

North Wind Winter Adventures

Introduction

Viking Council now offers an exciting new winter camping program for Scouts and Venturers of all ages called *North Wind*. This new program has been made possible by a generous donation that has enabled the construction of a new winter lodge at Stearns Scout Camp and the purchase of the winter camping equipment needed for the program.

Training

Camping in winter requires thorough preparation and training. The Scout motto of *Be Prepared* applies even more so to winter camping. Scouts who come to *North Wind* will receive training in the following key areas for success and enjoyment of the winter camping experience:

Clothing (layering, wicking, warmth, and wind protection).

Techniques for managing the cold.

Staying warm through food, hydration, insulation and activity.

Winter first aid.

Equipment – what we have and why and how to “winterize” your own gear.

Food – simple menus, easy to clean and high in calories.

Personal hygiene and keeping dry. Learn to thrive in any weather condition!

Program

During the winter of 2003, *North Wind* will be open to Scouts in 7th grade and older and Venturers. One special weekend will pilot test a program for younger Scouts*. Here is the outline for the program:

Friday Night:

Scouts, and their accompanying leaders in crews of 8-12 will receive training on winter camping essentials and each Scout will be issued a full set of equipment and clothing for the weekend. Crews pack their food, choose their campsite, plan their route and learn about current and past adventurers. Crews will sleep indoors in the Gagner Lodge.

Saturday:

After a hearty breakfast, the crews will trek to a remote camping area and build a variety of shelters for their overnight camping. They will spend the day in outdoor winter activities and games and prepare their meals. Crews will sleep in their shelters on Saturday night and return to Gagner Lodge on Sunday morning.

Sunday:

Sunday will include a big lunch, recognitions and the great feeling of learning and accomplishment.

***Younger Scouts**

On one pilot-test weekend in 2003, younger Scouts will arrive on Saturday morning to receive training and personal equipment and will participate in outdoor programs and cooking. They will sleep indoors on Saturday night in Gagner Lodge and will break camp on Sunday morning.

Activities:

Winter camping means staying active and *North Wind* will feature a great deal of activities for Scouts of all ages. These activities will include a variety of program activities such as:

Shelter building including quinzees, thermal shelters, polar domes, parachutes, and igloos.

Cross country skiing and snowshoeing.

Winter cooking.

Making snow sculptures and throwing snow snakes.

Astronomy in the winter sky.

There will also be a variety of non-snow activities such as:

Initiative games.

Learning about winter nature.

Winter survival and building winter survival kits.

First aid and ice crossing safety.

Building non-snow shelters.

And much more...

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Equipment We Will Provide

The North Wind Winter Adventures program will provide the following equipment. Your personal equipment can be used but will be checked by your Crew Guide for suitability.

Sleeping system – We have minus 30 degree mummy bags, zero degree bags with an over bag or you can use an over bag with your personal mummy bag.

Sleeping pads – You will be issued 2 Ridge Rest pads.

Boots – We have Sorel Bear boots rated to –40 degrees. We have 114 pair in sizes 7 – 16 to cover the 60 participants. You will get an extra pair of liners with the boots. The size 15 and 16 boots currently only have one pair of liners. These boots have high uppers with a drawstring closure on top so gaiters should not be needed.

Sock liners – Fox River Thermolite Polyester sock liner. You will get two pair.

Socks – Fox River extra heavy Hollofil Polyester socks. You will get two pair. These are the socks Will Steger wore across the North Pole.

Glove liners – Polypro gloves for inside mittens. You will get two pair.

Mittens – Polartec fleece mittens. You will get two pair.

Mitten shell – Waterproof and windproof outer shell to wear over your mittens.

Wrist Warmers – A fleece tube-like band that covers that area between your mitten and jacket.

Hat (day) – A Polartec fleece hat with ear covers.

Hat (sleeping) – A Polartec fleece hat that you keep dry all day and only wear while sleeping.

Balaclava – A stretch-fleece full headpiece to be worn if it gets windy or very cold and can be worn at night. This Head Hugger design includes a neck and shoulder cover.

Pants – We have wool pants and suspenders. This was the toughest piece of equipment to get. Styles will vary and we are a little slim right now in some sizes. We will continue to shop.

Water bottle and carrier – Drinking lots of water is important. We will provide ½ liter Platypus water bottles with a carrier so you can wear it around your neck and close to your body so it doesn't freeze.

Duffle bag – We will issue everyone a duffle bag to use to pickup the equipment you get from us. This will stay in the building when you go out to the campsite on Saturday. You can leave your personal clothes in this duffle bag when you change into your outdoor clothes.

Backpack – We encourage everyone to bring a backpack to use to carry your gear to the campsite. For those Scouts without backpacks or very small packs, we have some internal frame packs to use.

Snowshoes – We have lightweight Tubbs Adventure Series snowshoes. We have mostly 25" and some 30". We have enough for everyone.

Equipment We Will Provide continued

Cross Country Skis – We have Karhu Orion backcountry skis with Berwin bindings that will fit the Sorel boots. We have 160 cm, 175 cm and 190 cm sizes. We also have three sizes of ski poles. We also have enough of these for everyone.

Crew Sleds – Each crew will get a pulk sled to pull the crew equipment.

Winter Tents – Each crew will get 2 4-season tents to see what a winter tent looks like. They are only a part of the shelter options you'll have.

Polar Dome – Half of the crews can take a Polar Dome kit to use to make packed snow shelters.

Igloo kit – Half of the crews can take an igloo kit to try their hand at making an igloo.

Parachute – Each crew will take a 35' parachute to set up as a shelter and an emergency gathering location.

Shelter tarps – Each crew will get 3 tarps they can use to make thermal shelters or any number of other types of shelters.

Ground tarps – There will be a small plastic ground tarp for every two people to use to line the bottom of whatever type of shelter they end up choosing.

Shovels (grain) – Each crew will get 6 big shovels for making camp and shelters.

Shovels (camp) – Each crew will get 2 small shovels for digging out the center of a quinzee or Polar Dome.

Cooking Stoves – Each crew will get three Coleman Peak 1 stoves.

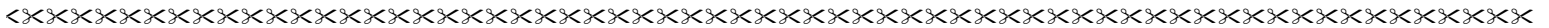
Lanterns – Each crew will get a Coleman Peak I lantern.

Cooking pots – Each crew will get the equipment they will need to prepare their food and heat water.

Sven saws – Each crew will get one saw to help make shelters if needed.

Fuel bottles – Each crew will carry additional fuel for the stoves.

Fuel gloves – Special gloves to use when filling stoves and lanterns to prevent spilling on hands.



Viking Council

Boy Scouts of America

North Wind Winter Adventures Registration

Venture Crew Varsity Team Scout Troop # _____

Council _____

Please reserve places for _____ youth and _____ adults @ \$56
(Youth must be 13 yrs. old) (Minimum of 2 adults)

= \$ _____	Total Fee
- \$ _____	Deposit Paid*
= \$ _____	Balance Due*

* A \$20.00 per person non-refundable, non-transferable deposit is required at the time of registration.

** Balance of fees due 1 month before weekend. All fees paid are non-refundable.

of Males _____
of Females _____

Please reserve the following date: (Put a 1 for 1st choice, 2 for 2nd choice, ect.)

- | | | |
|--|--|---|
| <input type="checkbox"/> January 3-5, 2003 | <input type="checkbox"/> January 24-26, 2003 | <input type="checkbox"/> February 14-16, 2003 |
| <input type="checkbox"/> January 10-12, 2003 | <input type="checkbox"/> Jan. 31- February 2, 2003 | <input type="checkbox"/> February 21-23, 2003 |
| <input type="checkbox"/> January 17-19, 2003 | <input type="checkbox"/> February 7-9, 2003 | |

Contact Person: Name _____

Street/City: _____ ST _____ Zip _____

Phone #s (Day) _____ (Evening) _____

Send to: Viking Council, 5300 Glenwood Ave., Minneapolis, MN 55422. For information call 763-545-4550.

Code 6136

North Wind Winter Adventures

What You Need To Bring

The *North Wind* Winter Adventures program will provide much of the equipment needed for your weekend. The following items will need to be provided by the participants:

Long Underwear – This is a very important part of a successful winter camping experience. The important role of long underwear is to wick the moisture away from the body. This is done with either a synthetic fabric or wool. There are many types of synthetic underwear but most are made from a form of polyester.

The biggest winter camping mistake is to wear cotton. Cotton absorbs moisture and holds it next to the body, which then causes heat to be drawn away very rapidly. Unfortunately, most Scouts will already own cotton long underwear. Scouts and their parents need to be told the importance of this piece of equipment. A long underwear bottom and top are needed. Medium or heavy weight is best. Two light weight layers will work too if the participant is also involved in activities like cross country ski racing where light weight is best.

Upper body layers – An important principle for winter camping is layering. Several layers of non-absorbing clothing that can be taken off when active and put back on when less active is ideal. These layers should be of non-absorbing fabrics again like wool or polyester. Fleece or wool sweaters or vests are great. Cotton should not be used here either. Two to three pieces are recommended.

Outer Shell – A winter jacket with hood works great.

Rainsuit – Works great for keeping dry while clearing out the center of a snow shelter and doubles as a wind layer in colder conditions.

Eating Utensils - A plastic bowl, plastic spoon, and insulated mug. It works great to package them in a plastic bag for carrying.

Backpack – A backpack will be used for carrying your gear out to the campsite. If you do not have a backpack we have 40 at camp for you to use.

Lip protection – A Chap Stick type product.

Sunscreen – The sun reflecting off the snow can easily burn your face and ears.

Sunglasses – Needed to protect your eyes from the bright winter sun and reflection off the snow.

Flashlight or headlamp –

Personal items – Toothbrush, toothpaste, handi-whips, etc. Packing them in plastic bag is helpful to keep them together and makes it easier to find.

Sleeping bag – You will sleep in your own sleeping bag in Gagner Lodge on Friday night. If you have a good mummy bag we can provide you an over bag if you would like to use it while sleeping out Saturday night.

Regular clothes – Come out to camp Friday night in regular clothes. You will use your winter clothes starting Saturday after breakfast through Sunday before lunch. Bring a change of socks and underwear.

Personal medical supplies – Bring any medicine you will need. Give these to your leader.

Health History – Fill out and bring a Health History Form.

Camera – Enter the photo contest to win a free *North Wind* weekend next year.

Optional: Ski Gloves, head band, pocket knife, small garbage bags for packing clothes in backpack.