



Message from the Camp Director

Dear Scouter,

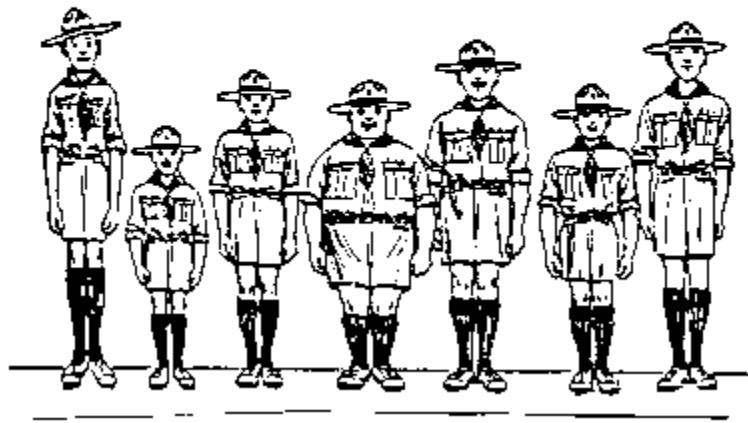
Welcome to Camp Laramie Peak and the Camp Laramie Peak Leader's guide. We hope it will be of help to you in planning your troop's summer camp experience.

Camp Laramie Peak offers a complete schedule of programs for every age group of Scouts. These programs range from first year/first class emphasis activities to high adventure experiences. Camp Laramie Peak is located 38 miles northwest of Wheatland, Wyoming. The camp, at an elevation of over 6300 feet is bordered by thousands of acres of Medicine Bow National Forest land in the shadow of 10,274 foot Laramie Peak. With thousands of acres of forest land at our back door, we offer a unique outdoor experience.

Thanks again for your interest in the "Peak" and your dedication to young people through the Scouting Program.

I look forward to seeing you at camp this summer.

Ken Hazlitt
Camp Director
Camp Laramie Peak



GENERAL INFORMATION

REGISTRATION AND CAMP FEES

Troops can reserve a campsite by paying a \$10.00 per Scout non-refundable deposit. The deposit must be sent immediately in order to confirm the reservation. Reservations may be made up to 12 months in advance of the week you wish to attend camp. Reservations for next year may be made when your troop checks in at camp.

FEE PAYMENT SCHEDULE: \$10.00 per Scout campsite deposit - due with reservation
\$80.00 per Scout fee payment - Due by February 1, 2003
Balance due – March 3, 2003

Longs Peak Council Units: Troops that have met their Friends of Scouting (FOS) goals and have turned in all the paperwork to the **Scout Office by May 1** will receive an additional \$25.00 per boy discount.

	<u>CAMP COST</u>	<u>IF PAID IN FULL PRIOR TO MARCH 3</u>
ALL SCOUTS	\$170.00	\$165.00
Week of June 30-July 6	\$145.00	\$140.00
LPC UNITS WITH FOS DISCOUNT	\$145.00	\$140.00

ADULT LEADER FEES: 1-10 Scouts - 2 leaders free; 11-20 Scouts - 3 leaders free; etc. Any other adults or youth not registered for camp (in addition to total above) \$100 each.

NEW SCOUTS: Scouts who **join** your troop after March 3 are eligible for the early bird discount if troop fees were paid by the March 3 deadline.

WEEKS OF CAMP: Week 1 - June 15-21
Week 2 - June 22-28
Week 3 - June 29 -July 5
Week 4 - July 6-12
Week 5 - July 13-19

REFUND POLICY:

1. \$10 per Scout deposit is non-refundable.
2. Prior to March 3 camp fees are refundable at 100% of camp fee or amount paid, less the \$10.00 deposit.
3. After March 3 no refunds will be made.
4. In addition, if you have made reservations for Scouts who are no shows, but have not paid fees for those Scouts, **you will be charged the full camp fee.**
5. Fees are transferable to another individual for the same week of camp at the same camp.
6. Late fee payments may be cause for cancellation. Postmark will determine payment date.
7. If no payment other than the \$10 per Scout deposit has been made by March 3, your reservation will be automatically canceled.
8. All fees must be paid by March 3.
9. Refund requests for no shows with a letter from the Scout's doctor stating that the Scout is not able to attend camp, will be honored.

NOTE: A troop roster must be sent in with each payment. It is the responsibility of the Scout unit to have payments in the correct Council Service Center on the due dates listed above. Mailed payments may be postmarked on the due date. Late payments, missed deadlines, missed fee discounts, etc., are not the responsibility of the Longs Peak Council or its staff.

SCOUT TROOP LEADERSHIP

Troops in camp must be under the supervision of their own adult leaders and must have at least two leaders in camp AT ALL TIMES (one leader must be at least 21 years of age, the other 18). Although we know it is difficult for an adult to take a week to come to camp, to do otherwise is tough on the Scouts. We must insure that each Scout has a quality experience. That happens only when a full time leader is there. We take a great deal of time to explain camp, its operation, and the program. When a troop has rotating leadership, the troop suffers and new leaders don't know what to expect.

Disciplining and organizing your troop is up to you. The staff works with you. Our purpose is never to take over your job as leader of your unit, but rather to aid you in providing an environment in which your Scouts can grow into a better prepared, more independent team.

A Scout will be permitted to leave camp prior to Saturday morning only with a parent, unless he has a letter of permission signed by one of his parents.

INSURANCE

Your troop must provide Unit Accident Insurance for each person. Coverage can be secured by enrollment in the Boy Scouts of America Unit Accident Insurance or through other similar programs.

It may also be through an individual family policy or employer coverage. If so, the insurance company name underwriting the coverage and the policy number for each individual must be provided during check-in at camp.

Every person (youth and adult) attending camp for the whole week or any part thereof, must have accident insurance and must provide proof of insurance.

MEDICAL INFORMATION

The Boy Scouts of America requires that a youth participating in a long term camping experience must have a medical evaluation by a physician, licensed to practice medicine, within 36 months of the camping experience. In addition, a recent medical summary (within the past 12 months) must be completed by the parent or guardian related to the youth participant's health history.

All adult leaders in camp over 40 years of age must have a health examination within the past 12 months by a physician, licensed to practice medicine. Adults 40 years of age and under follow the same medical evaluation as the youth.

The Health form can be found here <http://www.longspeakbsa.org/forms/> Both youth and adult forms must be presented at check in at camp. HEALTH AND MEDICAL RECORDS will be returned to your troop at the end of the week.

All medications (prescription and non-prescription) must be labeled with troop number and name and given to the health officer at check in. **State Law requires that all medication be dispensed from the First Aid Station.**

ABOUT CAMP LARAMIE PEAK

CAMP OFFICE: Located in the A-Frame - all Scouts and leaders arriving at or departing from camp during the week are required to check in or out at the Camp Office. A Scout will be permitted to leave camp prior to Saturday morning ONLY with a parent, unless he has a letter of permission signed by one of his parents. The Camp Office is open every day Monday through Friday during the following times:

7:45 a.m. – 11:45 a.m. 1:00 p.m. – 5:45 p.m. 7:00 p.m. -- 9:30 p.m.

FIRST AID STATION: Located in the A-Frame - report all accidents or illness to first aider or camp director at once. Arrangements will be made at hospitals in Wheatland and Douglas for serious cases.
See hours

TRADING POST: The Trading Post will be stocked with items for sale: candy, T-shirts, ice cream bars, coffee mugs, merit badge pamphlets, and specialty items such as flashlights, batteries, sewing kits, etc. Open at times posted. Pop machine is available at all times.

SCOUT OATH AND LAW: These are the rules at Camp Laramie Peak. Each camper is expected to live by the Outdoor Code. If a Scout plans on bringing a knife or hand ax, he must have a Totin' Chip card. No trees are to be felled or trimmed without permission of the Camp Director. SCOUTMASTERS WILL BE EXPECTED TO ENFORCE THESE POLICIES!

HOUSING: CAMPER'S PROVIDE OWN TENTAGE, SLEEPING, AND CAMPING GEAR.

DINING HALL: Each troop is assigned the necessary number of tables. Meals are served family style. The troops will be asked to furnish waiters for their tables. Each table must have 2 waiters for each meal (except Sunday night and Saturday morning). Table waiting should be included in the unit's camp duty roster for the week. Table waiters arrive 15-20 minutes prior to the meal to set up. During the meal they are designated to get seconds for the table, if available, when announced. After the meal they stay to clean up. The Dining Hall Steward will dismiss the table waiters when the dining room is clean (usually 10-15 minutes after meals). Troops may prepare some meals in the campsites, if so desired. Please make arrangements for this at the opening Roundtable on Sunday afternoon. The Tuesday evening meal will be patrol cooking in each campsite. Please plan ahead.

FIRST MEAL: Supper on check-in day (Sunday).

LAST MEAL: Breakfast on check-out day (Saturday).

UNIFORM: The Scout uniform by itself can't make a good Scout or a good troop, but its use will improve both Scout and troop because it is a visible symbol of Scouting. The uniform is to be worn to camp-wide campfires, chapel services, and each evening meal. We also encourage troops to be in uniform on their trip to and from camp. Many troops make use of a troop or camp T-shirt for daytime wear.

Inform your Scouts that wearing hats, T-shirts, sweatshirts or other items with alcohol or tobacco ads or drug or sexual connotations is not permitted and if observed at camp, Scouts will be asked to immediately remove them. These items have no place in a Scout camp.

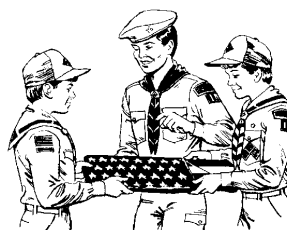
There are no laundry facilities at camp.

ALL SCOUTS ARE EXPECTED TO WEAR A **CLASS A** UNIFORM (Field Uniform) DURING THE EVENING MEAL.

VISITORS: Visitors are welcome in camp anytime and are welcome to eat in the dining hall. Good times to visit camp are the opening campfire on Sunday night, and the closing campfire on Friday night. All visitors must check in and out at the Camp Office. Prices for visitor meal fees are: Breakfast - \$3.00; Lunch - \$3.50; Dinner - \$4.00. Meal tickets must be purchased at the Camp Office. Reservations need to be made when a large number of visitors may be visiting a troop. (i.e. July 4th and Friday Evening) The cooks need to know how many meals to prepare.

MAIL AT CAMP: Be sure to inform the parents of the Scouts attending camp of their address while at camp. KEEP IN MIND THAT MAIL IS ONLY DELIVERED AT CAMP ON MONDAY, WEDNESDAY, AND FRIDAY.

Scout's Name and Troop Number
Camp Laramie Peak
65 Forest Service Rd. 633
Wheatland, WY 82201



LABELS: Put your name on everything you own. EVERYTHING!!!

LOST AND FOUND: Lost and found items should be turned in at the Camp Office. All lost and found items at the end of the camping season will be taken to the Scottsbluff Service Center. Inquiries should be directed there. If not claimed within 7 days of camp closing, they will be disposed of.

WEATHER: Although it will be summer when you visit camp, Wyoming can deliver any type of weather, including snow. Daytime temperatures will range from the high 60's to the 90's and evenings can be as low as 40 degrees. When it rains, it is usually very chilly. Sunshine is the norm, bring suntan lotion and wear a hat! Due to the dry climate, Scouts and leaders should drink sufficient quantities of water. As always, "Be Prepared"!

TELEPHONE: FOR EMERGENCIES ONLY!!!

Scottsbluff Service Center (308) 632-4179 or 1-800-800-4072

WHO TO ASK: If you have any questions, call Ken Hazlitt, Camp Director at (308) 632-4179

PLEASE NOTE: NO ANIMALS, NO FIREARMS, NO FIREWORKS, NO DRUGS. NO TOBACCO, OR ALCOHOL ALLOWED IN CAMP AT ANY TIME!!!

SCOUT BEHAVIOR

All discipline should have as its purpose improving behavior. It should be constructive or educational in nature, and should be limited to diversion, separation from problem situations, talking with the Scout about the situation, close supervision, or praise for good behavior.

Camp Laramie Peak has adopted the following policy regarding discipline:

- Scouts will not be subjected to physical harm, fear, or humiliation.
- Scouts will not be roughly handled, pinched, spanked, punched, shaken, bitten, or subjected to any physical punishment.
- Separation will be brief and appropriate to the Scout's age and circumstances. The Scout will be within hearing of an adult in a safe, lighted, well-ventilated place. No Scout will be isolated in a locked room or closet.
- Verbal abuse or derogatory remarks about the Scout, his family, race, religion, or cultural background will not be permitted.
- Meals may not be denied to a Scout as a disciplinary measure.
- Authority to punish will not be delegated to other Scouts, nor will the camp allow one camper to punish another camper.
- At no time should leaders under 21 years of age discipline Scouts unless their behavior threatens the safety of the offender or another individual. Then appropriate action to remedy the situation may be taken.
- Any Scout who does not respond to discipline by troop leaders or staff will have his parents or guardians contacted to travel to camp and pick him up.

Violation of this policy may result in dismissal of the leader. This policy is in accordance with the policies of the Boy Scouts of America and the laws of the State of Wyoming.

CAMPER'S EQUIPMENT LIST

- _____ Complete Scout Uniform (minimum two recommended: shirt, neckerchief, pants/shorts, socks, belt)
- _____ Raincoat or Rain Gear
- _____ Hat
- _____ Jacket or Sweatshirt
- _____ Heavy jacket
- _____ Tennis shoes
- _____ Hiking boots
- _____ Extra shirts
- _____ Extra pants (long and short)
- _____ Six pairs underwear
- _____ Six pairs socks
- _____ Handkerchiefs
- _____ Pajamas
- _____ Pillow
- _____ Four warm blankets or sleeping bag
- _____ Flashlight and extra batteries
- _____ Toilet kit (soap, towel and washcloth, toothbrush and toothpaste, comb)
- _____ Scout Handbook
- _____ Backpack, camp box or duffel bag to store personal gear
- _____ Pencil, notebook, ruler, stamps, envelopes
- _____ Sewing kit
- _____ Health and Medical Record signed by physician
- _____ Spending money for Trading Post
- _____ Day pack
- _____ Canteen
- _____ Pocketknife
- _____ Compass
- _____ Sleeping pad and ground cloth
- _____ Mess kit (cup, plate, bowl, and silverware)
- _____ Bible or prayer book
- _____ Watch
- _____ First Aid Kit
- _____ Insect repellent
- _____ Camera with extra film
- _____ Suntan lotion
- _____ Chapstick



PATROL AND TROOP EQUIPMENT LIST

- _____ Tentage
- _____ Troop, patrol, state, and American Flags for campsite
- _____ Handbooks, merit badge pamphlets, and other literature
- _____ Materials for activities and games in your campsite
- _____ Hammer
- _____ Sharpening stone and file
- _____ Map and compass
- _____ Advancement records
- _____ Props for campfires
- _____ Lantern (battery or propane)
- _____ Anything that will make your campsite stand out
- _____ Cook kit and dutch ovens (for Tuesday evening meal)
- _____ Supplies for Bear bags



LEADER INFORMATION

CAMP LARAMIE PEAK PROGRAM PLANNING

CAMP PROGRAM SCHEDULES: There are two basic schedules in camp: the camp schedule and the troop schedule.

- A. THE CAMP SCHEDULE - fixed, scheduled activities, including: reveille, campfires, meal times, and merit badge opportunities.
- B. THE TROOP SCHEDULE - because Scouts and leaders needs and interests are different.
 - 1. Activities in which all members of the troop participate.
 - 2. Activities that are best carried out on a patrol basis.
 - 3. Informal activities that are suitable for a few boys to do together.
 - 4. Special interests a Scout might follow on his own.

We believe that adult leaders and the patrol leaders council will want to establish the program and schedule for the troop before coming to camp. The troop is the source of authorization and the framework within which the complete program is planned as far as the individual Scout is concerned.

TYPICAL TROOP CENTERED ACTIVITIES: (seek help or information from members of the camp staff);

- 1. Scoutcraft instructions
- 2. Troop ceremonies
- 3. Advancement activities
- 4. Campfires
- 5. Conservation projects
- 6. Games and crafts

Each unit should recognize that their troop site is their home while at camp. It is the troop's responsibility to keep the troop site clean and to make it attractive.

TYPICAL PATROL ACTIVITIES:

- 1. Patrol hiking
- 2. Scoutcraft instructions
- 3. Exploration
- 4. Pioneering projects
- 5. Conservation projects

Please recognize that a schedule is not a program. The daily or weekly schedule in the camp is a timetable for certain formal activities and a checklist for opportunities.

USE THESE SUGGESTIONS IN PLANNING YOUR TROOP PROGRAM:

- 1. Review the program section of this guide.
- 2. Discuss the schedule, programs, and activities in your troop leaders council.
- 3. Determine the needs and desires of the troop, patrol, and the individual Scout.
- 4. Determine which activities will fall into the individual, small group, or entire troop program and plan your week's

schedule to allow for all Scouts to participate in as many of their needs and desires as possible.

BY FOLLOWING THESE SUGGESTIONS YOU WILL HAVE YOUR TROOP'S WEEKLY PROGRAM OUTLINE PRIOR TO CAMP. PLEASE MAIL IN YOUR PROGRAM PLAN/SIGN UP AS SOON AS POSSIBLE. THIS WILL ASSIST YOUR AREA COMMISSIONER IN COORDINATION, WORKING WITH YOUR TROOP, AND IN PROVIDING THE STAFF ASSISTANCE NECESSARY FOR YOU TO HAVE TOTAL UTILIZATION OF THE CAMPING FACILITIES, STAFF, AND EQUIPMENT.

PRE-PLANNING FOR CAMP

During **January** you should:

- Inform all Scouts and parents of camp dates.
- Collect \$80.00 from each boy (for February 1st deadline).
- Plan a Parents Night program to discuss summer camp.
- Begin promoting camp with boys and parents on a monthly basis.
- Recruit at least two adult leaders to spend the entire week at camp. Recruit other adults as the size of your troop demands.
- Note payment deadlines and begin fundraising if necessary.
- Bring troop advancement records up-to-date.
- Have each Scout set advancement and program goals.
- Aim for 100% attendance at summer camp!
- Invite prospective Webelos transfers (and their parents) to your Parents Night program.

During **March**:

- Balance of fees due by March 3rd.

During **May**:

- Organize patrols and youth leadership for camp.
- Give final notice to all boys and parents.
- Have troop committee members visit parents of Scouts not registered for camp.
- Develop your troop's camp program with the Patrol Leaders' Council using this guide, the *Scoutmaster's Handbook*, and the *Boy Scout Handbook*.
- Prepare the troop's skill instruction program for new Scouts.
- Instruct Scouts what to bring and what not to bring to camp.
- Give Medical forms to all Scouts and leaders. Finalize your troop's camp program.
- Collect health and medical records from all Scouts and Adults.
- Make transportation arrangements with parents.
- All fees must be paid by June 1.

One week **prior** to camp:

- Have troop insurance information ready to present at camp check-in.
- Prepare troop and patrol equipment to be packed.
- Inspect Scouts' personal gear.
- Prepare three copies of your troop roster.
- Finalize transportation arrangements to and from camp.
- Make sure that you have "blue" merit badge cards to give your Scouts at camp, and a copy of the Program Plan/Sign up sheet.

NOTE: We reserve the right to cancel or reschedule any programs.



AT CAMP

SUNDAY ARRIVAL

Plan to arrive between 1:00 and 3:00 pm on Sunday to check in and set up your campsite. Please be prompt as opening leaders roundtable is at 4:00pm. Information to have for check in:

- ___ 3 copies of roster
- ___ 3 copies of Program Plan/Sign Up
- ___ Troop checkbook to pay any unpaid fees
- ___ Tour permit
- ___ Insurance information (units without this information will not be allowed in camp)
- ___ Health & Medical Records for each youth and adult (medical re-check at A-Frame at check in)
- ___ All prescription and non-prescription medicines labeled with name and troop number



Upon your arrival, a staff guide will lead you through the check in procedures and help your troop get settled in. Your guide will then escort your unit to the campsite. (Note: Although campsites are assigned in advance, there is a small chance that a change has been made.) The staff guide will give you a tour of the camp and answer any of your questions.

We ask that all vehicles remain in the parking lot during camp. We must keep the roads in camp open for emergency vehicles and campers walking to activities. Camp vehicles will be used to transport your gear as close to your campsite as possible.

CHECK OUT PROCEDURES

Please plan to be out of camp by 10:00 am Saturday morning. Turn in all non-essential equipment to the Quartermaster on Friday. The Camp Appraisal Sheet is enclosed in the appendix. Please rate our performance. The better suggestions may be incorporated into the camp. Please make arrangements Friday with your commissioner for the final campsite inspection. The campsite must be thoroughly cleaned before the commissioner will approve the camp release. This includes the fire pit. Any equipment damaged or lost by the unit will be noted on the release form. Final check out is completed at the A-Frame. Please present your release form. You will be given your medical forms, advancement forms, and any patches or awards not previously presented to your unit. Please make arrangements to pay for damaged or missing equipment before you leave.

HERE ARE SOME DO'S AND DON'TS

THE DO'S:

1. Allow the troop leaders council to plan and carry out things they want to do.
2. Have enough of a schedule to keep everyone busy, but.....
3. Allow each Scout the opportunity to do what he wants (whittle, hike, sit and watch the clouds).
4. Keep the "out" in Scouting. Go on an overnigher out of camp, under troop leadership.
5. Be sure there is personal achievement, progress and fun.
6. Keep in personal touch with what is happening in your troop. Obtain verbal patrol reports each day.
7. Set a tone that will give your troop camp "class". Emphasis should be on good manners, good fellowship, clean sportsmanship, clean fun, and a clean camp.
8. Make the patrol idea work by expecting it to work.
9. Earn the Camp Laramie Peak Honor Troop award.

THE DON'TS:

1. Don't allow too many activities to be scheduled. Camp should be relaxing to be fun.
2. Don't be alarmed if things happen that are not in the schedule. Some circumstances warrant changes in plans.
3. Don't engage in activities that can be done better in town - only merit badges related to camping and the out-of-doors are offered.
4. Don't overlook the five big items in the program:
 - Scoutcraft
 - Hiking
 - Field Sports
 - Hiking
 - Conservation
 - Hiking
 - Pioneering
 - Hiking
5. Don't judge the success of the camp by the number of merit badges earned - this camp is not a merit badge factory.
6. Don't make advancement the only reason for coming to camp.

SPECIAL MILK PROGRAM NOTICE

Camp Laramie Peak participates in the U.S. Department of Agriculture Milk Program which is administered through the Wyoming Department of Education. Any person alleging discrimination based on race, color, national origin, sex, age, or disability has a right to file a complaint within 180 days of the alleged discriminatory action. All complaints of alleged discrimination related to the Special Milk or Commodity Programs, written or verbal, shall be accepted and immediately forwarded to the address on the "And Justice For All Poster" or to: USDA, Director of Office of Civil Rights, Room 326-W Whitten Building, 14th and Independence SW, Washington DC 20250-9410.

PROMOTING CAMP

Here are some important points to keep in mind about promoting camp:

1. Promote high adventure activities for 3rd and 4th year campers!
2. A new Scout needs to feel that he fits in. Plan a weekend campout prior to summer camp for new Scouts to give them basic camping skills and help them become pals with the rest of their patrol.
3. For a boy to go to camp, his parent (s) must also want him to go. Show parents that Scout camp is an investment in their son's future.
4. If the camp fee is an obstacle for one of your Scouts, and the troop has no funds available, call your Council Service Center for possible assistance.

CAMP PROMOTION IDEAS:

1. Have displays or show slides from last year's camp.
2. Invite camp staff members to your troop meeting.
3. Show Scouts how they can meet advancement goals and still have fun at camp.
4. Have fund-raisers to help boys earn their way to camp.
5. Scouts who perform well in the troop get full or partial troop scholarship to camp.
6. Have an award for the patrol with the best camp attendance.

The purpose of long term camp is to provide Scouts an outdoor experience only found at Scout Camp. Outdoor activities are only one of the methods we use to attain our purpose of turning our young boys into honorable men. Another method is the patrol method, which is only accomplished by the troop. Therefore, the camp provides a schedule that is flexible enough that any troop or team can produce its own schedule. In fact, we strongly encourage it. We urge each Scout leader to use the Scoutmaster's Handbook section on program planning when meeting with the unit's youth to plan your adventure at Laramie Peak.



BOY SCOUTS OF AMERICA

CHARACTER COUNTS

***PROGRAM
INFORMATION***

PROGRAM AND ACTIVITIES

50-MILER: The 50-Miler is a week-long, high adventure trek open to Scouts who have reached their 14th birthday and First Class rank before the date of camp and who have had considerable backpacking experience. Includes a hike to the summit of Laramie Peak (10,000-11,000 ft.). Each hiking crew will be limited to 2 adults, 12 Scouts and the Hike Ranger. The 50-Miler will be limited to only two crews per week. For more information review the 50-Miler section enclosed. Use the Special Programs Reservation Form in the Appendix to register.

HIKING: Troops may take long-term or short-term hikes. Troops have the opportunity to decide exactly where and how fast they want to travel. The main emphasis is to get off the beaten trails into the canyons and the hills where you will see few signs of other campers. Adult participation is required for each hike that will not return to camp by 3:00 P.M. Trail markers are limited. Hiking requires special equipment. Scouts should have adequate hiking boots, clothes, backpacks, trail tentage, canteens, etc. Camp leaders should use discretion as to which Scouts may be physically, mentally, and emotionally mature enough to go the distance. Sign up for these hikes at camp.

BLACK MOUNTAIN: (6 miles round trip) follow the Forest Service road through camp and up to the look-out tower; excellent half-day hike for an experienced troop; nice one day hike for a younger, less-experienced troop.

EAGLES NEST: (Harmon Heights) (5 miles round trip) stay on road until second cattle gate, then follow fence row to destination; morning or afternoon hike for any troop. **Do not drink water from the spring!**

COTTONWOOD: (6 miles round trip) a down hill hike that follows Fall Creek; trail begins behind the Ridge Commissioner Area. Follow the trail to the road - follow the road 1 mile to cattle guard and over the hill to Cottonwood Creek. From there go upstream to the campsites. This is a good overnighter for a younger, less-experienced troop. **No swimming! Do not drink unpurified water!**

LARAMIE PEAK: (10 miles round trip) drive to Friend Park campground at the base of Laramie Peak via troop autos. Hike on Forest Service trail to top of peak. Excellent all day hike for experienced troop. Unparalleled view of wilderness and high plains. 10,000-11,000 ft.

NIGHT HAWK HIKE: This special hike will be offered one or two nights per week. Your guide will be leaving from the dining hall at 9:00 P.M. heading up the Ashenfelder trail and returning back to camp approximately midnight. The purpose of this hike is to develop disabilities awareness, team building and fun. You'll be relying on your night vision for this hike, not your flashlight. A special patch is available for those who complete the hike, at a cost of 75¢ each. The Night Hawk is limited to a total of 30 participants.

FIELD SPORTS: Laramie Peak has a .22 caliber rifle range. There is no charge for rifle shooting. Protective eyewear and earplugs will be required for all shooters and will be provided at the rifle range for use while shooting. The archery range is designed for both instructional and recreational shooting. Do Not Bring Guns, Ammunition, or Archery Equipment To Camp!

HANDICRAFT AREA: Leatherwork, Woodcarving, and Basketry merit badges will be offered in the Handicraft area. Costs for completing these merit badges will vary depending on the projects chosen. Scouts should plan to bring some money to purchase kits and supplies from the Trading Post. The Handicraft Area is part of the Trading Post building.



MOUNTAIN BIKING: Campers and leaders will have the opportunity to participate in 1/2 day rides in and around camp. Bikes and safety helmets are furnished. The riding ability of all participants will be certified at camp prior to leaving on any rides. The bike ranger has the right to limit the length of the ride or return to camp due to weather, mechanical problems, health or disciplinary measures.

ALL PARTICIPANTS MUST WEAR HELMETS AT ALL TIMES!!!

NATURE: Laramie Peak's high mountain prairie offers a beautiful setting in which to study the aspects of ecology and conservation. Camp Laramie Peak has ongoing forestry and conservation projects.

ORDER OF THE ARROW: Thursday is designated as "OA DAY". All arrowmen are encouraged to wear their sashes and participate in a Camp Service project.

SOAR (SAVE OUR AMERICAN RESOURCES): Scouts and leaders who complete at least three hours of conservation work at camp are eligible to purchase the Longs Peak Council SOAR Patch while at camp.

TUESDAY NIGHT CAMPSITE COOKING: The cooks will be given the night off on Tuesday and all troops will cook in their individual campsites. Each troop will pick up their food from the dining hall at 2:30 PM. The menu includes ingredients for beef stew (Hamburger, Onion, Potatoes, Drink Mix, Milk, etc.) and a dessert (cake mix, fruit, etc.). You may want to complement this menu with your own special food and recipes. Refrigeration is available. Troops will need to bring equipment necessary to cook and eat in their campsite for this meal (stoves, Dutch ovens, Cook kits, etc.) aluminum foil is recommended for lining Dutch Ovens or packet dinners. It is traditional at CLP for each troop to invite staff members to dine with them.

ADULT PROGRAMS: Adult leaders are invited to participate in a number of special programs during their stay. There is a Scoutmaster vs. Staff shootoff, Scoutmaster vs. Staff Volleyball, Youth Protection Training, and Boy Scout Leader Fast Start Training. Also, there is a Leader's Roundtable each day (Sunday at 4:00 PM, Monday through Thursday at 10 AM, Friday at 4:30 PM). Adults are also invited to participate in the CLP Religious Program.

CAMPFIRES: Opening Campfire will be held on Sunday night at dusk, by the Camp Laramie Peak Staff. Commissioner Area Campfire will be held on Monday evening. The closing Campfire will be held on Friday.

CLP RELIGIOUS PROGRAM: Camp Laramie Peak offers the opportunity for all youth and adult campers and staff to participate in the religious life of the camp. A non-denominational, non-sectarian worship service is provided in the chapel every morning at 7:00 AM. A Wednesday evening service begins in the chapel at 7:00 PM. There is a free will offering taken at the Wednesday evening chapel service. This money goes to the World Friendship Fund.

Those wishing to receive the CLP Religious Award can register with the chaplain. The requirements are: 1) Attend 4 of the scheduled chapels; 2) Complete one other act of personal devotion of the camper's choice. Be sure to discuss this with the chaplain.

50 miler participants need to register before leaving camp. They also need to consult with the chaplain to discuss how the hikers will conduct their worship services.

The CLP Religious Award is presented at the Friday morning chapel to those staying in camp. The 50 mile hikers will receive their award at the Friday evening campfire.

THE ADVANCEMENT PROGRAM

We want your youth to advance. We want you to be proud of their accomplishments. We have established high standards that we will follow with no compromises. We expect you to establish high standards as well so that our youth will get the best possible experience in camp. Please conduct an advancement inventory of youth in the unit prior to coming to camp. You will then know what each boy needs and can plan with our instructors whatever merit badge instruction your unit will require. This inventory will also help complete the program request form included in this packet. Merit badge classes will be offered only if qualified instructors and camp resources are available to do so.

MERIT BADGES AND THE FLEXIBLE SYSTEM OF CLP: At the Peak, we use a flexible system to give the staff and campers the flexibility to plan a program that fits most unit's needs. Boys will be expected to read the merit badge book and learn some of the requirements between meetings with the boy. **Your unit will be expected to provide a preliminary merit badge sign-up sheet prior to or at check in.** It is possible to sign up for merit badges during the week. You will be given a daily report showing you how your scouts are progressing during the week.

FIRST-YEAR CAMPER PROGRAM: This program is designed for boys who are in their first year in the troop. It will specifically teach the outdoor requirements for Tenderfoot, Second Class, and First Class. A new Scout will be able to learn most of the requirements for advancement to First Class. Different advancement requirements will be taught each day and Scouts will have the option to attend any or all of the sessions. Listed below is the tentative daily schedule for the First Year Camper Program.

MONDAY 9:00 A.M. – 11:30 A.M.

General Introduction to program, camping requirements, sign-up for flag ceremonies, and Totin' Chip. Specific requirements to be covered will be: Tenderfoot 12a, 12b; 2nd Class 2c, 2d, 2e, 2f; and 3.

MONDAY 1:30 P.M. – 4:00 P.M.

First Aid: Tenderfoot 12a, 12b; 2nd Class 6a, 6b, 6c, 8; First Class 8b, 8c, 8d.

TUESDAY 8:30 A.M. – 4:00 P.M.

A FIVE MILE HIKE TO Eagle's Nest is planned, during which we will discuss local poisonous plants, native plants and animals, and practice compass skills. We will eat lunch on the trail. This activity will require participation by some unit leaders. Specific requirements to be covered are: Tenderfoot 5, 11; 2nd Class 1a, 1b, 5; 1st Class 1, 2, 6.

WEDNESDAY 9:00 A.M. – 11:30 A.M.

Knots and Lashings: Tenderfoot 4a, 4b; 1st Class 7a, 7b, 7c, 8a

WEDNESDAY 1:30 P.M. – 4:30 P.M..

More First Aid: Tenderfoot 12a, 12b; 2nd Class 6a, 6b, 6c, 8; 1st class 8b, 8c, 8d.

THURSDAY 8:30 A.M. – 4:00 P.M.

A repeat of Tuesday's five mile hike to Eagle's Nest is scheduled in case of inclement weather and to give flexibility in planning your program.

FRIDAY 8:30 A.M. - 11:30 P.M.

This will be a time to make up any missed sessions.

MERIT BADGE PROGRAM

Due to the First Year Camper Program it is important to remember that

(1) Merit Badges offered in the Valley are not available on Monday and

(2) Merit Badges offered on the Ridge need to be scheduled on Monday. Merit Badges offered on the ridge are not available on Tuesday.

To have a successful merit badge program your Scouts must begin prior to camp. Some badges are easily earned during camp, while others take much longer. Advance planning will make possible a more effective merit badge program in your unit. Encourage your Scouts to start working early. **For every merit badge, the Scout should read the entire book before camp so that he is ready to accomplish the merit badge while at camp and do those requirements listed below.**

Shooting Sports

Rifle Shooting--Because of safety concerns this merit badge is rigid in its schedule. The Scouts signed up for **rifle shooting** must report to the dining hall on Sunday at 7:00 p.m. They will then be scheduled for rifle beginning on either Monday or Wednesday. They must attend at their scheduled time.

Archery—Because of safety concerns this merit badge is rigid in its schedule. The Scouts signed up for **archery** must report to the chapel on Monday at 8:15 a.m. They will then be give their schedule for archery which must be followed.

Camping	pre-camp requirement 7c, 7d, 8, 9
First Aid	pre-camp requirement 1, 2b, (bring first aid kit to camp)
Emergency Preparedness	pre-camp requirement 1, 8a (bring emergency pack to camp), 8b, 8c
Pioneering	pre-camp requirement 5 (bring sharpened pocket knife)
Orienteering	pre-camp requirement need compass
Climbing	sign up at camp – limited number of participants
<u>Handicraft Area</u>	
Basketry	pre-camp requirement none (\$7.00 to \$15.00 at camp for kits)
Leatherwork	pre-camp requirement none (\$3.00 to \$15.00 at camp for kits)
Woodcarving	pre-camp requirement need to bring small, sharp pocket or carving knife and have a Totin' Chip card.(\$3.00 to \$5.00 for kits at camp)
Nature Lodge	Enroll in these merit badges at any time during the week except for Environmental Science. Sign up for Environmental Science on Monday.
Astronomy	pre-camp requirement 2a, 3a, 8
Environmental Science	pre-camp requirement read entire merit badge book
Forestry	pre-camp requirement 5a, 5b
Geology	pre-camp requirement none
Mammal Study	pre-camp requirement 4b
Space Exploration	pre-camp requirement 5, 7, build rocket at home (or bring \$10.00 for kit at camp)
Weather	pre-camp requirement none

Mountain Man Program These merit badges can be earned only by Scouts in the Mountain Man Program.

Cooking	pre-camp requirement 2
Indian Lore	pre-camp requirement none
Rifle Shooting (blk powder)	pre-camp requirement none
Wilderness Survival	pre-camp requirement 5, bring survival kit to camp

MOUNTAIN MAN EXPERIENCE: This exciting program for older Boy Scouts, Varsity Scouts, Venture Scouts and Explorers will provide an unequaled opportunity to live as the mountain men did over 150 years ago. Set up in a remote part of Camp Laramie Peak, 24 participants, aged 14 and up, will have a once in a lifetime chance to experience the primitive life of the beaver trappers and Indians of the Rocky Mountains in the early 1800's. Everything done throughout the week will be a recreation of those buckskin days, from cooking authentic mountain meals, to shooting black powder rifles, to tanning hides.

Each 8 man brigade will learn to build fires with flint and steel, the secrets of Dutch oven cooking, and the identification of edible native plants. Skills such as tomahawk throwing will be honed through competition throughout the week. Every skill that a mountain man would have needed will be taught and practiced. A special "Colter's Run" will conclude the week's activities to test how well each brigade has mastered its lessons. You'll even learn to set a beaver trap, and make snares.

Blackpowder rifle competitions will take place and will include such events as the candle shoot, a buffalo shoot, egg shoot, and many more. Each trapper will learn to melt and pour his own lead ball ammunition for each contest. We plan on having a blanket shoot during the week to sharpen your shooting skills.

Listed below are some requirements that must be complete before camp if those participating in the Mountain Man program are going to be successful:

1. You must assemble a survival kit and bring it to camp with you. This kit should include a whistle and matches or lighter as well as other items. (Refer to the Wilderness Survival Merit Badge Book, requirement #5). Bring your kit with you to camp.
2. Plan the meal menu for three days for your family. Visit a grocery store and find the prices of the items needed to put your menu in place. Bring your menu and the total cost with you to camp. You do not have to actually buy any food or use your menu.
3. You will need \$25.00 to pay for items needed to complete the Indian Lore Merit Badge and black powder shooting. This fee is paid to the Council.
4. You will live in the campsite with your troop, eat breakfast in the dining hall, and spend the rest of the day in the Mountain Man area.
5. You will be responsible for whatever assignments you are given while in the encampment.

A reminder that you will be able to earn the Wilderness Survival, Cooking, Indian Lore, Metalwork and Rifle Shooting (Black Powder) merit badges only through the Mountain Man Experience.

The Mountain Man Trading Post features items typically used by a mountain man in the 1800's. **Parental permission is required for a Scout to purchase items such as tomahawks and sheath knives.**

Use the Special Programs Request form to make reservations for the Mountain Man Experience. First time Mountain Man participants will have priority over previous participants.



CAMP LARAMIE PEAK

50 MILER HIKING AND BACKPACKING PROGRAM GUIDE

SCOPE To expand the programs offered at Camp Laramie Peak, giving the older, more advanced Scouts, that have already experienced summer camp, the opportunity to taste High Adventure Scouting. Through this experience each Scout will hone their skills in hiking and backpacking, with the ultimate goal of developing a sense of self-confidence and the value of teamwork.

SECTION ONE

PARTICIPANT REQUIREMENTS:

ALL CAMP LARAMIE PEAK 50 MILER HIKING AND BACKPACKING PARTICIPANTS MUST MEET THE FOLLOWING REQUIREMENTS BEFORE BEING ALLOWED TO PARTICIPATE:

1. Must be at least 14 years of age by the arrival at Camp Laramie Peak.
2. Must have attained First Class Rank, with considerable backpacking experience. Venturers need not meet the rank requirement.
3. Must have attended a minimum of one week at an approved Boy Scout summer camp (or similar camp or outdoor experience) for two previous years.
4. The participant must be deemed by his/her leader and the Camp Laramie Peak Hike Ranger as being both physically and mentally fit and mature enough to handle this rugged program. Each participant must have a completed Health and Medical Record form verifying his/her fitness.
5. Must have all the required personal gear and equipment prior to leaving on the 50 Miler. (See required personal gear and equipment list, section 4.)
6. Each potential participant must notify the Scottsbluff Service Center no later than May 1st, of his/her desire to participate in this program and the week he/she plans to participate. This will allow the Camp Laramie Peak Program Director to insure that the proper amount of equipment and food will be ready for each crew upon their arrival at camp.

SECTION TWO

ORGANIZATION OF THE CREW -

1. Maximum Crew size for each trek will be limited to a total of 12 youth participants, 2 adult leaders, and the Camp Laramie Peak Hike Ranger.
2. Each crew must be accompanied by two qualified adult leaders who are registered with the Boy Scouts of America and presently active with a Troop, Team, or Post. Your unit may be asked to provide one or two of these leaders. Female (explorer) Crew Members must be accompanied by a female advisor.
3. Camp Laramie Peak Crews will generally consist of youth and leaders from several different units placed together upon arrival at camp. It is important that each youth participant be open to full cooperation with Hike Ranger, fellow crew members, and the adult leaders. Each crew member must do his/her fair share in order to have a successful trek.
4. Adult leaders are considered crew members. They will carry all of their own personal gear and equipment along with their share of the Crew gear. However, the adult leaders must refrain from decision making, campsite selection and setup, and meal preparation. The adult leader's role is to suggest and advise the youth participants and assist the Hike Ranger. It is the adult leader's responsibility to insure the safety of each member of the crew during the trek.

SECTION THREE

CREW EQUIPMENT ISSUED AT CAMP LARAMIE PEAK -

- | | |
|----------------------------------|-----------------------------------------|
| ___ 1 nylon dining fly | ___ 1 Trail Chef Cook Kit |
| ___ 1 backpacker tent (2 people) | ___ 1 chef cutlery kit |
| ___ 2 pair hot-pot tongs | ___ Plastic trash bags |
| ___ Scouring pads | ___ Dishwashing soap |
| ___ Water purification material | ___ Sanitizing tablets(for rinse water) |
| ___ Maps of hiking area | ___ Crew 1st Aid Kit |
| ___ Backpacker stoves | ___ Aluminum. fuel canister w/fuel |
| ___ 50'X3/8" nylon rope | ___ 2 gal. collapsible water vessel |
| ___ Tent stakes (12/tent) | |

SECTION FOUR

REQUIRED PERSONAL GEAR AND EQUIPMENT -

The following list should be followed closely. Any item not found on this list is deemed **NOT NECESSARY** and considered as extra, unwanted weight to carry on the trek.

BACKPACK - sturdy, well fitting, padded hip belt, padded shoulder straps, adequate tie down straps, water-proof pack cover, 6-12 plastic zip-loc bags, assorted sizes.

SLEEPING BAG with waterproof stuff sack, sleeping clothes, waterproof ground cloth (5'X7'), stocking cap, foam sleeping pad.

EATING - one plastic Frisbee (smooth), 1 cup (plastic or tin mug), 1 fork, 1 spoon, 2 one-quart plastic large mouth water bottles.

CLOTHING - (packed in zip-loc), hiking boots (well broken-in), 2 pair heavy wool socks, 2 pair light liner socks, 2 changes underwear, 2 pair hiking shorts, 1 pair long pants, 2 short sleeve shirts (not nylon), 1 long sleeve shirt, 1 light windbreaker, 1 sweater or sweatshirt (wool or polypro), 1 hat (flexible w/brim), 1 sturdy rainsuit.

PERSONAL HYGIENE - toilet paper (small roll), lip balm, foot powder, sun screen, tooth brush/toothpaste, biodegradable soap, small packet wet/dry towels.

PERSONAL FIRST AID KIT - moleskin, Band-Aids (assorted sizes), First Aid cream, adhesive bandages, insect repellent, aspirin.

MISCELLANEOUS - small folding pocketknife, matches or lighter, 50'X1/8" nylon cord, small flashlight w/batteries and extra bulb, compass (Silva, liquid filled), 4 large bandanna or handkerchiefs, whistle, small notebook, pen or pencil.

OPTIONAL - Camera/film, watch, and sunglasses.

SECTION FIVE

TIPS ON EQUIPMENT AND CLOTHING

PACKS AND FRAMES

A sturdy pack and frame are essential for backpacking in the rugged back country at Camp Laramie Peak. All of your personal gear (as listed) plus your share of food and crew equipment must fit inside your pack. A good pack should be considered a lifetime investment. If you already have a backpack, take time before the trek to check it out for the following:

1. Adequate adjustments to be sized and fit to YOU.
2. Sturdy frame, free of cracks and potential weak area.
3. Durable pack fabric that will not tear or rip at the seams.
4. A padded hip belt is a MUST. A combination of padded hip belts and adjustable padded shoulder straps is best.
5. Adequate tie-on spots to anchor your equipment on the outside of your pack.

To keep your pack dry at night and while hiking in the rain, a nylon pack cover that fits your pack is recommended.

All items in your pack should be neatly organized and packed in order of need and use. They should be packed in zip-loc plastic bags. This keeps all items dry and organized. Pack like items in one bag (ie., personal hygiene items in one bag, personal first aid kit in one bag, etc.)

When deciding what equipment to bring to Camp for the trek, follow the list under Section 4 closely. Consider each item's usefulness, durability, weight, and bulk. Small amounts of personal hygiene items are plenty for the 4 days on the trail. REMEMBER: AN OUNCE IN THE MORNING IS A POUND AT NIGHT!!!

CLOTHING

Be prepared for any kind of weather in the month of June in the high elevations at CLP. It is not uncommon for it to snow on Laramie Peak in June (elevation 10,200 feet). It is also not uncommon for the temperatures to reach into the high 80's to low 90's this time of year. On warm days a good pair of loose fitting hiking shorts is a good choice. Long pants are recommended for cool days and cold nights.

To be comfortable during rainy weather, a good quality rain suit or poncho is essential. Inexpensive vinyl rain suits or ponchos will not hold up as you hike in the rugged terrain.

SLEEPING BAG

Your bag should be warm (suited for temperatures between 25 and 60 degrees) but not bulky or heavy. If your bag is not warm enough, long underwear and a stocking cap worn at night will increase your sleeping comfort.

A waterproof stuff sack for your sleeping bag is essential. When your sleeping bag is rolled and stuffed into the stuff sack it should not be larger than 10" in diameter and 20" in length, and weigh 6 pounds or less.

A 5'X7' plastic or nylon ground cloth is recommended to be used under the tent. Tent mates share one ground cloth.

BOOTS AND SOCKS

Good quality, well broken-in hiking boots are a MUST. Your trek will cover many miles of steep, rocky terrain. Proper fitting hiking boots will prevent blisters and sore feet. Your boots should be broken-in with the same socks you plan on wearing during the trek. You should be able to wiggle your toes freely, but not let your foot shift sideways in well fitting boots. They should be sturdy but not too heavy. Hiking boots 6 to 8 inches high with sturdy soles and good ankle support are recommended.

A light pair of polypropylene inner socks with a heavy pair of wool socks over them are recommended. The two pair of socks worn in this manner are more comfortable and reduce friction against your feet, which causes blisters.

GLASS CONTAINERS AND AEROSOL CANS

No glass containers or aerosol cans should be carried on the trek. Glass breaks easily and aerosol cans are bulky and dangerous.

WATER VESSELS AND EATING UTENSILS

Each person on the trek should carry a minimum of 2 one-quart containers for water for their personal use. It is recommended they be of heavy plastic construction, with a large wide mouth opening. The lid should be heavy duty with a good tight seal. (NO straw hole in the lid.) NALGENE BRAND ARE EXCELLENT. Small-mouth canteens are hard to fill/purify/mix in and are bulky.

A good quality plastic Frisbee that is smooth, free of grooves, makes an excellent plate to eat from. It is virtually indestructible, easy to clean, and can also be used to play the game during free time. It is also light weight and easy to stow in your backpack.

A stainless steel cup with handle or plastic insulated mug is recommended. They should be not more than one-cup measuring capacity. They work excellently for hot drinks, cereals, soups and as a measuring cup.

Standard home tableware works as an eating utensil for your fork and spoon. Lexan plastic utensils are strong, durable and lightweight for packing. A table knife is not required. Your pocketknife serves for this utensil.

SECTION SIX

AWARDS, FOOD, DAMAGE/REPLACEMENT FEES, LEAVE NO TRACE

AWARDS - Each Scout and adult leaders that successfully completes the CLP 50 Miler will receive the coveted CLP 50 Miler Patch and CLP 50 Miler stave. Only by participating in and successfully completing this program can you earn these awards. The awards will be presented to each member of a crew at the closing campfire on Friday night.

FOOD - Adequate, nutritious, dehydrated and freeze-dried trail menus packaged in disposable containers will be furnished by Camp Laramie Peak as part of the standard summer camp fees. The success of each menu will depend on the crew's skill in cooking trail food. Directions for preparing these menus are explicitly stated on the packages. High-altitude cooking must be taken into consideration. By keeping your pots of food and water covered you can decrease the heat loss and reduce cooking time, thus conserving fuel consumption in the backpacking stoves.

DAMAGES/REPLACEMENT FEES - Items issued that are the property of CLP that are damaged or destroyed by a participant through neglect, misuse, or abuse will be assessed a fee for repair or replacement. This assessment will be made by the Hike Ranger when equipment is turned in at the end of the trek. No awards will be presented until this account is settled.

LEAVE NO TRACE - The Boy Scout Outdoor Code should be closely followed. Open campfires are highly discouraged. If a wood fueled campfire is desired it should be kept small, leaving no trace when camp is struck. All trash and litter will be carried out. National Forest Service fire dangers will be closely observed. This rugged wilderness should be left as you find it in your passing.

SECTION SEVEN

ITINERARY FOR 50 MILER PARTICIPANTS

SUNDAY - All campers arrive at CLP and check-in at the camp office. The Hike Ranger will hold a preliminary meeting Sunday evening to form crews and make announcements.

MONDAY - 50 Miler participants meet with the Hike Ranger (at designated location and time as announced) for the following:

1. Introductions and announcements
2. Medical recheck, first aid review
3. Formation of Crew
4. Check-out CLP Crew equipment
5. Shake down and inspect each crew member's personal equipment. (Please follow the list closely found in Section 4)
6. Review the proper use of crew gear, discuss trek route, map and compass use, food preparations and precautions, water purification procedures

MONDAY - FRIDAY - depart Monday afternoon and return Friday early afternoon.

FRIDAY - upon arrival at camp, check-in with Hike Ranger, return and assess CLP gear, crew released to return to their respective Troop campsites, stow personal equipment, hit showers and clean up for the evening meal in the dining hall and the closing campfire and awards ceremonies.

THE BEAR BAG

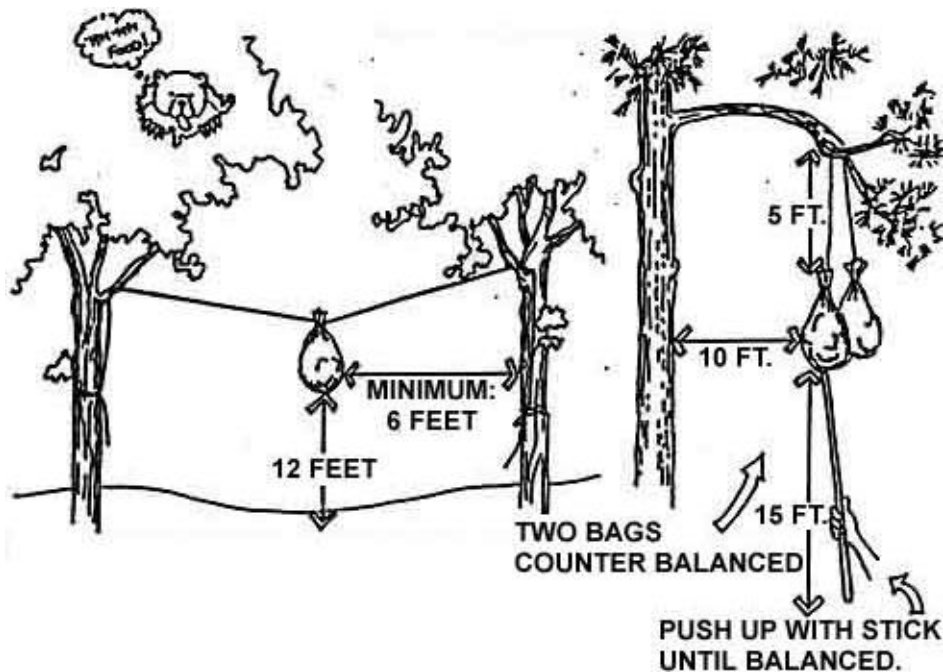


FIG. 1

FIG. 2

WHEREVER you camp, it's a wise practice between meals to gather your food into a bag and hang it from a tree. This will protect it from bears, raccoons, mice, ground squirrels and skunks.

IF you are camping in bear country, it's extremely important that you get all the "smellables" out of your tent and pack before you bed down for the night.

BEARS accustomed to raiding campsites may be smart enough to drop food bags by clawing cords tied to trees. (Fig. 1) To prevent that from happening, divide your provisions equally into two bags and use method as shown in Fig. 2.

IT'S best to do your cooking and eating 30 to 40 yards downwind from the tents in which you sleep. Bears attracted by the odors of food may limit their curiosity to the dining area and leave the tents alone.

MAKE your camps away from lairs, dens, and obvious feeding grounds. In grizzly bear country, give a wide berth to areas with signs that bears are frequent visitors, and pitch your tent near plenty of climbable trees.

REMEMBER: Black bears climb trees; grizzlies don't.

CAMP LARAMIE PEAK APPRAISAL SHEET

We wish to hear your comments concerning this week at camp. Use this appraisal to help us improve the program and service.

Please rate each area on a scale of 1 to 10 (10 being the best). If no one from your troop experienced an area(s) please leave it blank. Make sure you comment on ratings that are low and high. Please put any additional comments on the back of this page.

- _____ Staff
- _____ Friendliness
- _____ Service
- _____ Scout Spirit
- _____ Troop Guides
- _____ Junior Staff
- _____ Senior Staff (18+)
- _____ Program
- _____ Archery
- _____ Rifle Range
- _____ Mountain Man Area
- _____ Biking
- _____ Nature
- _____ Handicraft
- _____ Scoutcraft Area (Valley)
- _____ Scoutcraft Area (Ridge)
- _____ 50-Miler
- _____ First Year Camper
- _____ Camp Commissioners
- _____ Hiking Trails
- _____ Special Program
- _____ Opening Campfire
- _____ Sunday Check-in
- _____ Sunday Round Table
- _____ Leaders Round Table
- _____ SPL Meetings
- _____ Religious Services
- _____ Basketball
- _____ Staff Vs Leaders Volleyball
- _____ Night Hawk Hike
- _____ Dining Hall
- _____ Food
- _____ Atmosphere
- _____ Cleanliness
- _____ Camp Facilities
- _____ Latrines
- _____ Campsites
- _____ Showers
- _____ Trading Post
- _____ Office
- _____ Medical Support
- _____ Other

Comments:

Signature: (not required) _____ Unit # _____

Town _____

Please turn this in to the office at the A-Frame.

CAMP LARAMIE PEAK CAMP TROOP ROSTER

PLEASE PRINT OR TYPE.

UNIT TYPE: (CIRCLE ONE) TROOP TEAM POST CREW UNIT #: _____

SUMMER CAMP DATES: _____ CAMPSITE: _____

LEADERS:

NAME: _____ NAME: _____

ADDRESS _____ ADDRESS _____

(city, state, zip)

PHONE (h) _____

(city, state, zip)

PHONE (h) _____

SCOUTS

1.	21.
2.	22.
3.	23.
4.	24.
5.	25.
6.	26.
7.	27.
8.	28.
9.	29.
10.	30.
11.	31.
12.	32.
13.	33.
14.	34.
15.	35.
16.	36.
17.	37.
18.	38.
19.	39.
20.	40.

PLEASE BRING THREE COPIES WITH YOU TO CAMP. TWO NEED TO BE TURNED IN AT CHECK IN, AND ONE IS FOR YOUR RECORDS.

CAMP LARAMIE PEAK CHECKIN CHECKLIST

Plan to arrive in camp between the hours of 1:00 PM and 3:00 PM on Sunday.

Bring this list with you.

STAFF WILL NOT BE AVAILABLE TO PROCESS EARLY ARRIVALS!

TROOP ACCIDENT INSURANCE

You'll be asked to give the Camp Director your troop's insurance company and policy number, and the name and address of your agent. **NOTE:** Fill in the information at the bottom of this sheet.

PERSONAL HEALTH AND MEDICAL RECORD

It is necessary to have this form on file at camp in case of accident or emergency. Collect these forms from your Scouts and adults prior to coming to the Camp Office for check in.

TROOP ROSTERS

Please complete 3 Troop Rosters and have them with you at check in. Two copies must be turned in at check in, the other is for your records.

TOUR PERMITS

Please present a "Local Tour Permit" (if traveling less than 500 miles one way) or a "National Tour Permit" (if more than 500 miles one way). All troops must present a tour permit at check in.

CAMP FEES

All unpaid fees must be paid at check in. One check please, no cash!
Additional mugs for leaders not staying the full week are \$2.00 each.

TROOP ACCIDENT INSURANCE

UNIT NUMBER _____ COUNCIL NAME _____

INSURANCE COMPANY _____

POLICY NUMBER _____

AGENT NAME _____ PHONE: _____

ADDRESS: _____

(city, state, zip)

HEALTH GUIDE

PREVENTING ILLNESS AND INJURIES--by Bob Amick, EMT-B, Longs Peak Council Camping Committee. Participation in the Camp Laramie Peak may be a once-in-a-lifetime experience for most Scouts; so it is especially important to make extra efforts to avoid injury or illness prior to and during these events. Missing out on all or part of the experience due to illness or injury can be avoided by just following some simple precautions, and taking extra care to avoid situations or environments which may cause problems. Please take some time to read and review this information, and keep it in mind throughout your trip.

STAYING WELL--PREVENTING ILLNESS:

Scouts all know that staying well can be accomplished by simple precautions. Here are a few of the most vital:

- **WASH HANDS OFTEN**
- Wash hands always before eating and after using rest rooms. Most diseases are spread by hand contact with food, touching eyes, nose, mouth. Carry disposable antibacterial towelettes and clean your hands before eating or after using the rest room. If you cannot wash before eating, try to use utensils or wrap your food in a napkin or a wrapper without touching it. **DON'T** Share eating utensils or food with others to avoid infection. If someone is sick minimize contact with them or their property to avoid spreading infection.
- **EAT NUTRITIOUS FOODS;**
- Minimize Snack Foods such as candy and high fat fast foods, try to eat fresh fruits and vegetables each day. Your body needs high fiber foods to stay healthy and keep you "regular." Be careful not to eat stale or unrefrigerated foods that may cause food poisoning. **IF IN DOUBT, DON'T EAT IT!**
- **DRINK WATER OFTEN---AVOID DEHYDRATION.**
- Minimize "soda" and caffeinated drinks. Your body can be dehydrated by several quarts of fluid and you may not even feel thirsty. **DEHYDRATION IS A MAJOR PROBLEM AT CAMP,** and while on tour. Each Scout will have water containers which should always be taken along in the backpacks. Plan to stop and take a rest break/water break at least once per hour. See following Section on Dehydration signs/symptoms and treatment.
- **SLEEP AND "NAPS"**
- It is very important to get a good night's sleep to keep your energy and immunity at a high level. When possible, take a short nap of 60 to 90 minutes, at mid-day or late afternoon before dinner Scouts need at least 8 hours sleep each night to maintain health and energy. If you "shortcut" sleep, you can build up a "sleep deficit" which will make you tired, grouchy and irritable. Try to take naps while traveling on buses or during your flights.

ALTITUDE ADJUSTMENT

- Camp Laramie Peak is 6000-7000 feet above sea level. 50-Miler program hikers will reach 10,000-11,000 feet at the summit of Laramie Peak. If you live at lower elevations or at sea level, after you arrive at the Camp, you may experience signs of altitude sickness. Symptoms may include, getting tired easily, feeling sick, or breathing

hard or feeling "short of breath" when you are walking or exercising. This is due to the need for your body to adjust to altitude and oxygen levels. Normally, you will adjust in a few days, so the best thing to do is--

- plan to arrive a few days earlier than your trek or camp week to adjust
- take it easy for the first few days.
- Get lots of rest, take naps
- eat regularly but avoid high fat or "greasy" foods in favor of starches and carbohydrates;
- drink water and electrolyte drinks (gatorade) and stay well hydrated
- don't overexert yourself until you adjust
- **IF YOU BEGIN EXPERIENCING DIFFICULTY BREATHING AT HIGH ALTITUDE, GO TO LOWER ALTITUDE AS SOON AS POSSIBLE. AND GET MEDICAL HELP. YOU MAY BE EXPERIENCING HIGH ALTITUDE PULMONARY EDEMA (H.A.P.E.) WHICH CAN BE FATAL IF UNTREATED.**

DEHYDRATION

WATER PURIFICATION & GIARDIA

- **CAUTION: NEVER DRINK UNPURIFIED WATER. MOUNTAIN STREAMS CARRY GIARDIA PARASITES WHICH CAN CAUSE SEVERE DIARRHEA AND DEHYDRATION. BOIL UNPURIFIED WATER OR USE A WATER PURIFICATION PUMP/FILTER SYSTEM. CHLORINE OR IODINE WILL NOT ALWAYS KILL GIARDIA**

DEHYDRATION: Signs

- Dehydration is best checked by monitoring urine output and color. Urination should be frequent and of high volume. Color should be clear or light yellow. Infrequent or low volume urination, and dark amber colored urine indicates definite dehydration. **THIRST IS A LATE SIGN of dehydration!**

Symptoms

- Dehydration may result in fatigue, or getting tired easily when you walk or exercise, muscle weakness, dizziness, headache, chest pain**, nausea, muscle cramps or "charley horse," being "grouchy" or irritable; being tired when you wake up.

PREVENTION AND TREATMENT

- Drinking water frequently will usually relieve most symptoms of dehydration. **Gatorade or other Sports Drinks also help if mixed at half normal strength, and will provide "electrolytes" such as potassium,**

sodium, citrates, and glucose.

- **DON'T USE SALT TABLETS!!**
- Salt tablets can make you sick, and don't provide a "balance of electrolytes" needed.
- **DRINK AT LEAST 10 OZ. PER HOUR**
- 10 fluid ounces is about the equivalent of one pop can. You may need to drink more if it is very hot and humid, or if you are exercising and losing fluid at a higher rate. Drink WATER often and in small quantities. Replace the water your body loses in perspiration and respiration at about the same rate.
- **DRINKING LARGE QUANTITIES OF WATER ALL AT ONCE CAN MAKE YOU SICK.**
- It is OK to drink before going to bed, even though you may have to make a late trip to the latrine. Better to be hydrated. You will sleep better and feel better the next day.
- **MINIMIZE POP OR CAFFEINE/SUGAR DRINKS**
- Caffeinated Drinks such as COLAS, with high sugar content, will cause you to excrete water at a high rate through your kidneys and lead to further dehydration. Occasional sodas are OK.
- SEVERE DEHYDRATION CAN CAUSE: HEAT EXHAUSTION OR HEAT STROKE
- See section on recognition and prevention.

****NOTE--CHEST PAIN CAN ALSO INDICATE A HEART ATTACK, ESPECIALLY IN OLDER PERSONS--MONITOR THE VICTIM CAREFULLY AND GET EMERGENCY MEDICAL HELP QUICKLY)**

HEAT EXHAUSTION/ HEAT STROKE

- **HEAT EXHAUSTION**
- Heat Exhaustion is a result of severe dehydration and exposure to high heat and humidity or as a result of prolonged exercise. Many Scouts have been affected by heat exhaustion.
- **SIGNS/SYMPTOMS**
- Heat Exhaustion will appear like shock; the victim may be pale, with clammy moist skin, extreme weakness, mental disorientation, difficulty walking, dizzy, nauseated, experiencing muscle cramps, chest pain**(NOTE--CHEST PAIN CAN ALSO INDICATE A HEART ATTACK, ESPECIALLY IN OLDER PERSONS--MONITOR THE VICTIM CAREFULLY AND GET EMERGENCY MEDICAL HELP QUICKLY). Heat Exhaustion victims should be moved to the nearest Medical Center if nearby or an Ambulance summoned to transport them quickly.
- **TREATMENT**
- Keep victim cool, in the shade, and provide sips of water if they are conscious and can swallow. NEVER GIVE FLUIDS IF THE VICTIM IS SEMI-CONSCIOUS OR

UNCONSCIOUS AS THEY CAN ASPIRATE OR CHOKE ON THE FLUIDS.

• **HEAT STROKE**

- Heat Stroke is a LIFE THREATENING MEDICAL EMERGENCY requiring immediate response and transportation by paramedics. Victims will have a hot, dry, red (flushed) skin, very high temperature, and may be semi-conscious or unconscious. Call for Medical Attention immediately, and keep them cool by removing excess clothing, applying cool, moist cloths, fanning, and moving them to a shaded area. If unconscious turn them on their side to prevent aspiration (choking) of fluids or vomitus. Heat Stroke is more common in older persons, but could occur in younger persons who are severely dehydrated in a hot environment.

COLDS, COUGHS, AND THE 'CRUD'

- "GETTING SICK CAN RUIN YOUR TRIP"
- PREVENTION IS THE BEST SOLUTION.
- Travel can also expose you to "bugs" which cause colds, respiratory infections or the "flu." If you feel something coming on, get help for it right away. Drink plenty of fluids, eat well, rest a lot, and ask for medication early before it gets out of control. Tylenol or Ibuprofen (Advil) will relieve pain and control fever.
- DO NOT TAKE ASPIRIN!! Aspirin can cause Reye's Syndrome (paralysis) in teenagers who have a virus.
- COME TO THE CAMP HEALTH CENTER FOR ASSISTANCE

SUNBURN/EYE PROTECTION

- AVOID SUNBURN:"SLIP-SLAP-SLOP"
- "SLIP" ON A SHIRT/PROTECTIVE CLOTHING
- "SLAP" ON A HAT
- "SLOP" ON SPF-15+ SUNSCREEN EACH DAY
- AVOID "SCOUT-STRIPE" on your knees from wearing shorts. Cover backs of knees and any exposed skin with sunscreen..
- Remember that you will be exposed to the sun for up to ten or more hours each day. Camp is at high altitude so the intensity of ultraviolet radiation from the sun is much more severe than at lower altitudes. Highest exposure occurs between 11 am and 2 pm. It is very important to put on a waterproof "Sports-type" silicone based sunscreen such as Coppertone "Sport" rated at least SPF-15 or SPF-30+ if you have fair or sensitive skin. Be sure to cover sensitive areas such as nose, lips, face, ears, neck, backs of knees, arms, and any other areas not protected by your clothing. Even though you may have a "good tan" your skin will still burn with long daily exposures. Fair skin burns even more quickly. Sunburn can occur in as little as 15 minutes! Re-apply sunscreen after swimming and exercise which

can wash it off leaving you vulnerable to sunburn.

- **SERIOUS SUNBURN CAN MAKE YOU VERY SICK AND CAUSE PERMANENT SKIN DAMAGE WHICH CAN RESULT IN SKIN CANCER FROM JUST ONE OR MORE INSTANCES OF SERIOUS SUNBURN!!**
- **PUT ON SUNSCREEN EARLY IN THE MORNING BEFORE YOU GO OUT. Waiting until you start feeling burned is too late!**

WEAR SUNGLASSES THAT ARE RATED FOR UV PROTECTION. SUNBURNED EYES ARE VERY PAINFUL. WRAPAROUND GLASSES PROVIDE BEST PROTECTION FROM "SIDE RAYS"

DIARRHEA AND CONSTIPATION

- **KEEPING "REGULAR"**
- TRAVELER'S COMPLAINT OF "DIARRHEA OR CONSTIPATION" OFTEN RESULTS FROM A CHANGE IN FOOD, WATER, GETTING DEHYDRATED, TIRED, OR EATING TOO MUCH OF THE WRONG FOODS. IF YOU ARE HAVING A PROBLEM WITH--
- **DIARRHEA**
- DRINK CLEAR LIQUIDS, EAT LIGHT FOODS SUCH AS CHICKEN NOODLE SOUP, BROTH; REST, AND MEDICATIONS SUCH AS IMMODIUM OR KAOPECTATE. STAY WELL HYDRATED!
- COME TO THE CAMP HEALTH CENTER FOR HELP.
- If you have abdominal pain or cramping you need to be seen by a doctor!
- **CONSTIPATION**
- DRINK LOTS OF FLUIDS, EAT FRUITS AND VEGETABLES OR HIGH FIBER BRAN CEREALS
- COME TO THE CAMP HEALTH CENTER FOR HELP IF YOU NEED IT. DON'T WAIT UNTIL YOU ARE REALLY UNCOMFORTABLE

HYPOTHERMIA/EXPOSURE

- Hypothermia or exposure can cause reduction of body core temperature to life-threatening levels, and is a serious threat to life in the mountains. Conditions change rapidly from warm and sunny to windy, cold, and rainy. Be sure to have adequate rain and wind protective clothing with you at all times. If you are caught in a sudden storm, seek shelter, out of the wind and away from exposed ridges. Immersion in cold mountain streams when river-rafting or crossing streams can also lead to rapid hypothermia. Cold water immersion can remove body heat 30 times more quickly than wind.
- Change out of wet clothing. Use non water absorbent fleece clothing, avoid wearing cotton which holds moisture and increases evaporation and chilling of the body core temperature. Watch for early signs of hypothermia such as change in mental state, irritability, shivering, and take action to rewarm immediately. If conscious, give warm drinks food, and moderate exercise to generate heat. In severe cases, place victim in sleeping

bag and have two other rescuers in the bag to transfer body heat. Severe hypothermic victims cannot generate their own body heat. Get medical help immediately.

"CHAFING AND HEAT RASH"

- **SHOWER DAILY**
- Take a shower at least once per day. Change into clean dry clothes. Launder soiled clothes often. Remember that Cotton clothing dries very slowly especially in humid climates, so non-cotton fabrics are preferable.
- **CHAFING**
- Chafing is caused by sweaty cotton clothing rubbing against skin, usually near the groin area. It can be prevented by wearing non-cotton boxer style underwear such as polyester or supplex nylon. Athletic running shorts or compression/biking shorts also minimize rubbing and wick moisture away. If you experience "chafing" try using a drying powder such as talcum or corn starch. SERIOUS CASES SHOULD BE SEEN AT CAMP HEALTH CENTER
- **HEAT "RASH"**
- Heat "Rash" is usually an outbreak of "pimples" or "zits" on pores and hair follicles, usually on the chest, back, and legs, which occurs when you are sweating heavily each day in a humid and hot climate. It can best be prevented by daily showering. Use an ANTIBACTERIAL SOAP such as LEVER 2000 containing TRICLOSAN, to help control bacterial growth. Do NOT break pimples as you may spread the infection. Serious cases should be treated at the CAMP HEALTH CENTER.

PREVENT INJURIES--

- **WATCH OUT FOR HAZARDS**
 - Most camp injuries are preventable. You can avoid getting injured by using caution and thinking about avoiding dangerous activity.
 - **INJURIES ARE MOSTLY CAUSED BY:**
 - Running, jumping, in the dark, and tripping on tent stakes, ropes, or holes in the ground. Scouts have sprained and broken legs, ankles and arms. Running/walking without shoes is a good way to get cuts, slivers, and abrasions.
 - **SHARP KNIVES**
 - Remember your "TOTIN CHIP" RULES.
 - "FINGER WHITTLING MERIT BADGE" IS A BAD IDEA.
 - **BE CAREFUL WITH BOILING WATER AND WHEN COOKING--AVOID SERIOUS BURNS**
 - **TAKE CARE OF SMALL INJURIES:**
 - **CLEAN AND DRESS CUTS, SCRAPES, SLIVERS**
- GET HELP FROM CAMP MEDICAL CENTERS. PREVENT INFECTIONS.

SAVE YOUR FEET AT CAMP

One of the worst experiences a Scout or leader can have on a Camp trip is sore feet and blisters. By the nature of the event, Camp and especially High Adventure Base involves a lot of walking, both on the pre-camp tours, and at camp. Although most Scouts are in good physical condition, very few are conditioned to suddenly begin walking miles each day. Often the result is sore feet and blisters. Fortunately, these maladies are largely preventable by simply taking good care of your feet. The best way to do that is:

- **WEAR COMFORTABLE WALKING SHOES**
- Take comfortable, well-fitted, well-broken in athletic shoes or walking shoes. NEVER USE BRAND NEW SHOES THAT ARE NOT BROKEN IN. Hiking boots with good ankle support are best for long treks/hikes.
- **WEAR SYNTHETIC SOCK LINERS**
- PACK ABOUT 4 TO 6 PAIRS OF POLYPROPYLENE SYNTHETIC SOCKS. WEAR A CLEAN PAIR UNDER YOUR SCOUT SOCKS EACH DAY, OR BETTER YET, BUY THE NEW NON-COTTON HIGH BULK ACRYLIC SCOUT SOCKS. HIKING SOCKS SUCH AS "THORLO" ARE ALSO VERY GOOD TO WEAR) POLYPROPYLENE WICKS MOISTURE AWAY FROM SKIN AND LIMITS THE FRICTION CAUSED BY COTTON SCOUT SOCKS WHEN THEY ARE MOIST WITH PERSPIRATION. FOR LONG TREKS, USE SYNTHETIC OR WOOL OUTER SOCKS WITH A POLYPROPYLENE INNER SOCK.
- **NEVER WEAR COTTON SOCKS ALONE.**
- **PUT ON CLEAN, DRY SOCKS EACH DAY AND WASH SOCKS FREQUENTLY.**
- **WASH YOUR FEET REGULARLY AND USE FOOT POWDER. IF YOU HAVE AN ATHLETE'S FOOT INFECTION, BE SURE TO BRING A SMALL BOTTLE OR TUBE OF ANTIFUNGAL POWDER OR OINTMENT SUCH AS MICATIN, LOTRIMIN OR TINACTIN.**
- **IF YOU START TO GET A "HOT-SPOT" OR A BLISTER, TREAT IT IMMEDIATELY OR GET SOME HELP BEFORE IT GETS BAD. USE MOLESKIN OR MOLEFOAM AND MAKE A "DONUT" SHAPED CUSHION TO GO AROUND THE BLISTER. COAT THE SKIN AROUND THE BLISTER WITH TINCTURE OF BENZOIN TO HELP THE MOLEFOAM STICK. DO NOT PUNCTURE BLISTERS; GET MEDICAL ATTENTION PROMPTLY.**
- **DON'T LET SORE FEET SPOIL YOUR "MOUNTAIN-TOP" CAMP EXPERIENCE. BE PREPARED!!**
- THORLO HIKING SOCKS ARE AVAILABLE AT THE CAMP TRADING POST AND ARE A GOOD INVESTMENT TO PREVENT BLISTERS AND SORE FEET.

TICKS, BEES, AND POISON IVY

- **TICKS**
- **TICKS CARRY SERIOUS DISEASES SUCH AS :**
- Rocky Mountain Spotted Fever, Lyme Disease, Colorado Tick Fever
- They are often very small, and get on clothing, while you are walking through grassy or bush areas.
- **PREVENTION AND TREATMENT:**
- **USE AN INSECT REPELLENT CONTAINING "DEET" OR PYRETHRIN around your feet, and on clothing. Check your clothes and bedding for ticks often. If you find ticks, put them in a plastic "ziplock" bag and bring them into the CAMP HEALTH CENTER FOR TESTING.**
- **CHECK YOURSELF AND EACH OTHER WHEN YOU GET BACK TO CAMP BEFORE GOING TO BED!** Ticks bite in your scalp, behind knees, armpits, and just about anywhere. You and your tentmate should check each other for ticks in areas such as the scalp which you can't see yourself.
- **IF YOU HAVE A TICK ATTACHED:**
- Come to the CAMP HEALTH CENTER TO HAVE IT REMOVED AND SENT IN FOR TESTING FOR DISEASES. Don't try to remove it yourself as you may leave parts of the head in the wound. Don't use "heat" or oil to try to get it to back out. If you have to remove a tick, it is best to use a tweezers and grip the head, then pull gently until the skin rises up. The tick proboscis will pull out of the skin with a little skin attached.
- **BEE AND WASP STINGS**
- **ANAPHYLACTIC SHOCK/ALLERGIC REACTIONS:**
- BEE AND WASP STINGS CAN BE VERY SERIOUS IF YOU ARE ALLERGIC. ANAPHYLAXIS CAN CAUSE YOUR BREATHING PASSAGES TO CLOSE, AND YOUR BLOOD PRESSURE TO DROP. IF YOU ARE STUNG AND HAVE A REACTION WITH HIVES (RED AND WHITE BLOTCHES THAT ITCH), SHORTNESS OF BREATH AND DIZZINESS, YOU ARE HAVING AN ALLERGIC REACTION . GET SOMEONE TO TAKE YOU TO THE CAMP HEALTH CENTER IMMEDIATELY, OR CALL FOR AN AMBULANCE. IF YOU HAVE AN EPI-PEN FOR YOUR ALLERGY, BE SURE TO CARRY IT WITH YOU AT ALL TIMES AND MAKE SURE OTHERS KNOW YOU HAVE IT AND ARE ALLERGIC TO BEE STINGS. WEAR A MEDIC-ALERT I.D. BRACELET OR NECKLACE.
- BEE STINGS THAT ARE NOT CAUSING AN ALLERGIC REACTION CAN ALSO BE TREATED AT THE CAMP HEALTH CENTER. **IF YOU ARE TREATING THE STING YOURSELF, APPLY ADOLPH'S MEAT TENDERIZER IN A PASTE WITH WATER. LEAVE IT ON FOR ABOUT 45 MINUTES WITH A MOIST DRESSING OVER IT. ICE ALSO HELPS RELIEVE PAIN. IF YOU HAVE AN ANTIHISTAMINE SUCH AS BENADRYL WITH YOU, THAT WILL ALSO HELP RELIEVE THE**

SWELLING. OTHERWISE GET HELP FROM THE CAMP HEALTH CENTER.

- **POISON IVY**
- Poison Ivy may be found at camp. It is identified by three bright green waxy leaf clusters and sometimes white berries. Don't touch it or get it on your clothing. If you do get exposed to it, remove clothing that may have the poison oil on it; Clean the area exposed with soap and water, taking care to not expose other skin surfaces. Clean the skin with rubbing alcohol. Apply calamine lotion.
- COME TO THE CAMP HEALTH CENTER FOR TREATMENT, ESPECIALLY IF YOU ARE ALLERGIC

ASTHMA

- **ASTHMA CAN BE AGGRAVATED AT CAMP**
- Asthma can flare up at camp due to dust and pollen/plant matter, exertion, or stress.
- Be sure to keep your asthma medications with you at all times, and use them whenever indicated.

If you are having problems, or a severe reaction, COME TO THE CAMP HEALTH CENTER RIGHT AWAY OR CALL FOR AN AMBULANCE IF THE REACTION IS SEVERE.

SPECIAL MEDICAL CONDITIONS

- **DIABETICS AND OTHER SPECIAL MEDICAL CONDITIONS:**
- Be sure you have an adequate supply of your medications.
- Be sure to check in with the CAMP MEDICAL CENTER.

INSULIN SHOCK: Diabetics may have insulin shock if their blood sugar drops quickly. IF CONSCIOUS, THEY SHOULD BE GIVEN LIQUIDS CONTAINING SUGAR SUCH AS FRUIT JUICE WITH SUGAR ADDED. GET MEDICAL HELP RIGHT AWAY

NATURAL HAZARDS-LIGHTNING

- **LIGHTNING STRIKES!**
- Lightning strikes are a serious natural hazard in the front range of the Rocky Mountains. When storms threaten, take immediate precautions:
- STAY OFF EXPOSED RIDGES OR HIGH POINTS
- STAY AWAY FROM LONE TREES
- AVOID OPEN FIELDS
- AVOID METAL FENCES OR STRUCTURES
- PEOPLE IN GROUPS SHOULD SPREAD OUT WIDELY

- IF STRIKES ARE IMMINENT, CROUCH INTO A "BALL
 - POSITION" WITH FEET TOGETHER, AND HANDS OVER EARS, UNTIL DANGER PASSES THEN SEEK IMMEDIATE SHELTER.
 - SHELTER IN DENSE FOREST, OR IF POSSIBLE INSIDE BUILDINGS OR IN CARS WITH WINDOWS ROLLED UP
 - IF SOMEONE IS STRUCK, PROVIDE IMMEDIATE FIRST AID. CPR MAY BE NECESSARY IF THE HEART IS STOPPED. GET EMERGENCY MEDICAL SERVICES FAST.
- SEE FEMA/RED CROSS FLYER ON LIGHTNING FOR MORE INFORMATION AND SAFETY TIPS

EMERGENCIES AND SAFETY

- ALL MEDICAL EMERGENCIES
 - EN ROUTE TO CAMP-DIAL 9-1-1
 - AT CAMP:
- CONTACT CAMP OR PROGRAM MEDICAL CENTERS

ITINERARY: Each Family should post a copy of the unit Itinerary at their home and make sure that a friend or relative authorized to act for the parent(s) is also aware in case parents are unavailable and an emergency contact has to be made.

- **BUDDY SYSTEM:** Always travel with a buddy or in groups as a patrol both on tour and at camp. Stay together especially in public restrooms. Have a plan if you get separated.
- **IF YOU GET LOST, STAY WHERE YOU ARE. DON'T WANDER AIMLESSLY. HELP WILL BE SENT TO FIND YOU. MAKE SURE LEADERS KNOW WHERE YOU WERE GOING AND WHEN YOU WERE EXPECTED BACK.**
- **WATCH:** Know where to be and when. Don't be late, and hold up your troop.

DAY PACK: Always carry a day pack with emergency supplies: extra water bottles; bandaids, moleskin/molefoam, personal medications such as asthma inhalers, extra clothing, raincoat, fleece jacket maps of area, leader's guidebook.

SPECIAL THANKS TO:

Don Gentry M.D., Chief Physician, Subcamp 9, Don Robinson, M.D. Chief Physician, Subcamp 17, Jeff Wagener, M.D., Professor of Pediatric Pulmonology, University of Colorado Health Sciences Center, for review and contributions

CAMP LARAMIE PEAK SPECIAL PROGRAMS RESERVATION FORM

UNIT TYPE: (CIRCLE ONE) TROOP TEAM POST CREW UNIT #: _____

SUMMER CAMP DATES: _____

SCOUTMASTER NAME _____

PHONE (h) _____ (b) _____

50-MILER PROGRAM

NAME	RANK	BIRTHDATE

MOUNTAIN MAN PROGRAM

NAME	RANK	BIRTHDATE

NAME	RANK	BIRTHDATE

RETURN THIS FORM BY MAY 1 TO:
 CAMP LARAMIE PEAK
 Longs Peak Council, BSA
 P.O. Box 1166
 Greeley, CO 80632-1166

FOR OFFICE USE ONLY: PM DT _____

CAMP LARAMIE PEAK

HONOR UNIT REQUIREMENTS

As a unit, complete the two required and any six of the optional requirements listed below.

REQUIRED:

- _____ Unit leader must attend at least three of the daily leader's roundtable meetings.
- _____ Take a day hike on one of the camp trails.

OPTIONAL:

- _____ Clean assigned latrine daily.
- _____ Participate with another troop in a friendship campfire.
- _____ Take part in a vespers service.
- _____ Show that at least 50% of scouts in your unit have advanced while at Camp.
- _____ Participate in a camp-wide cleanup activity.
- _____ Participate in a troop conservation project approved by the Nature Staff.
- _____ Take part in a camp-wide game with another troop.
- _____ Demonstrate a scoutcraft skill to another troop.
- _____ Conduct a camp-wide flag ceremony.

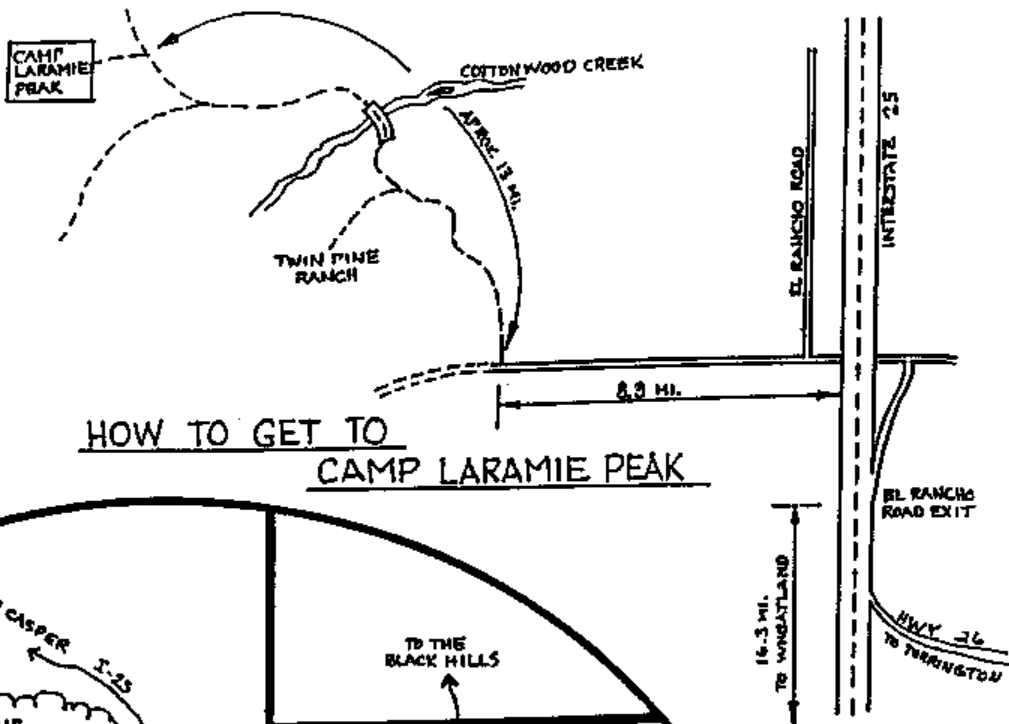
UNIT# _____ UNIT LEADER _____

DATE _____ CAMP COMMISSIONER _____

CAMP LARAMIE PEAK WEEKLY SCHEDULE

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM		***** REVEILLE*****					6:00 AM REVEILLE
7:30 AM		***** FLAG CEREMONY*****					6:50 AM FLAG CEREMONY
7:40 AM		***** BREAKFAST*****					7:00 AM BREAKFAST
8:30 AM to 11:30 AM		OPEN PROGRAM: MERIT BADGE CLASSES AND FIRST YEAR CAMPER		MERIT BADGE MAKE-UP			8:00 AM to 10:00 AM CAMPSITE CHECKOUT
10:00 AM		***** LEADER'S ROUNDTABLE *****					
12:00 Noon to 1:30 PM		***** REST PERIOD & LUNCH *****					
1:30 PM to 4:30 PM	1:00 PM to 3:00 PM CHECK IN	OPEN PROGRAM: MERIT BADGE CLASSES AND FIRST YEAR CAMPER				CAMPWIDE GAMES	
4:30 PM to 5:30 PM	4:00 PM OPENING RT	***** FREE TIME *****				OPEN PROGRAM LEADER'S ROUNDTABLE	
5:50 PM	***** FLAG CEREMONY*****						
6:00 PM	***** DINNER*****						
7:00 to 7:45 PM	ARCHERY & RIFLE SHOOTING MB SIGNUP	AREA CAMPFIRE	6-7:30 PATROL COOK MEAL	CHAPEL SERVICE 7:00 PM	SM/STAFF VOLLEYBALL		
7:45 PM	CAMPFIRE ASSEMBLY					CAMPFIRE ASSEMBLY	
8:15 PM to 10:00 PM	CAMPFIRE					CAMPFIRE	
10:00 PM	***** TAPS*****						

NOTE: WAITERS MUST BE AT THE DINING HALL 15 MINUTES BEFORE MEALS ARE SERVED!!!



**HOW TO GET TO
CAMP LARAMIE PEAK**

DRIVING TIME FROM
WHEATLAND IS 1 HOUR

