



LAKE
MINNETONKA
DISTRICT
CAMPOREE

BSA

2001:
A WINTER
ODYSSEY

2001: A Winter Odyssey

Lake Minnetonka District

January 19-21, 2001

Camp Tanadoona

Excelsior, Minnesota

In 1968, the Stanley Kubrick film *2001: A Space Odyssey* gave the world a glimpse of what it may look like in the year 2001. Well, 2001 is upon us and we have yet to find ancient alien monoliths on the moon's surface, but the quest for thrills and adventure among the stars is still alive and well.

In January, the Lake Minnetonka Boy Scouts will gather at Camp Tanadoona to reach for the stars in the 2001 Winter Camporee.

Location

The 2001 Winter Camporee will be held at Camp Tanadoona near Excelsior, Minnesota

From Highway 7

- Take MN Highway 41 south 1.4 miles to Tanadoona Drive.
- Turn right on Tanadoona Drive. Follow the sign and take a right, at the Y, into camp.

From Highway 5

- Take MN Highway 41 north 0.5 miles to Tanadoona Drive.
- Turn left on Tanadoona Drive. Follow the sign and take a right, at the Y, into camp.

General Information

Event Rules	Scout Oath and Scout Laws
Scoring	Troops, patrols and scouts will be judged on their patrol method, scout spirit and participation. Scout Spirit will be evaluated for tie breakers on skill events.
Check-in	Friday evening, or Saturday morning. See schedule. PLEASE have your campout roster ready at check-in. On site registrations will be handled at the Friday night crackerbarrel.
Parking	Parking is very limited. Please bring as few vehicles as possible! Campsites will not be accessible by vehicle so trailers will not be permitted in campsites.
Fires	<u>NO GROUND FIRES!</u> Use fire rings or approved above ground unit or existing fire pits. Troops may burn downed, dead wood. Most of the downed wood is small, so you will want to provide your own larger wood for cooking.
Garbage	Pack it in, pack it out. No littering will be tolerated!
Latrines	Porta-potties on site.
Water	Troops must provide their own water.
Headquarters	In Pegasus shelter on the east end of camp.
1st Aid	Each troop should be able to care for minor injuries. Major injuries will be attended to by staff. Please have the proper medical paperwork handy for every boy.
Warming Shelter	Troops should try to care for cold scouts. A warming shelter will be available for extreme cases. All scouts must be accompanied by an adult while using the shelter. Scouts will be limited to 15 minutes in the shelter.
Snow Shelters	Troops may go to Camp Tanadoona the week before the camporee to stake out campsites and build snow shelters. Please mark your campsites by troop if you build a shelter. The camp must be notified before you go out there. Camp Tanadoona; 952-474-8085
Fees	See pre-registration section.
Religious service	A scout is reverent. A non-denominational, non-sectarian service will be available. See schedule.

General Information (continued)

Uniforms

Scout uniforms ONLY. No camouflage or military uniforms. Scouts and leaders are expected to be in **full uniform** for the Saturday evening program as well as the flag-raising ceremonies. Since we will all undoubtedly be covered up, we will take your word for it, but please mind the etiquette for saluting the flag.

Scout behavior

Scouts will be expected to follow the rules and regulations, and listen to leaders and staff. Anyone not heeding these instructions will be asked to leave the camporee. Remember, scouting is a safe haven for boys!

Schedule of events

Friday

4:00-8:00	Check in and setup camp
9:00	Crackerbarrel for Staff, SPL's and SM's at HQ
10:00	Taps

Saturday

7:00	Reveille
7:00-8:30	Breakfast
8:30	Flagraising at HQ
9:00-9:15	Staff Briefing and Event Setup
9:15-11:30	Competitions
11:30-1:00	Lunch and Free Time
1:00-3:00	Competitions
3:00-3:45	Chanhassen Fire & Rescue Ice Rescue Demonstration
4:00-4:30	Moonwalk Scoutmaster Sled Race
4:30-6:30	Supper and Free Time
Colors retired at dusk	
4:45-6:15	Cookoff Competition Judging at HQ
6:30-6:50	Vespers
7:00-?	Campfire and Storyteller
9:00	Staff and Order of the Arrow Crackerbarrel at HQ
10:00	Taps

Sunday

7:00	Reveille
7:00-8:30	Breakfast
8:45	Closing Formation and Awards at HQ
9:15	Break camp and checkout with staff

Special Events

Most Minnesotans spend some time on the lakes in the winter. Whether you like fishing, snowmobiling, or cross-country skiing, our many acres of frozen water provide countless opportunities for some frigid recreation. The ice also presents a constant risk to anyone on it. Thin or poor quality ice can break at anytime and the water below can induce hypothermia in minutes. As scouts, it is our duty to "Be Prepared" to help others or help ourselves should the ice prove itself unsafe. The Chanhassen Fire and Rescue Department will be demonstrating an ice rescue on Saturday afternoon to show us the proper techniques to help people who have fallen through thin ice without risking our own lives.

Evening Programs

Friday Night Crackerbarrel

Friday evening at 9:00pm, a crackerbarrel will be held for all Scoutmasters, Senior Patrol Leaders, and event staff. We will go over any last minute changes to the schedule and events, and will be giving out important information for the rest of the weekend. The crackerbarrel will be at headquarters in Pegasus shelter.

Vespers

There will be a non-denominational, non-sectarian vespers service held outside of headquarters at 6:30pm on Saturday evening.

Campfire

The 2001 Winter Camporee Campfire will begin at 7:00pm at the large burn pile in the field. If it is too windy, the campfire will be held at the OA bowl.

Saturday Night Crackerbarrel

At 9:00pm on Saturday, there will be a crackerbarrel for the camporee staff and Order of the Arrow members.

Competition Events

All of the events for the 2001 Winter Camporee will be based on the theme of space exploration. Since space can be a very cold place, many of our events will focus on surviving the cold and the Minnesota winter.

Stellar Campsite Inspection

Part of scout camping is maintaining a safe and organized campsite. Troop campsites will be judged on the following criteria:

- I. Campsite Identification**
 - A. American Flag
 - B. Troop Flag
 - C. Space exploration adornments
 - D. Entryway with troop sign

- II. Campsite and sleeping arrangements**
 - A. Tents pitched by patrol
 - B. Campsite neat and orderly

- III. Health, safety and sanitation**
 - A. Wood tools properly stored
 - B. Garbage picked up
 - C. Dishes washed and put away
 - D. Cooking area clean
 - E. First aid kit easily seen
 - F. Fire attended or out, cold to touch
 - G. Fire plan posted
 - H. Fire located in proper area
 - I. Fuels properly stored
 - J. Food properly stored

- IV. Menu planning, Duty roster**
 - A. Menu for all meals
 - B. Duty roster posted

- V. Pioneering project / Snow Shelter**
 - A. Rated on amount of crafts or detail to project

Note: The results of the Troop Campsite inspection will not be rewarded separately. They will be part of the accumulative score for the Winter Camporee Traveling Trophy.

Space Stew Cook-off

Description: When colonizing new planets, astronauts will need hearty, nourishing food. Present your best Space Stew and Hot Drink to prove that you have the right stuff.

Purpose: Use your winter outdoor cooking skills to make a hot, tasty, nourishing meal.

Objective: The meal will be judged on the following criteria:

Overall

- Original name of entry
- Scouting and adornments
- Professional appearance of meal
- Unusual shape

Presentation of entry

- Story; What is the history of your meal? Be imaginative.
- Group Appearance; In uniform? Neat looking?
- Fanfare; How professional is your presentation?
- Aroma
- Written recipe
- Clean hands

Quality

- Taste
- Ingredients
- Texture/ Temperature
- Special garnishments

Judging will take place at headquarters between 4:45 and 6:15pm Saturday evening. Patrols can sign up for a time slot prior to the Friday evening crackerbarrel, or Saturday during the lunch break if they wish. See staff at headquarters.

Moonrock Sculpture contest

- Description: Your campsite on the lunar surface is a desolate, barren place. As a troop or patrol, help decorate it a bit by making a sculpture.
- Purpose: Have fun together as a troop.
- Objective: Make an original snow sculpture. This is an excellent way to show your troop's scout spirit. Your sculpture can be of anything, but a space or scout theme may attract some special interest from the judges. Feel free to embellish your sculpture with any accessories you can find.
- Equipment: Shovels, buckets, coloring, etc. Troop must supply.
- Scoring: Sculptures will be judged based on originality, size, detail, description, and quality. Judging will take place on Saturday evening and awarded on Sunday Morning.

The Cosmic Wheel

- Description: Navigating the cosmos successfully, as an astronaut, requires intelligence, common sense and some strategy, especially when the Buggers are out there waiting for you. Just like in the classic science fiction novel *Ender's Game*, the astronauts must hunt down the Buggers in order to save the Earth.
- Purpose: A Scout is mentally awake. This game will be the ultimate test of individual strategy and patrol teamwork.
- Objective: Patrol is divided into two teams. Two members make up one team (Astronauts) and all other members make the other team (Buggers). The astronauts must tag all of the Buggers until they are all turned into astronauts. The catch is that all players must stay on the established spacelanes.
- Scoring: Timed event. Total patrol time to turn all Buggers into astronauts. Scout Spirit for extra points.

UFO Biathlon

- Description: Biathlons have long been a favorite winter sport. It takes a great deal of skill to ski through a course and hit a target with a rifle at the same time. In space, a rifle would throw you backward at the same speed that the bullet left it, so we are going to switch to a different kind of projectile. As a patrol, you will need to navigate the asteroid field (or maybe it's just a grass field) and see how many targets you can get with your UFO's.
- Purpose: Patrol teamwork, Physical coordination skills.
- Objective: Each patrol member will get a certain number of UFO's to throw. The patrol must run a course on patrol skis, while trying to hit as many of the targets as they can.
- Scoring: Patrol time to complete the course, plus points for each target that is hit. Patrol will lose points for every UFO they do not retrieve.

Monolith Pull

- Description: In *2001: A Space Odyssey*, the monolith appeared each time humankind made a major jump in evolution. As your patrol explores the galaxy, you find two of the ancient monoliths adrift in space. As a patrol, you must retrieve and secure the monoliths without endangering your crew.
- Purpose: Patrol teamwork, Knot tying skills (*Hint: timber hitch, sheet bend, square knot, clove hitch, others*)
- Objective: Patrols must tie the two monoliths together. There will be a list of key knots. Patrols are encouraged, but not limited, to use these knots. A variety of knots will be required to accomplish this since the ropes will be various sizes and lengths. The patrol then retreats to the safety of the "shuttle" and pulls the monoliths safely aboard. When pulling, no one can step out of the safety of the "shuttle". If the knots come undone, one patrol member may leave the shuttle to make repairs.
- Scoring: Timed event. Total patrol time. Three seconds will be deducted for every properly tied key knot.

Spacewalk Relay

- Description: Can you master the experience of walking in extra gravity (heavy winter clothing) on unfamiliar terrain (a frozen, deep snow planet) in an unfamiliar fashion, using space shoes (snow shoes) ?! Each space exploration team will relay on space shoes to get nourishment/replenishment on a barren frozen planet. American space explorers have a proud history of conquering all conditions. Can you continue the tradition of being the best?
- Purpose: To experience teamwork and participate in physical fitness on unfamiliar terrain.
- Objective: Wearing snowshoes, all members of the patrol run the relay course to achieve the fastest average time per member.
- Scoring: Total average time per patrol member.

Mr. Shepard's Moon Golf

- Description:** Astronaut Alan B. Shepard was not only America's first astronaut to venture into space, but also the first man to play golf on the moon! You can follow his grand tradition, trying to hit a ball out of the biggest sand trap in the solar system, right here on Earth. We'll give you some help in hitting and tracking your ball. Instead of a sand wedge, you'll have a driver. And instead of a golf ball, you'll hit a tennis ball. You may not be able to put the ball into orbit, but you'll have just as much fun!
- Purpose:** Meet a challenge facing adverse conditions.
- Objective:** Hit the tennis ball as far as you can.
- Scoring:** Greatest distance and highest points.

Cosmic Klondike Event

- Description:** Many of America's astronauts were Boy Scouts, and many of those were Eagles. One thing they all had in common when they broke Earth's orbit is that they all had learned basic scouting skills. As a patrol, you'll get to run the Klondike course of scout skills and prove that you have the potential to reach for the stars.
- Purpose:** Know your basic scout skills. Knots, First Aide, Orienteering, Camping, History, Fire Building,
- Objective:** Patrol runs through the course with a Klondike style sled, stopping at stations to practice their scout skills.
- Equipment:** Klondike sled, Blanket, 2 six foot poles, First aide kit, Scout handbook (in plastic bag), 1 gallon of water, compass, 4 six foot pieces of rope.
- Scoring:** Total patrol time to complete the course.

Cyberspace Memory Game

- Description:** Your space ship was forced to crash land on desolate ice planet. You only have a few minutes to grab whatever you can to survive the elements and signal for help before the reactor core breaches and disintegrates your vessel.
- Purpose:** Brush up on your survival skills. Work as a team under pressure.
- Objective:** Patrol has one minute to study the objects provided to you. Then name as many of them that you can. Some items will be more useful than others to survive the winter. Make sure you pick the items that will be the most useful first. Be original and innovative. Sometimes the most obvious use for an object is not the most useful in a survival situation.
- Scoring:** A point value is assigned to each of the objects your patrols chooses. Extra points are available for original and innovative uses of objects.

Cold Weather Shelter Demonstration

- Description:** Winter, like space, can be very cold and unforgiving. Having the knowledge to survive the cold can mean the difference between life and death. One of the basic elements people need to survive is shelter, and making sure you have suitable shelter in the winter can be very difficult if you don't know what you need. This event is a display and demonstration on how to build reliable, safe, and even comfortable shelter in the worst of winter's conditions.
- Purpose:** Learn survival skills for winter camping and emergencies.

Snowshoe Demonstration

- Description:** With one of the snowiest December's on record behind us, many of you will relearn what it's like to move around in deep snow. One of the best ways to save precious energy in the winter is to walk on top of the snow, rather than through it. This demo will show how different types of snowshoes are made and what the advantages and techniques are for some of them.
- Purpose:** Learn a useful winter camping/ hiking skill.

Volleymeteor Tournament

- Description:** It's every troop for themselves in the Volleymeteor Tournament. Form a troop team and see if you can brave the meteor storm and return the volley.
- Purpose:** Develop Troop Teamwork
- Objective:** This will be an elimination style tournament. Teams will be made up by troop (not by patrol). The judges' word will be final. There will be a sign up time announced at check-in on Friday.
- Scoring:** Games will go to 10 pts. Winners go on to the next bracket.

Flying Saucer Hunt

- Description:** There are rumors that Tanadoona used to be called Camp Roswell. Back in the 50's a tiny flying saucer crash-landed somewhere in camp. Now the aliens want it found so they will be posting clues to the crafts location for those who are brave enough to seek them out.
- Purpose:** A scout is mentally awake. Use your powers of observation to try and capture the downed spacecraft.
- Objective:** A flying saucer medallion is hidden somewhere in Camp Tanadoona. As a patrol, decipher the clues to see if you can find it. Clues will be given out at each of the competition events.
- Scoring:** There is no scoring, but your patrol will get to keep the flying saucer medallion if you find it.

Moonwalk Scoutmaster Sled Race

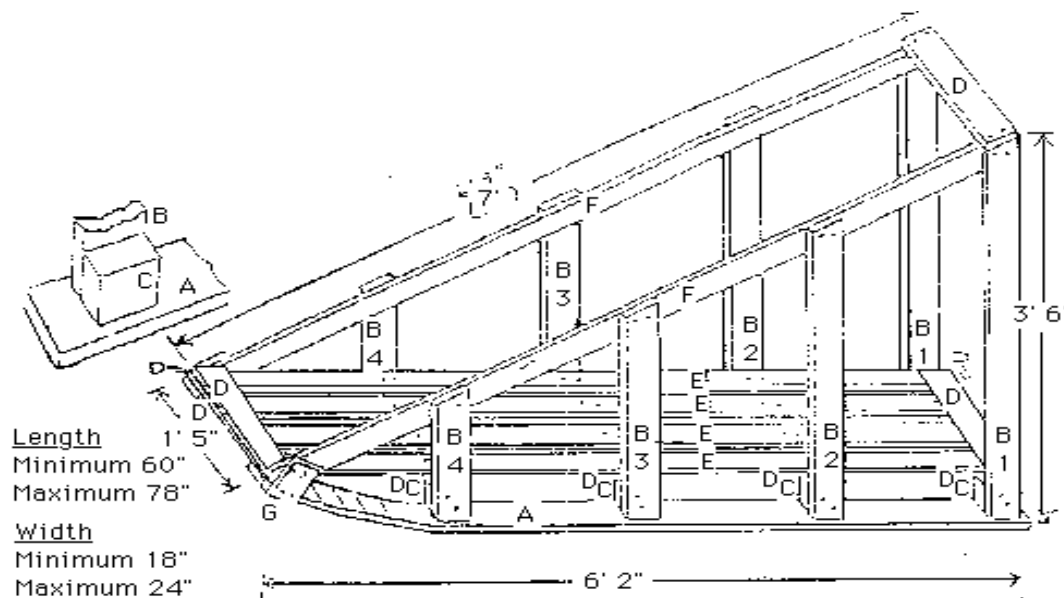
- Description:** Klondikes would definitely be different in zero gravity... but since we're still kinda stuck on earth, we will have to simulate moonwalking. Form a troop team and discover the challenges of pulling your scoutmaster through a course while taking giant steps for mankind.
- Purpose:** A scout is physically strong and mentally awake. Display troop teamwork.
- Objective:** Troops will race against the clock. Troops may enter more than one team, but all troops must have an opportunity to race once before any second teams can go. Only the best score from each troop will be recorded. Teams consist of four to six scouts and the scoutmaster. The scoutmaster is to be the rider on the sled.
- Equipment:** Each troop must supply their own Klondike style sled. Sled should have two 8-foot ropes attached for pulling.
- Scoring:** Best time and best finish.

This event will be awarded separately as well as added into the score for the Winter Camporee Traveling Trophy

Klondike Derby Sled Plans

The following plan is for a sled that has minimum and maximum dimensions as shown. There is no absolute requirement for these dimensions, but these are typical of those used in most areas. The sled below is shown as a guide. Your own design may be used if it conforms to the minimum and maximum dimensions. Make sure the sled is strong enough to bear the weight of your equipment and will hold together for a long trip. It is best to use screws rather than nails. Drill first to avoid splitting wood. Varnish bottom of runners and wax before using. Wire netting or a canvas snow curtain may be added to prevent items from falling off of the sled. Secure a towing rope(s) at the front and secure a brake rope at the rear.

View of Sled:



Materials:

Item	Label	Quantity	Dimensions
Runners	A	2	1" x 4" x 6'2"
Uprights	B1 B2 B3 B4	2 2 2 2	1" x 4" x 3'6" 1" x 4" x 2'8" 1" x 4" x 1'9" 1" x 4" x 10"
Upright Supports	C	8	2" x 4" x 4"
Cross Supports	D	6	1" x 4" x 1'5"
Floor Strips	E	4	1" x 4" x 6'
Hand Rails	F	2	1" x 2" x 7'
Front Supports	G	2	1" x 4" x 6"

Cold Weather Camping

COLD WEATHER COMFORT & SAFETY

Cold weather camping as defined by BSA is "camping in weather where the average daily temperature is below 50 degrees Fahrenheit and conditions are cold, wet or windy."

The most important thing to remember about cold weather camping is to KEEP DRY. Moisture will reduce the insulating properties of almost everything. To keep yourself warm, remember the word COLD.

C keep yourself and your clothes **Clean**.

O avoid **Overheating**.

L wear clothes Loose and in **Layers**.

D keep **Dry**.

The hints listed below are in a random manner. There is no order of importance to the list, just some suggestions that have proven true for me over the years.

CLOTHING

1. Layer your clothing. Wear several layers of lighter clothing instead of one heavy layer. This way you can better regulate the amount of insulation. If you get warm you can take layers off and add some more clothing layers if you get cold.
2. Keep yourself dry, both from the weather and perspiration.
3. Wear loose fitting clothing, to optimize insulation.
4. Remember when buying clothes for cold weather that wool retains most of its insulation properties when wet.
5. Remember your rain gear is waterproof and will not allow perspiration to exit. During rainy weather change your clothing several times a day.
6. Athletic shoes and nylon hiking boots do not provide enough insulation. You should wear either mukluks, waterproofed leather hiking boots, rubber overshoes or rubberized boots.
7. If you choose to wear rubberized boots, remember they do not allow for ventilation, therefore you will need to change your socks several times a day. Also you may want to get some felt inserts for insulation.
8. Pull trouser legs over top of shoes to keep out snow. You may want to use nylon gaiters (leggings), or tie or tape them to make sure of the seal.
9. Wear mittens instead of fingered gloves when you do not need independent use of your fingers. This will allow the fingers to help keep each other warm.
10. Wear a stocking cap or other warm hat. One that covers the ears and neck area is particularly effective. Remember that most heat loss is through the head. Wearing a warm hat warms the rest of your body, too.
11. Wear a scarf to reduce heat loss around the neck. Use a "ski mask" or scarf over your face for protection from the cold and wind.
12. If you need a fire to keep you warm you are not dressed properly. If the heat can get to your body, so can the cold.

BEDDING DOWN

1. A mummy style bag is warmer than a rectangular, as there is less space for your body to heat. Also, most mummy bags have a hood to help protect your head.
2. If you only have a rectangular sleeping bag, bring an extra blanket to pack around your shoulders in the opening to keep air from getting in.
3. Do not sleep with your head under the covers. Doing so will increase the humidity in the bag that will reduce the insulation properties of the bag and increase dampness.
4. Wear a stocking cap to bed in order to reduce heat loss.
5. A bag liner made from an old blanket, preferably wool, will greatly enhance the bag's warmth.
6. Insulate yourself from the ground as much as possible to avoid cold spots at the shoulders and hips.

7. Use a sleeping pad of closed cell foam instead of an air mattress.
8. Use a ground cloth to keep ground moisture from your bag. Your body will warm up frozen ground to a point where moisture can become important.
9. Space blankets, if used as a ground cloth, will not reflect the body heat. Instead it will conduct the cold from the ground to your body.
10. Cold air will be above and below you if you sleep on a cot.
11. Remove the clothes you are wearing before bedding down if they are damp with perspiration. Put on dry clothing or pajamas before entering the sleeping bag.
12. Build a windbreak outside your tent by piling up snow or leaves to a height sufficient to protect you when lying down.
13. Before you get out of bed bring the clothes you plan to wear inside your bag and warm them up some before dressing.
14. Place an empty capped plastic bottle outside your tent door for "night calls." This will reduce your exposure when you have to answer that call. Think twice before using it inside the tent, you do have a tent mate. Remember to empty the bottle away from the camp in the morning.

ODDS AND ENDS.

1. If at night you get cold, let the adult leadership know so action can be taken before injury from cold weather health problems occur. In other words it's better to be kidded about forgetting your sleeping bag than risking hypothermia.
2. Drink 2 quarts of fluids per day besides what you drink at meals.
3. Learn to recognize and treat cold weather health problems. These include frostbite, hypothermia, dehydration, chilblains, trench foot, snow blindness and carbon monoxide poisoning.
4. Use the buddy system to check each other for cold weather health problems. Notify the adult leadership if symptoms do occur.
5. If you feel cold gather some wood or do some other type of work. Working will help warm you.
6. Snow and ice can be used for drinking water but only after boiling.
7. Keep off ice on streams, lakes and ponds.
8. Keep your matches in a metal match safe as plastic can freeze and break if dropped.
9. Gather twice as much fuel as you think you'll need for fires.
10. Carry tinder from home. It may be hard to find in snow or wet conditions.
11. Gather your wood and tinder for the morning fire in the evening so that you will be able to start the fire quickly in the morning.
12. Carry extra matches because the more you need a fire to warm up the less likely you will be able to start one easily.
13. Flashlight batteries are effected by cold. You can revive a dead battery by warming it up near the fire.

LOSS OF BODY HEAT

Homeostasis:

The body's process for maintaining an even temperature. The arms and legs are used as a radiator to remove excess heat from the body. This process dilates the blood vessels, allowing more blood to flow to the skin surfaces. When the body temperature drops, these blood vessels constrict, decreasing blood flow, and thereby, heat loss. This is why hands and feet get numb when cold, and why they're particularly vulnerable to frostbite.

Since your brain needs oxygen to function, your body can't cut off the flow of blood to your head in order to conserve heat. Consequently, much of your body heat can be lost through an uncovered head and neck.

Radiation. (55%) A major source of heat loss. Heat is lost directly from exposed skin and the head. The head may lose up to one-half of the body's total heat production at 40 degrees F, and up to three-quarters at 5 degrees F.

Conduction. (15% w/convection) Heat is lost through skin contact with cold objects, primarily the hands, and wet or tight clothing. Handling gasoline, and other super-cooled liquids, at low temperatures is especially dangerous.

Convection. Heat is lost from the wind carrying away heat from the surface of the skin. This includes wind-chill effects.

Evaporation. (21%) Loss from evaporation of sweat, moisture from the skin and lungs produces substantial heat loss. This is little that can be done about this. We need to allow for this by using breathable fabrics to allow this moisture to pass out freely.

Respiration. (2-9%) Heat lost from inhaling cold air and exhaling warm air.

COLD WEATHER FIRST AID

Dehydration

Excessive loss of body water. Impairs the ability to reason, so the victim may not react properly.

Prevention:

- Drink at least 2 quarts of water a day.
- Avoid dehydrating foods (high protein) and fluids (coffee, caffeine).
- Increase fluid intake at first signs of darker yellow urine.

Symptoms:

1 to 5 % deficiency

- Increased pulse rate
- Nausea and loss of appetite
- Dark urine or constipation
- Irritability, fatigue
- Thirst

6 to 10 % deficiency

- Headache, dizziness
- Labored breathing
- Tingling
- Absence of salivation

- Inability to walk
- Cyanosis (bluish or grayish skin color)

11 to 20 % deficiency

- Swollen tongue, inability to swallow
- Dim vision, deafness
- Shriveled, numb skin
- Painful urination
- Delirium, unconsciousness and death

Treatment:

Mild cases - drink liquids, keep warm.

More severe cases require professional medical treatment.

Hypothermia

Lowering of the inner core temperature of the body. Can and usually does happen above freezing. The victim may not recognize the symptoms and may not be able to think clearly enough to react. Injury or death may result.

Predisposing Conditions:

- Poor physical condition.
- Inadequate nutrition and water intake.
- Thin build.
- Nonprotective clothing.
- Getting wet.
- Inadequate protection from wind, rain and snow.
- Exhaustion.

Symptoms:

- Loss of ability to reason.
- Shivering.
- Slowing, drowsiness, fatigue.
- Stumbling.
- Thickness of speech.
- Amnesia.
- Irrationality, poor judgment.
- Hallucinations.
- Cyanosis (blueness of skin).
- Dilation of pupils of eyes.
- Decreased heart and respiration rate.
- Stupor.

Treatment:

- Shelter the victim from wind and weather.
- Insulate the victim from the ground.
- Change wet clothing.
- Put on windproof, waterproof gear.
- Increase exercise, if possible.
- Put in a prewarmed sleeping bag.
- Give hot drinks, followed by candy or other high-sugar foods.
- Apply external heat; hot stones, hot canteens.
- Huddle for body heat from others.
- Place victim in a tub of 105° F water. Never above 110° F.

Prevention:

- Keep rested, maintain good nutrition.
- Consume plenty of high-energy food.
- Use proper clothing.
- Make camp early if tired, injured or lost.
- Get plenty of exercise. Don't sit around much.
- Appoint an experienced person to watch the group for signs.
- Take immediate corrective action for any signs.

Frostbite

Tissue injury involving the actual freezing of the skin and underlying tissues. Recovery is slow, severe frostbite can lead to gangrene. Once exposed the victim will be predisposed toward frostbite in the future.

Predisposing Conditions:

- Prolonged exposure to temperatures 32° F or below.
- Brief exposure at extremely low temperatures, -25° F and below.
- Exposed body parts
- Restriction of circulation.
- Fatigue, poor nutrition, low liquid intake, and poor physical condition.
- Previous case of frostbite or other cold injury.

Symptoms:

First Degree (Frostnip)

- Redness, pain, burning, stinging or prickly sensation.

- Pain disappears and there is a sudden blanching of the skin.
- The skin may look mottled.
- Skin is firm to the touch, but resilient underneath.
- On thawing, there is aching pain or brownness. The skin may peel off, and the part may remain cold for some time.

Second Degree (Superficial Frostbite, Frostbite)

- No pain, the part may feel dead.
- Numbness, hard to move the part.
- Tissue and layers underneath are hard to the touch.
- After thawing (takes 3 to 20 days) pain, large blisters, sweating.
- Black or discolored skin sloughs off, leaving tender new skin.

Third degree (Severe Frostbite)

- Full thickness of the skin is involved.
- After thawing, pain continues for 2 to 5 weeks.

Fourth degree (Severe Frostbite)

- Skin and bone are frozen.
- Swelling and sweating occur.
- Gangrene may develop, amputation may be necessary.

Treatment:

- Do not rub affected area with snow. Hold it over fire, or use cold water to thaw it.
- Exercise the affected area to promote blood circulation.
- Use any warmth available to thaw area.
- Do not attempt to thaw frostbitten limbs in the field. It is less harmful for the victim to walk out on a frostbitten limb than to thaw it in the field. Thawing only risks additional injury and the victim will be in too much pain to walk.
- Check for hypothermia.
- For more severe cases refer to more complete instructions.

Prevention:

- Proper clothing.
- Good nutrition, drink water, maintain core temperature.
- Use buddy system to check face, nose, and ears.
- Immediate treatment of minor symptoms.

Snow Blindness

Inflammation of the eye caused by exposure to reflected ultraviolet rays when the sun is shining brightly on an expanse of snow.

Symptoms:

Sensation of grit in the eyes, made worse by eye movement, watering, redness, headache, and increased pain on exposure to light.

Treatment:

Blindfold the victim and get rest. Further exposure should be avoided. If unavoidable, the eyes should be protected with dark bandages or the darkest sunglasses. The condition heals in a few days without permanent damage once exposure is stopped.

Prevention:

Wear sunglasses when any danger is present. Do not wait for discomfort to begin.

References

- * This packet is available online at www.vikingbsa.org/districts/lakeminnetonka/
- * Klondike Sled Plans Available at www.users.fast.net
- * OOPK manual, No. 34040
- * BSA Field manual
- * BSA Snow Camping Venture manual

Lake Minnetonka District 2001 Winter Camporee Evaluation

Please have Senior Patrol Leader, Assistant Senior Patrol Leader, and Scoutmaster fill out and return at check out. Each and evaluation will be read and considered in the planning of future Camporees.

1. What did you like best about the Camporee and why?

2. What did you like least and why?

3. What could have been done differently to improve this Camporee?

4. Were the events able to include all of your scouts? If not, which events presented problems and what were they?

5. How were the evening programs? Content okay? Too Long? Too Short?

6. Did you feel that the staff was knowledgeable and organized? Need to improve?

7. Did the information packet include all of the information you needed? If not, what should have been included?

8. Please rate the events on a scale from 1 to 10.

1= Terrible! Never do this again. 10 = Loved It! Would like to see it again.

Event Name	Rating
Space Stew Cookoff	
Moonrock Sculpture	
Cosmic Wheel	
UFO Biathlon	
Monolith Pull	
Spacewalk Relay	
Moon Golf	
Klondike Event	

Event Name	Rating
Shelter Demo	
Snowshoe Demo	
Volleymeteor Tourney	
Medallion Hunt	
SM Sled Race	
Cyberspace Memory	
Ice Rescue Demo	
Camporee; Overall	

Comments:

We are always looking for willing volunteers to help out on Camporee staff. If anyone in your unit (youth or adult) is interested in staffing future Camporees, please write down their name and a way to contact them below.

Lake Minnetonka District BSA Winter Camporee Registration Form

Troop _____
Scoutmaster _____

Early registration fee (before January 5, 2001) is \$10.00 per person

Registration fee (After January 5, 2001) is \$13.00 per person

Date: _____

Number of Youth: _____ X \$10.00 = \$ _____

Number of Adults: _____ X \$10.00 = \$ _____

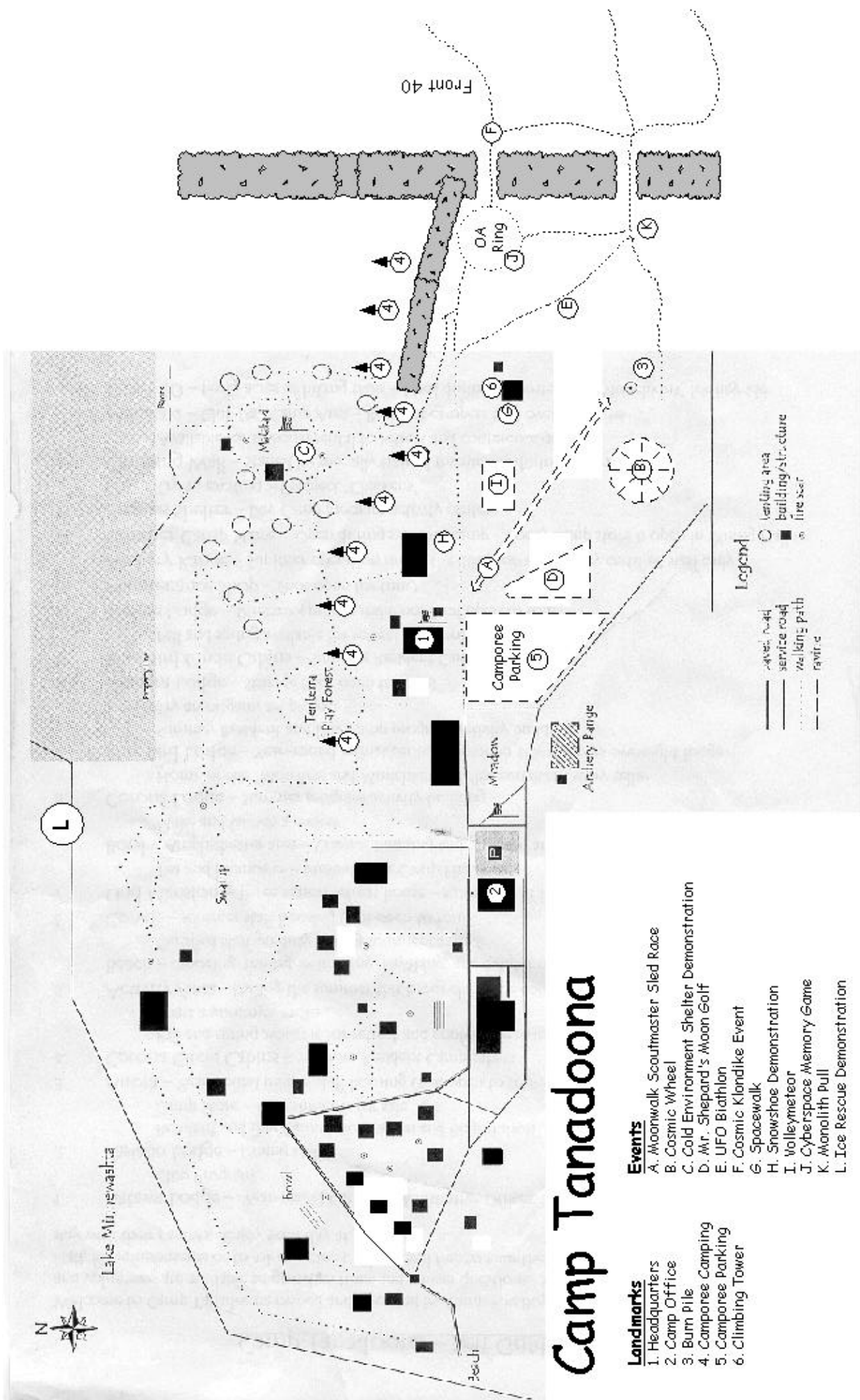
After 1/5/01: Total in attendance _____ X \$3.00 = \$ _____

Total: \$ _____

Please remember to have a complete roster of people in attendance ready when you check in at the Camporee. Please make sure you have permission slips and medical forms available for each person in attendance.

Make checks payable to: **Viking Council BSA**

Send registration to: **Lake Minnetonka District Fall Camporee**
Viking Council BSA
5300 Glenwood Avenue
Minneapolis, MN 55422



Lake Mir, newashita

Ski up

house

Front 40

350 ft

Camp Tanadoona

Landmarks

- 1. Headquarters
- 2. Camp Office
- 3. Burn Pile
- 4. Camporee Camping
- 5. Camporee Parking
- 6. Climbing Tower

Events

- A. Moonwalk Scoutmaster Sled Race
- B. Cosmic Wheel
- C. Cold Environment Shelter Demonstration
- D. Mr. Shepard's Moon Golf
- E. UFO Biathlon
- F. Cosmic Klondike Event
- G. Spacewalk
- H. Snowshoe Demonstration
- I. Volleymeteor
- J. Cyberspace Memory Game
- K. Monolith Pull
- L. Ice Rescue Demonstration

Legend

- waves road
- service road
- walking path
- ravine
- landing area
- building/structure
- fire set