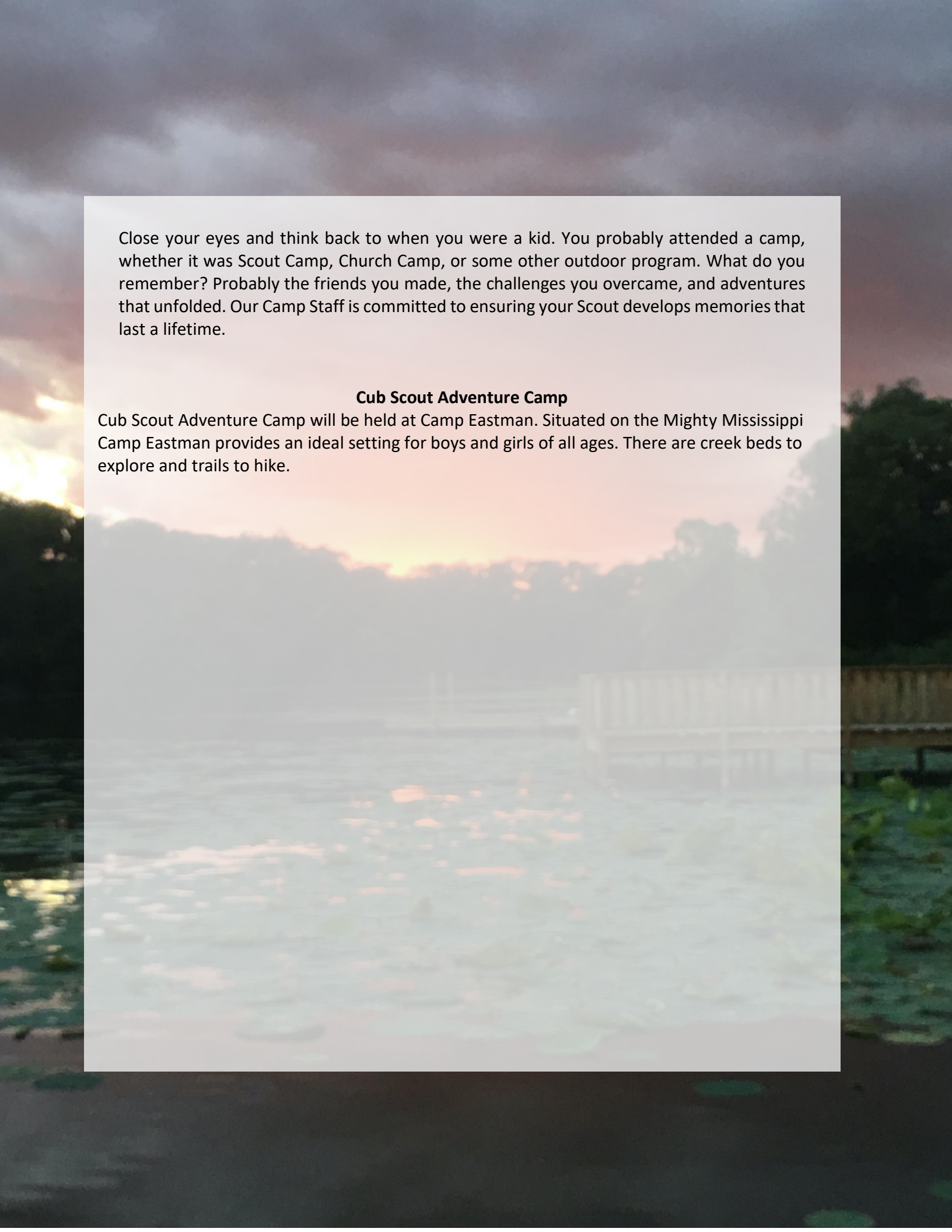


2023  
Cub Scout Adventure Camp  
Leaders Guide

A scenic view of a river at sunset. The sky is filled with soft, colorful clouds in shades of orange, pink, and purple. The sun is low on the horizon, casting a warm glow over the water. In the background, a wooden bridge spans across the river. The water is calm, reflecting the colors of the sky. The overall atmosphere is peaceful and nostalgic.

Close your eyes and think back to when you were a kid. You probably attended a camp, whether it was Scout Camp, Church Camp, or some other outdoor program. What do you remember? Probably the friends you made, the challenges you overcame, and adventures that unfolded. Our Camp Staff is committed to ensuring your Scout develops memories that last a lifetime.

### **Cub Scout Adventure Camp**

Cub Scout Adventure Camp will be held at Camp Eastman. Situated on the Mighty Mississippi Camp Eastman provides an ideal setting for boys and girls of all ages. There are creek beds to explore and trails to hike.

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## Forms & Documents

Visit our website at <https://www.mississippivalleybsa.org/camps/camp-resources-3/> for more resources including:

- 2023 Camp Staff Application
- BSA Annual Health and Medical Record  
(Linked to National Website)
- Mississippi Valley Council Campership Form
- Refund Request Form
- Swim Test Certification
- Scout Release Request
- Camp Maps

# Cub Scout Adventure Camp

A 2-Night/3-Day adventure at Camp Eastman, located off the Mississippi River. Scouts have the opportunity to experience life-changing adventures as they learn new skills, make new friends, and experience nature like never before! This camp is designed for the *family* to have a great time in the outdoors, we encourage every Scout to have a parent attend to assist with activities and join in on the fun!

**WHO:** Boys & girls entering grades 1-3 in the fall, their parents, leaders, and den chiefs

**WHEN:** Two opportunities from which to choose:

Session A June 16 - 18

Session B June 23 - 25

**COST:** Below is the price structure. Camperships, fundraising opportunities, and camper savings opportunities are available.

Cub Scout	
<b>2023 Early Bird</b>	\$160/Scout
<b>If deposit is paid by 4/14/23</b>	\$80/Adult
<b>2023 Standard Price</b>	\$190/Scout
<b>If fees paid after 4/14/23</b>	\$100/Adult

## *Adventure Awaits*

**Archery** – Learn to shoot with bows and arrows. Our amazing staff will help you succeed whether it's your first time shooting or you're trying to hone your skills.

**Aquatics** – The Wolf aquatic elective is called Spirit of the Water. What an awesome description of how it feels when you jump in a pool on a hot day. No matter how worn out or tired you feel from the heat, once you're in the pool, that Spirit brings back energy and excitement. Let the fun begin and let the spirit flow!

**RC Race Cars** – Enter the future and race against your friends with Traxxas Race Cars! Zoom around a track and navigate bumps in this fast-paced grand prix!

**BB Guns** – This is one of the favorite areas for new Scouts to camp. Your Scout will learn proper safety rules for handling a firearm and put those new skills into practice as you aim at various targets.

**C.O.P.E** – Scouts will work through an obstacle course as they learn basic Challenging Outdoor Personal Experience (C.O.P.E.) skills. Some obstacles they can navigate on their own and others they will need to work as a team.

**Scout Craft** – Come explore how air and water can be used to make things move. Scouts will design experiments and test their ideas.

**Hike** – Few scouts have experienced the wonders that the woods have to offer. The sights and sounds at Camp Eastman are breath taking. Learn how to use a compass and orient yourself when you are hiking.

**S.T.E.M./ Nature** – Scouts will be gaining experience with working maps and compasses to complete a scavenger hunt.

**Waterfront** – Enjoy making memories fishing or canoeing on the pond.

# Family Night & Visiting Camp

## Family Night Schedule

4:00PM – Families start arriving at Camp

5:45PM – Flag Ceremony

6:00PM – Dinner at and around Dining Hall

8:00PM – Gather for Campfire at Dining Hall

Visitors and family are welcome to join us for dinner. Meal tickets are \$7.00 per person and can be purchased at the Trading Post. A headcount of visitors should be submitted during check-in.

## Tentative Daily Schedule - Cub Scout Adventure Camp

	Day 1	Day 2	Day 3		
7:00 AM					
7:15 AM					
7:45 AM			Flags	Flags	
8:00 AM			Breakfast	Breakfast	
8:45 AM					
9:00 AM				Program #1	
9:45 AM				Transfer Time	
10:00 AM			<b>Early Bird Arrival</b> *May drive to campsite to unload	Morning Activity Schedule	Program #2
10:45 AM			*Setup campsite		Transfer Time
11:00 AM			*Various program areas open.		Program #3
11:30 AM	<b>Camp-In Registration</b>				
11:45 AM	<b>*No vehicles allowed in camp*</b>		Sack Lunches Available in Trading Post		
12:00 PM	1. Medical check-in	Lunch	<b>Check Out</b>		
12:15 PM	2. Swim Check		*May Drive into campsite to load		
12:30 PM	3. Set up Camp Site	Transfer Time			
12:45 PM	*If arriving after 3:00 pm, please go to Trading Post.				
1:00 PM					
1:45 PM	<b>Camp Wide Activities, after check-in process is completed.</b>		<b>Check-Out by 1:00PM BEFORE LEAVING</b> 1. Clean latrines 2. Patrol campsites for litter and other items 3. Camp Staff will clear your pack 4. Pick up medical forms 5. Check lost and found 6. Turn in evaluations 7. Remove gear		
2:00 PM		Afternoon Activity Schedule			
2:45 PM					
3:00 PM					
3:45 PM					
4:00 PM					
4:30 PM					
4:45 PM	<b>Leader's Meeting</b>	<b>Camp Wide Activities</b>			
5:45 PM	Flags	Flags			
6:00 PM	<b>Dinner</b>	<b>Dinner</b>			
7:00 PM					
7:30 PM	<b>Welcome Activities &amp; Games</b>	<b>Family Night Campfire</b>			
8:00 PM					

## Planning your Summer Camp Adventure

### January – March

Promote Camps at Pack Meetings  
Sell Discount Cards to help offset cost  
Attend Pre-Camp Leader's Meetings in March  
Review Leaders and Parents Guide, make copies for all families

### April

Apply for Camperships if needed  
Submit Registration Fees

### May

Attend second pre-camp leader meeting for the latest and greatest info  
Take a head count for Family Night and collect money for meal tickets  
Collect BSA Health Forms and ensure they are filled out correctly  
Confirm special needs, such as special diets or physical arrangements with Camp Director

## Arriving at Camp

Check-in begins at 11:30am. Scouts may arrive any time after 10:00am to move equipment into camp, but the check-in process will not begin until 11:30am. If arriving before 11:30am all scouts must be accompanied by two adults at all times and must remain in their campsites or parking lot.

Health Forms will be collected by the Medical Officer. **Please do not turn in medical information prior to your arrival.**

Scouts will take a swim test as part of the check-in process. Swim checks may be done prior to camp by using the form available on the council website at [www.mississippivalleybsa.org](http://www.mississippivalleybsa.org). Aquatics Director may retest Scouts and Scouters. Please be prepared to carry your own gear to your campsite. Wagons and staff members may be available to help you, but plan as if it is not.

**Lunch will not be provided on Friday** so please make other arrangements.



# Organizing Your Unit

## Unit Leaders

If you are a leader, make sure you are familiar with this guidebook, check the website often, and attend Roundtable for up-to-date information. <https://www.mississippivalleybsa.org/camps/>

Start by prepping your Unit early and promote camp year-round to help keep Scouts excited about summer camp.

- Attend a Pre-Camp Leaders meeting.
- Mark all deadline dates (deposits, Camperships, final payment dates, meetings, etc.) on the Unit's calendar.
- Work with families and promote camp fees to help Scouts be "Thrifty" and earn their way to camp and help the Unit's Committee with budgetary needs for camp.
- Schedule time with each Scout to go over possible Merit Badges and special programs
- Schedule time with the Order of the Arrow to conduct unit elections.
- Conduct a "Pack Camp Kick-Off" to inform families of plans and answer questions.
- Finalize Rosters and submit merit badge preferences online via the camp registration system
- Organize all Health Forms, payments, and travel for camp.

We encourage you to take the following steps:

- Schedule a time during your Pack Meeting for dens & Scouts to review the merit badge schedule.
- Have them write out which merit badges they desire to take and an alternate in case the class is full
- Make sure to talk with the Scout about prerequisites, things they must do before camp or they will not complete the badge and will receive a 'partial' to which they will need to find a counselor to complete

## Tent & Cot Rental

Canvas Wall Tents and Cots are available for use free of charge. Please email [mvc@scouting.org](mailto:mvc@scouting.org) to reserve your gear.

## Parents

Informed families can greatly enhance your Scout's summer camp experience and ease anxieties for first time campers. Be familiar with this guidebook and work closely with your Unit leadership to stay informed.

- Mark all deadlines on your calendar – ask your Unit leader as they may require earlier deadlines in order to process all Unit members' money and paperwork before they turn it in as a Pack.
- Schedule time to get your physical done. Use the official BSA Health and Medical Form and turn it into your Unit. We suggest you keep a copy for your records.
- Work with Unit Leadership to find out which Merit Badges and programs are good for the Scout.
- Look through suggested items to bring to camp and work with Unit leadership to determine all gear to be taken to camp.
- Attend "Unit Camp Kick-off" to get latest information and ask questions.
- Mark Family Night Dates for camp and plan on attending and supporting your Scout!



## What to Bring to Camp

You'll want to be prepared for your week at camp. The following lists should be a good beginning. Feel free to add to the list, and check with your unit as to what equipment may be provided.

- Completed and signed BSA Health and Medical Form (Any other form will NOT be accepted).
- Medications labeled with easy to read directions for the Medical Officer
- Scouts BSA uniform: shorts, shirt, socks.
- Scouts BSA Handbook
- Flashlight
- Appropriate hat (Cub Scout or Scout hat preferred)
- Appropriate summer clothing: i.e. t-shirt & shorts
- Notebook and pencils
- Personal gear (towel, soap, toothbrush/paste, comb)
- Raincoat or poncho
- Sleeping bag or blankets
- Sneakers and/or hiking shoes
- Shower shoes or aqua-socks
- Spending money for the Trading Post OR a refillable Pre-Paid Card!
- Sweatshirt or light jacket
- Swimsuit
- Underwear and socks
- Bug spray (non-aerosol)
- Sun screen (non-aerosol)
- Merit Badge Books for merit badges for which you are registered.
- Small lock box for important items
- Pack & Den flags

### Optional

- Camera and film
- Clothes hangers
- Clothes line or rope
- Compass
- Individual first aid kit
- Musical instrument
- Pocket knife
- Watch



### Please do NOT bring:

- TV's and gaming systems
- Expensive jewelry or clothing
- Fireworks
- Gasoline fueled stoves or lanterns
- Guns or weapons *of any kind*

# Camp Rules

All units in camp must have at least two (2) leaders with the unit 24 hours a day. One leader must be at least 21 years of age. The second leader must be at least 18 years of age. Leaders may rotate if necessary.

The consumption, possession or use of alcohol in any form, and all controlled or illegal substances while on or near the premises of camp property is not permitted. Being under the influence or even having alcohol on the breath is a negative influence on our youth. Those individuals will be asked to leave, whether they are campers, leaders, staff, or visitors.

No firearms, bows, or arrows of any kind may be brought to camp. Absolutely no fireworks or personal ammunition of any kind are permitted at camp.

Liquid fuels are not permitted at camp. Propane may be used, but only under the supervision of an adult.

No fires or open flames are allowed in or near tents. This includes self-contained stoves and lanterns, mosquito coils, citronella candles and other such items. All tents must be clearly marked, "NO FLAMES IN TENTS."

Sheath knives are not practical for the type of camping done at summer camp. Do not allow your Scouts to bring them to camp.

Avoid using aerosol spray cans while at camp wherever possible.

Leaders do not smoke in program areas, campsites or anywhere in the presence of youth. Smoking is not permitted inside any camp structures. A designated area will be available for those wishing to do so.

Campers and RV's are not permitted in camp without prior approval of the Scout Office.

No electricity, except solar, is to be generated in campsites which includes running of extension cords from power sources.

Units that have disability needs will work with the Camp Director prior to camp to accommodate where possible. Batteries (inverter and/or rechargeable marine batteries) used for medical needs are allowed to be recharged at a location specified by the Camp Ranger. Vehicles will not be allowed to be used as sources of power in campsites.

All private vehicles are to be parked in the camp parking lot. Unit trailers can remain in the campsite.

Personal bicycles are not permitted on camp property during summer camp.

No pets are to be brought to camp.

No additional family members or additional guests will be allowed to stay at camp unless they are registered campers.

Identification Bracelet - Each Scout and adult leader will be issued a color-coded bracelet for identification purposes. These bracelets must be worn at all times.

Closed toed shoes/sandals must be worn-please no flip-flops or open-toed sandals. This is done for safety reasons. Flip flops/open-toed sandals are allowed in the shower house, pool, and beach area.

Youth Protection policies & adequate adult leadership are required at all time.

### Adult Leadership

Youth Protection and *Guide to Safe Scouting* policies apply. Please remember two deep leadership is imperative. There must be one adult for every five Scouts attending with a minimum of two adults in camp at all times. Youth Protection Training may be taken as a self-study e-learning course at [www.scouting.org](http://www.scouting.org).



### Advancement

It is not the responsibility of the Camp Staff to sign off on any requirements. It is not the prime objective of Camp to whiz through the advancement. Instead, advancement is a byproduct of our program. The program will include opportunities for Webelos and Arrow of Light Scouts to work on their specific adventure pins and elective adventures. Some activities will require work before or after camp to complete adventures.

### Den Chiefs

Webelos Dens are encouraged to bring a Den Chief to camp to assist. The Den Chief Registration fee is the same as the adult. A Den Chief is a position of responsibility in Scouts BSA. The Den Chief will assist in your pack and den program and provide a mentor for your Scouts.

### Siblings & Unregistered Parents

Siblings and parents of Scouts are welcome as visitors on Family Night. All visitors must check in at the Camp Office or Trading Post to get a Camp ID. Siblings of Cub Scouting age may attend and participate in activities. They will be charged the youth rate. Older siblings and Den Chiefs may attend and pay the adult fee. Infants and Toddlers not eating in the Dining Hall will not have a fee and must be accompanied by an adult at all times. They should still be signed in at the office.

### Swim Qualifications

All Scouts and leaders participating in aquatic adventures will be tested by the aquatics staff and placed into one of three ability groups. Scouts who do not satisfy the requirements may retake the test as frequently as they desire.

*Non-Swimmer* – Anyone who either opted out of the test or was unable to complete the full test.

*Beginner* – Jump feet first into water over your head, come to the surface, level off, swim 25 feet, turn sharply, and come back to the starting point.

*Swimmer* – Jump feet first into water over your head and surface. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudge, or crawl. Swim 25 yards on your back, using the elementary backstroke. Rest by floating for 10 seconds.

# Health and Safety

## Health Lodge and Emergency Care

24-hour emergency medical care will be available by a competent Health Officer. A Scout or leader that has a medical problem should report to the Health Lodge as soon as possible. A medical doctor is on call for medical advice and emergencies and an AED is located in the Health Lodge.



## Insurance

The Mississippi Valley Council provides accident and liability insurance for those persons registered in the Boy Scouts of America and are registered campers. No other youth are permitted to camp nor participate in the program of the camp for insurance reasons. Out of Council units must present proof of insurance from their council upon check-in on Sunday or mail to the Scout Service Center prior to the camp session. Any accident that occurs while they are at camp is covered first by your insurance and then our insurance kicks in second. Claim forms must be filled out by the parents and physician and submitted to the Scout Service Center. Additional information about filing claims can be obtained from the Council Service Center (217) 224-0204.

## BSA Health and Medical Records

Medical forms can be downloaded at the Council website at [www.mississippivalleybsa.org](http://www.mississippivalleybsa.org), and are also included in this guide. A medical exam, with Physician's signature and date, is required. A school, sports, or work physical exam is NOT acceptable. Any camper that does not have a physician's signature on the BSA Health and Medical Record will not be permitted to stay on site for more than 72 hours. We suggest the family keeps a copy for their records.

## Medication

While in camp, medications may be held by either the Health Officer or a Unit Leader. A Unit Leader may only keep medication if they can provide lockable storage at all times. All other medications will be checked in with the Health Officer on Sunday.

## Vaccinations

Vaccinations will be required for 2022 per the Boy Scouts of America. See the most up-to-date listing of required vaccinations here: <https://www.scouting.org/outdoor-programs/trail-to-adventure/immunization-policy-changes/>

