

Troop 210 Camp Alaska

- 2024/2025 Training Schedule -

Issue Date: November 12, 2024

Week #	Date(s)	Training Topic
1	November 26	Cold Weather Cooking & Axemanship
2	December 3	Making Shelters/Building Fires
3	December 10	Cold Weather Clothing & Gear
4	December 17	Cold Weather Injuries/First Aid
5	January 7	Training Makeup & Buddy Assignment
6	January 14	Training Makeup & Equip. Inspection
	January 17-19	Camp Alaska @ Pioneer

Important Camp Alaska Safety Rules & Guidelines:

- 1). Use the buddy system at all times. Pick a partner to build & share a shelter with and watch each other for cold weather injury symptoms.
- 2). Wear dry, loose, layered clothing. Change socks and underwear daily or when wet. Remove clothing layers to avoid sweating. Remember the acronym "**COLD**":
Clean; avoid **O**verheating; **L**oose/**L**ayered clothing; keep **D**ry.
- 3). Drink plenty of fluids. Sugared drinks are OK for quick energy.
- 4). Shelters must be made - no manufactured tents are permitted.
- 5). Menus must be prepared and food purchased by each team of Scouts. Shopping and cooking can be done individually or in buddy teams.
- 6). Scouts must attend or make up the (4) Troop meeting training sessions in order to participate in Camp Alaska.
- 7). No "mega-shelters" are allowed. The maximum number of Scouts in any one shelter is (3).
- 8). Scouts must remain outdoors for 24 consecutive hours to earn the patch.
- 9). Everything you carry in to the Camp Alaska site must also be carried back out. This includes garbage, camp tools/stoves, etc.
- 10). Make sure all items carried in are securely attached to your backpack. Do not assume that there will be snow to use a sled to bring gear in or out.
- 11). Immediately stow away/save all attachment ropes, straps, etc. so that you do not lose them and can then re-attach or pack your gear for the trek out.

Misc. Safe Winter Camping Practices

Ice Safety

- 1). Stay off ice near or over fast flowing water.
- 2). Ice must be at least 3 inches thick to skate, or 4 inches thick for Troop activities.
- 3). If going onto ice, keep ice rescue gear nearby and know how to safely rescue someone if they fall thru.

Snow Safety

- 1). Do not eat ice or snow. It is not pure and can reduce body temperature.
- 2). Wear or carry sunglasses to prevent snow blindness.
- 3). Snow (not ice) is a good insulator. Water containers can be stored under snow to keep the water from freezing.
- 4). In an emergency, you can dig a hole in the snow with the entrance away from the wind to protect yourself from the wind.

Other Information

- 1). Tie all loose items to yourself or your backpack with cord or string. It is very easy to lose items in the snow.
- 2). Carry candles and waterproof matches to help keep you warm in an actual emergency. **NEVER USE LIGHTED CANDLES, LIQUID FUELS, PROPANE DEVICES, ETC. IN YOUR SHELTER UNLESS IT IS A TRUE EMERGENCY.**
- 3). Know how to find dry tinder, kindling, and fuel in snowy or wet areas.
- 4). Sweets are OK for quick energy. Foods high in fat, carbohydrates, and protein are best for providing long term energy.
- 5). Tight, waterproof hiking boots or clothing are not good for winter camping. Breathable clothing is better than waterproof clothing in cold weather. Cotton clothing such as jeans, etc., should be avoided.
- 6). Change socks and clothing regularly to reduce the loss of insulation value due to sweating and body oils.