

Troop 1518 Summer Camp 2009 Parent Information July 5 – 11, 2009

Where: Goshen is the National Capital Area Council's long-term resident summer camp located on 4,000+ acres in the mountains of southwestern Virginia.

What: Camp Olmsted is a Boy Scout resident camp located around 450-acre Lake Merriweather. Thomas Jefferson once called this area the "Garden of Eden of the United States." Food is served at Olmsted's dining hall. Youth sleep in two-man tents with cots. Camp is accredited annually by the BSA and must meet the State of Virginia standards. Camp Olmsted offers a wide variety of merit badge programs. The Technology Center has up-to-date equipment in a climate controlled environment!

Itinerary

Sunday, July 5, 2009

- Between 9:00 a.m. & 9:30 a.m. meet at Fairfax County Government Center parking lot to assemble gear and finalize turn-in of medications.
- If your son will be bringing medications to camp, please deliver them in their original, labeled pharmacy container, sealed inside a Ziploc bag labeled with his name to a leader on the morning of departure.
- 10:30 a.m. depart Fairfax County Government Center for Goshen (approx. 3-1/2 hours drive).
- Bring a sack lunch to eat on our non-stop trip to Goshen.

Saturday, July 11, 2009

- Depart Goshen 6:30 a.m. by bus
- We should arrive back at the Fairfax County Government Center by 10:00 a.m. Please be sure you arrive by 10:00 a.m. to pick up your son!

Directions to Fairfax County Government Center for Bus Loading

1. From Springfield, proceed north on the Fairfax County Parkway North (Route 7100).
2. Turn *RIGHT* onto Fair Lakes Parkway East.
3. Go approximately 1.9 miles (Third traffic light) and turn *RIGHT* onto Monument Drive. (NOTE: The second traffic light will be West Ox Road.)
4. Go 0.4 miles and at the second light turn *RIGHT* onto Government Center Parkway.
5. Go 0.1 miles and turn *LEFT* at the first entrance into the Fairfax County Government Center.
6. Watch for the Goshen signs indicating where to park, and follow the directions of volunteers who will be directing traffic!

Major Changes for 2009. Friday afternoon is now dedicated to OLMSTED OLYMPICS (an inner troop competition) or Troop time, and merit badge record keeping. Please note afternoon programs have been extended to handle this change. Camp Olmsted will no longer be offering Traffic Safety and Motor Boating, but has added Theater and Fish and

Wildlife Management. Tuesday night will now be the Scoutcraft Campsite Challenge – Troops can bring whatever they want or use what's on hand to build the most amazing Scoutcraft Campsite projects they can think of and be judged by the staff. Thursday nights will not be judging inter troop or patrol cook offs. Troops may bring or purchase from the town any resources they want for this. Few Dutch Ovens will be available.

First Year Scout Program. First year scouts (i.e., Scorpion Patrol) will participate in Camp Olmsted's First Year Camper Program where basic Scouting skills necessary to earn the Tenderfoot, Second Class, and First Class Ranks are offered. Scouts in the First Year Camper Program will also have the opportunity to earn 1 or 2 merit badges during the week at camp.

Chesimus. Chesimus is the Goshen First Year Camper patch. It may be earned by completing the Trailhead program or completing a signed contract with the Scoutmaster on what he will accomplish.

Merit Badges Offered (Listed by Field of Study)

- **Arts & Crafts:** Art, Basketry, Leatherwork, Music, Sculpture, and Woodcarving.
- **Business & Industry:** Textile.
- **Communications:** Journalism, Photography, and Theater.
- **Conservation:** **Environmental Science**, Fish & Wildlife Management, Forestry, and Soil & Water Conservation.
- **Hobbies:** Backpacking, **Camping**, **Hiking**, Indian Lore, Pioneering, and Rowing.
- **Natural Science:** Astronomy, Bird Study, Geology, Insect Study, Mammal Study, Nature, Oceanography, Reptile & Amphibian Study, and Weather.
- **Personal Development:** **Communications**, Public Speaking and Wilderness Survival.
- **Physical Science:** Computers, Electricity, Electronics, Energy, Nuclear Science, and Space Exploration.
- **Professions:** Engineering.
- **Public Service:** **Emergency Preparedness**, **First Aid**, and **Lifesaving**.
- **Sports:** Archery, Canoeing, Fishing, Orienteering, Rifle Shooting, Shotgun Shooting, Small Boat Sailing, and **Swimming**.
- **Transportation:** Aviation.
- **Other:** BSA Lifeguard, Kayaking BSA, X-Pride (must be at least 14).

NOTE: Eagle required merit badges are in **BOLD** type.

Life at Goshen

Meals: Breakfast, lunch, and dinner will be served in the camp's mess hall each day, except for Wednesday's dinner - which will be prepared by the scouts in our campsite.

Hygiene: Latrines are located throughout Camp Olmsted including one in each campsite. Camp Olmsted also has a shower building with separate shower schedules for scouts and adult leaders.

Sleeping: Each scout will bunk with a scout buddy in a two-man BSA canvas platform tent with cots.

Medical Requirements Upon arrival, every Scout and Adult leader under age 40 must submit a *Personal Health & Medical Record*. The BSA Class 1 & 2 Medical Forms will soon be replaced by the Class A & B medical forms; but, they are still valid through the end of this calendar year. The new form will replace both of the older medical forms; and, will be required after January 1, 2010. For 2009, this form as well as the older Class 1&2 and Class 3 Medical forms are all approved for use. The major difference between the two forms is effective January 1, 2010, medical examinations will be required annually. For convenience, anyone having a physical this year for team sports, travel, etc. should use the new 2009 form.

All Adults 40 years old and over must use the Personal Health and Medical Record Class A-B-C, which requires an annual physical examination. These forms will soon replace any older forms previously used. However, for this summer only, Class 1-2 or Class 3 medical forms may be used.

Please turn in a copy of your son's medical form no later than Monday, June 15th to ASM Alan Hannen so that the forms can be checked for completeness while time still remains to correct any problems with the form. ***No camper may depart for Goshen unless ASM Hannen has a copy of his complete and signed medical form!!***

Here are a few tips to make the medical form process go smoothly for you:

- Provide the troop a photocopy only of your son's medical form (or your own if you are going). Keep your original at home, and use it to make copies for other scouting events that require medical forms.
- The Class 1 & 2 medical form has 2 parts. Part 1 is your son's medical history, and should be filled out by his parent. If you are using a photocopy of a form from previous years, a parent must review Part 1, update as necessary, and sign/date it again. Part 2 is the medical examination by a doctor, and must be completely filled out and signed by a physician with a signature dated after July 11, 2006. (Part 2 is good for 3 years.)
- The Class A & B medical form also has 2 parts. Part A is your son's medical history, and should be filled out by his parent. Part B is the medical examination by a doctor, and must be completely filled out and signed by a physician.
- The new medical forms can be found on the troop website.
- Please don't hesitate to ask ASM Hugh Robinson or ASM Alan Hannen if you have questions about what is required, because the National Capital Area Council allows no exceptions on medical form requirements!

Medication. All campers – ***even those who will not be carrying medication to Goshen*** - must complete a Medication Information Form (MIF), which should be attached to the camper's medical form. Parents and adult campers use the first section of the MIF to list any prescription drugs the camper requires. If none, please so state! Parents complete the second section of the form to grant permission for administration of listed over-the-counter medications as necessary by the camp staff. ***Please note that your permission for the Health Lodge Staff to treat your son for emergent or necessary health concerns is a condition of your son's attendance at camp.*** All prescription drugs must be turned into the camp dispensary when we check in at Camp Olmsted. Prescription medications must be in their original container with its label and the person's name for whom it was prescribed.

Please be sure you send along enough medication to last the entire week, place the container(s) into a Ziploc bag, and turn it over to ASM Hannen the morning we depart. Once at camp, your son will go to the camp dispensary to receive his medication from the camp medical staff.

Swimming Test. Soon after our arrival at Goshen, everyone (scouts and leaders) will take the BSA Swimming Test to classify each camper as a Swimmer, Beginner, or Non-Swimmer. Everyone must be able to pass the swim test at the Swimmer level to be able to participate fully in Goshen aquatic activities. Beginners and Non-Swimmers will work with the Camp Olmsted aquatic staff throughout the week to try and improve their swimming proficiency, and may retake the test during the course of the week to improve their certification level. Nonetheless, your scout will not be able to fully participate in aquatic activities unless he passes the test as a Swimmer. The hardest part for many scouts is the elementary backstroke, which is apparently no longer taught in many swim classes even though it is a very simple stroke. ***Everyone should practice swimming before arriving at Goshen – even if they view themselves as strong swimmers!*** The test is administered in deep water – over the head of even most adults! Here are the BSA Swimming Test requirements (for Swimmer level):

Jump feet first into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl. Then swim 25 yards using an easy, resting backstroke (i.e. elementary backstroke). The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating (not treading water).

Mail. Mail is delivered daily to the camp. Since mail takes several days to reach Goshen, *you should begin mailing any letters you would like your scout to receive at Goshen several days before we depart for Goshen.* Letters mailed from Northern Virginia after Tuesday, July 7 will not reach your scout before he departs for home! The mailing address for your scout is:

Scout Name, Troop 1518
Camp Olmsted
Goshen Scout Reservation
340 Millard Burke Memorial Highway
Goshen, VA 24439

Phones/Communications. Communications in/out of Goshen are limited. Cell phone service is available for callers with Verizon wireless. Some degree of homesickness is natural, especially for the first day or so at camp; however, phone calls home only slow the process of getting over homesickness. **Therefore, Scouts will be allowed to call home ONLY in case of emergency.** In cases of emergency, our Troop 1518 group can be contacted through the camp headquarters office at **(540) 997-5773.**

Some Tips On Packing For Summer Camp

- 1. Packing.** Be sure your son has a backpack for his gear, and pack as efficiently as possible! Each scout will be carrying his own gear from the bus unloading area to our campsite, which will be as much as a half-mile over hilly and uneven terrain. Use the attached checklist to confirm that your son has everything he will need.
- 2. Clothes.** Bring adequate clothes to ensure good hygiene throughout the week.
- 3. Shoes.** Open toe shoes are not permitted anywhere at camp except at the lakeshore while swimming or in a boat. A minimum of one pair of walking/hiking shoes for daily use and a pair of water shoes or sandals for use in the river, lake, and boats is needed. A second pair of shoes is strongly advised for use if the primary set gets wet.
- 4. Water bottle.** A water bottle or canteen that can be attached to the scout's body (preferably at the waist) is an absolute must!! We will be engaging in a lot of physical activity in the hot summer sun, so it will be important that everyone remain hydrated.
- 5. Cameras.** A disposable waterproof camera is a great idea as we participate in many water activities.
- 6. Money.** Your son will want some money to spend at the camp store (soda, ice cream and snacks, t-shirts, patches, and so forth). The generally recommended amount is about \$60, but the amount you send is entirely at your discretion.
- 7. Mosquito netting.** The mosquitoes at Goshen can be bad. Although the last couple of years there have been virtually none. The Scouts should just Be Prepared! The tents are open canvas, no zippers – they'll keep the rain off but that's it. Mosquito netting will keep the bugs off while sleeping. The single size will cover the cots just fine, and they can be purchased at a number of locations to include REI, Wal-Mart and Fort Belvoir Home & Garden Center.

Troop Organization at Goshen. Troop 1518's contingent will be organized for summer camp in the same manner that our troop is organized for the rest of the year, and will be Scout-led! Two of our older Scouts will be designated as summer camp Senior Patrol Leader and Assistant Senior Patrol Leader. All other scouts will be organized into patrols, each with its own Patrol Leader and Assistant Patrol Leader. Patrol Leaders will work out tent mate assignments for the scouts in their patrols, and will be responsible to the Senior Patrol Leader throughout all camp activities.

Questions/Concerns?? A parent meeting will be conducted on Monday, 8 June in conjunction with the ice cream social. We will be the first to go through the line for ice cream, and then go back up to the sanctuary or one of the classrooms to meet with the parents. We would greatly appreciate your bringing any remaining payments or medical paperwork to this meeting. We have tried to answer as many general questions as possible in this package, but you may have other questions that arise between now and our departure. Please feel free

to contact Hugh Robinson or Alan Hannen if you have any questions about summer camp. We recommend that you encourage your son to work through his Patrol Leader (once announced) to get answers to his questions, which will help reinforce the boy-led nature of this experience.

2009 SUMMER CAMP SMIC CONTACT INFORMATION

SMIC:

Hugh Robinson (703) 493-8828 or email: hughgrobinson@yahoo.com

Assistant SMIC and Medical Form Coordinator:

Alan Hannen, (703) 644-4990 or email: arhannen@cox.net

SCOUT AND LEADER EQUIPMENT CHECKLIST

Remember that for one week you will be sleeping in tents in a camp environment. We suggest that leaders and Scouts bring only what they need - you will have to carry everything to your site. Remember that this is a camp, without washer or dryer facilities. Please bring sufficient clothing to last six days. Located in the mountains, the weather at Goshen Scout Reservation is subject to ABRUPT change. So bring rainwear and jackets or sweaters. Also, there is no electricity in the campsites.

CLOTHING AND BEDDING

Complete uniform shirt (remove pins)
Sturdy hiking shoes & sneakers
Extra underwear & socks
Handkerchiefs
Swim trunks (no cut-offs)
Raingear
6 sets T-shirts & shorts
Sleeping bag (summer weight)
Small pillow (if desired)
Long pants
Sweater & jacket
Water activity shoes

PERSONAL GEAR

Toothbrush/Toothpaste
Washcloth (2)
Bath towel (2)
Beach towel
Comb and mirror
Soap in a container
Day pack
Non-aerosol insect repellent (with Deet)
Shampoo
Sun Tan Lotion/Sunscreen
Canteen or water bottle

Long sleeve shirt with buttons, long pants, and belt for Swimming and Lifesaving merit badges

Personal first aid kit if in the First Year Camper Program

MUST HAVE FOR A HAPPY WEEK

Boy Scout Handbook
Flashlight
Pencil & paper
Extra flashlight batteries
Spending money (about \$60)

OPTIONAL ITEMS

Extra set of shoes
Camera with film (most films not sold
in camp trading post)
Sewing kit
Mosquito net for cot

DO NOT BRING: Ax, hatchet, sheath knife, matches, electronic toys, TV, radio, footlocker, expensive watches or jewelry, and things you don't want to lose. **Cell phones are highly discouraged.**