DENVER AREA COUNCIL BOY SCOUTS OF AMERICA

CENTENNIAL DISTRICT

2013 KLONDIKE
LEADER'S GUIDE

~Not Your Big Brother's Klondike~

March 1 – 2, 2013
Snow Mountain Ranch
YMCA of the Rockies
Near Granby, Colorado

Driving Directions to Snow Mountain Ranch from Denver International Airport:
•Follow Pena Blvd towards I-70 follow for 9.8 miles then merge onto I-70 West.
•Take 1-70 West 52.5 miles to Exit #232 (US 40 to Empire/Granby)
•Travel over Berthoud Pass and through the town of Winter Park approx 45 miles.
•Snow Mountain Ranch's entrance is 12 miles past Winter Park on the left (west) side of the US 40.
•Follow the road approximately 1 mile and check in at the Administration Building on your left.

Drive time from Smoky Hill High School: approx 2.25 hours.

Snow Mountain Ranch
YMCA of the Rockies
1101 County Road 53
Granby, CO 80446
(970) 887-2152
www.ymcarockies.org

*****Special Note for Troops in Cherry Creek School District*****
Friday March 1, 2013 is a Non-Contact/Conference Day for grades K to 8 for all Cherry Creek Schools on the common calendar. If you are located in Cherry Creek District, we hope this will make it possible for your troop to arrive and set up before dark (Sundown is at ~6:00pm). Troops are welcome to arrive as early as 10:30am on Friday. Come up early and build snow caves or just enjoy the facilities at the Ranch – see more below. (If you are coming up early Friday to build snow caves – please sign up on line so we can plan camping space) For Troops outside of Cherry Creek – don't worry, you won't miss anything if you come at the regular time Friday evening.

Are you up for a Weekend of Fun!

We are planning fun activities at Snow Mountain Ranch where Scouts can enjoy the special facilities at the ranch and some winter team sports as a patrol. Come prepared for cold weather and **GREAT FUN!** Enjoy the beautiful surroundings and winter camping opportunities provided in our state.

Contact Info and Register soon!!!!

Klondike Youth Chairman: James Le Baron, Jr. Team 740
Klondike Youth Vice Chairman: C.K. Burns Troop and Crew 317
Klondike Adult Chairman: Allen Pack, Troop 763 allenpack1@gmail.com 303-345-3446 (cell)
Centennial District Program Chair: Roy Batzel, roybatzel@comcast.net 303-918-4875 (cell)

Link to Live Webcam for Snow Mountain Ranch:
http://www.ymcarockies.org/smrwebcam.htm

Average Temperatures for Snow Mountain Ranch:
1. Average high: February is 33 and March is 41
2. Average low: February is 2 and March is 11

Elevation of Snow Mountain Ranch: 8,750 ft

Traveling Trophy – Father Dyer Stick Rider Award

Centennial District has a traveling Klondike trophy called the Father Dyer Stick Rider Award. This award is given to the most outstanding patrol and has become a permanent part of every Centennial District Klondike. Each year the winner gets to have their patrol and troop number engraved on this big 8 ft wooden ski.

Congratulations to the 2012 winners – the Rainbow Trout Patrol from Troop 248!

One of the finest ski makers of the early Rockies period was a priest, Father John Dyer. He left his native Ohio in 1861 to travel to a town in the Rockies named Buckskin Joe, a booming mine camp just across the mountain range from Breckenridge. Father Dyer learned to make his own skis so that he could "ride the circuit" in the winter, just as the parish priests did in Norway. Father Dyer evidently skied as far south as New Mexico on missions of mercy and spiritual comfort. Then in 1864, Father Dyer was given the U.S. Government contract to carry the mail over the Great Divide between Buckskin Joe and Cache Creek, a distance of 37 miles, with a stop at Oro City (later known as Leadville). Dyer's route was known as "THE HIGHWAY OF FROZEN DEATH". His skis were 11 feet long, made of heavy oak, and weighed 25 lbs. He carried a single pole to act as a brake and aid in turning. These early skiers were called "Stick Riders" because they would put the single pole between their legs and sit on it to slow down or turn. Many Norwegian miners in the Rocky Mountains were accomplished stick riders. Father Dyer was 50 years old when he learned to ski and retired at the good old age of 68 from the mail service to become a "settled preacher" in Breckenridge. While there he built what was to be called Father Dyer's Church.

RULES AND GUIDELINES

The 12 points of the Scout Law guide participation in the Klondike Derby. Scout and staff conduct is measured against these guidelines. We ask your cooperation in helping us maintain the high standards of moral and personal behavior. We expect all participants to follow rules required by Snow Mountain Ranch to ensure a great camping experience this weekend and for future campers.

A Scout is: trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent.

REGISTRATION: Early registration is recommended as there is limited space in some of the events and it gives us time to make adjustments if there is a lot of interest in something. Troops may register at www.centennialdistrict.com. Please register by midnight on February 18th 2013 to get the early bird fee of $15 per person. After that time, there will be a late fee of $3 making it a total of $18 per person.

CHECK-IN PROCEDURE: Check-in at the Klondike site will be 5-9 p.m. on Friday, March 1, and 7:30 to 8:30 a.m. on Saturday, March 2 in the Administration Building. Early arrival is desirable to allow adequate time for camp set-up. At check-in, each unit must provide:

1. A Check-In Sheet with a complete, accurate roster of Scouts and adult leaders participating in the Klondike. (See back pages) Only those on this form will receive the cool Klondike 2013 patch.
2. Complete payment if your unit hasn't already paid. (Please have your payment ready so you don't hold up the line!)
3. Signed YMCA Waiver Forms for all adults and youth (see last page in the packet).

The Scoutmaster must have a signed and completed PERMISSION SLIP and EMERGENCY MEDICAL AUTHORIZATION form for each Scout. Use your troop form. Please keep these forms readily accessible in the Leader's vehicle. DO NOT turn in the forms at Check-In.

Campsites will be assigned at check-in.

CHECKOUT PROCEDURE: YOU MUST CHECK OUT at the headquarters area to receive your patches. The headquarters area will be manned for checkout on Saturday afternoon 4:30 to 5:30pm. If your unit needs to check out at any other time, arrangements must be made when you check in. Checkout will be accomplished **after an inspection of the campsite** for cleanliness. Holes dug in the snow (such as tent craters and snow caves) should be filled in. Participation patches will be distributed at checkout time. *If a Troop leaves without their campsite being inspected, no patches will be distributed to that Troop. Remember the Outdoor Code.*

LEADERSHIP: Appropriate adult leadership must accompany each unit. For Boy Scouts, there must be at least 1 adult for each 8 Scouts and a minimum of 2 adults per troop. All Boy Scouts must be registered with BSA.

INSURANCE: Insurance is the responsibility of each participating unit.

VEHICLES: Troops will need vehicles in order to move between the program areas during the Klondike. A vehicle is also a nice place to warm up when needed. Keep sufficient vehicles nearby. There should be enough space for all vehicles to park near their campsites. Please don't go overboard or block roads. Try to minimize your footprint so all troops have enough space. There is a large parking lot near the administration building for excess vehicles. All vehicles must stay on marked roads or plowed areas.

FIRST AID: The Aurora Medical Team will be with us during the weekend. They are available for all first aid needs (including exposure and hypothermia). They will be located downstairs in the Administration Building. A good first aid kit should exist in each campsite for immediate first aid needs. Report all injuries to the personnel at the First Aid station.

EMERGENCY OVERNIGHT SHELTER: We have reserved a large conference room (57 x 57) downstairs in the administration building at Snow Mountain Ranch which can be used as a shelter in case the weather gets bad. The space is available for the duration of the Klondike. (This is the same room where the Medical Team will be, where we will do Check in/Check Out, and where we will have the SPL meeting.)

CAMPING INFORMATION:

Due to beetle kill, most of the trees around the camping area at Snow Mountain Ranch have been removed. PLEASE COME PREPARED FOR SOME WIND.

EQUIPMENT: All camping equipment and food required for the weekend is the responsibility of each troop. There is a detailed Winter-Camping Checklist included in this packet.

WATER: Please bring your own supply of water to supply your unit. Running water will be available for refill as needed in the administration building. Remember, the temperature at night will be below freezing, so plan on burying your water supply in the snow or have another method selected for thawing out your water.

FUELS: Propane or liquid fuel stoves and lanterns may be used with adult supervision. Charcoal or wood may be used for cooking and heat. Each unit must bring in their own supply of wood for wood fires. Snow Mountain Ranch has some wood available for purchase but probably not enough for all of us. No lanterns, stoves, heaters, or fires should be allowed in tents.

FIRES: Fires are only allowed in metal containers or grills. (Get a cheap galvanized steel tub from Home Depot or Lowes.) **NO FIRES ARE ALLOWED DIRECTLY ON THE GROUND. MAKE SURE FIRES ARE ATTENDED AT ALL TIMES!** Please either take your ashes with you or dump then in a dumpster in the maintenance area when you leave. Please don't leave any trace of your fire.

LATRINES: There are nice restroom facilities in several buildings around the camping area. (Administration Building, Laundry Building behind the pool, and the Doak area in the Library building). Plan a troop visit to one of these buildings before lights out.

TRASH: Please keep a clean campsite. Troops can leave their trash in the Maintenance area dumpsters. There are also recycling bins. Leave no trace.

- Please observe the quiet time at night by ~10:30 p.m. This not only means lights out, but also means no unnecessary noise or movement as well.

- No weapons or ammunition of any sort are allowed. Fireworks of all types are prohibited. Alcoholic beverages and illegal drugs are not permitted. Possession or use of them will be cause to ask those involved to leave immediately.

- **NO SMOKING IS ALLOWED IN ANY EVENT AREA OR CAMP SITE AREA. Adults are asked to set a healthful example and not smoke in the presence of Scouts. Scouts are physically fit.**

KLONDIKE EVENTS

The theme for this year is "NOT YOUR BIG BROTHER'S KLONDIKE." Our goal this year is to take a sabbatical from the klondikes of the past few years. We have changed the date, the location and the activities this year. We want to have fun, be a little less structured, and provide both indoor and outdoor activities. The focus is primarily on team work and physical fitness. See the events listed below.

We encourage each patrol to look through the potential list of activities and choose those which interest them most. <u>We hope most patrols will participate in the sled race and at least one of the tournaments.</u> The tournaments, snow caving, and the Saturday pm swimming require on-line registration as instructed below.

Here are two example patrol schedules to illustrate some of the options:

The Beaver Patrol	The Panther Patrol
Friday am - Arrive early and build snow caves	Friday pm - Arrive and set up camp
Friday Dinner - Cafeteria	Friday late - Foosball in the Kiva Center
Friday pm - Basketball Tournament	Saturday am - Basketball Tournament (lose first game - do the Sled Race and go Swimming)
Saturday am - Broomball Tournament (with Sled Race and Sledding between games)	Saturday pm - Ice skating/sledding
Saturday pm - Swimming/ Cross Country Skiing	

In order to maintain safety for our Scouts, we ask that each Scout group bring appropriate clothing, trail snacks, sunscreen and adequate water to the events. <u>Everyone is strongly encouraged to drink water at each event area.</u>

1) The Sled Race:

When your group has time between other events, run the race course with your patrol. One patrol member must ride- all others must push/pull the sled. All Scouts that start must finish; the stopwatch will be stopped after last Scout comes across the finish line.
Scoring: Time

The Patrol with the fastest sled race time (who also has participated in at least one tournament) will take home the Father Dyer Stick Rider Award!!!

KLONDIKE SLED PLANS

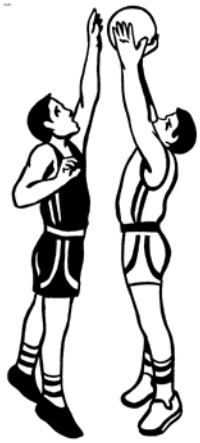
Google "Klondike Sled Plans scouts." There are lots of options available on the net – or contact the Klondike leaders. Keep it simple. Materials used are at the unit's discretion. The sled needs to be sturdy and big enough to carry a scout in the sled race. (If possible, include detachable wheels in case there is limited snow.) Here are some dimensions as guidelines: Length: At least 6'6" Width: At least 1'6" (inside dimension) Runners: Must be rigid (skis are highly recommended).

2) Two Basketball Tournaments:

There will be two separate tournaments – **pick one and register for it on line**: 6:55pm to 10:00pm Friday evening or 8:55 am to Noon Saturday. Both will be held in the Kiva Center. All boys who want to participate in the tournament need to be present at the start time. Don't be late. We will divide into 8 teams of up to 8 players and play a single elimination tournament consisting of 20 minute games with no half-time.

We will combine smaller groups into teams. We will provide balls, jerseys, referees and scoring. Coaching will be done by troop leaders. We encourage larger patrols to wear their matching T-shirts as uniforms. Scouts will need to bring dry shoes (sneakers preferred) and appropriate clothing (shorts/t-shirt). There are restrooms in the Kiva center for changing.

Between games, Scout groups are free to cheer for other teams, participate in the sled race and/or other activities. **Scoring: A first place ribbon will be given to the winning team of each tournament.**



3) The Broomball Tournament:

There will be a tournament for Broomball Saturday morning from 8:55 am to Noon in the Ice Rink at the Nordic Center. **Please register on-line.** All boys who want to participate in the tournament need to be present at the start time. Don't be late. We will divide into 8 teams of up to 8 players and play a single elimination tournament consisting of 20 minute games with no half-time.

We will combine smaller groups into teams. We will provide brooms, balls, jerseys, referees and scoring. Coaching will be done by troop leaders. We recommend that scouts bring helmets to wear during play and appropriate athletic shoes. (Bike helmets will work.) Between games, scout groups are free to cheer for other teams, participate in the downhill sledding and/or other activities. **Scoring: A first place ribbon will be given to the winning team.**

Broomball is a milder version of ice hockey played for fun in Canada and the northern US. There is minimal contact. You wear regular athletic shoes and play on ice. Brooms look like a rubber webbed hand on the end of a stick. Ball is like a mini dodge ball. Clothing should be thick and consist of several layers so there is padding in case of falls. Ski pants are great. (Scouts should already be wearing this kind of clothing for Klondike.)

SELF-DIRECTED KLONDIKE ACTIVITIES

These activities are available most of the time at Snow Mountain Ranch for no additional fee. These activities will be supervised by your own troop adult leaders- see the adult pointers for each activity. Add these to your troop/patrol agenda as your schedule allows:

1) Make and sleep in a Snow Cave

Friday (March 1) is a non-contact day K-8 for Cherry Creek Schools. If it works for your troop, come up early (~10:30am) on Friday and build/dig snow caves. Snow caves are actually the best place to camp during the winter. They are much better shelter and much warmer than a tent. If you need some instructions, google them or ask someone who has been to OKPIK. You will need several snow shovels of varying sizes, and a water-proof sheet of plastic or tarp to put down on the floor of the cave. Caves will take most of the day to build. Bring tents as a backup. This is an awesome experience for boys and adults. **If you are planning to come up early on Friday to build snow caves – please sign up on line so we can plan camp space accordingly.**

2) Downhill Sledding

Right next to the ice rink (in the Nordic Center) there is a great sledding hill. Most of the winter, it also has a working tow rope to bring you back to the top of the hill. Inner tubes can be checked out at no cost (provided you have turned in the waiver- see the back page). You can also bring a sled if you want. Adults – please make sure the hill doesn't get too crowded and that your group stays safe and shares the hill with others. Helmets are recommended but not required for sledding- please bring them if you want them.

3) Indoor Swimming

Snow Mountain Ranch has a nice indoor heated swimming pool with a sauna and moderately warm showers. The pool has depths up to ~10 feet deep, a handicap entrance, and a slide. The pool has roped sections for non-swimmers and beginner swimmers, and generally meets the Safe Swim Defense standards. Snow Mountain Ranch will provide trained life guards. The pool is open daily for general swimming from 9:00 to 11:30am, 12:30 to 5:00pm, and from 6:00 to 9:00pm. The pool capacity is 60. **All swimming is first come, first served, except as explained in the next paragraph.** Other ranch guests may be in the pool at the same time. Towels are provided.

Saturday Afternoon Swimming

If you want to swim Saturday afternoon (1:00pm to 3:30pm) **please register on-line**- so that we don't overcrowd the pool during that time and so that troops can make plans. If there are people waiting, don't stay too long. During the afternoon swim, the Klondike staff will provide someone with Safe Swim Defense training.

Adults – Swimming is great to do as one of the last activities of Klondike, so everyone goes home clean. It is also a chance to pass off some First Class swim requirements or just have some fun. You will need current Safe Swim Defense Training (available on line). Please make sure each Scout in your group knows which sections of the pool he can use and has a buddy. Adults are responsible to be the lookouts, call for buddy checks, and maintain discipline over their boys while their boys are swimming. Please make sure your boys are fully dry before leaving the pool building. There are hand dryers in the restroom. There is only one men's restroom, so adults who want to swim will need to wait until their youth are finished changing and use the bathroom stall. The adult acting as the lookout can not swim.

4) Volleyball, foosball, ping-pong, and roller skating/ roller hockey The Kiva center (where we are playing basketball) is open from 9:00am to 9:00pm daily. (10:00pm on Friday) Equipment is provided. Helmets are recommended but not required for skating- please bring them if you want them.

5) Ice skating The Ice rink is open Friday all day and Saturday afternoon (after the Broomball tournament is done). Skates are provided (if you have signed the waiver). Helmets are recommended for skating-please bring them if you want them.

6) Other Try the-time honored tradition of building snow forts and/or having a snowball fight back at your camp, etc.. Ask Allen Pack how to play "fox and geese."

OTHER AMENITIES AND ACTIVITIES

These activities are additional options – **but cost additional money**. See the ranch website for details and for more options.

1) Dog Sled Ride – Take a ride in an actual klondike sled pulled by dogs. Saturday morning from 9:15am to Noon. $15 per person or $25 for two people (250lbs weight limit).

2) Cafeteria/Dining Hall - Open for every meal every day. A nice option if you just don't feel like cooking. Food is good. If you are bringing a big group (20+), let the ranch know.

3) Housing - If your boys need some persuasion after last year, the ranch has Yurts for 6 people ($89), lodge rooms for 6 people ($114), and cabins of varying sizes available for rent. Make your reservation soon as there are other events going on that weekend.

4) Saturday Night Stay If you want to camp or stay over Saturday night call the ranch reservation desk and let them know. Cost to camp is an additional $10 per person per night.

5) Show Shoeing/Cross Country Skiing These activities are free if you have your own equipment. The Ranch has some great trails. There will be a Cross Country Ski Race going on Saturday. If you need to rent equipment, the Nordic center rents for $17 per person per day or $12 (after 1:00pm). Rentals are First-Come First Served.

6) Downhill Skiing Ski Granby Ranch (fka Sol Vista) Ski area is close by and offers group rates. The Ranch has a nice ski rental shop and offers discounts to guests.

WINTER CAMPING INFORMATION

This section is meant as an overview, only. It is not complete, by any means. For your own comfort and safety, please study other resources for expert advice on cold-weather survival. If your Scouts are cold and miserable, the whole weekend will be miserable. The more comfortable your Scouts are, the easier your life will be.

NUTRITION

The body "fires" burn somewhat hotter in cold weather and food affects morale, so you will want to supply your group well. Caloric intake in cold weather should increase for two reasons. First, the extra activity required by dressing and the hampering effect and weight of that clothing increases energy needs. Second, the stimulus of the cold gives you a ravenous appetite. Figure on each person consuming from 3,000 to 4,000 calories per day. These calories should come from a diet that is 40% carbohydrates, 40% fats, and 20% protein. This should be consumed along with about 3 quarts of water per day. One of the biggest problems encountered on winter campouts is dehydration so drinking water should be encouraged all day long. The amount of water should be increased with extra activity.

COLD WEATHER FOOD PREP TIPS:

Prepare meals ahead, seal-a-meal them, and just throw them in boiling water to "heat & eat."

Encourage the use of plastic bowls. Plastic utensils conduct less heat than metal and they're easier to clean.

FIRST AID

It is impossible (and probably stupid) to cover an entire first aid course in a few pages. Please consult your First Aid Merit Badge book and other resources to familiarize yourself with the following conditions:

DEHYDRATION: Most winter outdoor emergencies begin and end with this one problem -- dehydration is the excessive loss of body water. Exposure to cold has a diuretic effect that results in an increased output of urine. Water is also lost through the lungs, skin and gastrointestinal tract. Under normal circumstances water intake is regulated by the "thirst mechanism". In the cold, however, the thirst mechanism is not a dependable indicator of your needs. When you begin to become dehydrated, your reasoning ability is impaired. You may not realize you're thirsty. It is often easier to recognize a change in urine color than to judge liquid intake. If your urine is not clear by noon, you should be drinking more water.

Prevention: Drink at least 2 quarts of water per day; Increase intake at first sign of change in the color of urine; Avoid dehydrating foods and fluids such as coffee and drinks that contain caffeine, and foods high in protein.

Symptoms: Increased pulse rate; Nausea and loss of appetite; Dark urine color or constipation; Fatigue, sleepiness or irritability; Thirst; Headache, dizziness; Bluish or grayish skin color.

Treatment: In mild cases, the victim should drink liquids, keep warm, and get plenty of rest. More severe cases require professional medical care.

Remember -- dehydration can lead to more serious disabling problems such as hypothermia and frostbite. It is important to remain on the alert to this possibility and reinforce the use of the buddy system!

HYPOTHERMIA: Hypothermia is a lowering of the temperature of the inner core of the body that 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 to his condition. Injury or death may be a result. Predisposing conditions may include poor physical condition, thin build, and exhaustion.

Prevention: Get plenty of rest, eat well, drink lots of liquids; Use wool clothes and windproof clothing; Make camp early; Exercise to keep up body's heat function; Use buddy system to watch for symptoms.

Symptoms: Slowing of pace, drowsiness, fatigue; Stumbling; Thickness of speech; Amnesia; Irrationality, poor judgement; Hallucinations; Blueness of skin; Dilation of pupils; 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 victim in a pre-warmed sleeping bag or blankets. Give hot drinks followed by candy or high-sugar foods. Apply heat with hot stones or warm canteens. Huddle for body heat from others. Place someone in bag with victim.

Self test for hypothermia: Touch the little finger and thumb together. If this cannot be done, stop immediately and warm up!

SNOW BLINDNESS Snow blindness is an inflammation of the eye caused by exposure to reflected ultra violet rays when the sun shines brightly on the snow. Symptoms are a sensation of grit in the eyes, watering, redness, headache and light sensitivity. First aid measures include blindfolding and rest. Avoid further exposure to light without sunglasses. The condition heals in a few days without permanent damage. Snow blindness, in most cases, is due to negligence or failure to wear sunglasses. Don't wait for discomfort before putting on protection, damage may already have been done. Putting on sunglasses is essential to prevent further injury.

FROSTBITE: Tissue injury involving the actual freezing of skin and underlying tissue. Recovery from frostbite can be painfully slow. Once exposed, the victim will be predisposed toward frostbite in the future. Frostbite occurs when the body needs heat elsewhere; it redirects blood flow from the extremities to protect internal organs. The blood in the extremities slows and thickens becoming sludge-like. Ice crystals form in skin cells, the skin can't get oxygen, nutrients or liquids it needs, further damaging the tissue.

Prevention: Proper insulation -- cover exposed skin; Guard against wind chill and moisture; Maintain good nutrition, drink water, exercise; Use buddy system to check exposed skin for frostnip and frostbite; Don't wear restrictive clothing, dress in layers.

Symptoms of Frostnip: Redness of skin, pain, burning, stinging or prickly sensation. After the pain disappears the skin may turn white, gray or waxy looking. The skin is firm to the touch but resilient underneath. On thawing, there is aching, pain or brownness.

Symptoms of Second Degree Frostbite: All signs of frostnip may occur; No pain, the part may feel dead or like a stump; Numbness, the part may be immobile or hard to move; Tissue is hard to the touch.

Symptoms of Severe Frostbite: The full thickness and perhaps bone is involved. Swelling and sweating occur after thawing. Gangrene may develop and amputation may be necessary.

Treatment: Don't rub the affected area! Hold it near fire or use cold water to thaw it. Exercise the affected area to promote circulation. Place victim's hands in armpits or crotch, place foot inside your shirt against your chest, etc. Make certain thawed part does not refreeze. DO NOT attempt to thaw frostbitten limbs in the field: It is less harmful for the victim to walk out on a frostbitten limb. Check for hypothermia. Once in camp, transport the victim to a hospital or physician immediately.

Remember: when the pain goes away, you are in danger of moving into severe injury from frostbite. Take corrective action immediately!

CLOTHING

Winter camping calls for clothing that protects you from the cold and wind and holds in body heat but that can also be ventilated. Several thin layers are better than one big heavy layer. This allows for flexibility with the varying conditions. The prime consideration is function and not appearance!

SOCKS: Wear a wicking (polypropylene for example) sock next to your foot. The insulating sock can be made of wool (best) or wool blend. NEVER COTTON!!! Cotton just keeps soaking up water until your feet are chilled and you are miserable.

LONG UNDERWEAR: Use long underwear made from a wicking-type material such as polypropylene. Again, NO COTTON!!!

PANTS: Ski bibs or snow pants work great. Good, loose-fitting wool pants (inexpensive ones can be found at Army Surplus store) are also great. Get some suspenders to hold them up. Blue jeans are absolutely useless on winter campouts. (That's right... they're made out of COTTON!!)

UPPER BODY PROTECTION: Use layers consisting of a turtleneck, shirt, sweater, vest, and jacket. Make sure you wear items that fit comfortably. In this layer, it is all right if you incorporate an item or two that contain some cotton (like a flannel shirt), but beware -- it won't dry out quickly and may induce chilling.

HAND PROTECTION: Mittens are warmer than gloves! Gloves are more useful when you have work to do, so bring both. Don't forget extras, your mittens and gloves will get wet.

NECK PROTECTION: Be sure that you have either a scarf or neck gaiter to protect your throat and neck area. A coat with a tall, zip-up neck also works great.

HEADGEAR: Caps, ear warmers, hats, etc. are important because they minimize the heat loss from your head. You can lose about 75% of your body heat through an unprotected head. Be sure to have an extra, dry hat to sleep in.

FOOTWEAR: This is the most important item of your gear. Strongly consider Pak boots. They have waterproof bottoms, leather uppers that breathe (vent that moisture out!), and a removable felt liner. Take those felt liners out and take them to bed with you and in the morning you'll have warm liners to put your feet into. Purchase boots that fit comfortably, never tight, allow for good circulation. Leather hunting boots are inappropriate because they don't have removable liners and when the insulation gets wet (and it will) they will freeze solid. Moon boots are OK. Just remember that they don't ventilate so you'll have to change your socks more frequently.

SLEEPING SYSTEMS

Sleeping comfortably will make or break your experience in the snow. Let's start from the bottom-up:

INSULATION: The insulation under you is almost more important than what is on top of you. First, clear away as much snow as you can from the ground under your tent. Then build several layers of insulation between you and the ground. Remember, in real cold weather, snow itself can be insulation against severe cold. The bottom layer in your tent should be a thin closed-cell foam pad or two. On top of that, an insulated inflatable pad or regular foam pad is nice.

SLEEPING BAG: So you only have a summer weight bag? Borrow another lightweight bag and insert it in yours, or make a liner for your bag out of polar fleece. Instant winter weight bag! Keep your bedding clean and dry.

BEFORE TURNING IN: Dry your feet well. "Dry" wash them in foot powder. Put on clean, dry, loose fitting socks. Put on clean, dry underwear that you have saved just for bed. Wear a stocking cap and wristlets to keep your head and hands warm. DON'T OVERDRESS FOR BED!! Take off that long underwear. Overheating will make you sweat and then FREEZE because you're wet!

C Keep yourself and your clothes Clean. Dirt and body oils that build up on clothing destroy its insulating properties.

O Avoid Overheating. Clothing is designed to be taken off or added to in layers to maintain an even body heat.

L Wear clothes Loose and in Layers.

D Keep Dry. Wet clothing removes body heat 200 times faster than it will dissipate through dry clothing. Wet clothes mean trouble.

Fire

Nowhere in the winter clothing or sleeping systems will you see any provision for fire to provide body heat. Fire in the winter is a "false god" in regard to warmth. The body itself is like a big furnace. You stoke your furnace with good food: it burns the food and provides the heat, which your heart circulates through your body. Layers of insulation determine how much of that heat is retained and how warm you will feel. Fire is useful for turning snow into water, for its cheerful glow, and for heating water for cooking. Extreme care must be taken around an open fire not to get too close with synthetic fiber garments, which can shrivel or melt just from reflected heat.

SUGGESTED EQUIPMENT LIST

(See the Winter Camping Information pages for more suggestions)

Be Prepared to camp in the worst possible weather – and you will have fun!

Personal Equipment:

___Mummy Sleeping bag *(0^0 rated or 2 bags)*
___Warm blanket or fleece liner for sleeping bag *(optional)*
___Closed-cell foam pad
___Thick, insulated sleeping pad (the thicker the better) *(absolutely no air mattresses)*
___Small pillow
___Cup, Bowl and Utensils
___Water bottles (*bring full)*
___Flashlight and batteries
___Small first aid kit
___Scout Handbook
___Sunscreen, lip balm, sunglasses
___Toilet Paper or tissues *(in zip-lock bag)*
___Toiletries Kit & Medications
___Whistle & Compass *(optional by troop)*
___Waterproof Matches
___Pocket Knife *(with Totin' Chip)*
___Camping Chair
___Camera, notebook & pencil *(optional)*
___Day Pack *(optional)*
___2 Garbage bags *(handy for everything)*
___Small hand towel
___**Signed YMCA Waiver Form**

Clothing:

___Waterproof, insulated snow boots *(good boots are essential to enjoying Klondike)*
___Nylon Pants or Ski Bibs
___Inner Socks – 2-3 pairs ***(no cotton!)***
___Polar Fleece Socks 2-3 pairs
___Clean underwear ***(no cotton!)***
___Long Underwear or underarmor ***(no cotton!)***
___Turtleneck Shirt or Polar Fleece Shirt
___ Sweater &/or Fleece Jacket
___Winter Parka *(preferably w/hood)*
___Insulated Hat (or beanie) and Scarf
___Waterproof, breathable gloves and mittens *(at least 2 pairs)*
___Extra pair of shoes *(to wear home)*
___2 full changes of warm clothes
___Sweats or warm PJs *(as you like)*
___Face Shield *(as you like)*

Special Event Equipment:

___For Basketball – Shoes, troop T-shirt & shorts
___For Broomball - Athletic Shoes and helmet (bike helmet will work)
___For Swimming – Swim Trunks
___For Sledding and Skating – Helmet (optional) and snow sled (optional)

Group Equipment:

___Metal Fire Pits or Grills (3X3 ft)
___Firewood and charcoal
___Flags *(Troop, Patrol, American)*
___Tents/Poles/Stakes/Tarps
___Tables/Cooking Gear
___Lanterns, Campstove and fuel
___Food and Coolers
___Cooking Shelter *(optional but nice in a storm)*
___Water *(LOTS!)*
___Dish pan, soap and cloths
___Garbage bags
___Snow Shovels and regular shovels
___Toilet Paper
___Patrol First Aid Kit

Each Patrol needs:

___Patrol Flag
__ Klondike Sled
___Detachable sled wheels *(optional)*
___Tow rope for the Sled

Remember! When selecting your clothing for winter camping, always try to make Polar Fleece your first choice. Wool, even when wet, will insulate and keep you warm. If you are allergic to wool, you might try Polar Fleece. It has many of the same properties without the itch! Also, a good choice is polypropylene. Never include a 100% cotton clothing item. (Sorry, the blue jeans and cotton socks stay at home or you'll FREEZE!) Cotton soaks up too much water... and they won't dry till you take them out of the dryer at home!

SCHEDULE OF EVENTS

Friday, March 1, 2012

10:30 am	Ranch is open for troops who want to arrive early to build snow caves
5:00 - 9:00 pm	Official Check-in at headquarters (Administration Building)
6:00 pm	Sunset
6:55 pm	Night Basketball Tournament Begins – Kiva Center
9:00 pm	SPL & Scoutmaster Meeting at headquarters
10:00 pm	Night Basketball Tournament ends
10:30 pm	Lights Out!

Saturday, March 2, 2012

6:30am	Sunrise
7:00 - 8:15 am	**Breakfast**
7:30 - 8:30 am	Late Registration/Check-in at Headquarters
7:30 - 8:15 am	Staff Meeting at Headquarters
8:30 am	Opening Flag Ceremony – Please go to event sites immediately after
8:55 am - Noon	-Morning Basketball Tournament – Kiva Center
	-Broom Ball Tournament – Nordic Center
	-Sled Race
	-Troop & Patrol-Directed Activities
Noon - 1:30 pm	**Lunch**
1:30 – 3:55 pm	-Sled Race (from 1:30 to 2:30pm if needed)
	-Troop & Patrol-Directed Activities (and Break Camp)
4:00 pm	Retire the Colors and Awards Ceremony
4:30 - 5:30 pm	Campsite Inspection and Check Out
6:00pm	Klondike is done

Have a safe trip home!

IMPORTANT FOR HEAD COUNT!
Total # of actual bodies staying
Friday Night: _____

CHECK-IN SHEET

Must be turned in at Klondike check-in. Patches will be awarded upon check out based on every name submitted on this sheet. Names may be added to the sheet through the event.

Late Arrivals must pay the full fee of $18 per person.

Circle One:

Troop Team Post Crew # _____

PAYMENT:
BEFORE FEB 19 IS $15 AFTER IS $18

OF SCOUTS _____ X $18 = _____
OF ADULTS _____ X $18 = _____
TOTAL: _____

ACCT# 1-6801-502-20

METHOD OF PAYMENT:
- ☐ CASH
- ☐ CHECK *(PLEASE MAKE CHECKS PAYABLE TO BSA)*
- ☐ UNIT ACCOUNT
- ☐ VISA
- ☐ MASTERCARD
- ☐ DISCOVER

_____
CREDIT CARD #

_____
SIGNATURE

_____
EXP. DATE

ATTENDING LEADERSHIP:

Scoutmaster _____
Asst. Scoutmasters _____
_____
Other Adults _____
_____
_____

SCOUTS:

Senior Patrol Leader _____

(Circle Patrol Leader)

PATROL NAME:	PATROL NAME:	PATROL NAME:
_____	_____	_____
1.	1.	1.
2.	2	2
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.
8.	8.	8.

PATROL NAME:	PATROL NAME:	PATROL NAME:
_____	_____	_____
1.	1.	1.
2.	2	2
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.
8.	8.	8

Form Required for All Youth participants

YMCA OF THE ROCKIES

ASSUMPTION OF RISK/WAIVER OF LIABILITY

(ADULT ON BEHALF OF A MINOR CHILD)

PLEASE READ BEFORE SIGNING

There are risks involved in this activity and/or these activities. Your child need not participate. It is your child's choice whether your child participates in these activities and to what level. Our philosophy is "Challenge By Choice," which means your child selects the degree of challenge (if any) to which your child will be exposed. However, in order for your child to participate at any level in these activities you must sign this document, and your signature forever waives your right (and your child's right) to sue the YMCA of the Rockies (and its directors, staff, employees and other contracted parties) for any injury your child may suffer arising out of their participation in this activity or these activities.

ACKNOWLEDGEMENT OF RISK

I acknowledge that there are risks and hazards in any of the activities in which my minor child has chosen to participate. These risks include, but are not limited to: physical injury, trauma, emotional injury, death and property damage. These hazards include but are not limited to: Falling from a height of up to 50 ft(climbing wall and high challenge course only); equipment failure; interference from other activities in the vicinity; high altitude (above 8,000 feet); and rigorous physical activity and exhaustion. The activity or activities in which my minor child has chosen to participate may include physical challenges, which, if aggravated by high altitude conditions, may place unusual demands on my minor child's bodily systems. I acknowledge that this is not an exhaustive list of the risks or hazards my minor child may encounter, and that my minor child may encounter unforeseen situations.

CERTIFICATION OF FITNESS

I certify that my minor child is completely healthy (both physically and emotionally) and capable of participating in the activity or activities. I have listed below any medical conditions that the YMCA should be aware of which may hinder my minor child's participation in the activity or activities selected. However, I understand that it is solely my responsibility to determine whether there is any medical reason that my minor child should not participate in the selected activity.

DOES THE PARTICIPANT FOR WHOM YOU ARE SIGNING HAVE ANY MEDICAL CONDITIONS THAT WE SHOULD BE AWARE OF THAT MAY HINDER HIS/HER PARTICIPATION? NO___ YES___

IF YES, PLEASE EXPLAIN _____

WAIVER OF LIABILITY

In order that my minor child may participate in the activity or activities listed above, I forever waive my right (and my child's right) to sue the YMCA of the Rockies (including its directors, staff, employees and other contracted parties) for any injury my minor child may suffer arising out of my minor child's participation in these activities. I understand that by signing this document all liability of the YMCA (including its directors, staff, employees, and other contracted parties) to myself and my minor child for any injuries my minor child may suffer arising out of my minor child's participation in the activity or activities listed above will be forever extinguished.

I, THE UNDERSIGNED, HAVE READ, UNDERSTAND AND ACCEPT THE TERMS OF THIS ACKNOWLEDGEMENT OF RISK/WAIVER OF LIABILITY FORM. I FURTHER ACKNOWLEDGE THAT NO ORAL REPRESENTATIONS CONCERNING THIS DOCUMENT HAVE BEEN MADE TO ME AS AN INDUCEMENT TO SIGNING THIS DOCUMENT.

NAME OF PARTICIPANT (PLEASE PRINT)_____ AGE_____

ADDRESS_____

CITY_____STATE_____ZIP CODE_____

HOME PHONE: (_____)_____

WORK PHONE:(_____)_____

IN THE CASE OF EMERGENCY PLEASE CONTACT:

NAME_____PHONE:(_____)_____

SIGNATURE OF PARENT OR GUARDIAN:_____

DATE_____

Please, if you have any questions contact: Program Director at (970) 887-2152 ext.4130

Form Required for All Adult participants

YMCA OF THE ROCKIES

ASSUMPTION OF RISK/WAIVER OF LIABILITY

(ADULT 18 YEARS AND OLDER)

PLEASE READ BEFORE SIGNING

There are risks involved in this activity and/or these activities. You need not participate. It is your choice whether you participate in this activity or these activities and to what level. Our philosophy is "Challenge By Choice," which means you select the degree of challenge (if any) to which you will be exposed. However, in order for you to participate at any level in this activity or these activities you must sign this document, and your signature forever waives your right to sue the YMCA of the Rockies (and its directors, staff, employees and other contracted parties) for any injury (or death) you may suffer arising out of your participation in this activity or these activities.

ACKNOWLEDGEMENT OF RISK

I acknowledge that there are risks and hazards in any of the activities in which I have chosen to participate. These risks include, but are not limited to: physical injury, trauma, emotional injury, death, and property damage. These hazards include but are not limited to: Falling from a height of up to 50 ft (climbing wall and high challenge course only); equipment failure; interference from other activities in the vicinity; high altitude (above 8,000 feet); and rigorous physical activity and exhaustion. The activity or activities in which I have chosen to participate may include intense physical challenges which aggravated by high altitude conditions, may place unusual demands on my bodily systems. I acknowledge that this is not an exhaustive list of the risks or hazards I may encounter, and that I may encounter unforeseen situations.

CERTIFICATION OF FITNESS

I certify that I am completely healthy (both physically and emotionally) and capable of participating in this activity or these activities. I have listed below any medical conditions that the YMCA should be aware of which may hinder my participation in the activity selected. However, I understand that it is solely my responsibility to determine whether there is any medical reason, including personal or family history of cardiac disease, which I should not participate in the selected activity.

DO YOU HAVE ANY MEDICAL CONDITIONS THAT WE SHOULD BE AWARE OF THAT MAY HINDER YOUR PARTICIPATION? NO___ YES___

IF YES, PLEASE EXPLAIN: _____

WAIVER OF LIABILITY

In order to participate in the activity or activities listed above, I forever waive my right to sue the YMCA of the Rockies (including its directors, staff, employees and other contracted parties) for any injury (including death) I may suffer arising out of my participation in this activity or these activities. I understand that by signing this document all liability of the YMCA (including its directors, staff, employees, and other contracted parties) to myself for any injuries (including death) I may suffer arising out of my participation in the activity or activities listed above will be forever extinguished.

I, THE UNDERSIGNED, HAVE READ, UNDERSTAND AND ACCEPT THE TERMS OF THIS ACKNOWLEDGEMENT OF RISK/WAIVER OF LIABILITY FORM. I FURTHER ACKNOWLEDGE THAT NO ORAL REPRESENTATIONS CONCERNING THIS DOCUMENT HAVE BEEN MADE TO ME AS AN INDUCEMENT TO SIGNING THIS DOCUMENT.

NAME OF PARTICIPANT (PLEASE PRINT)_____
AGE_____

ADDRESS_____
CITY_____STATE_____ZIP CODE_____

HOME PHONE:
(_____)_____WORKPHONE:(_____)_____

IN THE CASE OF EMERGENCY PLEASE CONTACT:

NAME_____PHONE:(_____)_____

SIGNATURE OF PARTICIPANT:

_____DATE_____

Please, if you have any questions contact: Program Director at (970) 887-2152 ext.4130