

Scatacook District 2017 Klondike Derby Leader's Guide

Be Prepared for
A Winter Zombie Apocalypse



January 27 - 28, 2017
John Sherman Hoyt Scout Reservation
Redding, CT

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Welcome

The Scatacook District and the Ridgefield Scout Troops are excited to host the 2017 Klondike Derby. This year will focus on Emergency Preparedness and will feature stations to fulfill requirements for the Emergency Preparedness Merit Badge for participating Scouts, as well as opportunities for Webelos to learn skills towards advancement. We have prepared fun stations for all scouts to use teamwork, problem solving, and their scouting skills, knowledge and spirit to overcome the first ever Klondike Derby Zombie Apocalypse!

Please carefully read through this guide to be sure that we have covered all of the details for this year's event. If there any questions, please contact one of the Host Troop Leaders or our District Representative listed below. We also ask that you review the Derby and campout details with your scouts and adult leaders *before the event*.

Finally, please be sure to complete your on-line 2017 Klondike Registration no later than Friday, January 13th. Registration information can be found on the Scatacook District webpage <https://www.ctyankee.org/districts/scatacook/home>. *Please do not delay!* We need as accurate a count as possible of units and patrols so that we can prepare in advance for your arrival. Please be sure to fill out the registration form completely as it has some important information we need for the final planning.

Thank you,

Klondike Derby Committee

<u>TROOP</u>	<u>CONTACT</u>	<u>E-MAIL</u>	<u>TEL.#</u>
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2017 Klondike Derby Details and Logistics

Who:	All Boy Scouts, Venturers and 2nd year Webelos
What:	2017 Scatacook District Klondike Derby
When:	Friday, January 27 - Saturday, January 28, 2017
Where:	John Sherman Hoyt Scout Reservation, Redding, CT
Bring:	Klondike Sled and all required gear, forms and donations as outlined in this guide
Registration:	On-line via the following link: http://www.ctyankee.org/webpay/event/new/?form=000406
Deadline:	Friday, January 13th, 2017
Fees:	\$20 Scouts / \$15 Webelos
Hosted By:	Ridgefield Troops 49, 76, 116 and 431

Check-In:

All Crews, Patrols and Dens should check-in Friday evening between 5:00-8:00 PM or on Saturday morning between 7:00-8:00 AM. Two complete youth and adult rosters must be turned-in at check in. Only the Crew Leader, Patrol Leader or Den Leader will check-in at Headquarters (Jackson Pavilion). At check-in, each leader will be given a set of instructions, an assigned starting station and a map of the course and events. All events must be completed in the assigned order, which will be listed in the instructions.

Check-Out:

All units may check-out when they have completed their stations, cleaned their campsite and passed campsite inspection. All units should be ready to check-out no later than 4:00 pm. Checkout will be at Jackson Pavilion.

Parking:

Parking at Hoyt is very limited. Carpooling is essential. **No parking is permitted on the roads outside of Hoyt.** No vehicles will be allowed to drive beyond the lower field parking lot. Units arriving on Friday are strongly encourage to park in the upper parking lot. Volunteers will be directing traffic on Saturday. Please give them your *full cooperation*.

Campsites:

All units camping on Friday night must check-in at the Jackson Pavilion with a Klondike staff member. Each unit will be assigned a campsite upon check-in. Consistent with safe scouting guidelines, Webelos will not be permitted to camp. There is NO camping on Saturday night.

Dress:

Winter weather will be a challenge and concern for Scouts during the Klondike. As seen from past Klondikes, temperatures can range from -10 to +55 degrees, with wind chills as low as minus 35 degrees. The weather can include snow, rain, sleet, or sunshine, sometimes all in the same day. **All Scouts must be appropriately dressed for the weather, or they will not be allowed to participate.** That means long underwear, hats and gloves (2 pairs), wool or synthetic socks, boots (NOT sneakers), and layers of outerwear. **COTTON is not safe and should not be worn.** Rain gear (rain coat, poncho, etc.) must be carried or be available for each Scout on the sled or in daypacks.

Planning for Winter Camping:

Most of this information can be found in the Boy Scout Handbook. If you are going to be doing a lot of outdoor activities, this book is an invaluable source of know-how and advice.

"One has to lie deep in the snow to learn how warm and protective it is. A den in the snow confines the body heat like a blanket or overcoat. It is a snug place, no matter how hard the wind may howl. One who holes up in the snow understands better the mysteries of the woods in the winter. He knows why the severe weather grouse squirm their way under soft snow and be quiet. He understands why deer bury themselves in drifts, lying a half day or more with just their heads sticking out. He learns something of the comfort of the bear in hibernation." - William O. Douglas, 1950

Water:

Fresh drinking water is not available for those camping on Friday. Each camping unit should bring enough water for their drinking needs and all cooking and cleaning at their campsite. Water will be available at the two warming stations during the event on Saturday, but participants should be prepared with enough water for the day.

Meals:

Units are responsible for their own meals. Please ensure that every Scout in your unit has a pre-cooked foil meal for Saturday lunch, and plans for a balanced meal as outlined in the Boy Scout Handbook. Charcoal fires will be provided for lunch and will be available at each station. Charcoal fires should be started by each station supervisor by 11:20 AM in preparation for lunchtime cooking. Remember that there will be a large number of Scouts/Scouters looking to prepare their lunch, so the foil meals should be pre-cooked and compact in size.

Bathrooms:

Latrines and Porta-potties will be located on site.

First Aid:

The First Aid Station will be at the heated Jackson Pavilion station and the upper warming station. **All injuries must be reported to Headquarters at the Jackson Pavilion.**

Garbage/ Leave No Trace:

All trash must be packed out, including trash generated while participating in the Derby. Each sled must bring at least one heavy-duty garbage bag to collect trash, and use it accordingly. Please use only above-ground fire containers or existing site fire rings.

Quiet Time:

10:00 PM

Cracker Barrel:

At the Jackson Pavilion on Friday night at 9:00 PM for adult leaders and Senior Patrol leaders. Please feel free to bring an entrée or snacks.

Sled Inspections:

Troop leaders will be required to check each sled and patrol participating in the Klondike before embarking to their first station. Troop leaders will be provided a checklist to review with the scouts and inspect the sleds for safety & required materials. Once the Troop Leader's have handed in their inspection checklists, their patrols will be able to proceed.

Hypothermia Training:

Troop Leaders will be required to present instructions to their group on preventing hypothermia. The leader will also assign an "Observer" within his group to keep track of everyone's health, and make sure each scout is prepared for the weather, and is able to continue participating throughout the Klondike. Information on hypothermia has been included in this packet as a reference for your convenience.

Volunteers:

The Klondike Derby is a traditional camporee format. Each Troop, Pack or Crew is requested to provide two adults to assist with the event. Names and phone numbers should be listed on the registration form. Volunteers should report to Headquarters by 7:30am on Saturday, and should be available to serve until 4:00 pm. Volunteers should dress appropriately, as they will be outdoors all day. All volunteers are very much appreciated!

Recognition:

All registered scouts will receive a 2017 Klondike Derby Patch and Participation Award at completion of campsite inspection.

Communication:

Most Klondike station staff will have a radio capable of reaching the Headquarters / First Aid pavilion. These will also be used to announce the lunch break. Station supervisors are responsible for their radio – *it must only be used when necessary and must be for Klondike business only.*

Scatacook District's Contribution to BSA'S Good Turn For America:

Each sled is asked to bring a **Lunchbox Snack (no nuts please)** or **Personal Care Item** for donation to the **Ridgefield Food Pantry**. Please bring your donation to the Check-in Station on Saturday morning at the beginning of the event.

Lunchbox Snack Suggestions:

- Snack size packs of goldfish, pretzels or chips
- Squeezable Applesauce
- Cereal Bars (no nuts)

Personal Care Item Suggestions:

- Toothbrushes / Toothpaste
- Deodorant
- Bars of Soap
- Shampoos / Conditioners

Cancellation:

In the event of severe weather on Friday or Saturday, requiring postponement or cancellation of the Klondike Derby, Unit Leaders will be contacted by phone or e-mail. Should the event be cancelled, Hoyt Scout Reservation will be closed for camping as well. Additional information will be available on the Scatacook District website. If necessary, a Go/No-Go notice will be posted to the web site by 12:00 PM on Friday at <http://www.ctyankee.org/districts/scatacook/news>.

Tour Permit:

A Tour Permit is not required for Klondike Derby for Connecticut Yankee Council Units. A Unit Insurance Certificate is also not required.

Conduct:

The Scout Oath and Law are the Code of Conduct. No drugs or alcohol permitted at a BSA event. No exceptions.

2017 Klondike Derby Program Schedule

Friday, January 27th

5:00 PM	Campground open for Units that are camping
5:00 - 8:00 PM	Registration at the Jackson Pavilion.
8:15 – 9:30 PM	Klondike Welcome Campfire
9:00 – 9:30 PM	Staff Meeting & Leader Cracker Barrel at Jackson Pavilion (For Scoutmasters, SPLs, Crew Advisers ,Crew Presidents, Station Supervisors & Klondike Staff)
10:00 PM	Taps / Lights out

Saturday, January 28th

6:30 AM	Reveille
7:00 - 8:00 AM	Registration at Jackson Pavilion Sled Inspections done by Leaders and SPLs Any issues should be reported to Headquarters
7:30 AM	Staff Report to Headquarters Tent
8:00 AM	Opening Flag Ceremony
8:30 AM - 10:30AM	Start of Klondike - All will start at Station 1 for Emergency Service Projects
10:40 AM	All units begin station that was assigned to them at check-in
11:50 AM	Lunch – Units to cook foil meals on the trail at the station they are at using charcoal fires
2:45 PM	All stations now closed – No new starts at stations Check-out at Jackson Pavilion. Badge and Participation awards to be given out. All campsites must be cleaned and inspected
3:30 PM	Klondike Derby is over.

Please leave your camp and campsite in BETTER condition than you found it. Pack out ALL trash.

Klondike Zombie Apocalypse Survival Stations - Be Prepared, Be Very Prepared

Each Station has been created and designed to encourage participating patrols and scouts to have fun while using their best individual and teamwork skills to complete the task. The following provides the Station number, a description of the activity or task that must be performed, the requirement it fulfills for the Emergency Preparedness Merit Badge as well as the individual storyline behind these creative events.

Please note that not all Emergency Preparedness Merit Badge requirements will be met at Klondike, nor will blue cards be issued. Instead, punch cards that show which requirements were completed at Klondike will be given to each scout. The following EP Merit Badge requirements will not be met at Klondike: 1, 2B, 2C, 6, 7B, 8B, 9.

Introduction - Storyline:

The unthinkable has happened, a special breed of zombies with extreme tolerance to cold weather has invaded our area and taken up residence at Hoyt Reservation with plans to invade the entire Northeast this winter. Unfortunately for them, they are unaware of the Boy Scout motto "Be Prepared". With the training that you will receive today in Emergency Preparedness, along with your Scouting skills, knowledge and ability to work as a team, you and your team should easily defeat the zombies, and even have time for a cup of hot chocolate to celebrate!

Station 1 (Troop 49): Emergency Search and Rescue - EP Merit Badge Requirement 7A

Members of the team working on the cure for the viral outbreak of zombification or better known as the Zombie Apocalypse have been reported overdue from their flight from CDC headquarters in Atlanta to Danbury Hospital. No in-flight report of trouble has been reported. The Air Force rescue coordination center in Langley, West Virginia has picked up an emergency locator beacon and has dispatched air assets to locate the presumed downed aircraft. All participants attend this station at the same time. We will have two sets of search teams. Team ALPHA will consist of search teams guided by our canine units. Team OMEGA will consist of search teams guided by Emergency Locator Teams from the Auxiliary of the US Air Force. Scouts/Webelos will get the opportunity to do both search methods.

Prerequisite: To better understand the system we will be using to manage the Search and Rescue operation above, the following introductory classes (links below) are available off of the FEMA website. You must follow the directions and register with your parent's permission. Both IS-100 and is IS-700 are introductory classes. After completing the courses print out the certificate and show it to your merit badge counselor.

- <https://training.fema.gov/is/courseoverview.aspx?code=IS-100.b>
- <https://training.fema.gov/is/courseoverview.aspx?code=IS-700.a>

The following stations will be performed by Scouts only and will be a shotgun start based on the assigned starting station for each team:

Station 2 (Troop 49): Communicate with Aircraft - EP Merit Badge Requirement #4

Station 3 (Troop 49) Preparedness - EP Merit Badge #2A

Station 4 (Troop 76) Save a Person - EP Merit Badge #3

Zombies have knocked out the power at the Zombie Apocalypse Prevention Center building. One of your patrol members has been struck by a downed wire. Use something in your sled to show how you would rescue your patrol member from the electric wire.

Since the power went out at the Prevention Center building, the stove was left on and has overwhelmed one of your patrol members and they are passed out in the kitchen. What can you do?

While rescuing your patrol member, you are chased into a campsite with an active campfire. One of your patrol members falls into the active fire and catches fire. Show what you would do to save your patrol member.

In trying to help your patrol member (who's on fire), they (pretend) to jump in the water. Now they are in ice cold water. Zombies are in a boat trying to get to your patrol member. Show what you would do to rescue your patrol member.

Station 5 (Troop 76) Transport an Injured Person - EP Merit Badge #5

You are stationed in a remote part of a Zombie Alert Outpost. Your patrol member has been attacked by Zombies and has been left completely unable to walk. How do you get them out of the remote area and conserve energy and ensuring the well-being of the injured patrol member?

Station 6 (Troop 116): Emergency Services Requirements - EP Merit Badge Requirement # 8A

Zombies have invaded town. Citizens are panicking. They need water, food and shelter from the invaders. Have your group tell the Scout Leader how to handle the impending attack. Scouts will tell a Scout Leader the things they should be prepared to do, the training they need, and the safety precautions they should follow for the following emergency services: Crowd and traffic control; Messenger service and communication; Collection and distribution services; and Group feeding, shelter and sanitation.

Station 7 (Troop 116): Fire Building Skill Challenge

Zombies are close on your heels. We all know fire is toxic to zombies. Build a fire to save your crew. Scouts use native tinder (they must supply their own) and up to 3 matches to build a sustainable fire, though 1 match is preferred. They should be able to roast at least 2 marshmallows over the fire for it to be considered sustainable. (Earn 2 points to build the fire structure, 2 points for flame, 1 point for each unused match and 2 points for burning through the zombie hair)

The following stations will be performed by Webelos only and will be a shotgun start based on the assigned starting station for each team:

Station 2 (Troop 431): Camper Skills; Knots**Station 3 (Troop 431) Camper Skills; Tent Set-up Competition****Station 4 (Troop ?) Geocaching****Station 5 (Troop ?) Sportsman****Station 6 (Troop 116): Emergency Services Requirements - EP Merit Badge Requirement # 8A**

Zombies have invaded town. Citizens are panicking. They need water, food and shelter from the invaders. Have your group tell the Scout Leader how to handle the impending attack. Scouts will tell a Scout Leader the things they should be prepared to do, the training they need, and the safety precautions they should follow for the following

emergency services: Crowd and traffic control; Messenger service and communication; Collection and distribution services; and Group feeding, shelter and sanitation.

Station 7 (Troop 116): Fire Building Skill Challenge

Zombies are close on your heels. We all know fire is toxic to zombies. Build a fire to save your crew. Scouts use native tinder (they must supply their own) and up to 3 matches to build a sustainable fire, though 1 match is preferred. The goal will be to burn through the zombie hair placed above the fire pit.

2017 Klondike Derby Sled Equipment List

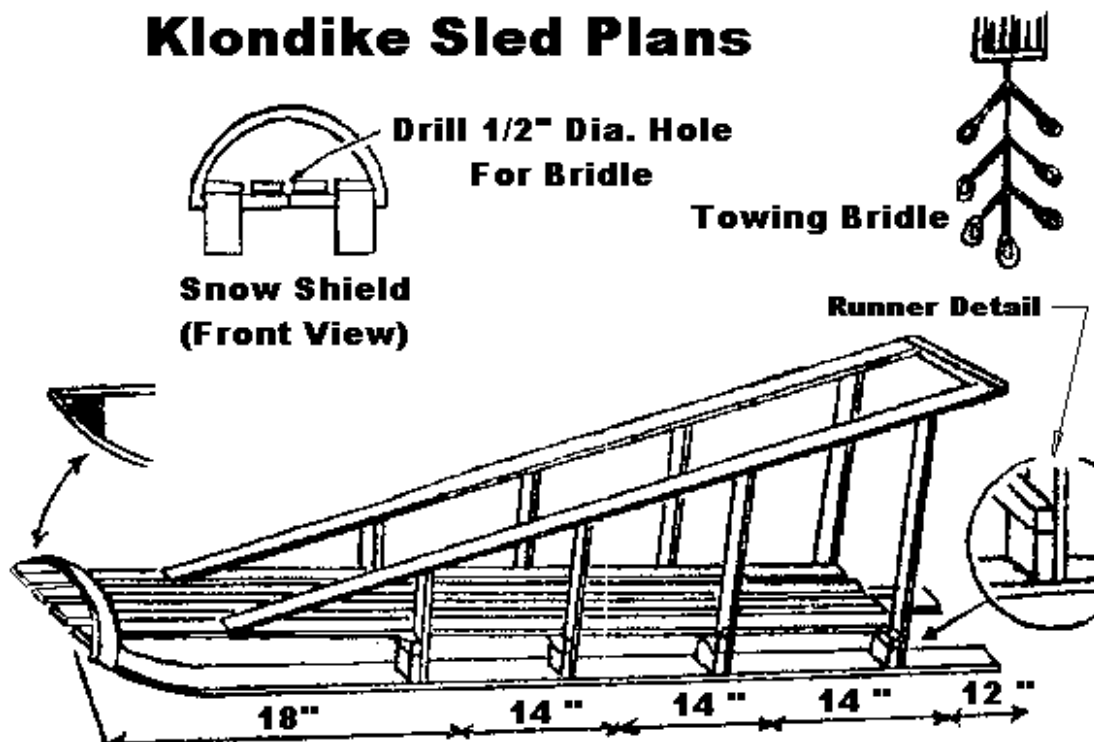
You may add your personal gear or any other items that you want to carry on your Patrol's sled; however, the following items are mandatory and must be on your sled (or person) during the initial Sled Inspection at the start, throughout, and at the finish of the Klondike Derby:

- **EACH SCOUT SHOULD BRING A CUP/MUG AND A PACKET OF HOT COCOA**
- Sled w/tow-ropes and Troop/Pack number
- Patrol Flag
- Clipboard with patrol roster, pencil and paper
- Permission slip for each Scout
- Boy Scout / Webelos Handbook
- Basic first aid kit. (Venture Crews/SPL scouts need complete kit.)
- Rain Gear (raincoat, poncho, etc.)
- Proper footwear, clothing and outerwear
- Water- 1 quart for each scout in Patrol
- Lunch- individual foil meal for each scout (*meat ingredients should be pre-cooked*)
- Donation for Ridgefield Food Pantry
- 2 Compasses
- 2 Watches
- 10 lengths of rope, each 5-6' long, depending on Cubs, Scouts, and Venture.
- 2 Poles between 6-8 feet
- Fire starting materials (matches, lighters, lint, shavings, tinder, fatwood, etc.)
- One Fireman's chit
- Pocket Knife with Totin' chit
- Gallon zip-lock bag
- 2 Garbage bag for trash and discarded items during the competition
- 2 6 x 8 tarps or larger
- Device(s) to rescue people from water, electric and carbon dioxide.
- Ground pad (optional for day visit/imperative for overnight camping)

Clondike Derby Sled Plans Example

Approximate Dimensions: HEIGHT = 40 inches, LENGTH = 6 feet, WIDTH = 18 inches. Paint your sled bright colors -- varnish the bottom of the runners -- then wax before use! You can add a canvas snow curtain to keep equipment dry. Lace the sides with nylon rope to keep equipment from falling off the sled. Use screws instead of nails and pre-drill pilot holes to prevent splitting. Use glue in addition to screws. An old set of downhill skis or pvc pipe works well as runners. Make your sled strong, but light! Mount a pole on your sled to fly your patrol flag! Use hardwoods such as maple, oak or ash to make your sled. Pine is too soft!

Be Creative!!



Bill of Materials

- 2 pcs. 4" x 1/2" x 6'6" - for Runners (use skis!!)
- 6 pcs. 1" x 1" x 18" - Cross Supports
- 8 pcs. 1" x 2" x 6" - Upright Supports
- 4 pcs. 1/2" x 4" x 5' - Floor Cover
- 2 pcs. 1" x 2" x 12" - Front Upright
- 2 pcs. 1" x 2" x 26" - 2nd Upright
- 2 pcs. 1" x 2" x 38" - 3rd Upright
- 2 pcs. 1" x 2" x 40" - Rear Upright
- 2 pcs. 1/2" x 2" x 6' - Hand Rail - sand smooth!
- 1 pc. 1/2" x 2" x 30" - Front Curved Snow/Ankle Guard
- 1 pc. 2" x 2" x 18" - Tow Bar
- Rope for Towing Bridle - 1/2" Dia. minimum
- Wood Screws
- Wood Glue
- Paint & Varn

Scatacook District



2017 Klondike Derby Patrol Roster

Patrol Name: _____ Troop/Crew: _____

Name	Age	Rank	Leadership
			Patrol Leader
			Asst. Patrol Leader

All Information above is correct

Signature of Patrol Leader

Date

Signature of Senior Patrol Leader

Date

Signature of Unit Leader

Date

**2017 Scatacook District
Klondike Derby Registration
January 27 - 28, 2017
John Sherman Hoyt Scout Reservation**

Type of Unit/Unit #: Boy Scout Troop _____ Venture Crew _____ Webelos Cub Scout _____
Town: _____
Unit Leader's Name: _____
Leaders e-mail: _____
Phone (Home): _____ Cell: _____

- Is your unit camping on Friday Night? * Yes _____ No _____
- Is your unit bringing a trailer? Yes _____ No _____
- Will your Senior Scouts be running the Klondike Course? Yes _____ No _____

*In compliance with Safe Scouting Guidelines, Webelos Scouts are NOT permitted to camp overnight.

Patrol Name		Number of Scouts	
Patrol Name		Number of Scouts	
Patrol Name		Number of Scouts	
Patrol Name		Number of Scouts	
Patrol Name		Number of Scouts	

RECOMMENDED MINIMUM NUMBER OF ADULTS PER UNIT IS 4

Each unit Must supply at least TWO Adults to serve as staff the day of Klondike (7:30AM – 4:00PM)

Adult # 1 _____ Phone # _____

Adult # 2 _____ Phone # _____

Approx. # tents _____ How many Patrols? _____

Total # of Scouts: _____ Plus Total # of Adults: _____ Total Attendees: _____

Amount Due: _____

Fee: \$20 Scouts / \$15 Webelos

Deadline: Friday, January 13, 2017

Register on line at: <http://www.ctyankee.org/webpay/event/new/?form=000406>

Fax to : (203) 876-6884

Mail completed Form & Check Payable to:

**Connecticut Yankee Council
ATTN: Scatacook Klondike Derby
60 Wellington Road, P.O. Box 32
Milford, CT 06460-0032**

REMEMBER, THIS IS BOY SCOUTS - MAKE YOURSELF A COPY BEFORE MAILING

Klondike Safety: Cold Weather Camping Reminders

1. Always bring a bit more than what you'll need - food, water, clothes.
2. Bring extra WATER. It's easy to get dehydrated in the winter.
3. Remember C O L D. Clean - dirty clothes lose their loft causing you to get cold. Overheat - never get sweaty, since that moisture can cause problems later. Layers - dress in synthetic layers for easy temperature control. Dry - wet clothes lose insulation.
4. If Camping in the snow, wear snow pants over your regular clothes.
5. Bring extra pair of gloves in case the first pair gets wet (i.e. snow).
6. Bring 2 pairs of socks per day.
7. Always keep your hands and feet warm & dry.
8. Dress right while sleeping. Change into clean, dry clothes before going to bed. Wear a wool cap and gloves while sleeping. 40% of heat is lost from your head.
9. Put the next day's clothes into the bottom of your sleeping bag to keep them warm for the next morning.
10. Consider using long-lasting hand warmer pads down by your feet while sleeping.
11. Place hand warmers in boots to dry out the inside of the footwear over night.
12. Eat high-energy snack before bedtime to warm your core temperature.
13. Ensure that you have a sleeping bag rated for the right temperature. Consider doubling sleeping bags for extremely low temperatures.
14. Sleeping bag liners or blankets can also assist on a cold night.
15. Never sleep directly on the ground. Use a closed cell foam pad to insulate you from the freezing ground.
16. Go to bathroom before going to bed, so that you do not need to get up in middle of the night.

Klondike Safety: Laws of Layering

First rule of fabrics

A layering system is key. But effective layering isn't just a matter of piling one item of clothing over another. What you put on where is important, too.

The new fabrics—as well as new and improved old favorites—give you dozens of choices. Take time to experiment: Everyone's body retains heat and produces sweat a little differently. It may take some fine-tuning to come up with the perfect system.

Under layers

Your base layer is the starting point for moisture and temperature management.

These garments come in several different weights, ranging from lightweight to expedition-weight. Don't overdo it: Even if you plan to hike in subfreezing temperatures, expedition-weight under layers will make you overheat, unless you're headed for places with names like Denali or Everest.

Polypropylene is a common base layer fabric because it wicks sweat away from your body and helps keep you warm. It's inexpensive, but has two major drawbacks: It retains body odor in a big way, and it can't be washed in hot water or put in a clothes dryer because it will melt.

Polartec, a versatile fabric used in everything from base layers to insulation and weather protection, is a big step up: It doesn't retain as many odors, and it often has a brushed, comfortable inner surface. Many manufacturers also offer proprietary blends. All have good moisture transfer properties and don't retain odors.

For those who love wool, *SmartWool* is both a base layer and a shirt for aerobic activities. Unlike synthetics, *SmartWool* fibers capture perspiration in the vapor state, which minimizes odors. The wool itself is soft New Zealand merino wool that is virtually itch-less. And it can be safely put in clothes dryers (unlike older wool clothing).

Another entry into the base layer field is the concept of a base layer that sandwiches three layers into one: a durable outer layer, a wind blocking mid-layer, and an inner wicking layer.

Insulating layers

When it comes to insulation, most hikers have at least one synthetic pile or fleece article of clothing.

Fleece pullovers, vests, zip-up jackets, and pants are available in a variety of weights, measured usually between 100 and 300. The higher the number, the heavier—and warmer—the jacket.

The lightest is 100-weight, useful in pullovers and middle layers as vests, or as an outer layer in warm temperatures. A good all-around choice is 200-weight fleece, because it can be used as either a heavier pullover or a jacket. A 300-weight fleece jacket is so warm that you would use it more often in camp or during rest breaks than while working up a sweat on the trail.

Microfleece jackets have a tighter weave and block wind better, and pile has a rougher texture and tends to be warmer and bulkier.

Some manufacturers have added other features to their fabrics, like stretchy, form-fitting microfiber or water-repellent treatments. For example, a new 300-weight fleece that features a durable, water-repellent finish, making it useful as an outer layer in light rain conditions. Two-way pit zippers allow excess heat to escape.

And don't forget about your legs: While most hikers don't hike in fleece during the day, fleece pants can be cozy on cold evenings. You'll also use fleece for hats, mittens—and even socks for camp wear.

Insulating fills

Another way to stay warm is with a jacket filled with down or some other insulating fill. Following the layering principle, you don't want one of those heavy-duty jackets that could practically double as a sleeping bag. Instead, have a lightweight jacket that can be part of a layering system.

While down is highly compressible and extremely warm, it does not insulate when wet. Down works better in snow, that can be brushed off. If you're unsure of whether to expect rain or snow, you might opt for synthetic fill instead.

Reprint from Scouting Magazine: November-December 2005

Klondike Safety: Hypothermia Training

One of the greatest dangers that Scouts and Scouters will face is hypothermia due to the combination of low temperatures, high exertion, and moderate food and liquid intake.

Before each Crew, Patrol or Den sets out on their adventure into 'emergency situations' – we want to avoid any *actual* situations by presenting a briefing on the dangers and signs of Hypothermia during Sled Inspection. An example outline of this 3-4 minute briefing is included below. See also the Scout Handbook and Woods Wisdom.

The Crew Leader, Boy Scout Patrol Leader or Webelos Den Leader will present this training session at the beginning of the Derby, after Registration and Sled Inspection. The Staff will cover any points missed by the presenter, and will conduct the entire training session for any Crew, Patrol or Den Leaders not prepared to present it. At the completion of the hypothermia training, the Crew, Patrol or Den Leader will assign one Scout as hypothermia observer – to keep an extra eye on fellow Scouts and the leader.

No Unit will be permitted to compete in the Klondike Derby without this mandatory training, conducted by and for each Patrol and Den after Registration and Sled Inspection.

Additionally, Scouts (and Scouters) must be appropriately dressed for the weather, or they will not be allowed to participate. That means long underwear, hats and gloves, wool or synthetic socks, boots (NOT sneakers), and layers of outerwear. COTTON IS NOT SAFE and should not be worn. Rain gear should be available for each Scout on the sled (in daypacks).

Klondike Safety: Hypothermia and Frostbite Review

- **What is hypothermia?**

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to do anything about it.

Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

Victims of hypothermia are often (1) elderly people with inadequate food, clothing, or heating; (2) babies sleeping in cold bedrooms; (3) people who remain outdoors for long periods—the homeless, hikers, hunters, etc.; and (4) people who drink alcohol or use illicit drugs.

- **Warnings signs of hypothermia:**

- shivering, exhaustion
- confusion, fumbling hands
- memory loss, slurred speech
- drowsiness

- **What to do:**

If you notice any of these signs, take the person's temperature. If it is below 95°, the situation is an emergency—get medical attention immediately. If medical care is not available, begin warming the person, as follows:

- Get the victim into a warm room or shelter.
- If the victim has on any wet clothing, remove it.
- Warm the center of the body first—chest, neck, head, and groin—using an electric blanket, if available. Or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- Warm beverages can help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.
- After body temperature has increased, keep the person dry and wrapped in a warm blanket, including the head and neck.
- Get medical attention as soon as possible.

A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing. In this case, handle the victim gently, and get emergency assistance immediately. Even if the victim appears dead, CPR should be provided. CPR should continue while the victim is being warmed, until the victim responds or medical aid becomes available. In some cases, hypothermia victims who appear to be dead can be successfully resuscitated.

<http://www.cdc.gov/disasters/winter/staysafe/hypothermia.html>

- **What is frostbite?**

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

- **Recognizing Frostbite:**

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin—frostbite may be beginning. Any of the following signs may indicate frostbite:

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- numbness

A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

- **What to do:**

If you detect symptoms of frostbite, seek medical care. Because frostbite and hypothermia both result from exposure, first determine whether the victim also shows signs of hypothermia, as described previously. Hypothermia is a more serious medical condition and requires emergency medical assistance.

If (1) there is frostbite but no sign of hypothermia and (2) immediate medical care is not available, proceed as follows:

- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.
- Immerse the affected area in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).
- Or, warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers.
- Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.
- Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

These procedures are not substitutes for proper medical care. Hypothermia is a medical emergency and frostbite should be evaluated by a health care provider. It is a good idea to take a first aid and emergency resuscitation (CPR) course to prepare for cold-weather health problems. Knowing what to do is an important part of protecting your health and the health of others.

Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. By preparing your home and car in advance for winter emergencies, and by observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related health problems.

<http://www.cdc.gov/disasters/winter/staysafe/frostbite.html>

All Webelos Scouts: Be Prepared to battle the Zombies that have taken over Hoyt Scout Camp. Come prepared to use your knowledge and skills that you have learned on your path to

the Arrow of Light and journey toward Boy Scouts. Completing the Webelos Stations will satisfy the following requirements - to be approved and signed off by your leader.

Arrow of Light Adventure – Camper 2: **Set up your tent without help from an adult.**

Arrow of Light Adventure – Camper 5: Show how to tie a bowline. Explain when this knot should be used and why. Teach it to another Scout who is not a Webelos Scout.

Arrow of Light Adventure - Camper 6: **Go on a geocaching adventure with your den or family. Show how you used a GPS unit or a smartphone with a GPS application to locate a geocache.**

Arrow of Light Adventure – Scouting Adventure 5a: Show how to tie a square knot, two half hitches, and a taut-line hitch. Explain how each knot is used.

Webelos/Arrow of Light Elective Adventure - Sportsman 3: While a Webelos Scout, play two team sports.

Webelos Station 1: Hurry, we must get the bucket of toxic Zombie waste out of our area into a safe space before time runs out. You will have a maximum of 10 minutes to complete your mission. Using your own two staves and rope, you must tie the following knots: bowline, square knot, two half hitches and a taut-line hitch. Other knots may be used, but do not substitute for the required knots. Using these knots and supplies and the provided hook, your patrol must use at least 3 lengths of rope connected to the hook to lift a bucket of waste and transport without spillage to a safe space without getting closer than 10 feet to the bucket. 1 length of rope should go from the hook to a staff/pole and connect using two half hitches. The second length of rope should connect the hook to the second staff/pole using a taut line hitch. Both staves can be help by 2 scouts each. The other ropes can just be held on by individual scouts to help steer the hook and should be connected to the hook via bowline. A square knot can be used to connect to ropes together. After the hook and all ropes are fastened correctly the Patrol Leader should direct the patrol to spread out and lift the hook, maneuver the to the bucket. Lift the bucket and then carry the toxic waste to the designated safe zone without spillage.

Webelos Station 2: You need shelter from the invading Zombies, How fast can you erect a standard A-frame tent without help from an adult? Time is ticking, the Zombies can't attack if they can't see you. Get inside the completed tent as soon as you can.

Webelos Station 3: An antidote for the Zombie virus was on its way to Danbury Hospital when it was lost in the plane crash earlier today. Your patrol needs to seek out this Geo-Cache utilizing a handheld GPS, Smartphone, or other Personal Electronic Device. Coordinates will be given to you at the station. Good luck, we are all counting on you!

Webelos Station 4: Ever play field games with/against Zombies? Well now you can. Pick up team sports will be played in the open field behind the pavilions. Come run around and get warm!