council may secure a year-round insurance plan through their local council.

CAMP LOCATION AND DIRECTIONS

From Albany, NY traveling north on the Northway (I-87): Get off at exit 20. Turn left onto route 9 (heading north). Continue half mile north, take a right hand turn onto route 149. Drive about 6 miles until you see the Black Rooster Stove Shop at Buttermilk Falls

Road. Turn left and go for four miles. This is Buttermilk Falls/Sly Pond Road. Once you hit the dirt section of the road, watch on the left for a sign that says Camp Wakpominee.

From Plattsburg, NY traveling south on the Northway (I-87): Get off at exit 21. Head South on route 9 to route 149. Take a left onto route 149. Drive about 6 miles until you see the Black Rooster Stove Shop at Buttermilk Falls Road. Turn left and go for four miles. This is Buttermilk Falls/Sly Pond Road. Once you hit the dirt section of the road, watch on the left for a sign that says Camp Wakpominee.

From Vermont: Take Route 4 west to Whitehall, NY. Stay on route 4 into Fort Ann. Make a right hand turn onto Route 149 at Cumberland Farms. Drive until you see the Black Rooster Stove Shop at Buttermilk Falls Road on your right. Turn right and go for four miles. This is Buttermilk Falls/Sly Pond Road. Once you hit the dirt section of the road, watch on the left for a sign that says Camp Wakpominee.

From other directions, refer to our website at <http://www.wakpominee.org/> for a map or contact the camp office.

WEB SITE

Visit our website at <http://www.twinriverscouncilbsa.org/>. Inquiries about our camp program may also be e-mailed to Wakchef@hotmail.com

CERTAIN PROGRAM MINIMUM AGE REQUIREMENTS

Scouts must be 12 years of age to participate in rifle, (NYS requirement), and 13 years of age to participate in shotgun activities.

BSA Lifeguard participants must be 14 years of age.

Scouts must be 13 years of age by January 1 to participate in C.O.P.E. or the Treks Program. C.O.P.E. participants must submit a completed [“Project C.O.P.E. Application”](#) form.

Scouts must be 13 years of age to participate in mountain biking, and kayaking. Mountain Biking participants must submit a completed [Mountain Biking Participation Application Form](#).

TROOP REGISTRATION REQUIREMENTS

CAMP FEES AND EARLY PAYMENT DUE DATE

Each Twin Rivers Council Scout's fee for 2010 is \$300.00 if paid in full by May 1, 2010 and \$350.00 if paid in full after May 1, 2010. Each Out-of-Council Scout's fee for 2010 is \$315.00 if paid in full by May 1, 2010 and \$365.00 if paid in full after May 1, 2010. The cost for each Scout participating in a Trek, other than the Algonquin Trek, is \$350.00 if paid in full by May 1, 2010 and \$400.00 if paid in full after May 1, 2010 (with a minimum Trek fee of \$2,000). The additional cost of a Trek is related to specialized equipment, food and transportation needs.

See the Twin Rivers Council [Family Guide To Summer Camp](http://www.twinriverscouncilbsa.org) at <http://www.twinriverscouncilbsa.org> for the Twin Rivers Council Refund Policy and related requirements.

Our camp fees are program inclusive. There are NO additional charges for supplies used through participation in camp programs.

SITE ASSIGNMENTS

Your Troop's \$100 advance deposit reserves your Troop's slot on the weekly camp roster and is not a reservation for a particular campsite. Site assignments are determined by the Camp Staff just before your arrival and are based on the anticipated attendance of each troop expected in Camp that week, campsite capacities, etc.

We request that a parent or Scout leader from your Troop responsible for summer camp planning call the camp office at 518-792-8849 mid-week (Wednesday or Thursday) of the week before the Troop's Sunday check-in to confirm the total number of youth and adults expected to Camp with the Troop. This will assist with the site assignment process and help us to properly plan for the first Camp meal.

RECOMMENDED TROOP PRE-SCREENING OF HEALTH FORMS:

We recommend that troops pre-screen the health forms before camp to identify and correct potential shortfalls in advance.

This can help your medical check-in to go more smoothly and significantly reduce the amount of follow up required to clear Scouts and leaders for camp participation. A recommended pre-screening should look for the following key items:

- *Is the new BSA medical form being used? All other forms will be rejected.
- *Forms are signed by a licensed physician.
- *Parental permission section is signed by parent or guardian.
- *Is an asthma condition listed on the form that will require an inhaler?
- * Immunization section includes *immunization dates* for all immunizations and either immunization date or "N/A" for *haemophilus influenza type b* and *hepatitis b*.

*** The Tetanus immunization must have been given within the past 10 years to be current and valid (i.e. recommend no earlier than August 31, 2000). A new Tetanus booster may become necessary in the event that a Scout or leader incurs a Tetanus-prone injury during camp and their most recent Tetanus booster is more than 5 years old.**

YOUR TROOP PROGRAM

Each troop's schedule will be unique because its program is based on the needs and desires of its members. It is the responsibility of the Troop's youth leaders, with help from the camp program staff and the Troop's adult leaders, to establish the Troop's program.

There are four general considerations in planning:

Individual activities

Make sure to help your scouts make time for advancement, practicing scoutcraft, letter writing, crafts, archery, rifle, shotgun, nature study (remember to use the buddy system outside of the campsite).

Scouts will be provided a schedule of the merit badges and activities being offered upon arrival at Camp. Activity sign-ups will be held Sunday evening after the opening ceremonies for the following:

B.S.A. Lifeguard, C.O.P.E., Kayaking, Mountain Biking, and Snorkeling activities and Archery, Cooking, Environmental Science, Fishing, Rifle Shooting, Sailing, Shotgun Shooting, and Woodcarving merit badges. The remaining merit badges do not require sign-ups in advance.

Informal activities

There will be times when Scouts will want to do things as buddies, in two's or three's; hikes, swimming, boating, fishing, crafts, field sports, pioneering projects, etc. (allow ample time for such activities).

Patrol centered activities

The patrol method should function at its best in camp. Suggestions: patrol hikes, camp craft skills and contests, preparation for troop or camp events, and camp improvement projects. **Wednesday lunch requires in-site patrol cooking. Please bring appropriate cooking gear with you. Troop should pick up food for Wednesday lunch in-site at the Dining Hall on or about 11:45 AM.** Troops are encouraged to prepare and serve two additional meals in-site by making arrangements with our kitchen staff. This provides the opportunity to practice troop and patrol cooking skills. It is recommended that troops bring cooking gear for any in-site meal preparation.

Troop centered activities

Suggestions: Scoutcraft instruction, ceremonies, skill instruction, campfires, inter-troop games, outpost hikes and camping, conservation projects, troop swims and boating.

Read the sections below describing program and advancement opportunities at Camp Wakpominee, then encourage your scouts to identify activities of interest to them.

Keep these in mind when scheduling:

Most merit badges are offered in the morning with some offering afternoon sessions. This limits the number of scouts available for troop activities during merit badge hours. Plan major patrol/troop events for the late afternoon or evening. Also, the pioneer (new scout) program is offered only in the morning and these scouts are encouraged to participate in merit badge programs in the afternoon as well as open craft, open swim and open boating at 4 PM. No new merit badges will be taught during the 4 PM – 5 PM hour. Scouts may work on partials previously obtained during that time or participate in area activities.

Giving your youth leaders the chance to teach skills, plan and carry out troop events at camp will pay off at home.

Scoutmasters and Senior Patrol Leaders will meet with our program staff on Sunday evening after activity sign-ups to discuss a variety of camp safety and program planning considerations.

Senior Patrol leaders will then meet with our program staff after lunch Monday to sign-up for troop and inter-troop activities for Monday and Tuesday evening, and will work with them to plan the Wednesday Family Night Campfire and Thursday night Camp-wide game. Encourage your Scouts to think about these activities in advance and have your Patrol Leaders Council meet in camp to discuss them.

Earning the Troop Excellence Award may be one of your Troop's goals while at camp.

Scheduling a Troop Swim is an encouraged activity for all troops, since camp is an ideal place to practice the Safe Swim Defense plan.

Camp staff will offer certification in Safe Swim Defense and Safety Afloat for interested Troop adults during camp.

Plan for a fun-filled, educational week!

TROOP EQUIPMENT CHECK LIST

American Flag (for campsite flagpole)
Troop Flag
Patrol Flags
Troop First Aid Kit
Bow Saw(s) and sheath -- **we do not recommend bringing an ax to camp**
Trail Cook Kits (one per patrol)
Dutch Oven, if desired
Cooler, cups and drink mix for the campsite (ice is available in the camp trading post)
Troop Advancement Records
Scoutmaster's Handbook
Junior Leader Handbook for Patrol Leaders
Troop Library (please label all Troop books w/ Troop # to avoid confusion)
Battery Operated lantern (suggested)
Rope or twine (1/4" and 1/2" sisal may be best for troop projects)
Other appropriate equipment you feel necessary to fulfill program needs.

Tools (i.e. rakes, shovels, brooms, bow saws, etc.) may be borrowed from the camp office. All items must be returned in the condition they were received. The cost of items damaged or lost will be charged to the troop.

A merit badge pamphlet library is available in the camp office. Troops may sign merit badge pamphlets out of the camp library for their scouts use during the week and return them on Friday.

Lost or otherwise not returned merit badge books will be charged to the troop at replacement cost in order to keep the library stocked for our campers.

IN- CAMP RESPONSIBILITIES

Your campsite will be your Troop's home for the period you're in camp. Please impress upon all Scouts and leaders the importance of treating it as such. Housing and campsites should not be entered without invitation.

Your Troop bulletin board aids in troop organization. The Senior Patrol Leader and Patrol Leaders Council should develop a duty roster, assigning each patrol specific responsibilities.

Duty Patrol

Clean campfire circle; build council fire, provide color guard for troop flag raising and retreat.

Fire Patrol

Check and maintain fire equipment; make sure water buckets are full; put out council fire.

Sanitation Patrol

Sweep wash stands and latrine floor; pick up stray soap, papers. Police campsite grounds and campsite trails.

Dining Hall Service

Dining hall meals are served family style. One Scout from each table will serve as a waiter each meal. Waiters arrive at the dining hall 15 - 20 minutes before the meal to set the table and stay briefly after the meal to clean up. These responsibilities should be rotated so that all Scouts have an opportunity to serve as waiter. **To ensure dining hall order, each table should seat a mix of Scout age groups, an Adult leader and staff.**

Personal cleanliness is important. Be sure that your Scouts wash up each morning, change clothing regularly and wash their hands before meals. Hot water for showers is available and showers should be scheduled regularly. Do not ignore health problems in camp. Always report them to the camp Health Officer. Under no circumstances should you administer any medication to anyone unless specifically directed to do so by the camp Health Officer.

Tents and other camp equipment checked out to you or placed in your site are your responsibility during your stay in camp. For that reason, be sure to make a site inspection upon arrival, noting and reporting equipment that is missing or damaged. Subsequent willful or negligent damage, including carving names, writing on tents, making holes or cuts in tents, tarps or cots, etc., will be the Troop's responsibility and will be charged at replacement cost. Tents currently cost over \$200 each, tent platforms more than \$300 each and cots are \$100 each.

Equipment and site care

No open flames (i.e. candles, lanterns, matches, flint & steel, lighters, etc.) are allowed in any tent or leanto.

Do not permit use of spray-type insect repellents anywhere near tents. They destroy the tent waterproofing and cause leakage. Always roll tent flaps from inside. This protects tent material from rainwater and mildew.

Do not allow coat hangers to be hung on ridgepoles. They cause rips in the tent ceilings. Instead, wrap nylon line along ridgepoles and hang hangers from the line.

If rain collects on tarps, do not empty water by touching wet area from underneath. This will cause leakage in the material. Adjust tarp pole positioning for more effective drainage instead.

Do not sweep away pine needles or other ground cover. When it rains, an uncovered area erodes quickly.

Please do not cut or break any trees in camp without specific instructions to do so from the Camp Ranger.

Finally, please ensure that your Troop leaves the site a little better than they found it. The next troop will appreciate it!

SUGGESTED PERSONAL GEAR FOR CAMP

NEEDED

- Completed Personal Health and Medical Record (i.e. physical exam form) w/ parent & physician signature
- Personal Standing Orders Form, properly completed and signed, for prescription and over the counter medications.
- Medication, if needed (prescription only) w/ current dosage/instruction label and scout's name/troop #
- Inhaler (i.e. asthma) or bee-sting kit, if needed
- Sleeping bag or 3 warm blankets and pillow
- Scout handbook (available in the camp trading post)
- Scout Uniform(s)
- Underwear (3 changes)
- Socks (4 pair)
- Sneakers (enclosed-toe shoes must be worn at all times for safety)
- Hiking boots (enclosed-toe shoes must be worn at all times for safety)
- Casual (work) shirts (2)
- Shorts and T-Shirts
- Pajamas
- Sweater or sweatshirt
- Windbreaker or jacket
- Raincoat or poncho
- Swim trunks
- Towel
- Toilet articles, toothbrush, toothpaste, comb, metal mirror, soap in plastic container, shampoo, and deodorant
- Washcloth and hand towel
- Flashlight & spare batteries (available in the camp Trading Post)
- Extra shoe or boot laces
- Kleenex or handkerchief
- Insect Repellent
- Back pack or pack frame
- Wallet and money for purchase of Trading Post items

RECOMMENDED

Items may be needed if working on Camping, Cooking or Wilderness Survival or going on an overnight hike:

- Plastic ground cloth
- Eating utensils (i.e. bowl, cup, fork, knife and spoon)
- Canteen or water bottle
- Compass (available in the camp Trading Post)
- Jackknife (available in the camp Trading Post) and valid Totin'Chip card
- Matches in waterproof case (flint & steel is available in the camp Trading Post)
- Personal first-aid kit

OPTIONAL

- Fishing pole and tackle
- Prayer book, Bible, Torah, Koran or other reading material
- Musical instrument (if you can play “taps” on a bugle or trumpet please notify the camp office)
- Camera and film
- Swim fins/face mask (for snorkeling)
- Sunglasses and sunscreen
- Plastic bag with hand laundry soap
- Rope: 30' nylon cord
- Watch or alarm clock

Scouts taking Swimming or Lifesaving merit badge, B.S.A. Lifeguard or the Pioneer Program should bring a pair of long pants, belt, socks & shoes, and a button up long-sleeve shirt for clothing inflation.

EMERGENCY PROCEDURES

Person in charge: Camp Director or designee

FIRE

NOTIFY:

Scouts who observe the fire report to any staff member and stay with that staff member. Staff member goes to office or calls and remains on the line.

SIGNAL:

A single, 30 second blast for fire team #1, a second thirty second blast for fire team #2, and a long, uninterrupted blast to call the entire staff to fight the fire. Three short blasts of the fire signal for all clear.

ACTION:

Campers and leaders will report to the flag poles located in the center of camp in an orderly manner, using the buddy system and keeping the roads clear for emergency vehicles. Assigned fire teams assemble at Central Camp Area to be sent to the fire. One Camp commissioner goes to the point of the blaze at once, the other stays behind to organize teams and lead the entire staff if the all call is blown.

LOST SCOUT

PREVENTION:

Encourage use of the buddy system for all activities. Emphasize importance of all Scouts and leaders using the check-in and checkout sheet in the office when leaving or arriving at camp. Scout leader should take periodic head-count, especially at meals, first thing in the morning and before taps to account for all Scouts.

NOTIFY:

Scoutleader reports missing Scout's name to the office with any "last seen" details.

SIGNAL:

Staff will notify troop leaders.

ACTION:

Scouts return to campsite, Scoutleader to take head count and inform office of results, staff to initiate lost scout search procedures.

LOST BATHER (Buddy tag left on board):

NOTIFY:

Waterfront staff blows the siren and the office turns on its siren. The waterfront reports the name of the lost bather to the office immediately and a “runner” is sent to the missing Scout’s campsite.

SIGNAL:

A yelping siren, 3 short blasts of the lost bather siren is used for the all clear.

ACTION:

When buddy tag is found on board, waterfront staff immediately initiates a waterfront search. Scouts in C.O.P.E. and Field Sports stay in the area and those area directors will report names to the office. All other Scouts and leaders report to the flag pole in the center of camp. Scout leaders take a head count and report it to the person in charge at the flag pole.

POWER FAILURE

NOTIFY: Camp office.

ACTION: Turn off all power switches, restrict use of water, and keep all freezer and refrigerator doors closed.

SEVERE WEATHER, ELECTRICAL STORM AND OTHER EMERGENCIES

ACTION:

Move Scouts to Central Camp Area. Await instruction from Camp Director or Program Director. Also, aquatics and other program activities may be restricted in the event of electrical storms, high winds, or other weather conditions. Our staff monitors weather advisories and will notify Leaders as appropriate.

Emergency procedures will be reviewed on Sunday. Emergency teams will be formed by the camp staff (and others, if appropriate). Emergency drills will be held during the week and should be treated seriously.

SAFETY TAKES A PRIORITY OVER SPEED.

EMERGENCY PHONE NUMBERS ARE POSTED BY EACH PHONE IN CAMP.

PROGRAM AREA DESCRIPTIONS

AQUATICS

Our waterfront is on Sly Pond, a nearly 50 acre pond that is owned entirely by the camp. Aquatics offers time for instructional swims for non-swimmers and beginners to improve their swimming skills and confidence in the water. Kayaking, Snorkeling, Mile Swim and B.S.A. Lifeguard are offered at the waterfront as well as the following merit badges: Canoeing, Lifesaving, Rowing, Small Boat Sailing and Swimming. B.S.A. Lifeguard is very difficult to complete in one week. Open swimming and boating is offered daily at 4 PM.

The Aquatics area also offers many activities for the troop to consider for evening program such as Water Polo, Whale Hunt, Surf Ball, Troop Swim and Troop Boating. These are just a few ideas your Scouts can plan for your troop. Remember safety comes first, last and always so plan to the capability of your Scouts.

Scouts taking Swimming or Lifesaving merit badges, B.S.A. Lifeguard or the Pioneer Program should remember to bring a pair of long pants, belt, socks & shoes, and a button up long-sleeve shirt for clothing inflation requirement.

C.O.P.E.

C.O.P.E., “Challenging Outdoor Personal Experience” comprises group initiative games, low and high course activities to improve and develop a Scout’s self-confidence and skills in problem-solving, teamwork and leadership. Emphasis is placed on cooperation and working as a team. The program will help each member set and achieve goals within each activity and to challenge their own physical capability. Each Scout will participate in group activities such as climbing, swinging, balancing, jumping, rappelling and most importantly, thinking.

The C.O.P.E. course is designed to spend the first few days participating in problem solving, team-building initiative games and low-course elements. Later in the week, the group will be ready to challenge themselves with the skills learned and conquer the high course elements.

Scouts who are 13 years old by January 1 may participate in the C.O.P.E. program. Scouts must submit a completed [“Project C.O.P.E. Application” form](#) . Adult leaders are encouraged to participate in the program as well if there are openings available after interested Scouts have signed up.

This program requires a half-day session, either morning or afternoon, Monday through Friday.

ECOLOGY/CONSERVATION

The Ecology/Conservation area is designed to offer Scouts an extensive program developing their appreciation for and understanding of the environment. Merit badges offered will include: Environmental Science, Fishing, Forestry, Geology, Mammal Study,

Nature, Reptile and Amphibian Study and Soil & Water Conservation and Weather. Scouts participating in Reptile & Amphibian Study, Nature or Mammal Study Merit Badges must provide evidence of having kept the animals specified by related requirements.

Camp Wakpominnee has installed fishing docks near the Nature Lodge and has a full line of fishing equipment for scouts to use who do not have their own. Please note that fishing is only allowed in designated areas and that those who fish along the shores of Sly Pond are expected to follow the buddy system at all times.

Troops may also make appointments to participate in activities such as identifying rocks, understanding erosion, nature trail and plant identification hikes, camp conservation projects and other basic environmental skills your Scouts will benefit from.

FIELDSPORTS

The Fieldsports area is designed to offer the opportunity for Scouts to learn important safety rules and basic skills in rifle shooting, shotgun shooting, and archery as well as to gain a better understanding of good sportsmanship. Merit badges offered include Archery, Rifle Shooting, and Shotgun Shooting.

In accordance with New York State laws, a Scout must be 12 years old to participate in rifle shooting. A Scout must be 13 years old to participate in shotgun shooting and muzzleloading activities.

Scouts participating in Fieldsports merit badges should bring a long-sleeve cotton shirt.

Troops may consider scheduling a troop or inter-troop shoot in rifle or archery on Monday or Tuesday evening. **Your Troop may also be interested in a game of beach volleyball**, or may like to challenge another troop.

HANDICRAFT

The Handicraft area is designed to teach Scouts safety rules for working with wood tools and the basic skills involved in other crafts. Scouts will have an opportunity to further their creative ability with arts and crafts. Merit badges offered include Art, Basketry, Indian Lore, Leatherwork, Pottery, Sculpture, and Wood Carving.

All necessary supplies and equipment are provided at no additional charge (i.e. basketry, leather projects required for merit badge completion, clay and art supplies).

MOUNTAIN BIKING

This program area offers scouts 13 years of age and older an opportunity to understand and further their skills in mountain biking and riding on mountain trails. This program requires a 2-hour session, in the morning or in the afternoon Monday through Friday. Scouts are welcome to bring their own bikes for use in the program. All Scouts' personal

bikes will be inspected by the mountain biking director before they are approved for use and will be kept in the program area when not being used in program. All participants bringing their own bikes should bring a helmet and gloves. Mountain Biking participants must submit a completed [Mountain Biking Participation Application Form](#).

PIONEER PROGRAM (New Scout/First Year Scout Program)

The Pioneer program is designed for Scouts who have recently entered the Boy Scout program or are working toward achieving their First Class rank. The program will focus on the requirements of Scout through First Class ranks. Each Scout will work on the requirements needed to advance to his next rank. The Scouts will work in each program area to achieve requirements.

The Pioneer Program is designed to meet the needs of Scouts who have not obtained the rank of First Class. Scouts are assigned to groups in a two-tier program using the patrol method. This allows for personal goal setting, achievement in the regular camp program and personal advancement. Swimming merit badge or swim instruction, scoutcraft, camping and a host of other skills are basic to this outstanding five-day activity. The program runs during the entire morning program from 9 AM to 12:00 PM, Monday through Friday.

Pioneer Program scouts will participate in an evening outpost camping experience and are encouraged to bring a backpack (or pack frame), ground cloth, sleeping bag, and flashlight for that purpose.

Pioneer program scouts should bring a pair of long pants, belt, socks & shoes, and a button up long sleeve shirt for clothing inflation as part of the Swimming merit badge requirements.

SCOUTCRAFT

The Scoutcraft area is designed to offer instruction in safety rules and basic outdoor scouting skills. The area will offer activities to teach knots, lashings, fire building, dutch oven and conventional cooking, safe use of woods tools, and proper techniques in camping, hiking and low impact camping. Merit badges offered include Camping, Cooking, Pioneering, Orienteering and Wilderness Survival. Troops may also arrange for group activities in any area of the outdoor skills.

Camping and Wilderness survival merit badges include an outpost camping experience on either Tuesday or Thursday evening and are encouraged to bring a ground cloth and flashlight for that purpose.

Also, Scouts must have participated in the requisite number of nights of camping experience to complete the Camping merit badge. Scout leaders must provide the staff with a written verification of completion of this requirement.

CAMP WAKPOMINEE HIGH ADVENTURE TREKS

“It is not the destination, but the journey that is important.”

High adventure treks are nothing new at Camp Wakpominnee. For many years Wakpominnee has provided a trained guide and the logistical support necessary to ensure Scouts have a safe memorable experience traveling the lakes, rivers and trails of the Adirondacks. We have developed a catalog of Trek opportunities with suggested options for your “Adirondack experience”. Each Trek can be modified to meet the specific needs of your crew whether you want a canoe trek, a backpacker, or a combination of the two. Our staff is also ready to work with you to put together a custom Trek to meet your needs. No matter which Trek an individual or group chooses, our goal is to help you make it the experience of a lifetime.

Upon your arrival at Camp Wakpominnee you will be greeted by your “Voyageur”. He or she is an individual chosen by Camp Wakpominnee for proven ability to work with youth and adult leaders, knowledge of Scouting skills and the outdoors, and certification as a lifeguard and first-aider. In addition, Voyageurs have completed a rigorous training program and are certified by the Northeast Region, B.S.A. He or she will facilitate the completion of the various check-in procedures, provide orientation regarding your Trek, and do a recheck of each participant’s personal gear. Your Voyageur’s first concern is the safety and welfare of each Trek participant. The Voyageur’s second concern is that the members of the crew have an enjoyable and memorable experience to cherish the rest of their lives.

Camp Wakpominnee provides all the group gear and food your crew will need. We have the very best tents, canoes, and other crew gear we possibly can. We use select, fresh food whenever possible, particularly at the beginning of Treks. A real effort is made to provide meals that are as good as home-cooked and avoid “dehydrated paste in a plastic pouch”. We believe enjoyable meals make a major contribution to the fond memories we hope to build.

Upon committing to a Wakpominnee Trek, you will be sent a recommended gear list. The list is born out of experience. All crew members should use it as a basis of what will go in their packs. Additions or deletions should be made only after long and careful consideration.

Wakpominnee Treks are open to registered Scouts who have attained the age of 13 by January 1.

All Scouts and Adults participating in a Trek must have had a complete physical examination within the past 12 months that is documented on a Class 3 Personal Health and Medical Record form and signed by a licensed health-care practitioner. The medical form must include dates of immunization, including the month, and Tetanus immunization must be within the past 10 years. Participants of aquatic-oriented Treks must pass the B.S.A. “swimmer” aquatics classification upon arrival in camp.

Additional information, including a catalog of trek offerings, can be found at our webpage at www.twinriverscouncilbsa.org Or by contacting Chris Johnson, Wakpominee Treks Director, via e-mail at: adkchris@bluemoo.net.