



Camp Mitigwa

**PARENTS AND SCOUTS
SUMMER CAMP HANDBOOK**

June 20-26, 2010

Camper's Information

What to bring to camp:

Here is a suggested summer camp equipment list for each boy. The Personal Overnight Camping Gear list can be found in the Boy Scout Handbook will be helpful as you pack. We suggest that each item of clothing and towels be labeled with your name and troop number. **TIP** Pack each days clothes in a 1 gal. Ziploc bag, in case of rain not everything will get wet.

Must Have:

Completed Medical Form	T-shirts (5 to 6)	Shorts (2 pair)
Socks (7 or 8 pair)	Windbreaker jacket	Swimming trunks
Towels & Washcloth	Pajamas	Mosquito repellent (non-aerosol)
Sleeping bag or two blankets	Cot	Air mattress or sleeping pad
Toilet Kit containing:	Soap in container	Toothbrush & toothpaste
Shampoo	Scout Uniform	Long pants (2 pair)
Underwear (6 pair)	Sweatshirt	Poncho or rain jacket
Boots and/or shoes (2 pair)	Cap with bill or brim	Scout Handbook
Canteen or water bottle	Flashlight and batteries	Totin Chip
Notebook and pen & pencil	Pocket Knife	Sunscreen
Comb	Hanger to hang up uniform	

Good to Have:

Compass	Backpack	Fishing rod & tackle
Watch	Camera and film	Shoelaces
Handkerchiefs	Pillow	Sunglasses
Sewing Repair	Spending \$\$\$	Healthy snacks

What Not to Bring to Camp

No pop will be allowed in camp, except on family night. Please don't bring extra to leave behind. It will most likely be very warm during camp and pop will not hydrate the scouts properly. We will have drinks and water available in the camp all week.

Hunting knives, sheath knives, fireworks and personal firearms have no place in camp. Jewelry and other expensive items should also be left at home.

Youth campers WILL NOT be permitted to carry cellular phones during camp. No other electronics of any kind, ipods, radios, tv, ect. will be permitted. Any scout that is found to have any of these item will be asked to put them away, and if they are seen a second time they will be kept by the scoutmaster and returned to the scout at the end of camp, NO EXCEPTIONS.

Photographs

Photographs will be taken at camp, so wear your **complete uniform** to camp. The photo form is on the next page. Please have a separate check made out to **Roberts Phillips Photography**, and put it in an envelop with your sons name on it along with the form.



Robert Phillips
Photography

515-239-3950
9am to 5 pm
Quality is
100% guaranteed

greatphotographer.com

Clearly mark your choices

Package 1
\$15.00
10x13 Troopmate



Package 2
\$35.00
Build Your Own Package
Add any 4 Individual Add-Ons
to your 10x13 Troopmate

10x13 Troopmate

Package 3
\$19.00
10x13 Troopmate



4 - 2x3

Package 4
\$10.00
8x10 Troopmate



Package 5
\$28.00
Build Your Own Package
Add any 3 Individual Add-Ons
8x10 Troopmate to your 8x10 Troopmate

Package 6
\$14.00



8x10 Troopmate



4 - 2x3

SAVE up to 44% Build Your Own Package
Pick any 4 Add-Ons
\$24.00

Image on CD

Individual Image on CD

\$15.00

Order at least \$50 of pictures and get CD Free

TroopPhotos

We deliver the Formal Group unless clearly marked

1-8x10.....\$8.00	1-5x7.....\$5.00
1-10x20.....\$20.00	1-10x13.....\$13.00
Formal Group Informal/Fun Group	

Individual Add-Ons

- A 8-2x3.....\$7.00
- B 16-2x3.....\$11.00
- C 2-5x7.....\$7.00
- D 8x10.....\$7.00
- E 4 3x5.....\$7.00
- F Retouching (zit zapping)....\$8.00

Bad Checks will be resubmitted with an added \$30 fee
Prices include Sales Tax

Total Amount Enclosed \$ _____
please double check your math and order

Cash _ Credit Card _ Check _# _____

Please Print Clearly

First Name: _____

Last Name: _____

Address: _____

City/State/Zip: _____

Troop: _____ Leader: _____

Credit Card Info Mastercard or Visa
Phone: _____

Credit Card #: _____

Name on Card: _____

Exp Date: _____ 3 digit VCode on back: _____

ZipCode of billing Address: _____

Signature _____

USE OF MEDICATION AT CAMP

It is important for parents to understand our procedures for administration of medication while at camp. Please don't let your Scouts come to camp thinking they will remember to take their medication on their own and keep their medicine in their back pack. Missed doses because they just simply forgot could make their camp experience difficult and dangerous.

All medication (prescription and non-prescription including herbal supplements) must be turned in to the Health Officer at the time of check-in for proper distribution to the campers. Medications that do not require refrigeration will be placed in a locked box and returned to the Scout leader for storage in campsite.

All prescription and non-prescription drugs shall be in their original containers. All medications (including those needing refrigeration) are to be locked up. The only exception is for medications, which must be carried at all times including asthma inhalants, bee sting kits and nitro glycerin pills. **All medications shall be taken directly to the camp medic upon arrival at camp. This includes all prescription and non-prescription medications. All medication containers shall be placed in a plastic bag with the Scout's name and troop number on it for easy identification. Any special instructions in addition to the prescription should also be placed in this bag. They will then be locked in a box and returned to the leaders.**

It is the responsibility of each Scout and leader to make sure they receive medications at the appropriate times.

FOOD SERVICES

One of the features at Camp Mitigwa is the central dining hall. Experienced cooks are employed to prepare all meals, which are served family style. Scouts should be clean and dressed appropriately for all meals (no swimming trunks). Complete Scout uniform is expected to be worn at the dinner meal

"BREAKFAST 7:30 A.M.

LUNCH "12:15 P.M.

DINNER "6:15 P.M.

Special Dietary Requirements

Scouts and leaders who have special dietary requirements are asked to notify the camp two weeks prior to the troop arriving in camp so arrangements can be made. A Special Dietary Needs Form must be filled out by the person needing a special diet. Please use this option for health and religious reasons only. Forms should be specific. (Example: if there is a milk allergy it should be stated whether there is a reaction to all products that contain milk or just when drinking milk.). A form can be found on pg.32).

special dietary request form

Name: _____ Pack/Troop # _____

Camp Type (circle): Cub Overnight
Webelos Camp
Boy Scout Camp

Dates of Camp: _____ - _____

Date Submitting Form: _____

Please Submit AT LEAST 2 Weeks BEFORE START of Camp

We are asking that all Troops and Packs that have Scouts or adult leaders who require special diets, whether for medical or religious reasons, to fill out this request form and submit it to the Clayman Scout Service Center two weeks before the person will be attending the camp program noted above.

Special request (be as specific as possible, i.e. low sodium diet, no pork, etc):

We strive to meet the needs of our campers. It is important that this form be turned in at least two weeks before the camper comes to camp so the Food Service staff can be prepared. We do realize some individuals require a diet that is very specialized. For those individuals, we ask that they bring their own food to camp. Their food can be stored in our kitchen. The camp cook will be happy to help in the preparation of the special food.

Please use this option only if medically necessary or required by religion.

Thank you

Camp Medical Information

Photocopy this page and give to the parent/guardian of each Scout attending Summer Camp.

HEALTH AND MEDICAL RECORD FORMS

Any Camper/Adult Leader arriving at camp without the required medical forms WILL BE SENT HOME!

The National Boy Scouts of America requires the implementation of a new medical form. The Mid-Iowa Council will accept the use of the existing medical forms *this year*, but will enforce the new medical form in 2010. We advise that if you will be required to renew your physical this year that you use the new form. The new Annual Health and Medical Record form is available on the council website, or from the Clayman Scout Service Center.

- ✦ A health history is still sufficient for typical activities lasting less than 72 hours (Parts A and C of the new form—similar to the old Class 1 form). For activities lasting longer than 72 hours, a medical evaluation by a health-care provider is now required annually (Part B).

There is no longer a difference in the exam interval based on age. The Annual Health and Medical Record is for everyone.

- ✦ All participants should fill out Parts A and C for any event. Part B (the physical examination) should be completed if you are participating in an event that exceeds 72 consecutive hours, such as jamborees, summer camps, and Wood Badge training courses. Part B also is required for
- ✦ participation in a resident camp setting or when the nature of the activity is strenuous and demanding such as service projects, work weekends, or high-adventure treks.

We encourage you to retain the original forms and provide a clean photocopy to camp. We will not store or save copies of the physicals after you leave camp. All copies left at camp will be destroyed.

Any Camper/Adult Leader arriving at camp without the required medical forms WILL BE SENT HOME!

MEDICATIONS

1. ***ONLY MEDICATIONS IN ORIGINAL CONTAINERS WILL BE ADMINISTERED.***

Do not send weekly “pill boxes” or mix medications in bottles. You must send medications to camp in the ***original containers*** in a zip-lock bag with the Scout’s name and troop number written in permanent marker. Additionally, written information such as dosages, administration instructions, reason for the medication, and adverse effects would be helpful.

2. Medication will be administered as instructed on the bottle unless directed otherwise by a Physician.

3. Please send only the amount of medication needed while at camp.

4. There is no need to send common over-the-counter medications (Tylenol, ibuprofen, cough syrup, Sudafed, Benadryl, etc.). Nearly all over-the-counter medications are available at Camp.

5. ***ALL*** medications (including over-the-counter medications) ***MUST*** be turned in to the Health Officer on arrival at camp. The medications will be secured in a locked box and returned to the Leader
Exceptions – Any medications which should be carried (i.e. inhalers, Epi-pens, nitro, etc.) should be on the person at all times.

6. It is the responsibility of each Scout to make sure they receive medications at the appropriate time. Verbal reminders will be given at mealtimes, but it is ultimately the Scout’s responsibility.

If you have any questions or concerns, please call the Clayman Council Service Center at (515) 266-2135.

Thank you, again, for helping us make your Scout’s camping experience the best that it can be.

''''''''''''''''''''**Family Night**

Thursday night is Family Night and the entire camp is open for family, friends, and guests to visit Scouts and Leaders **beginning at 5:00 p.m.** Dinner that evening will be in the campsite. Families should bring along a picnic dinner. We will not serve a meal in the dining hall. After dinner spend more time in camp enjoying troop or camp activities. Beginning around 8:45p.m. is the traditional Order of the Arrow Call out Ceremony. All are welcome to this wonderful evening of Scouting, family, and fellowship. Be sure to remind all parents and guests to plan Thursday night to be at camp!!

Trading Post (PLEASE SEND SMALL BILLS \$1's and \$5's)

It is suggested that the Scoutmaster or some other adult leader serve as "Banker" during the week and allow Scouts to check money in and out. The Trading Post provides a full selection of souvenir and comfort items for sale to Scouts and Scout Leaders during the week.

Souvenirs Insect Repellent Camp Mugs
Soap & Toothpaste T-shirts Scout Equipment
Belts & Buckles Food & Snack Items Comfort Items
Ice Cream/Candy Flashlights Soft Drinks
Merit Badge Books

AND MANY OTHER ITEMS AVAILABLE. . .

Additional items and approximate costs your Scouts need to be aware of:

Order of the Arrow - Ordeal Fee is \$75.00, includes dues, sash, lodge patch, Order of the Arrow Handbook and the Spirit of the Arrow Book. Troops are encouraged to pay all Ordeal Fees with one check.

Basket Kits - \$25 to complete the merit badge (2 baskets and 1 stool)

Arrow Kit and Bowstring Materials Kit - for Archery Arrow Kit & Supplies - \$17.00

Ice Cream Mix - (for electric machines) sold at cost determined by vendor.

Leather Craft - Materials to complete requirements \$17.00.

Indian Lore Merit Badge - \$17.00 for materials

Woodcarving Merit Badge - \$17.00 for materials

Shotgun Shooting Merit Badge - \$20 for supplies

Climbing Merit Badge - \$17.00 for participation

C.O.P.E. - \$17.00 for participation

Xtreme Team - \$17.00 for participation

MAIL

Scouts should be encouraged to send postcards and letters home and parents are urged to write to their sons while at camp. The mailing address for campers is:

Scouts Name _____ Troop _____
Camp Mitigwa, B.S.A.
1820 Magnolia Road
_____, Iowa 50276

Woodward

One of the questions from parents is where their son will be and how they can reach him and rightfully so! Please write to addresses listed above, but don't call unless it's an emergency. The one main phone in camp is for camp business and emergencies. Telephone: (515) 438-2351. It may take up to 4 hours to have a message delivered if you call if it's a non-emergency.

Mail can be picked up each day at the camp office

CELL PHONES

Cell phone reception is not ideal at camp. Please do not allow your Scouts to bring cell phones to camp. There is a good chance that the phone could be lost or damaged while at camp. We will not allow Scouts or other camp participants to carry cell phones in the program areas unless they have been assigned by camp for emergency communications. Any cellphones found in a Scouts possession will be held by the Scoutmaster until the end of summer camp and will be returned to their parent/guardian at pickup on Sunday.

VISITORS

Visitors are welcome in camp at any time. All visitors must check in at the Camp Office. Camp facilities are primarily for the use of campers and leaders. All persons in camp will be required to wear a visitor's pass obtained at the camp office.

Parents who bring their sons to camp Sunday may want to visit the program areas in camp. Parents may also visit on Thursday from **5:00 p.m.** to the conclusion of the Order of the Arrow ceremonies. No visitor is allowed in a campsite unless they are with a troop leader. **All visitors must check in at the office on family night.**

Visitor Meals Throughout The Week

Visitors may purchase meals in the Camp Office by paying \$4.00 for breakfast, \$5.00 for lunch, and \$6.00 for dinner. Please purchase meal tickets at the Camp Office. **Visitor meals will not be served in the dining hall on Thursday evening.**

CAMP GUIDELINES

The principles of the Scout Oath are the guiding principles of the Mid-Iowa Council camp program. The following rules have been established by the Outdoor Program/Camping Committee for the health, safety, and protection of all Scouts and leaders attending camp.

1. **All firearms are to be left at home.** Camp will provide rifles, shotguns and ammunition for the ranges at camp. The Council has archery equipment, so all Scouts must leave their bows and arrows at home. (Our liability insurance requires these policies).
2. **Alcoholic beverages and illegal drugs** are not permitted in any Scout camp. Possession or use of them on Camp property will be cause to ask the person to leave camp.
3. In accordance with a long standing rule of **no flames in tents**, self-contained stoves and lanterns may be used, but not in tents. **Liquid Fuel:** All liquid fuel must be stored in the Quartermaster Area. A safe, secure place will be provided for this purpose. No liquid fuel of any type may be stored in the campsites. Thank you for your cooperation in this matter.
4. **Fireworks are prohibited.** The seventh point of the Scout Law is "A Scout is Obedient".
5. **A NO SMOKING** policy is in effect and reads as follows: *"All buildings and facilities under control of the local council are to be designated as nonsmoking facilities. Smoking outside entrance/exit doors or near building windows is not permitted at any location. In addition, all Scouting functions, meetings, or activities should be conducted on a smoke-free basis. A smoking area will be designated in camp by the camp director.."*
6. **Cash and Valuables** - each troop is responsible for handling its own cash and belongings. **Suggest that many valuables be left at home.** It will help the Trading Post operation if you suggest that the Scouts only bring small denomination bills to camp.
7. **Damage:** All campsite and camp owned equipment used by a unit will be inspected by the unit leaders and the staff host when the unit checks in and when the unit checks out. Any damage, other than usual use wear, will be charged to the unit. This includes defacing equipment and buildings, destroying of trees or other vandalism.

8. **Discipline:** Discipline and conduct of all campers is the responsibility of the unit leaders in camp with the Troop. This responsibility cannot be transferred to the Camp Staff. The camp administration is ready and willing to help at any time in assisting unit leadership with problems which may arise. Unit Committees should make sure that their leadership understands their responsibility while they are in camp. Parents should also be made aware that the camp leadership has the authority of camp discipline.

9. **Check In & Check Out:** Check in time will be 1:00 p.m. on Sunday afternoon. Check out time will be after breakfast the following Saturday. All check in should be completed by 4:00 p.m. on Sunday so we may start early on the program. Included in this guide is a check in procedure form. Your staff host will explain this procedure to you when you arrive in camp. It is hoped that all units will arrive punctually.

10. **Entering/Leaving Camp:** Everyone who enters or leaves camp during the camp session must check with the Camp Office and sign the "IN AND OUT LOG". This information is needed in case of an emergency. Only when this procedure is followed do we know where to find you in case of an emergency.

11. **Insurance:** Mid-Iowa Council units are provided accident and sickness insurance. This coverage is generally an excessive provisions policy. Details of the coverage are available from the Council Service Center. Coverage is provided by Health Special Risks. All out-of-council units must show proof of accident and sickness insurance upon arrival at camp. Check with your local council for insurance coverage.

12. **Knives:** Sheath knives should be left at home. A Scout pocket knife or whittlers knife will fill all your needs at camp. Illegal knives will be collected and returned at the end of the week.

13. **Medical Forms & Evaluations:** Every Scout and leader going to camp must, upon arrival, present a complete medical record signed by a physician licensed to practice medicine. Each Scout or Leader is given a recheck upon entering camp, but full examinations are not available at camp. A Scout and an adult under age 40 may use the same physical form for three years from the date the doctor signed it. However, a new health history form signed by the parents must be current within one year. All adults and camp staff members over 40 must have a new physical each year. Adults who will be spending a night in camp are required to have at least a health history which must be filed with the Camp Office.

14. **Good Health and Safety practices** will be expected at all times. Safety regulations as established by the National Camp Standards will be observed at all areas. The Camp Health Officers will be available for all emergencies. All treatment for minor injuries will be administered at the Health Lodge. Sunday afternoon medical screen checks will be performed at check-in time at the Health Lodge during swim checks. Arrangements have been made with a nearby hospital to accommodate any cases needing hospitalization. The Camp Director, Unit Leader, and Camp Health Officer will make the decision concerning these cases.

15. **Vehicles:** All program and administration sites are within walking distance of each campsite. No access roads to campsites are available and all vehicles should be parked in the parking lot. All needed equipment will be delivered to the campsites. Troop trailers may be parked adjacent to the campsite. Encourage your Scouts to carry their personal gear to your campsite. Camp has no accommodations available in the campsite for campers and tent trailers. If brought to camp they will be parked in the main parking lot. All Scouts and Leaders will be expected to stay in their assigned campsite.

A FULL WEEK AT CAMP

Averting Homesickness

Preparing your son for camp goes beyond packing the recommended items on the camp equipment list. You also need to prepare your son, both mentally and emotionally, with enthusiastic words of encouragement and sharing how excited you are for him to go to camp and have fun with his friends.

Separation anxiety (or homesickness) while at camp is normal to some degree for both the boy and his parent(s) back home. Preparing him for camp by showing your enthusiastic support for his upcoming experience will go a long way in helping him through potential rough spots. Have fun with your son during his preparation for camp. This period can help set the tone for a successful week of camp.

Statements like "I will worry about you," "I will miss you," or "call us if things don't go just right and we'll pick you up" may cause your son to think he has something to worry about, he is to blame for *your* anxiety of missing *him*, or he may call just to see if you really will pick him up.

You may want to tell him about how you fondly remember camp when you were a youth, how camp was a growing experience for you and that you are sure it will be for him. Also, you will want to write him a letter reinforcing these positive expressions. Mail a letter just before he goes to camp, so he will get it early in the week.

Getting a Letter from Home

Receiving a letter from home while at camp is a "big deal", and it can be an important addition to your son's camping experience. Your message will be amplified because of the separation and his desire to receive news from home.

Because he will be in camp for such a short time, we recommend you mail your letter on the Friday before he goes to camp to ensure he will receive the letter on Monday or Tuesday.

What do you say? Tell him how proud you, and other family members, are of him for going to camp and how much fun you are sure he is having. Encourage him to achieve all that he can and you may remind him of the great memories you have of your camp experience. Avoid telling him of any anxiety you or other family members (including pets) may have about his being away, or telling him to call home should he want to return home.

The camp address: Name of Scout
 Troop Number
 Camp Mitigwa
 1820 Magnolia Drive
 Woodward, IA 50276

Getting a Letter from Camp

First, encourage your son to write to you as you hand him several self-addressed, stamped post cards. Do not send envelopes! Due to the high humidity, envelopes have the tendency to "self-seal". Also, have a conversation of what to write about, including things that might interest you. i.e.: Who's his tent partner, what he's working on, what's the most fun so far.

Provided for note taking!

Xtreme Team Gear list

Scouts **must have** to participate

- Backpack
- Sleeping Bag – In a stuff sack – sack will have other uses
- Sleeping Pad
- 1 person ground cloth
- Hiking Boots
- Water Bottle(s)
- Cup
- Bowl
- Spoon
- Pocket Knife
- Compass
- Personal First Aid Kit – see Boy Scout Handbook, Fieldbook or troop Resources
- Two Sources for Fire building
- Extra Change of Clothes
 - Long Pants – required
 - Socks
 - Underwear
 - T-Shirt
- Rain Jacket or Poncho
- Tarp
- Non-Aerosol Bug Spray



HOW TO GET TO CAMP MITIGWA

