

Troop 226

CAMP WOLFEBORO

SATURDAY, JULY 22, THROUGH SATURDAY, July 29, 2016

Time: Leave St. Luke's Lutheran Church at 9:00 a.m., Saturday July 22nd.
Return at approximately 4:00 p.m., Saturday, July 29th. We will call one parent by cell phone and they will call the rest of the parents with the ETA.

Cost: pay Diane Appel or Scott Sunbury, our treasurer, on the following fee schedule:

To guarantee a spot at Wolfeboro, pay a non-refundable deposit of \$50 for each Scout by February 1st. Camp Wolfeboro can't guarantee a spot at camp if you don't pay the \$50 deposit.

<u>SCOUTS</u> \$50 by Feb. 1st \$330 by Apr. 15 th	<u>SCOUTS</u> \$50 by Feb. 1st or \$370 by May 30th	<u>SCOUTS</u> \$50 by Feb. 1st or \$390 on/after Jun 1 st	<u>WEBELOS SCOUTS</u> (Who are joining Troop) \$380 by May 31 st or sooner \$440 after Jun 1 st
Total: \$380	\$420	\$440	\$380 or \$440

Bring about \$20-\$30 for items at camp. Bring \$15 for buying lunch on the way up and back.

Travel: I-680 South to I-580 East to I-205 East to I-5 North to Hwy 4 East. Turn right when you reach Angels Camp. **DO NOT GO STRAIGHT ON HIGHWAY 4.** You will miss our lunch stop! We will have lunch Saturday, July 22nd and Saturday, July 29th at fast food heaven in Angels Camp (meeting near Burger King). Back on Highway 4, and travel up into the mountains to just past Big Meadow Campground, on the right, is the turnoff to Camp Wolfeboro. We will be staying at Big Sandy campsite.

Wear your uniform for the trip up and back.

Meals: Bring money for lunch Saturday, July 22nd and Saturday, July 29th.

- We will bring food and cook Saturday, July 22nd dinner, Sunday, July 23rd breakfast and lunch in camp.
- Meals at Camp Wolfeboro are prepared by the camp staff, served in the Dining Hall for Sunday dinner through Saturday breakfast.
- The troop will prepare in camp, Wednesday breakfast, lunch and dinner with food supplied by the dining hall.

Bring: See attached list of individual equipment checklist for Camp Wolfeboro
See attached list of additional items to bring for Scouts going to Sourdough.

You must bring your Scout uniform or you won't be able to go. We will look for it before we go.

Preparation:

On Monday, July 11, 2016 we will have a preparation/information meeting of Scouts, parents, and camp leaders. The meeting will be held from 7:30 to 9:00 p.m. at St. Luke's Lutheran Church at the same time as the Troop meeting. The meeting is oriented toward the parents of Scouts who are going to Wolfeboro for the first time.

Forms:

The following forms are required for all Wolfeboro campers:

<u>FORM</u>	<u>FILLED OUT BY</u>
1. Troop 226, Trip Permission Slip	Parents of all Scouts
2. Firearm Permission Slip	Parents of all Scouts who wish to shoot a firearm
3. Personal Health and Medical Record	Parents and Physician of Scouts

Turn in the forms to Diane Appel. The Firearm forms are at the discretion of the parent(s).

PLEASE BRING THE FORMS TO THE JULY 11th MEETING.

Transportation and Parent Involvement:

We need at least two leaders (parents) in attendance each day that we are in camp. Please volunteer to attend camp with your son. You don't have to stay the whole week. Let Diane Appel know which days you can stay. Adult leaders do not pay the camping fee; the Troop will pick up the fee. Parent's you can just kick back and relax or you can get trained as a scouting volunteer! They will be offering training courses each week.

If you can't attend camp, can the Scout's parent drive us to or from Wolfeboro? Again, let Diane Appel know if you can help out by driving.

Advancement:

Tenderfoot through First Class: Wolfeboro has a special program to help you with your advancement requirements. The "Trailhead" area is specifically set up for advancement from tenderfoot to first class.

Merit Badges: Scouts (of all ranks), begin planning which merit badges you will work on at Wolfeboro. Use the attached information to see what's available and what preparation is needed before you get to camp. **To prepare for merit badge, Scout should purchase the Merit Badge book and read it before coming to camp.** Note that some merit badges require additional materials that cost extra. Wolfeboro is a great place to work on advancement.

On Sunday night after dinner the Scout can sign up for Merit Badge and Tenderfoot through First Class requirement classes. Other activities are available to sign up for after Sunday's dinner.

Rock Climbing: All Scouts are invited to participate. Fee for half day is \$5.00 and for the week is \$10.00

Sourdough:

All Scouts who will be attending Wolfeboro for the first time (and others are welcome also) will be hiking to Highland Creek on Tuesday morning and returning on Wednesday morning. The sourdough hike follows a traditional path lead by some of the 49ers looking for gold. Requirement 1b for Second Class can be completed at the Trailhead if the Scout makes a map before going and uses that map on the trail. This is a chance for the newer Scouts to hike with their backpack, make camp, cook on a backpack stove, and sleep under the stars in the scouting tradition. A list of items to bring for the sourdough hike is attached.

Activities: fishing, hiking, capture the flag, .22 caliber rifle shooting, advancement, archery, swimming, snorkeling, rowing, canoeing, pioneer selection, campfires, relaxing, cooking, kp, trip to pretzel, rock climbing, running, wood-leather-Indian handicraft, orienteering, stargazing, awards, gourmet dining, camping, outdoor skills, star gazing, gold panning, merit badges, shotgun and black powder shooting, volleyball, bowling, religious chapel, Wolfeboro Pioneer activities, tomahawk and knife throwing, whittling, campfire skits, 3 day wilderness trek, camp wide games, earn special patch awards.

LIST OF ATTACHMENTS

- ❑ Advancement Opportunities information
- ❑ Map of Camp Wolfeboro
- ❑ Map from Walnut Creek to Wolfeboro
- ❑ Individual Equipment Check List
- ❑ Sourdough Equipment List
- ❑ Mail and Emergency Phone Information
- ❑ Troop 226, Permission Slip (**Required form**)
- ❑ Firearms Permission Slip (**Required form if you are going to participate on the range**)
- ❑ Annual Health and Medical Record, Form 680-001_ABC, for Everyone (**REQUIRED FORM**)

□ Sourdough Equipment List:

- Backpack
- Sleeping Bag
- Ground Cloth
- Water Bottle or Canteen with water
- Mess Kit and utensils
- Matches
- The ten essentials listed in the Boy Scout Handbook
- Jacket or sweater
- Change of clothes with long pants
- Swimming trunks and towel
- Personal hygiene items: Toothpaste, toothbrush, soap, chap stick, first aid kit, comb, etc.
- Toilet paper
- Flashlight

MAIL DELIVERY TO CAMP WOLFEBORO

There is mail service to Camp Wolfeboro by way of Bear Valley post office. It may take as many as three to four days for delivery. Mail is a welcome touch of home to a Scout at summer camp.

Send mail to: (Be sure to include a return address)

Name of Scout
Troop 226, Big Sandy Campsite
Camp Wolfeboro
Bear Valley, CA 95223

EMERGENCY PHONE

There are no public telephones at Camp Wolfeboro. The camp staff has radio telephones but they are generally not available to campers. However, in case of an emergency the Mt. Diablo Silverado Council office can get in touch with Camp Wolfeboro. You can call the council at (925) 674-6100 and they will attempt to contact Camp Wolfeboro. There is no cell phone coverage at camp.

Visitors

Parents and friends are welcome at Camp Wolfeboro. We suggest joining us on Fridays for special Visitor days, with an evening campfire that ends at approximately 9:30 pm. **Those visiting camp and wishing to eat need to make prior arrangements for a Friday meal.** The rate is \$25 per day per person. Children under 6 eat free. **Wristbands may be purchased from the camp Trading Post.** Please help us keep operating cost of camp down by having all guests pay for their meals.

There are no facilities at camp to allow parents or children not enrolled in the Boy Scouts of America to stay overnight. There are camping facilities located on Sand Flat near the camp that are great for family camping. Please check with the Hathaway Pines Forest Ranger District office of the National Forest Service at 209-795-1381 for information. The link <http://www.gocalifornia.com/Sand-Flat-Campground-CA> gives some details about the campgrounds, as does the Stanislaus National Forest website.

Please be aware that the camp vehicles are not available to provide transportation up and down the camp road for parents and guests.

ADVANCEMENT PROGRAM

The pride of Camp Wolfeboro is its location in the heart of the Sierra Nevada mountain range on the shores of the Stanislaus River. This location really allows each individual to fully experience the outing in Scouting. Along with an ideal setting, Camp Wolfeboro's Program offers a wide range of activities with a flexible schedule for all individuals. Advancement opportunities abound, but be sure to include some of the adventures camp has to offer. The experiences at camp would not be complete without doing several of the activities.

Your program should be based on the needs and desires of the individuals in your units. To insure your unit's needs are met, we suggest that your unit have each youth decide in advance all the merit badges, advancement requirements and activities they want to do. Also, it would be beneficial for your unit to plan ahead of time the High Adventure and unit activities that they want to do. Each week's High Adventure and unit activities are filled on a first sign up basis. There is limited space on several of these activities. The most valuable summer camp experience is a blend of activities for the individual, the Scout individual and his buddy, patrol, and unit activities. Following you will find a listing of the program features offered in the different areas of camp Wolfeboro.

AQUATICS

The Wolfeboro waterfront is positioned along an improved section of the North Fork of the Stanislaus River. Non-swimmers and beginning swimmers can take advantage of our wading areas and beginning swimming instruction. You must pass the BSA swim test at camp as a prerequisite for all merit badges and boating activities.

SWIMMING

This merit badge can be used as an Eagle required merit badge, and it is a prerequisite for the Lifesaving badge. Bring long pants, belt and a long-sleeved button down shirt and shoes for the clothes inflation requirement.

CANOEING

Good physical strength and stamina are required for this merit badge. Bring long pants, belt, and long-sleeved button down shirt, and shoes that can get wet. You must be a swimmer to earn this badge.

ROWING

Bring long pants, belt, and long-sleeved button down shirt, and shoes that can get wet. You must be a swimmer to earn this badge.

LIFESAVING

This merit badge can be used as an Eagle required merit badge. It is a challenging merit badge that requires physical strength and stamina. Bring long pants, belt, long-sleeved button down shirt, and shoes that can get wet. Must have Swimming merit badge and be able to swim **400** yards.

Also Offered

Snorkeling, BSA

Polar Bear Swim

Instructional Swim

Safe Swim Defense

Safety Afloat

Mile Swim Award

Swimming and Water Rescue

BSA LIFEGUARD

Individuals who are considering enrolling in the invaluable BSA Lifeguard Certification class **must** be at least **15** years old. In addition, the participant must complete the course consisting of a minimum of 30 hours instruction under the direction of the aquatic staff. This is a BSA National Policy. With this time factor in mind, potential candidates should be notified that other activities outside of the course would be limited due to this significant time restraint.

The Aquatics Director and the class participants will determine class times. A youth must have earned the First Aid, Lifesaving, Swimming, and Canoeing merit badge and completed CPR certification before beginning the program. Adult leaders must show competency equal to the merit badge requirements and complete CPR certification before beginning the course.

MILE SWIM

Scouts with very strong swimming skills may wish to earn the Mile Swim BSA award. A daily one-hour swim conditioning program culminates with the 1-mile swim. Swim conditioning under the direction of the Aquatic Director is required. Participants should be made aware that extra time is required to complete this award. The mile swim will generally take place on Friday morning. Please see the Aquatic Director to arrange for conditioning times.

HANDICRAFT

An excellent place for your first year campers is the Handicraft area! In this area they can earn the more artistic merit badges while having fun at the same time. The Handicraft area will also be hosting a Beach Party, the Indian Lore Campfire, as well as many other activities.

The handicraft lodge will also help you build camp projects. You will find paint for signs, woodcarving tools for your neckerchief slide, and leather-working tools for a new ax sheath.

ART

Scouts in this session should have some drawing or artistic experience. There is a lot of freedom in choosing medium and subjects for artwork. There is a \$10 cost for art supplies.

BASKETRY

This is another good badge for young Scouts. They will learn to weave a basket that he can take home. There is a \$20 cost for materials.

INDIAN LORE

This badge is good for Scouts of all ages. There is a \$20 cost for materials. Learn about the fascinating history and culture of various Native American nations.

LEATHERWORK

Learn techniques for making leather goods from scratch. This is a good badge for young Scouts. Materials will cost about \$30.

MUSIC

Scouts will have the opportunity to sing, develop skits, and teach skits to other Scouts. Requirement **3c** should be completed prior to coming to camp

WOOD CARVING

Scouts in this session will create wooden sculptures with just a knife. There is a small cost for materials – figure about \$15. Knives are available for Scouts to use or Scouts can bring their personal knives. Personal knives should be sharp and pocket knives are highly discouraged. Knives are also available for sale at the Trading Post. Remember to bring your Totin' Chip, or earn it at Scoutcraft!

SHOOTING SPORTS

Every young man wants the chance to do some shooting and show off his skill with a .22 rifle, shotgun, or the bow and arrow. Remember that shooting sports will discipline the mind and the body, so just relax and have a great time. A nominal fee is charged. Targets may be purchased at the trading post for shotgun \$0.50 each and .22 rifle \$0.50 each (.22 targets are used for 5 rounds).

Camp Wolfeboro has excellent instructors who are more than willing to go the extra mile to help the boys be successful. As with all of the program areas, the main aspect of the shooting ranges is safety. The rules may seem strict at times, but they ensure a fun safe area that everyone can enjoy. ***All youth who wish to shoot at the firearm range must have a signed "Firearm Use Permission Slip".***

MUZZLELOADING RIFLE

Step back into the days of old and try your hand with a muzzle loading black powder rifle. It is a real skill to load powder, ball and patch! Cost is \$1 a round of ammunition. Black powder shooting is offered to individuals that have demonstrated shooting and safety competency or visit the Archery range and try "hawk" and knife throwing!

ARCHERY

Shooting experience is highly recommended and time is needed to qualify. There is a \$5 cost for arrow making materials and \$2 for each lost arrow.

RIFLE SHOOTING

Shooting experience is highly recommended. Scouts should have the strength to handle a 10 pound rifle. There is a \$0.50 cent per target cost for this badge (anticipate \$15 to earn the merit badge). Scouts will need time to qualify.

SHOTGUN SHOOTING

This program teaches Scouts the basics of handling and shooting a shotgun and safety precautions for firearms. Cost is \$0.50 cents per shell, minimum of 50 shots (expect \$25 minimum for the merit badge). Scouts will need time to qualify.

ECOLOGY AND CONSERVATION

One of the most exciting areas in camp is the Ecology area because it is always changing, just like nature around us. The top-notch staff will help the youth complete all of the merit badges they offer. We have a unique opportunity to learn about all that nature has to offer here on the beautiful shores of the Stanislaus River. Drop by the nature lodge to view their displays or ask any questions you have about the natural world.

A youth, a youth and their buddy, their patrol and their unit are all actively encouraged to work on or take part in camp conservation projects. The camp will be offering one, two, and three-hour projects that can be done during your unit's week at camp. There might even be some on-going projects that will be tackled by more than one unit throughout the summer. Night hikes are a way to experience the outdoors – can you navigate by the stars or stalk owls?

ARCHAEOLOGY

Learn about the ancient cultures that roamed the streams and mountains around Wolfeboro. Written work is required.

ASTRONOMY

Scouts will observe the beautiful night sky over Wolfeboro. Career opportunities in astronomy will be discussed. Track star movement – remember to bring an alarm clock to make that middle of the night drawing!

BIRD STUDY

Learn about the feathered wildlife of the High Sierras.. Scouts should be prepared to spend some time making observations of birds at camp.

ENVIRONMENTAL SCIENCE

This badge is required for Eagle. It requires day hikes, field notes, and experiments. There is a great deal of written material and a great setting to earn this badge. This program is recommended for mature Scouts.

FISH & WILDLIFE MANAGEMENT

There is some written material for this badge. A conservation project is also required. Field trips are scheduled.

FORESTRY

Wolfeboro is an excellent opportunity to earn this badge. Scouts will learn about current issues in forestry, do a conservation project, and learn tree identification.

GEOLOGY

This badge requires a personal rock collection. Scouts will learn to identify rocks and minerals and how they are.

INSECT STUDY

Scouts will explore the miniature life of insects at Wolfeboro. Scouts will gather specimens for an insect collection and take hikes to discover unusual creepy crawlers all over the camp.

MAMMAL STUDY

This badge is good for younger Scouts. Requires some written work, a small report, and a conservation project.

OCEANOGRAPHY

The wonders of the deep will come to light in this program. Scouts are required to do some field studies to complete this badge. Yes, you can complete this badge at camp!

REPTILE & AMPHIBIAN STUDY

This badge requires drawings and night observations. Scouts will be able to handle live animals in this session.

SOIL & WATER CONSERVATION

This badge requires drawings and a conservation project. It covers a lot of material and is recommended for mature Scouts.

WEATHER

Scouts will build a weather instrument and use it- to track the weather during the week. This badge covers a lot of material and requires observations. An interest or background in weather is helpful.

OUTPOST

BACKPACKING

Scouts will learn the necessities of light weight, low impact camping where all your gear is on your back. Requirements 10, 11a-b should be done outside of camp.

HIKING

Scouts will complete day hikes around Wolfeboro and learn about hiking gear, safety, and fitness. Requirements 5-7 must be completed outside camp.

3 DAY WILDERNESS TREK

This exciting program is geared for older Scouts. It will leave Tuesday morning and return to camp on Thursday evening. All troops wanting to participate in this program must bring at least one adult leader from their unit. Units will determine their itinerary and Wolfeboro will provide your guide and food for the trip. We recommend you bring items for the type of Trek you desire. Troops wanting to participate must complete the TREK Pre-signup form two weeks prior to attending camp and turn it in to the Service Center. Since participants are on the trail, they will not be able to participate in some of the in-camp activities.

SOURDOUGH

The 49er's called prospectors who traveled from camp to camp "Sourdoughs." Twice weekly, the staff will lead your new Scouts on this 2½ mile hike, designed to teach basic backpacking and camping skills to your first year campers. The Scouts will hike out of camp up the Highland Creek trail to Greenwater. Here they will prepare a meal on backpack stoves, try-out some Scoutcraft skills, take a swim, and have a rousing campfire topped off by a Dutch oven dessert prepared by the staff guides. Any unit that sends Scouts must also send at least one adult. We recommend you bring the following items

Backpack	Sleeping Bag
Ground Cloth	The Ten Essentials
Water Bottles	Mess Kit
Appropriate footwear and clothing	

SCOUTCRAFT

Scouts will learn to find their way, build towers that will reach to the stars, and will perfect their camping and survival skills. This is also that exciting part of camp where they can earn their Totin' chip.

CAMPING

This badge is required for Eagle. It requires an overnight camping trip. Scouts should bring appropriate camping equipment (backpack, sleeping bag, etc.). Requirements 9 a-c should be completed before coming to camp.

COOKING

This badge requires cooking to be done in the program area for most of the week (food will be provided). Cooking experience is highly recommended.

EMERGENCY PREPAREDNESS

This badge is required for Eagle (or alternate). It covers a great deal of written material, and there are skills to master. Familiarity with knots is extremely important. Older Scouts are recommended for this badge. First Aid merit badge and requirements 8b-c should be done outside of camp.

FISHING

This is an excellent merit badge for younger Scouts. It requires some written work and fishing trips. Scouts need to bring their own gear. A fishing license is not required as long as you stay on camp property.

ORIENTEERING

Map and compass is the name of the game. Scouts will complete four orienteering courses across camp. This badge is recommended for older Scouts.

PIONEERING

Scouts will put their knots and lashings skills to the test building gadgets, towers, and structures with rope and poles. Lots of practice will be needed to complete this badge.

WILDERNESS SURVIVAL

This badge requires an overnight camping trip where Scouts must build a shelter and sleep in it.

TRAILHEAD (Scout to First Class Rank Area)

Camp Wolfeboro has knowledgeable and willing staff at the Trailhead Center who will augment your troop leadership in addressing the advancement needs of your younger Scouts. Your Scouts should plan to spend a minimum of two hours per day at the Trailhead Center depending upon the advancement needs. Those Scouts who need just a few requirements to First Class should make arrangements with our staff during the merit badge midway.

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When each Scout enters the Trailhead Center, the staff will guide him through his requirements for rank advancement. The Scout will be taught the skill, and then he is tested on the skill. If he is successful then he will be signed off on the passport that he will submit to the troop leadership. We highly recommend that you the Scoutmaster then test him before officially signing off on a requirement in his handbook.

The Trailhead Center can verify that a Scout has learned a skill, but the troop will have the ultimate authority to determine if the Scout has passed the test. Similarly, our staff cannot sign off requirements that only can be completed in a troop setting (attending 10 troop or patrol activities, showing improvement in physical skills over 30 days, etc.)

SUMMIT

ROCK CLIMBING

One of the highlights of Camp Wolfeboro is our extensive rock-climbing program. Older Scouts will enjoy the advanced climbing opportunities, while younger Scouts and those new to rock climbing will want to participate in our team-building program. Initiative games coupled with basic climbing instruction are offered daily. Teamwork, bouldering, basic knot work and spotting technique are emphasized to prepare to tackle one of the Wolfeboro climbing faces. Scouts with climbing experience will have the opportunity to challenge one or more of the outstanding cliff faces surrounding Wolfeboro. Trips to the KVD and Lower Falls climbing areas are conducted several times each week. All climbs are instructional in nature, and the staff will adjust the trip according to the ability of the group.

Scouts may choose to go for a half-day or full day climb. All equipment is provided by Camp Wolfeboro. You may use your own harness and shoes once inspected by our nationally accredited staff. Fee for half day is \$5.00 and for the week is \$10.00.

A parent's signature on the standard release section of the Health form will give permission for rock climbing.

UNIT EXPEDITIONS

A group of Scouts may leave camp to explore the backcountry. Groups leaving camp must abide the following:

- Have permission from their unit adult leader
- Sign out at the Program Office and provide an itinerary indicating route and estimated time of return

- Sign in at the Program Office upon return.
- Travel in a group of no less than four people

Swimming or playing in the river must be supervised by an adult (21 years old or older) who has a valid safe swim defense card. It is highly recommended that at least one person be a certified Lifeguard. **Jumping or diving from rocks and cliffs (i.e. stud rock) is strictly prohibited.** This is a dangerous activity involving unreasonable risk.

TRAIL OF THE 13 GOLDEN CROSSES

Join one of our expeditions to rediscover the lost gold mine of Sandy McPherson, The Mine of the 13 Gold Crosses. A staff member will lead the expedition each week to locate and follow the mysterious crosses that mark the rocks around Wolfeboro in search of the mine. An authentic 49er breakfast included!

SPECIAL PROGRAM

Camp Wolfeboro offers special programs throughout the week your unit is here. Your unit's camp experience would not be complete without participating in several of these. The times and events are listed on the Camp Wolfeboro Program Schedule.

CAMPSITE COOKING

All units cook in their campsites Wednesday. Please bring cooking equipment for this day. Occasionally we have fire restrictions at camp so you may want to bring stoves to camp. Food may be picked-up at the dining hall an hour before first meal shift.

Morning and evening flag ceremonies are still conducted on Wednesday so don't miss out on the announcements

MENU

Breakfast: Breakfast Burrito (tortilla with scrambled eggs, sausage, cheese and salsa), Cocoa, Juice

Lunch: Cold Cut Sandwiches, Chips, Fruit, Juice, Cookies

Dinner: Spaghetti with Meat Sauce, Garlic Bread, Salad, Juice, and Baked Apples

CAMPWIDE CAMPFIRE

There will be a campfire on Monday and Friday. The staff will run the opening campfire on Monday. The closing campfire will be put on by the units with the assistance of the staff.

INDIAN LORE CAMPFIRE

This is a recommended activity for your unit. Individuals participate in games, stories and other Native American activities. The Indian Lore Campfire is conducted on Thursday nights. We will meet at the Handicraft area.

CAMPWIDE GAMES / INTER-TROOP

These activities will be held on a weekday Evening. Youth unit leadership and camp staff develops activities in which the patrols are to compete. This is a great team building activity.

THEME ACTIVITY

An exciting Wolfeboro tradition is the annual theme games. Each year an action packed camp wide activity is conducted on a theme (pirates, 49ers, spies, etc.). Games climax on Thursday afternoon with a challenging contest in each program area for individuals to participate in as a patrol or crew.

RUN TO THE TOP

A rugged five-mile round trip "run to the top" of the Wolfeboro freeway and back! Can you beat the staff! This activity is open to all youth and adults.

UNIT ACTIVITIES

Activities include: archery shoot, rifle shoot, unit swim, or boating, volleyball, team-building games, and flag ceremonies. Your unit can reserve times to go and shoot at the archery or rifle range for an hour, or use the aquatic facilities for an hour. The volleyball court is always open. Schedule time to build unit and patrol coordination with the initiative game activities. There are also times set aside for units to do a flag ceremony.

AWARDS

Camp Wolfeboro offers additional awards for those patrols, units and individuals that put out an extra effort while they are at camp.

GOLD CROSS AWARD

The Wolfeboro Gold Cross Award is presented to those units that take advantage of all of the experiences available at camp. The award is based on a 100 point scoring system. Points are awarded for participation in unit activities, service projects, camp wide games, and inter-unit events. Also included are points for Scout spirit and campsite cleanliness. Complete instructions and score sheets will be available on check-in at camp. Units who achieve the Gold Cross award have truly availed themselves of the complete Wolfeboro experience. It is these units that make Wolfeboro more than just a summer camp...they are creating an atmosphere that promotes the highest ideals of Scouting.

MERIT BADGES

An index of all the available merit badges follows. The requirements that must be completed before camp are listed in the index along with any special needs for completion. Each badge has been rated by the camp staff on its difficulty; generally, "hard" merit badges should only be attempted by older Scouts. A limited supply of merit badge pamphlets will be available at the TRADING POST.

BLUE CARDS

Blank merit badge applications will be available in limited quantities for each merit badge taken at camp. Signed blue cards then will be submitted to the merit badge counselor by the Scout. Leaders must pre-approve a Scout to take specific merit badges. The unit leader can pick up signed blue cards on Friday evening for review, and corrections will be made Saturday morning during checkout. "Partials", merit badges that were not completed at camp, will have completed requirements detailed on the back of the merit badge application. These badges can be finished with Merit Badge Counselors at home, or be brought back to summer camp the following year.

OPEN SCHEDULING

Wolfeboro uses an open system for merit badge instruction at camp. A schedule of sessions is developed based on the needs and desires of individuals in camp. While experienced Scouts appreciate the freedom to set their own schedule, we advise leaders to help younger Scouts plan their individual schedules, especially work on merit badges. If you know that a Scout is more successful in a structured environment, please help him in planning his week. All listed merit badges are available. Individuals will need to arrange time to work ON merit badge requirements with the counselors at camp. This is usually conducted at the "advancement carnival" on Sunday evening; however individuals are encouraged to contact counselors at anytime to arrange for instruction or help. While the open system is designed to offer maximum flexibility to all involved parties, it does not mean a youth can 'drop-in' anytime and expect to earn a merit badge. Unit leadership may need to closely monitor some Scouts progress.

PARTIALS

Individuals planning to complete a badge that they have already started must present a properly completed merit badge application showing the requirements that have been completed. Camp counselors cannot sign-off for requirements that are not completed at camp (like attending a certain number of patrol or troop outings).

Any Scout that does not complete a merit badge at camp will be issued a "partial" for the work completed. Their blue card will reflect what they have completed.

Rockers

For those of you who want to earn more than merit badges, the Wolfeboro program areas offer rockers that you may earn and place proudly around the Wolfeboro Patch on your uniform.

Ascension (Summit)

1. Complete all requirements for the Climbing Merit Badge
2. Climb a route rated 5.8 or higher at Camp Wolfeboro
3. Tie the following knots
 - Butterfly
 - Prussik
 - Canadian 8
 - Girth Hitch
4. Set up a top rope anchor
5. Complete a Service Project to better the Hike Shack

Bard (Commissioners)

1. Participate in the Wolfeboro work party and another service project of at least 1 hour to help camp
2. Attend the Polaris Overnight and sleep on Polaris Rock
3. Participate in the Indian Lore Campfire
4. Participate in the Friday Campfire
5. Attend the tale of the 13 gold crosses
6. Write a story, poem, song, ballad, or another masterpiece about camping, the adventure of the outdoors, or about the splendors of nature.

Conservationist (Eco-Con)

1. Organize and lead a conservation project of at least 2 hours. It must not only help the environment, but also serve to educate your fellow Scouts and Scouters.
2. Keep a journal of at least 500 words, detailing the history of the conservation movement in the United States, including contributions made by the Boy Scouts of America.
3. Keep a journal of at least five endangered species present in the Sierra Nevada range, as well as at Camp Wolfeboro.
4. Explain to your troop why conservation is important, both at Camp Wolfeboro and at home. Explain at least ten different ways for your troop to conserve resources at home and at Camp Wolfeboro.
5. Do the following:
Write a meaningful haiku (5-7-5) about conservation. Paint your haiku on to a suitable piece of wood, as well as your name, and place it in the nature lodge.

Craftsman (Handicraft)

1. Complete with pride two separate master projects not to be used as merit badge requirements but that would qualify for the following requirements:
 - a. Art 1, 3, 4, 6
 - b. Basketry 1, 2
 - c. Leather Work 2
 - d. Wood Carving 4, 5Projects must be from two different badges.
2. Participate at the Indian Lore Games and Campfire by teaching and leading an Indian game and telling an Indian story.
3. Complete a service project to help the Handicraft Area.

Grizzly (Scoutcraft)

1. Participate in **all** of the following activities: Cooking Demo, Scoutcraft Baseball, and the EP Drill or the Pioneering Project.
2. Participate in the Knot Tying contest or tie a Monkey's Fist.
3. Earn the Paul Bunyan Woodsman Award
4. Catch a fish.
5. Construct a Wilderness Survival shelter and spend a night in it.
6. Complete a Scoutcraft's Orienteering course in **less than** one hour.
7. Triforcefully conquer a tree.

Be a burly mountain savage man (or woman) beast!

Iceman (Waterfront)

1. Pass the swim test.
2. Swim 1/4 mile (16 laps).
3. Be trained in Safe Swim Defense and Safety Afloat.
4. Show aquatics staff member your knowledge of proper rowing and canoeing techniques.
5. Perform two hours of service to the waterfront (to be checked by the waterfront director)
6. Take part in 2 of 3 Polar Bear swims. Get a *GNARLY* brain freeze.

John Muir (Eco-Con)

1. Do the following: (Upon completion, please get a staff member's signature)
 - a. Indian Lore Campfire (Handicraft)
 - b. Polar Bear Swim (Waterfront)
 - c. Cooking Demonstration (Scoutcraft)
 - d. Orienteering Course (Scoutcraft)
 - e. Environmental Science Hike (Eco-Con)
 - f. Forestry Hike (Eco-Con)
 - g. Astronomy Hike (Eco-Con)
 - h. Bird Study Hike (Eco-Con)
 - i. Keep a journal, detailing the following. It should exude your best effort.
 - j. The natural history of the Sierra Nevada, including the effects of glaciations and erosion.
 - k. The limiting factors and general ecosystem of the Sierras.
 - l. Wilderness survival in the Sierra Nevada, including edible indigenous plants, building materials, and navigation.
 - m. Natural dangers, including heat stroke, hypothermia, snake bites, and fractures.
 - n. Possible futures for humanity including population growth, pollution, technological advances, and resource depletion.
 - o. Your spiritual relationship with nature.
 - p. Build a wilderness survival shelter and so do the following on the night of the overnight (please speak no words to any other person during your overnight, except in the event of an emergency).
 - q. Stay in the shelter, or near it, from sun-down to sun-up.
 - r. In your Troop's designated campfire ring, brew tea, including English tea and a native tea of your choice.
 - s. Sleep in your shelter **without** a sleeping bag.
 - t. Take a loaf of bread with you (you are not required to eat the loaf of bread).
 - u. Write a poem during your stay.
 - v. Find a suitable tree, climb it, hug it, and sway with the wind.

John Muir (continued)

- w. Organize and lead a service project of at least one hour. It must not only help the environment, but also serve to educate your fellow Scouts and Scouters.

Marksman (Shooting Sports)

1. Get into the Dime club.
2. Shoot 5/5 clay targets with a shotgun.
3. Score 27 on a medium target in archery with 3 arrows.
4. Stick 3 in a row at the tomahawk range with tomahawks or knives.

Naturalist (Eco-Con)

1. Explain the Outdoor Code. Why is it important to understand and follow? Why is it important to foster, care for, and respect nature? What do you do to help others appreciate and work towards improving the outdoors?
2. Do the following:
 - a. Be able to identify any plant or animal in the field using available tools and resources.
 - b. Demonstrate to a group of Scouts how to properly use a dichotomous key to identify plants and animals.
3. Lead an effective nature hike.
4. Lead a successful Nature Game or equivalent outdoor teaching tool and effectually debrief the participants afterward.
5. Organize and lead an approved conservation project of at least 2 hours. It must not only help the environment but also serve to educate your fellow Scouts.
6. Earn Environmental Science, Soil and Water Conservation, and Fish and Wildlife Management merit badges.
7. Earn one of the following:
 - Bird Study
 - Mammal Study
 - Reptile and Amphibian Study
8. Earn one of the following:
 - Geology
 - Forestry
 - Weather

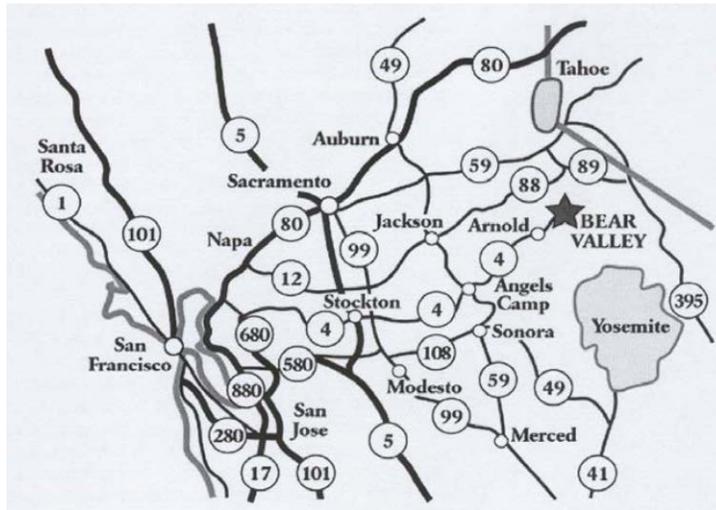
Strongman Rucker (Commissioners)

1. Run to the top
2. Shot put
3. Swimming (8 laps)
4. Rowing (2 laps)
5. Dive for rock
6. Dash from front gate to Trailhead
7. Physical Fitness
 - a. Sit Ups
 - b. Push ups
- c. Standing long jumps
8. Tomahawk throw (3/5)
9. Join the Dime Club
10. Rock push (10 yards)
11. Demonstrate knowledge of Olympics History
12. Obstacle course

*** Eagle Required Merit Badge**

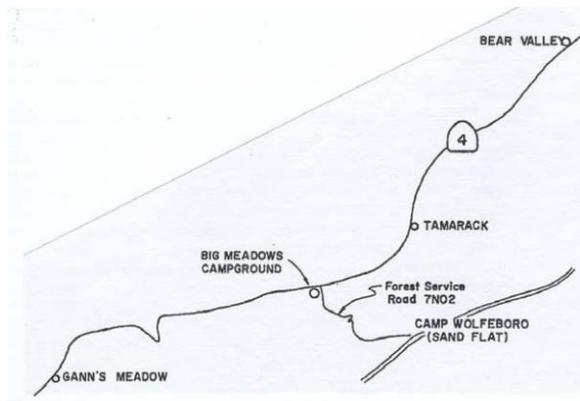
Merit Badge	Prerequisite Requirements	What to bring	What to expect	Rating
Archery	None	\$5 for a arrow kit; Previous experience	Qualifying will take time. There is a \$2 fee for each lost arrow.	Hard
Archeology	None		Book work and two reports	Hard
Art	None	\$10 for art supplies		Moderate
Astronomy	None		Sketches, overnight observation at camp	Moderate
Backpacking	10, 11a & b	Backpack and gear		Moderate
Basketry	None	\$20 for materials		Easy
Bird Study	None		Observations	Hard
Camping *	9a-c	Camping gear		Moderate
Canoeing	Must be a swimmer		Time for practice	Moderate
Citizenship in the Community	2a		Unable to complete at camp, partial	Moderate
Citizenship in the Nation	2		Unable to complete at camp, partial	Moderate
Citizenship in the World	7		Unable to complete at camp, partial	Moderate
Climbing	None	\$10 for climbing fee	Practice and participation	Hard
Communications	8			Moderate
Cooking *	3a-d, 5a-d, 7a-d		Cook meals, partial only	Moderate
Emergency Preparedness *	First Aid MB, 8b, 8c		Emergency drill	Moderate
Environmental Science *	None		Projects and reports	Hard
First Aid *	None	Basic First Aid & CPR Family First Aid Kit \$15 if started @ camp		Moderate
Fish & Wildlife Management	None		Scheduled field trips	Moderate
Fishing	None	Fishing pole, kit may be purchased for \$25	Need patience to catch fish, may need to walk with buddy to location	Moderate
Forestry	None		Conservation project and tree identification	Moderate
Geology	None		Collection and identification	Moderate
Hiking *	5-7		Day hikes available	Moderate
Indian Lore	None	\$20 for materials		Moderate
Insect Study	7 possibly		Finding insects to raise is a challenge	Moderate
Leather Work	None	\$30 for materials		Easy
Lifesaving *	Swimming MB		Swim 400 yards	Hard
Mammal Study	None		6 hours observation, written report, project	Easy
Music	3	Your Instrument	Can't complete req.3 at camp	Moderate
Nature	None		Collections, observations	Hard
Nuclear Science	None	Research before camp	Bookwork	Hard
Oceanography	None		Field studies	Moderate
Orienteering	None		4 compass courses	Hard
Pioneering	None		Practice Lashings	Moderate
Reptile Study	None		Observations	Moderate
Rifle Shooting	None	\$0.50 per target	Qualifying takes time	Moderate
Rowing	Must be a swimmer		Time for practice	Moderate
Shotgun Shooting	None	\$0.50 per shell Minimum of 50 shots	Qualifying takes time	Moderate
Soil & Water Conservation	None		Projects	Moderate
Swimming *	None	Long sleeve shirt and pants to get wet		Moderate
Theater	None		Making scenery, better than a skit	Moderate
Weather	None		Observations	Moderate
Wilderness Survival	None		Build shelter & spend the night in it	Moderate
Woodcarving	None	\$15 for materials		Easy

*



Camp Wolfeboro is located on the south side of Highway 4 about 5 miles west of Bear Valley Village.

If you are travelling westward on Highway 4, eventually you will pass the town of Tamarack about 2 miles before Forest Service Road 7N02. Skyline Drive, on your right is about 0.25 miles from the Forest Service road, which will be on the left side of the highway around the bend. Turn left, cross the stream, and park in the dirt lot.



If you are travelling eastward on Highway 4 from the Bay Area, it is easiest to take the Highway 4 Bypass, take a left on Marsh Creek Road and merge back into Hwy 4 at Byron Hwy. When you get to Stockton, you can head through town on Dr. Martin Luther King Jr. Blvd, or follow Hwy 4 (north, then east, then south) around town. Either way, you will connect with Hwy 99, head south for a little bit, then connect with Hwy 4 on Farmington Road, headed east. Angels Camp will be about an hour away from the turn off to Camp Wolfeboro. Arnold will be about 18 miles from the turn off to camp. When you see the Big Meadows Campground sign you want to start slowing down, as the turn off to Forest Service Road 7N02 will be about 0.25 miles ahead on your right. Cross the stream, and park in the dirt lot.

Another eastward route has you taking Hwy 4 to Hwy 160, going over the Antioch (toll) Bridge. Travel to Hwy 12 and turn right. You will want to travel on Hwy 12 to San Andreas and Hwy 49, then make a left turn to connect with Hwy 4 in Angels Camp and follow the last two sentences from the paragraph above this one. More seasoned travelers to Wolfeboro like to take a scenic route through vineyards and orchards on Peltier Road and reach Hwy 12 through Hwy 88 and Collier Road. Consult your favorite GPS or other map before trying this way.

WHAT TO BRING TO CAMP

Very Important:

Medical Forms	Permission Slips	Blue Cards for Merit Badges
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Personal

Pack	Pajamas	Pocket knife
Sleeping Bag	Hiking boots	Flashlight
Jacket	Tennis shoes	Matches
Raincoat or Poncho	Hat	Personal First Aid Kit
Foam Pad	Gloves	Washcloth
Full Uniform – Class A	Swimsuit	Toothbrush
T-Shirts (several)	Large towel	Toothpaste
Sweater / Sweatshirt	Chapstick	Soap
Pants	Water Bottle	Pencils
Hiking shorts	Scout handbook	Notepad
Undershorts	Knife, fork, spoon	Envelopes & stamps
Socks (several pairs)	Plate, cup & bowl	Tent
Ground cloth	Toilet Paper	Wallet
Compass	Insect repellent	No Flames in Tent

Optional Gear

Sewing kit	Camera & film	Merit badge books
Laundry Bag	Sharpening stone	Paper
Rubber boots	Musical instrument	Folding chair
Pillow	Clothespins	Handkerchiefs
Sunglasses	Twine or light rope	Comb
Fishing gear	Spending money	Playing cards
Spare Glasses/Contact Lens		

Items to leave at home

Pets	Magic cards	Firearms
Radios	Sheath knives	Tobacco
Tape Decks	Fireworks	Hatchets
Electronic games	i-Pods	Ammunition
Alcohol & Drugs		

**BOYS SCOUTS OF AMERICA
TROOP 226
TRIP PERMISSION SLIP**

As the parent or legal guardian of _____, I hereby give my permission for this child to participate in Camp Wolfeboro with Troop 226, from _____ July 22nd, 2016 _____ to _____ July 29, 2016 _____.

I give permission to the leaders of the above unit to render First Aid, should the need arise. In the event of an emergency, I also give permission to the physician, selected by the adult leader in charge, to hospitalize, secure proper anesthesia, order injection, or secure other medical treatment, as needed. My son belongs to the _____ Medical Plan, ID/Policy Number _____.

My son has the following medical problem and/or allergies that the troop should be aware of (***Please list problem or put NONE***) _____

My son is currently taking the following daily or routine medication (***Please list medications or put NONE***) _____.
Please send medication in original prescription container with dosages, doctor's name and expiration date on label and give it to the tour leader when you drop your son off for the activity. An adult leader will dispense this medication to your son.

My son may be given the following common, over-the-counter medication by an adult in authority in case of emergency (***Please list medications or put NONE***) _____.

Please send any special medications such as Claritin, Motrin, etc. that you know your son will or may need to take while he is with the troop. This medication should be in the original container with dosage and expiration date on label and given to the tour leader when you drop your son off for the activity.

In case of emergency, I can be reached by phone at _____ or _____.

If I cannot be reached, please contact _____ at _____.

Signed: _____ Date: _____
(Parent or Guardian)

Troop 226

Parental Firearm Permission Form

Consent for Minor to Use Firearms & Live Ammunition

Mt. Diablo Silverado Council

The State of California has enacted legislation that prohibits any person from furnishing, loaning, or otherwise providing a minor any firearm or live ammunition without the express permission of his or her parent or legal guardian. **Your son/daughter will not be allowed on any shooting range without this signed release.** It is necessary for you to give consent for your child to participate in the shooting sports activities. For the purpose of this camp, this permission includes archery. By signing this consent form I do hereby give the minor named below permission as required by California Penal Code Sections 12552, 12070, 12072, 12078, ET. Seq. to the Mt. Diablo Silverado Council, Boy Scouts of America, and to instructors established by the Boy Scouts of America (National), to furnish a firearm, BB Gun, .22 rifle, 20-gauge shotgun, 12-gauge shotgun, .22 handgun (Venturers only), bow, and ammunition and/or arrows to said minor for the purposes of instructing him/her in the safe handling of firearms, safe shooting, and marksmanship. Instructors include Certified Instructors and Range Safety Officers of the National Rifle Association and BSA certified archery instructors and Council adult volunteers.

I do further agree to indemnify and hold harmless the Mt. Diablo Silverado Council, Boy Scouts of America, and all officers, members, employees, and volunteers thereof, from all suits or actions brought for, or on account of, any injuries or damages received or sustained by any person or persons by or from the consequences of any negligence or any act or omission of the above named minor occurring during the course of said instruction.

Participant's printed name _____

Date(s) of camp: 7/22-29/2016

Parent/Guardian's Printed Name _____

Signature: _____ Date: _____

Primary Phone # (_____) _____

Alternate Phone # (_____) _____

Part A: Informed Consent, Release Agreement, and Authorization

Full name: _____
DOB: _____

High-adventure base participants:
Expedition/crew No.: _____
or staff position: _____

Informed Consent, Release Agreement, and Authorization

I understand that participation in Scouting activities involves the risk of personal injury, including death, due to the physical, mental, and emotional challenges in the activities offered. Information about those activities may be obtained from the venue, activity coordinators, or your local council. I also understand that participation in these activities is entirely voluntary and requires participants to follow instructions and abide by all applicable rules and the standards of conduct.

In case of an emergency involving me or my child, I understand that efforts will be made to contact the individual listed as the emergency contact person by the medical provider and/or adult leader. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me or my child. Medical providers are authorized to disclose protected health information to the adult in charge, camp medical staff, camp management, and/or any physician or health-care provider involved in providing medical care to the participant. Protected Health Information/Confidential Health Information (PHI/CHI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.103, 164.501, etc. seq., as amended from time to time, includes examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

(If applicable) I have carefully considered the risk involved and hereby give my informed consent for my child to participate in all activities offered in the program. I further authorize the sharing of the information on this form with any BSA volunteers or professionals who need to know of medical conditions that may require special consideration in conducting Scouting activities.

With appreciation of the dangers and risks associated with programs and activities, on my own behalf and/or on behalf of my child, I hereby fully and completely release and waive any and all claims for personal injury, death, or loss that may arise against the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with any program or activity.

I also hereby assign and grant to the local council and the Boy Scouts of America, as well as their authorized representatives, the right and permission to use and publish the photographs/film/videotapes/electronic representations and/or sound recordings made of me or my child at all Scouting activities, and I hereby release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all liability from such use and publication. I further authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of the BSA, and I specifically waive any right to any compensation I may have for any of the foregoing.



NOTE: Due to the nature of programs and activities, the Boy Scouts of America and local councils cannot continually monitor compliance of program participants or any limitations imposed upon them by parents or medical providers. However, so that leaders can be as familiar as possible with any limitations, list any restrictions imposed on a child participant in connection with programs or activities below.



List participant restrictions, if any: None

I understand that, if any information I/we have provided is found to be inaccurate, it may limit and/or eliminate the opportunity for participation in any event or activity. If I am participating at Philmont, Philmont Training Center, Northern Tier, Florida Sea Base, or the Summit Bechtel Reserve, I have also read and understand the supplemental risk advisories, including height and weight requirements and restrictions, and understand that the participant will not be allowed to participate in applicable high-adventure programs if those requirements are not met. The participant has permission to engage in all high-adventure activities described, except as specifically noted by me or the health-care provider. If the participant is under the age of 18, a parent or guardian's signature is required.

Participant's signature: _____ Date: _____

Parent/guardian signature for youth: _____ Date: _____

(If participant is under the age of 18)

Second parent/guardian signature for youth: _____ Date: _____

(If required; for example, California)

Complete this section for youth participants only:

Adults Authorized to Take to and From Events:

You must designate at least one adult. Please include a telephone number.

Name: _____

Name: _____

Telephone: _____

Telephone: _____

Adults NOT Authorized to Take Youth To and From Events:

Name: _____

Name: _____

Telephone: _____

Telephone: _____



Part B: General Information/Health History

Full name: _____

High-adventure base participants:

Expedition/crew No.: _____

or staff position: _____

DOB: _____

Age: _____ Gender: _____ Height (inches): _____ Weight (lbs.): _____

Address: _____

City: _____ State: _____ ZIP code: _____ Telephone: _____

Unit leader: _____ Mobile phone: _____

Council Name/No.: _____ Unit No.: _____

Health/Accident Insurance Company: _____ Policy No.: _____



Please attach a photocopy of both sides of the insurance card. If you do not have medical insurance, enter "none" above.



In case of emergency, notify the person below:

Name: _____ Relationship: _____

Address: _____ Home phone: _____ Other phone: _____

Alternate contact name: _____ Alternate's phone: _____

Health History

Do you currently have or have you ever been treated for any of the following?

Yes	No	Condition	Explain
		Diabetes	Last HbA1c percentage and date:
		Hypertension (high blood pressure)	
		Adult or congenital heart disease/heart attack/chest pain (angina)/heart murmur/coronary artery disease. Any heart surgery or procedure. Explain all "yes" answers.	
		Family history of heart disease or any sudden heart-related death of a family member before age 50.	
		Stroke/TIA	
		Asthma	Last attack date:
		Lung/respiratory disease	
		COPD	
		Ear/eyes/nose/sinus problems	
		Muscular/skeletal condition/muscle or bone issues	
		Head injury/concussion	
		Altitude sickness	
		Psychiatric/psychological or emotional difficulties	
		Behavioral/neurological disorders	
		Blood disorders/sickle cell disease	
		Fainting spells and dizziness	
		Kidney disease	
		Seizures	Last seizure date:
		Abdominal/stomach/digestive problems	
		Thyroid disease	
		Excessive fatigue	
		Obstructive sleep apnea/sleep disorders	CPAP: Yes <input type="checkbox"/> No <input type="checkbox"/>
		List all surgeries and hospitalizations	Last surgery date:
		List any other medical conditions not covered above	



Part B: General Information/Health History

Full name: _____
 DOB: _____

High-adventure base participants:
 Expedition/crew No.: _____
 or staff position: _____

Allergies/Medications

Are you allergic to or do you have any adverse reaction to any of the following?

Yes	No	Allergies or Reactions	Explain	Yes	No	Allergies or Reactions	Explain
		Medication				Plants	
		Food				Insect bites/stings	

List all medications currently used, including any over-the-counter medications.

CHECK HERE IF NO MEDICATIONS ARE ROUTINELY TAKEN. IF ADDITIONAL SPACE IS NEEDED, PLEASE INDICATE ON A SEPARATE SHEET AND ATTACH.

Medication	Dose	Frequency	Reason

YES NO Non-prescription medication administration is authorized with these exceptions: _____

Administration of the above medications is approved for youth by:

_____/_____
 Parent/guardian signature MD/DO, NP, or PA signature (if your state requires signature)

!

Bring enough medications in sufficient quantities and in the original containers. Make sure that they are NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication unless instructed to do so by your doctor.

!

Immunization

The following immunizations are recommended by the BSA. Tetanus immunization is required and must have been received within the last 10 years. If you had the disease, check the disease column and list the date. If immunized, check yes and provide the year received.

Yes	No	Had Disease	Immunization	Date(s)	Please list any additional information about your medical history:
			Tetanus		
			Pertussis		
			Diphtheria		
			Measles/mumps/rubella		
			Polio		
			Chicken Pox		
			Hepatitis A		
			Hepatitis B		
			Meningitis		
			Influenza		
			Other (i.e., HIB)		
			Exemption to immunizations (form required)		

DO NOT WRITE IN THIS BOX
 Review for camp or special activity.

Reviewed by: _____

Date: _____

Further approval required: Yes No

Reason: _____

Approved by: _____

Date: _____

Part C: Pre-Participation Physical

This part must be completed by certified and licensed physicians (MD, DO), nurse practitioners, or physician assistants.

Full name: _____

DOB: _____

High-adventure base participants:

Expedition/crew No.: _____

or staff position: _____



You are being asked to certify that this individual has no contraindication for participation inside a Scouting experience. For individuals who will be attending a high-adventure program, including one of the national high-adventure bases, please refer to the supplemental information on the following pages or the form provided by your patient.



Examiner: Please fill in the following information:

		Yes	No	Explain							
Medical restrictions to participate											
Yes	No	Allergies or Reactions		Explain		Yes	No	Allergies or Reactions		Explain	
		Medication						Plants			
		Food						Insect bites/stings			

Height (inches): _____ Weight (lbs.): _____ BMI: _____ Blood Pressure: _____ / _____ Pulse: _____

	Normal	Abnormal	Explain Abnormalities
Eyes			
Ears/nose/throat			
Lungs			
Heart			
Abdomen			
Genitalia/hernia			
Musculoskeletal			
Neurological			
Other			

Examiner's Certification

I certify that I have reviewed the health history and examined this person and find no contraindications for participation in a Scouting experience. This participant (with noted restrictions):

True	False	Explain
		Meets height/weight requirements.
		Does not have uncontrolled heart disease, asthma, or hypertension.
		Has not had an orthopedic injury, musculoskeletal problems, or orthopedic surgery in the last six months or possesses a letter of clearance from his or her orthopedic surgeon or treating physician.
		Has no uncontrolled psychiatric disorders.
		Has had no seizures in the last year.
		Does not have poorly controlled diabetes.
		If less than 18 years of age and planning to scuba dive, does not have diabetes, asthma, or seizures.
		For high-adventure participants, I have reviewed with them the important supplemental risk advisory provided.

Examiner's Signature: _____ Date: _____

Provider printed name: _____

Address: _____

City: _____ State: _____ ZIP code: _____

Office phone: _____

Height/Weight Restrictions

If you exceed the maximum weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from an emergency vehicle/accessible roadway, you may not be allowed to participate.

Maximum weight for height:

Height (inches)	Max. Weight						
60	166	65	195	70	226	75	260
61	172	66	201	71	233	76	267
62	178	67	207	72	239	77	274
63	183	68	214	73	246	78	281
64	189	69	220	74	252	79 and over	295

