



COME HOME  
TO HINDS

# CAMP WILLIAM HINDS

2019  
WEBELOS  
RESIDENT  
CAMP



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# Welcome to the 2019 Camp Season

**Dear Webelos Leader or Webelos Scout Parent,**

Thank you for choosing Camp Hinds in 2019.

Webelos Resident camp is a great opportunity for Webelos, their parents, and their leaders to enjoy a camping experience, get a jump start on advancement, and most importantly have lots of fun. Webelos Resident camp is specifically designed for Webelos who will be entering 4th or 5th grade in the fall. Activities will be more challenging than those at Cub Scout Day Camp and will introduce Webelos to the Scouts BSA program. Our staff's goal is to create a summer of memories filled with fun, adventure and an exceptional outdoor learning experience.

To make our program, and your Webelos successful, we have created this guide for your use. It has been designed to provide you with all of the information you need to plan your summer experience. Please share this guide, and the forms, with your other leaders & parents.

Our entire staff will be working hard in the coming months to fine-tune our program, so keep your eyes on [www.camphinds.org](http://www.camphinds.org) for updates and please do not hesitate to contact us for further assistance, questions or comments. We would love to hear from you and have the opportunity to visit packs and hear directly from the your Webelos

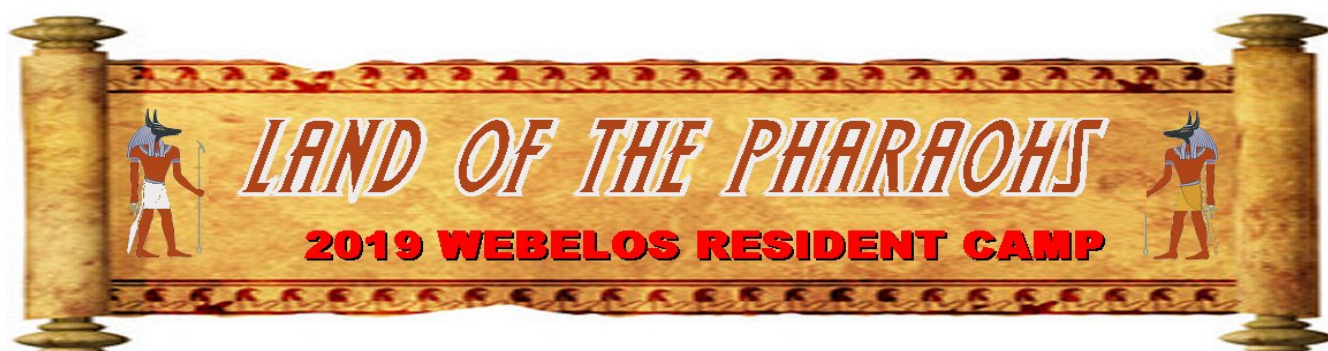
Yours in Scouting,

**Dean B. Zaharis**  
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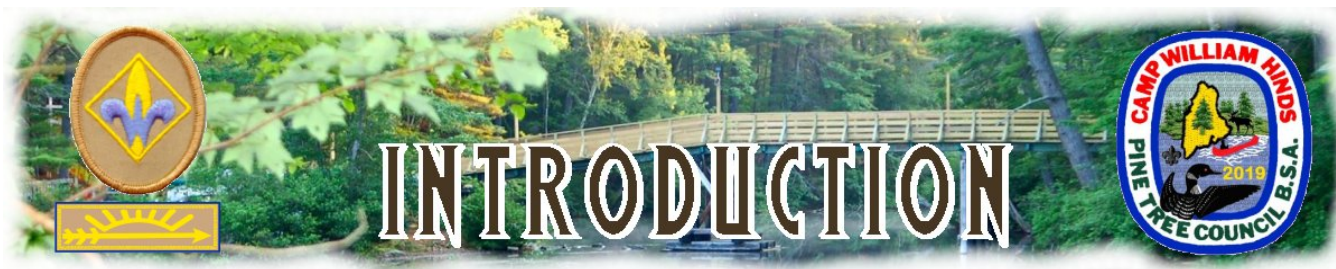
**All Camp Forms are located at the end of this guide for easy removal and to make copies**

**All Forms Are Also Available Digitally at [www.camphinds.org](http://www.camphinds.org)**

Spring 2019	Review with your Webelos the program available at Camp Hinds this summer. Reserve your space with Pine Tree Council. Send in deposits for Webelos going to camp. Make parents aware of summer camp dates and the required BSA Health Forms. Arrange for adult leadership to cover your pack at camp.
Spring 2019	<b><u>Webelos Camp Kick-Off Promotions</u></b> Join us at your district roundtable to get your camp questions answered. Consult <i>Pine Spills</i> for details.
March 15, 2019	<b>Campership Application Deadline.</b>
April 26, 2019	<b>Early Bird Deadline Payments are due at PTC.</b>
30 Days Prior to Camp	Finalize plans, leadership & transportation for your time at camp. Make final payments to Pine Tree Council. Collect and review BSA Health Forms for accuracy and completeness.
At Least Two Weeks Prior To Arrival At Camp	Mail <b><u>Photocopies</u></b> of BSA Health Forms & Pack Rosters to Camp <b><u>MAIL FORMS DIRECTLY TO CAMP HINDS.</u></b> Camp Hinds 146 Plains Road Raymond, ME 04071
1:00 PM Sunday of your arrival	Meeting at Tabor Retreat at 1:00 PM for Cubmaster/Webelos Leader Orientation ✓ Bring two copies of your Pack Roster ✓ Bring photocopies of all <b>current BSA Health Forms.</b> ✓ Bring pack advancement requests.
First Day of Camp	<b>Welcome: GATES INTO CAMP OPEN AT 2pm</b>







Camp Hinds is located on over 300 acres of land on Panther Pond in Raymond, Maine. Less than an hour outside of Portland, Panther Pond is part of the Sebago Lakes Region of Maine. Camp Hinds is owned and maintained by the Pine Tree Council, Boy Scouts of America.

The camp was founded in 1927, and over the years has grown to include a number of facilities and buildings including a 499 seat Dining Hall, Health Lodge, Recreation Hall, Trading Post, Craftshop, Rotary Training Center, High and Low Ropes Courses and waterfront areas. Several buildings are used for year round camping but Hinds is used primarily as a traditional resident summer camp. When not serving as a summer camp, various Scout units from the area can be found utilizing its many campsites and buildings throughout the fall, winter, and spring months.



### **Camp Staff**

Camp Hinds has a trained staff of Scouts and Scouters. Our camp staffers are registered members of the Boy Scouts of America and our mission is to help promote the aims and methods of Scouts BSA to their fullest here at Camp Hinds.

The camp is lead by a Camp Director, who works with a Program Director and Support Services Director. Each of our program and support areas are overseen by an Area Director, many of whom have attended the National Camping School program for training specific to their job. Our staff will assist and try to accommodate your needs in every way possible, so don't hesitate to ask for assistance. Occasionally, it may be necessary to shift or rearrange program plans or campsites to accommodate everyone, but this will only be done when no other alternative is possible.





### MISSION STATEMENT

The Mission of the Boy Scouts of America is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Scout Law.

### SCOUT LAW

A Scout IS:

Trustworthy, Loyal, Helpful,  
Friendly, Courteous, Kind,  
Obedient, Cheerful, Thrifty,  
Brave, Clean and Reverent.

### SCOUT MOTTO

Be Prepared

### SCOUT SLOGAN

Do a good turn daily

### SCOUT OATH

On my honor, I will do my best to  
do my duty to God and my country  
and to obey the Scout Law.  
To help other people at all times;  
to keep myself physically strong,  
mentally awake  
and morally straight.

### AIMS

#### Character Development

*Learning and growing from the ups and downs of daily camp life.*

#### Participating Citizenship

*Flag ceremonies, respect for others, learning one's 'place' in it all.*

#### Personal Fitness

*Growing physically, mentally, socially, emotionally and spiritually.*

### BOY SCOUT METHODS

*Each is an equal part of the learning.*

#### Ideals

*Living w/ unshakeable, timeless values!*

#### Patrol & Troop Method

*Learning how to function as a team*

#### Outdoors

*Learning difference of needs & wants*

#### Advancement

*Recognition for 'deeds done right'*

#### Adult Association

*Learning from same & different styles*

#### Personal Growth

*Being challenged at every age level*

#### Leadership

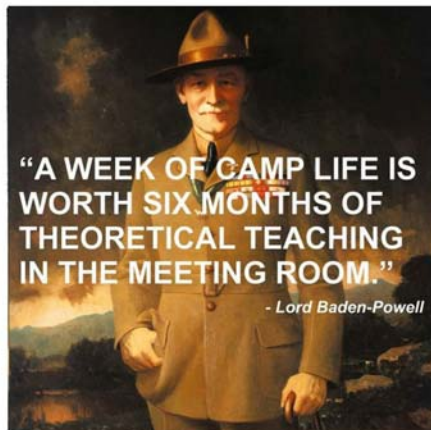
*Being responsible 24/7, 365 days a year*

#### Uniform

*Walking the walk; not just the talk*

### OUTDOOR CODE

As an American, I will do my best  
to be clean in my outdoor manners,  
to be careful with fire,  
to be considerate in the outdoors  
and to be  
conservation-minded.



### VENTURING METHODS

*Each is an equal part of the learning.*

#### Leadership

*Serving for the sake of reaching a goal*

#### Group Activities

*Learning by doing & coaching others*

#### Adult Association

*Shadowing and learning to mentor*

#### Recognition

*Awards for competence and proven skill*

#### Ideals

*Living according to sound principles*

#### High Adventure & Sports

*Experiences and team-building through  
activities of significance and challenge*

#### Teaching Others

*Retaining knowledge by knowing it well  
enough to give it away to others*

We ask that all camper and staff behavior follow the guidelines and principles set forth in the Scout Law. Negative and inappropriate conduct will not be tolerated. We ask for your cooperation and understanding in helping us maintain a high standard of personal behavior. Mature leadership is vital to the success of a unit's stay in camp. If your unit's leaders lack the necessary maturity to safely lead a troop, your unit may be asked to replace the leaders in question or, as a last resort, leave camp.





After the initial check-in is complete, the fun begins...

Following a medical & swim check, Webelos will spend their first afternoon settling into their first overnight experience. With the help of camp provided guides, Dens will have time to host small activities that will get them comfortable with their campsite and fellow Webelos. Typically we have a ice breaker craft project that the Webelos start working on and continue to build on throughout the week. The day will round up with the world famous Camp Hinds campfire hosted by our energetic staff and will have lots of skits, songs and cheers.

Throughout the week we welcome Webelos and leaders to attend the activities in a theme-related costume. Whether it is just a small accessory or a full costume it will be sure to enhance their week at camp.

We have a program that is fun, exciting, dynamic, and appealing to today's youth and meets the needs of the Webelos and their Packs while attending camp.



This variety of offered activities is designed to be safe while providing fun and advancement, to support the philosophy that Scouting is fun with a purpose and to be appropriate for participants' ages. Our program stresses adventure and fun and not just advancement.

## Program Groups

The camp population will be divided into 8 program groups of nearly equal size. Small Packs will be joined by other Packs and large packs may be split into smaller groups. These groups will go from area to area together.



### Advancement and Offerings

While our daytime program contains advancement opportunities, our focus is creating fun and interactive activities for our Webelos and Arrow of Light candidates. Throughout the week our staff will facilitate the activities. But ultimately it is the Webelos' leaders that can sign-off advancements when they think their Scout has fulfilled the requirements. A reference sheet of the advancement incorporated into the week will be handed out in the closing packets.

## Activities just for fun and Adventure:

These activities are automatically in your schedule.

### Aquatics:

Each group will spend one and a half hours on Monday and Tuesday at the Aquatics areas.

- **Open Swim** – Go to the main beach if you just want to just go swimming
- **Water Games** – Go to west beach to join in on a water game such as water polo or water volleyball.
- **Open Boating** – Go to Chipmunk Point to spend some time on the river in a rowboat, canoe, or kayak. Which boats are available for you will be determined by the color of your buddy tag.



Packs may split up amongst the three areas as long as there is an adult with each group. You may spend your entire period at one of the areas or you may break it up and do a little of each.



### Archery & Pellet Rifles:

On Monday, each group will get one period at the Archery Range and one period at the Pellet Rifle Range.

### Sling Shots and Sports:

On Tuesday, each group will get one period at the range for Sling Shots and one period at the sports field for Sports.

## Activities for Advancement:

On each day there are advancement periods. There are separate offerings for both Webelos and Arrow of Light candidates. These offerings include some of the required Adventures, some of the Elective Adventures and a Shooting Sports Award. As a pack or Den you need to pick three activities and two alternatives. Sign-up is required.

### Program Sign-up

Once you have had time to look over the advancement choices and collect your unit's interest you will be able to select your den's advancement choices.

Webelos Leaders can signup for activities in one of two ways. The BEST way to signup for activities is to mail the form to camp. Forms received by mail will be processed in the order that they are received. Forms for advancement signup can be accessed from the end of the leaders guide or on- line at [www.camphinds.org](http://www.camphinds.org).

Mail forms to:

Camp William Hinds  
146 Plains Road  
Raymond, ME 04071

Or Email copy of form to  
the Camp Director:








[dzaharis@gmail.com](mailto:dzaharis@gmail.com)











The second option is to bring the form to the 1:00pm Cubmaster/Webelos Leader Orientation on the Sunday of your arrival. Some programs may fill up. Slots will be assigned on a first come first serve basis.



# Webelos Advancement Choices

Award	Name	Description	Requirements Covered
	First Responder (Required)  @ Scoutcraft	Learn basic personal safety and first aid skills. In this adventure, you will put the Scout motto, "Be Prepared," into action by learning about first aid. You'll also build your own first-aid kit and make emergency plans for your home or den meeting location. And you'll learn how professional first responders help keep you safe. By the time you finish this adventure, you should be ready to act if you are first on the scene when an emergency happens.	1, 2, 3, 4, 5, 8  Will need to complete #6 or #7 at home
	Stronger Faster Higher (Required)  @ COPE/Climb	For this adventure, Webelos work to improve their physical fitness and good health, play some games, and try a new sport.	1, 2, & 5  Will need to complete #3 at home
	Webelos Walkabout (Required)  @ Polaris	Expand hiking skills to include planning hikes, and extending the distance hiked. Are you ready to take an adventure in the outback? Find out how to prepare and take an adventure at camp. Outdoor skills and hiking will help Webelos get ready for Scouts BSA	1, 2, 3, 4, 5  May need to study for #3 at home.
	Earth Rocks! (Elective)  @ Nature	Rocks and minerals are more than just things that lie in the ground. Yes, they help form our planet, but people also use them to create things that make our lives easier. In this adventure, you'll dig into the world of rocks and minerals and discover some surprises about the science of geology-like how the ground beneath your feet is constantly on the move.	All
	Sportsman (Elective)  @ Sports Field	America is a sports-loving country. We go to games and watch all kinds of sports on television. Big events like the Olympic Games and national championships capture the attention of millions of people. It's fun to watch sports, but the real adventure happens when you get on the field or court yourself. In this adventure, you will get to play both individual and team sports. You may even try a sport that you will like enough to enjoy all of your life.	All
	Adventures in Science (Elective)  @ STEAM Center	Science is all about asking questions like "What is it?" "How does it work?" and "How did it come to be that way?" In Adventures in Science, you will discover how scientists answer those questions and what we can learn as we try to answer our own questions. Best of all, you'll get to do what real scientists do: design and perform experiments. Along the way, you'll learn about physics, chemistry, astronomy, plant science, and more. So grab your notebook, and let's get started!	3c, 3d, 3e, 3g, 3h  Will need to complete #1 and #2 at home
	Webelos Archery Shooting Sports Award  @ Shooting Sports	This a "standalone" award and is not part of the adventure program. Therefore, they are not counted toward the seven adventures needed for a rank. Level 1 (Rank Level patch) requirements provide an introduction to the discipline with an emphasis on safety and fundamentals. The Level 2 (Archery Device) requirements provide a framework to improve on skills and to learn more about the discipline.	All

## Arrow of Light Advancement Choices

Award	Name	Description	Requirements Covered
	Outdoorsman (Required)  @ Polaris	Expand outdoor skills in anticipation of joining a Scout troop. In this adventure, Webelos learn how to set up tents, how to be prepared for weather and natural disasters, and other outdoor skills such as geocaching, knot tying, the Outdoor Code, and Leave No Trace.	Option B: All  May need to study some for #4 at home
	Building a Better World (Required)  @ Trail to Eagle	Practice citizenship at the local, national, and world levels. This adventure is all about being a good citizen. You'll learn about the United States flag and about your rights and duties as an American. You'll meet with a city leader and discuss a problem facing your community. You'll learn that citizenship starts at home as you work to conserve energy and natural resources. Finally, you'll find out about Scouting in another country and what it means to be a citizen of the world.	1, 2, 3, 6c  Complete #4 and #5 at home
	Aquanaut (Elective)  @ Aquatics	For the Aquanaut adventure, Webelos learn about safety in the water while swimming and boating	All
	Build It (Elective)  @ Craftshop	For the Build It adventure, Webelos learn about using tools safely and carpentry. Then they use what they have learned to build a project.	1, 2, 3  Complete #4 at home
	Into the Woods (Elective)  @ Nature	In this adventure, Webelos will learn to identify plants and trees and how they differ in locations around the world. They will gain knowledge about ecosystems and the importance of conserving our natural resources.	1, 2, 3, 5, 6  Complete #4 at home
	Castaway (Elective)  @Scoutcraft	For the Castaway adventure, Webelos learn survival skills for situations where shelter, water, and electricity might not be available. Survival skills are essential for anyone who might ever become lost in the wilderness—in a jungle, on a desert island, or, yes, during a Scout hike or campout! This adventure teaches several of those skills to Webelos Scouts, preparing them to deal with emergencies in an outdoor environment.	All
	Moviemaking (Elective)  @ STEAM Center	Let's make a movie! This adventure will give you the chance to direct your own movie through a visual storytelling experience. Do you ever watch movies and think, "I could do that?" In this adventure, you will get the chance! You will learn about the moviemaking process by exploring storytelling and animation. You'll also get to share your creations with your friends. Are you ready? Lights! Camera! Action!	All
	Webelos Slingshot Shooting Sports Award  @ Shooting Sports	This a "standalone" award and is not part of the adventure program. Therefore, they are not counted toward the seven adventures needed for a rank. Level 1 (Rank Level patch) requirements provide an introduction to the discipline with an emphasis on safety and fundamentals. The Level 2 (Slingshot Device) requirements provide a framework to improve on skills and to learn more about the discipline.	All



# CAMP WILLIAM HINDS - 2019 - SAMPLE WEBELOS SCHEDULE

**DAY 1**

**Sunday, Aug 11, 2019**

1:00PM	Cubmaster/Webelos Leader Orientation Meeting at Tabor Retreat
2:00 PM	Gates open, Check-In Begins
2:30 – 4:30	Tours of Camp, med checks, swim checks
4:30 PM	Welcoming activity in campsites
5:40 PM	Waiter's Call
5:45 PM	Retreat – (Flag Ceremony at Waterfront - In Uniforms)
6:00 PM	Dinner and Dining Hall Program
7:00 PM	Waterfront Orientation
7:30 PM	Duty to God Service at Council Ring
7:45 PM	Campfire Program
9:00 PM	Taps (Lights out and all quiet)

**DAY 2**

**Monday, Aug 12, 2019**

6:30 AM	Polar Bear Swim (Optional)						
7:00 AM	Reveille (Rise and Shine)						
7:10 AM	Waiter's Call						
7:30 - 8:15 AM	Breakfast and Dining Hall Program						
GROUP A	GROUP B	GROUP C	GROUP D	GROUP E	GROUP F	GROUP G	GROUP H
8:30 - 9:15 Pellet Range	8:30 - 9:15 Archery	8:30 - 9:55 Aquatics	8:30 - 9:55 Aquatics	8:30 - 10:05 Achievement Per 1	8:30 - 10:05 Achievement Per 1	8:30 - 10:05 Achievement Per 1	8:30 - 10:05 Achievement Per 1
9:20 - 10:05 Archery	9:20 - 10:05 Pellet Range	Swimming & Boating	Swimming & Boating	(1:35)	(1:35)	(1:35)	(1:35)
10:20 - 11:45 Aquatics	10:20 - 11:45 Aquatics	10:10 - 10:55 Pellet Range	10:10 - 10:55 Archery	10:15-11:50 Achievement Per 2	10:15-11:50 Achievement Per 2	10:15-11:50 Achievement Per 2	10:15-11:50 Achievement Per 2
Swimming & Boating	Swimming & Boating	11:00 - 11:45 Archery	11:00 - 11:45 Pellet Range	(1:35)	(1:35)	(1:35)	(1:35)
12:15 - 1:00 Lunch at Dining Hall							
1:00 - 1:45 Siesta							
GROUP A	GROUP B	GROUP C	GROUP D	GROUP E	GROUP F	GROUP G	GROUP H
2:00 - 3:35 Achievement Per 4	2:00 - 3:35 Achievement Per 4	2:00 - 3:35 Achievement Per 4	2:00 - 3:35 Achievement Per 4	2:00 - 2:45 Pellet Range	2:00 - 2:45 Archery	2:00 - 3:25 Aquatics	2:00 - 3:25 Aquatics
(1:35)	(1:35)	(1:35)	(1:35)	2:50 - 3:35 Archery	2:50 - 3:35 Pellet Range	Swimming & Boating	Swimming & Boating
3:45-5:20 Achievement Per 5	3:45-5:20 Achievement Per 5	3:45-5:20 Achievement Per 5	3:45-5:20 Achievement Per 5	3:50 - 5:15 Aquatics	3:50 - 5:15 Aquatics	3:40 - 4:25 Pellet Range	3:40 - 4:25 Archery
(1:35)	(1:35)	(1:35)	(1:35)	Swimming & Boating	Swimming & Boating	4:30 - 5:15 Archery	4:30 - 5:15 Pellet Range
5:40 PM Waiter's Call							
5:45 PM Retreat – (In Uniforms)							
6:00 PM Theme Dinner and Dining Hall Program							
7:00 PM All Camp Event							
8:30 PM Campfire or Pack Activity in your Site							
9:00 PM Taps (Lights out and all quiet)							

# CAMP WILLIAM HINDS - 2019 - SAMPLE WEBELOS SCHEDULE

**DAY 3      Tuesday, Aug 13, 2019**

6:30 AM		Polar Bear Swim (Optional)					
7:00 AM		Reveille (Rise and Shine)					
7:10 AM		Waiter's Call					
7:30 - 8:15 AM		Breakfast and Dining Hall Program					
GROUP A	GROUP B	GROUP C	GROUP D	GROUP E	GROUP F	GROUP G	GROUP H
Trading Post	Trading Post	8:30 - 9:40 Achievement Per 5  (1:10)	8:30 - 9:40 Achievement Per 5  (1:10)	8:30 - 9:15 Slingshot	8:30 - 9:15 Sports	8:30 - 9:55 Aquatics	8:30 - 9:55 Aquatics
8:50 - 10:00 Achievement Per 5  (1:10)	8:50 - 10:00 Achievement Per 5  (1:10)	Trading Post		9:20 - 10:05 Sports	9:20 - 10:05 Slingshot	Swimming & Boating	Swimming & Boating
10:10-11:45 Achievement Per 6  (1:35)	10:10-11:45 Achievement Per 6  (1:35)	10:10-11:45 Achievement Per 6  (1:35)	10:10-11:45 Achievement Per 6  (1:35)	10:20 - 11:45 Aquatics  Swimming & Boating	10:20 - 11:45 Aquatics  Swimming & Boating	10:10 - 10:55 Slingshot	10:10 - 10:55 Sports
						11:00 - 11:45 Sports	11:00 - 11:45 Slingshot
12:15 - 1:00		Lunch at Dining Hall					
1:00 - 1:45		Siesta					
GROUP A	GROUP B	GROUP C	GROUP D	GROUP E	GROUP F	GROUP G	GROUP H
2:00 - 2:45 Slingshot	2:00 - 2:45 Sports	2:00 - 3:25 Aquatics	2:00 - 3:25 Aquatics	Trading Post	Trading Post	2:00 - 3:10 Achievement Per 2  (1:10)	2:00 - 3:10 Achievement Per 2  (1:10)
2:50 - 3:35 Sports	2:50 - 3:35 Slingshot	Swimming & Boating	Swimming & Boating	2:20 - 3:30 Achievement Per 2  (1:10)	2:20 - 3:30 Achievement Per 2  (1:10)	Trading Post	
3:50 - 5:15 Aquatics  Swimming & Boating	3:50 - 5:15 Aquatics  Swimming & Boating	3:40 - 4:25 Slingshot	3:40 - 4:25 Sports	3:40-5:15 Achievement Per 3  (1:35)	3:40-5:15 Achievement Per 3  (1:35)	3:40-5:15 Achievement Per 3  (1:35)	3:40-5:15 Achievement Per 3  (1:35)
		4:30 - 5:15 Sports	4:30 - 5:15 Slingshot				
5:30 PM		Pickup food at kitchen for cookout					
5:45 PM		Prep Dinner					
6:00 PM		Dinner in your campsite					
7:00 PM		Open Areas					
8:30 PM		Campfire or Pack Activity in your Site					
9:00 PM		Taps (Lights out and all quiet)					

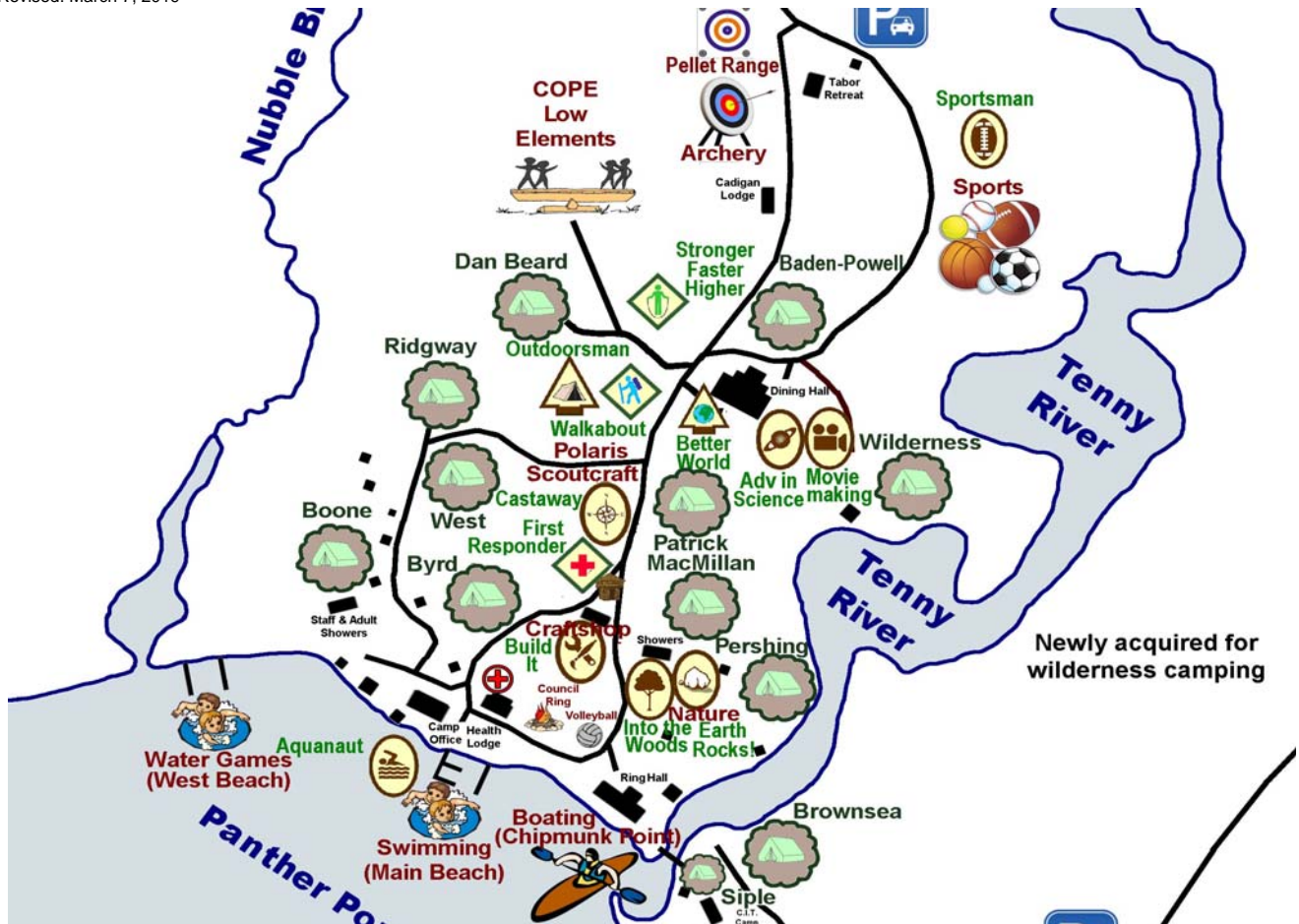


# CAMP WILLIAM HINDS - 2019 - SAMPLE WEBELOS SCHEDULE

DAY 4 Wednesday, Aug 14, 2019

6:30 AM Polar Bear Swim (Optional)							
7:00 AM Reveille (Rise and Shine)							
7:10 AM Waiter's Call							
7:30 - 8:15 AM Breakfast and Dining Hall Program							
8:15 - 9:00 AM Campsite Clean-up / Pack-up Gear							
GROUP A	GROUP B	GROUP C	GROUP D	GROUP E	GROUP F	GROUP G	GROUP H
9:00 - 10:10 Achievement Per 4  (1:10)	9:00 - 10:10 Achievement Per 4  (1:10)	9:00 - 10:10 Achievement Per 4  (1:10)	9:00 - 10:10 Achievement Per 4  (1:10)	9:00 - 10:10 Achievement Per 1  (1:10)	9:00 - 10:10 Achievement Per 1  (1:10)	9:00 - 10:10 Achievement Per 1  (1:10)	9:00 - 10:10 Achievement Per 1  (1:10)
10:20-11:30 Achievement Per 6  (1:10)	10:20-11:30 Achievement Per 6  (1:10)	10:20-11:30 Achievement Per 6  (1:10)	10:20-11:30 Achievement Per 6  (1:10)	10:20-11:30 Achievement Per 3  (1:10)	10:20-11:30 Achievement Per 3  (1:10)	10:20-11:30 Achievement Per 3  (1:10)	10:20-11:30 Achievement Per 3  (1:10)
11:45 AM Closing Ceremony at Flagpole							
12:00 PM Have a safe trip home							

Revised: March 7, 2019





### Day 1 Sunday

Following dinner on Sunday we will have a **Waterfront Orientation** which is required of all Webelos and leaders followed by a brief **Duty to God Service** in the council ring followed by a campwide welcome **Campfire**.



### Day 2 | Monday | All Camp Event

Following dinner on Monday we will have a unified activity that we ask all Webelos to participate in. In the past we have had a camp-wide staff hunt, scavenger hunts & more. This evening is filled with games and excitement which is always best enjoyed with friends. It is also the best time to dress up with your "**Land of the Pharaohs**" theme costume.

### Day 3 | Tuesday | Open Areas

After being at camp for two days now, each Webelos will have the chance to experience more time in their favorite area. Each activity area will be open for the Webelos so they can go swimming, boating, make crafts, participate in Scout skill activities, use one of our shooting ranges or whatever caught their eye. Find a buddy and explore these options.

#### Aquatics:

Enjoy Boating at Chipmunk Point, Swimming at the Main Beach, or Water Games at West Beach.



#### C.O.P.E & Climbing:

Learn to listen, see things differently, jump into a situation and talk your way out of anything! Don't miss this chance for some team building super fun activities.

#### Craftshop:

What kind of useful and decorative project can you make using only duct tape? These projects could include a neckerchief slide, watch band, toy, pouch, wallet, or den flag. Do you have favorite decorative duct tape, then bring it along.



#### Nature:

Compete in a nature scavenger hunt pitting dens against each other. Which den can find the most items on the list. As well as the list, each den will be given resources to help them identify what they find.





### **Polaris:**

Find the treasure – using a compass or GPS unit find the hidden treasure.

### **Scoutcraft:**

Come join the Scoutcraft crew and learn how you can make donuts and funnel cake on your next campout. Sample will be available.

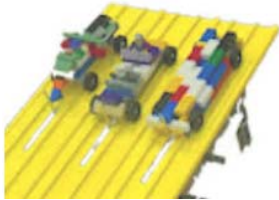


### **Shooting Sports:**

The Archery and Pellet Rifle Ranges will be open

### **Sports**

Join the sports crew at the volleyball court for some drop in volleyball or at the gaga pit for some fun.



### **STEAM**

Sure you have built Pinewood Derby Cars but have you tried to build one out of Legos which will run on a standard Pinewood Derby track? Your challenge is to design and build a derby car out of assorted Lego blocks following a set of pre-printed design rules. Now race your car against others. After the race, you will have the opportunity to re-design your car to make it better.

### **Trail to Eagle**

Come challenge your buddy in a game of chess or checkers.





Camp Hinds is offering Webelos Resident Camp for 2019:

**August 11 - 14**

## How to Go to Camp

### As A Den or Pack

Most Webelos Dens go to summer camp with their own leadership. This is a great way for Webelos to attend summer camp and build lasting relationships, while enjoying camp with their own leadership.



### Pack H - Provisional Camping

A provisional camper is when a youth comes as an individual without his/her unit. In this case, the Pine Tree Council's camp staff provides leadership. This is a great opportunity to make new friends and to experience the same great program. If more than three Cubs from the same Pack come to camp, they must come with their Pack leadership.

## Camperships!

Application deadline is March 15th, 2019! Limited financial assistance, usually a portion of the camp fee, is available on an individual basis for Webelos who could not attend camp without assistance. Applications must be submitted and approved by the unit leader and the Pine Tree Council Campership Committee. Applications are available through Pine Tree Council at (207) 797-5252 or at [www.pinetreebsa.org](http://www.pinetreebsa.org)!

## CAMP FEES 2019

### Youth Fees Paid By April 26<sup>th</sup>

#### Early Bird Youth Fees:

The 2019 Early Bird Fee for Webelos Resident camp at Camp Hinds is **\$250.00**.

#### \$25.00 Second Week Discount:

If you are coming for a 2nd week of camp, your first week is the price above and your second week is at a \$25.00 discount (whether it's with your troop or provisional).

#### \$25.00 Sibling Discount:

Have a second Webelos coming to camp? The first Webelos pays the price above and the second sibling gets a \$25.00 discount.

### Youth Fees Paid After April 26<sup>th</sup>

The regular fee for Webelos Resident camp at Camp Hinds is **\$275.00**.





### Adult Leader Fees:

Two adult leaders go free with the first four youth. One additional adult goes free for each additional four youth. Extra adult leaders are charged \$45.00 each.

### Den Chief Fees:

\$45.00 fee covers the den chief attending with the den.

### Refund Policy

Individuals or groups that cancel a program reservation 30 days prior to the date of the event will receive a full refund. Any thing between 2 weeks and 30 days is 50% refund. Within 2 weeks of the event refund is at the discretion of the event coordinator or staff adviser and is usually only granted in cases of emergency unless otherwise stated.

Any exception to this policy will need a written request with documentation (i.e. a Scout broke his leg, we would need documentation from a physician) for a refund to be considered.



### Arrival



Cubmaster or Webelos Leader attend the 1:00pm Cubmaster Orientation Meeting at Tabor Retreat. All other Webelos and leaders should arrive at the Camp Hinds parking lot (not the parking lot on Plains Road but the new one part way down the road) just prior to the gates opening at 2pm on Sunday.

#### At the meeting the Cubmaster or Webelos Leader will need:

- ☐ A Completed Pack roster
- ☐ Copies of your Scout/Adult Medical Forms
- ☐ Advancement Registration Form (if not mailed in earlier)

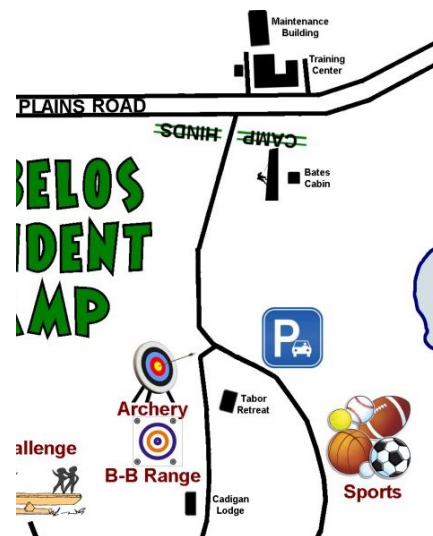
### When You Arrive At Camp

**PLAN TO ARRIVE AT CAMP FOR THE 2:00 PM OPENING AND CHECK-IN AS A GROUP. YOU MUST CHECK-IN AT THE PARKING LOT BEFORE GOING TO YOUR CAMPSITE.**

Check in begins at **2:00 p.m.** on the first day of camp

Your Staff Guide will greet the Pack upon your arrival at Camp Hinds. The Staff Guide will take the Pack to the campsite, on a tour of camp, to the Health Lodge for medical rechecks and finally to the waterfront for your swim checks.

All vehicles must be parked in the camp parking lot. Each Pack will be given one vehicle pass to use for one vehicle (at a time) to be loaded with equipment and unloaded at the campsite and returned to the parking lot. Handicap vehicle passes will be given out as needed.



### Once at your site Webelos and Leaders should:

- ☐ Place gear in tents
- ☐ Change into swimsuits for swim checks. You must wear shoes. Don't forget your towels.
- ☐ Your Camp Staff Guide will take you as scheduled for medical checks, swim checks and camp tour. Bring any medications brought to camp with you to check in

### The Camp Tour will Include:

- ☐ Health Lodge-
- ☐ Dining Hall – Remember a waiter for your supper meal (& every meal)
- ☐ Trading Post
- ☐ Parade Field
- ☐ Camper Showers
- ☐ Program Areas

All Webelos taking part in any aquatics program is required to have a swim check. Leaders shall follow the same guidelines. Once the swim evaluation is completed, each person will be given a buddy tag. A buddy tag is needed to enter the waterfront or boating areas in camp. All buddy tags should be kept stored in the campsite space on the buddy board at the waterfront.

### Check-In At A Glance

- 1:00 PM – Cubmaster or Webelos Leader Meeting
- 2:00 PM – Gates open, Check-In Begins
- 2:30 PM – 4:30 Tours of Camp, med checks, swim checks
- 4:30 PM – Welcoming activity in campsites
- 5:45 PM – Retreat at Waterfront – (In Uniforms)
- 6:00 PM – Dinner
- 7:00 PM – Waterfront Orientation
- 7:30 PM – Duty to God Service
- 7:45 PM – Opening Campfire –  
Wear your “**Land of the Pharaohs**”  
theme costumes



### When You Depart Camp

Check out is set for **noon** on Wednesday

Following breakfast, the following procedures should be followed:

- ☐ Pack all personal gear; double check so as not to leave anything –check the camp lost and found
- ☐ Remove any Pack items off the bulletin board
- ☐ Police the site for trash
- ☐ Clean the latrine
- ☐ One vehicle may be driven to the campsite to load the gear. Please refrain from driving more than one vehicle into the campsite at a time
- ☐ Be sure to return any additional borrowed equipment to the Camp Room
- ☐ Stop by the Health Lodge to pick up med forms and collect medications for your lock box.

**Remember:** A Scout is Clean. Try to leave your campsite in better condition than you found it





## Leaders at Camp



Two registered adult leaders 21 years of age or over are required at all Scouting activities, including meetings. There must be a registered female adult leader 21 years of age or over in every unit serving females. A registered female adult leader 21 years of age or over must be present for any activity involving female youth. Notwithstanding the minimum leader requirements, age- and program-appropriate supervision must always be provided.

## Den Chiefs

Do you have a Scout that works as a den chief with your den? He/she can come to camp to assist. Den Chiefs must be Scouts who are currently registered and should be at least two years older than the Webelos that they help counsel.

## Discipline

Adult leaders are responsible for the discipline and organization of your Pack. The camp staff will assist you with the camp program for your Webelos. It is never the camp staff's task to take over your role as leader of your unit. If you have issues with leadership or discipline, please let the Camp Director know so we can assist you as needed.

## Handicapped Information

Camp Hinds aims to make our program available to all campers. If you have a person with a disability that may require special attention, auxiliary aids or any reasonable accommodations, please contact the Camp Director at least two weeks prior to your stay at Camp Hinds.

## Preventing Homesickness

One of the biggest challenges facing Webelos at camp is homesickness. A great way to prevent homesickness is for families and leaders to stress all the fun the Scout will have at camp and the many new experiences that are in store. It is good advice for family members to refrain from comments about how much they will miss the Scout or how much the Scout will miss everything at home.

A big cause of homesickness is a phone call home. If a Scout is not homesick, there's a good chance he/she will be after he/she calls home. Webelos are discouraged from bringing cell phones to camp. Parents should be discouraged from having their Webelos call home, except in an emergency.

## Rest

Adequate sleep can be the key to a great week at camp. Each person needs a certain number of hours of sleep each night. Troop leaders need to ensure their campsite is quiet at 9:30 pm to permit those who wish the chance to get at least eight hours of sleep. Some people need more time to rest during the day. Leaders need to be sensitive to this and provide opportunities for rest time.

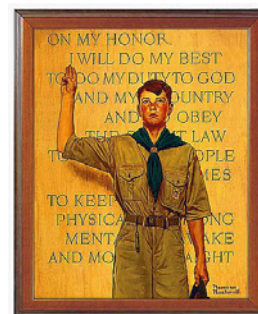




## CAMP RULES

The following rules and policies have been established by the Pine Tree Council Camp Administration for the health, safety and protection of all Campers and leaders in camp.

- **No alcohol or illegal drugs** are permitted in camp at any time!
- **No firearms, ammunition, fireworks, hand held weapons** (swords, nightsticks, butterfly knives, etc.) or **archery equipment** may be brought into camp. Due to our liability insurance, youth may only use the equipment provided by the camp.
- **No privately owned watercraft** are allowed in camp.
- **No flames in tents!** Packs may only use self-contained stoves and lanterns in their campsites, under the direction of knowledgeable adults.
- **No liquid fuels may be used to start fires or charcoal. All liquid fuels must be kept in the locked liquid fuel locker provided by camp.**
- **No running in camp**, except in an athletic field or sporting event. In an emergency, you may move quickly without running.
- **No pets** allowed by campers or visitors.
- **Appropriate footwear** is required at all times.
- **The buddy system** for Webelos is required for **all** activities in camp!
- **Smoking is only allowed in designated smoking areas, by 18+ year old adults.** These areas will be selected by the camp administration.
- **All vehicles**, not necessary for the operation of camp, **will be kept in the parking lot.**
- Exceptions to the parking rule will be made for those with a physical handicap through arrangements with the Camp Director. Parking passes will be issued to troops on Sunday and Friday afternoons in order to transport supplies to your campsite. The no vehicle policy is for the safety of our Webelos, leaders and guests.
- **Youth protection guidelines**, as established by the Pine Tree Council and the BSA, **are to be enforced at all times.** Any physical, emotional, sexual or neglectful abuse must be reported to the Camp Director immediately so the proper steps can be taken to protect the Scout.
- **Webelos and Leaders leaving/entering camp at anytime must sign in and out at the camp office.** No Scout shall be released from camp without the permission of his parent or guardian.
- **Valuables should be left at home!** Please encourage Webelos to leave all electronic or expensive equipment at home. Advise your Webelos not to leave valuable items they do have in camp unlocked in their campsites. Camp is not responsible for damaged or lost items during your stay.



## Medical Supervision

Dr. Donald Burgess oversees the camp medical staff. A licensed health officer is in camp, on duty at all times, to handle all medical emergencies. If the injury or illness is serious, the person is brought to a local health care facility. Written agreements are in place between Camp Hinds and local health care providers to care for our campers, staff and guests. All medical illnesses or injuries must be reported to the health officers in camp - no matter how minor the incident. Please report any dietary or health restrictions to the camp office at least two weeks prior to your arrival in camp.



## Medical Forms

All Campers and Leaders attending camp must have a completed BSA medical form on file with the camp health office while at camp. All participants are required to have parts A, B & C. Webelos and Leaders must have a valid physical within 12 months of camp. Please note, section Part B is entitled "Adults Authorized to Take Youth to and From Events." We are recommending that under the "designate" portion you have parents/guardians write "Licensed Driver over the age of 18 with permission of the Cubmaster." Then, be sure to have parents/guardians include any adults NOT authorized in the next section.



**It is a regulation of the Boy Scouts of America that anyone who does not have a completed and signed medical form at the check-in time at camp will not be allowed to remain in camp. NO exceptions will be made. If a Scout forgets the form at home, arrangements may be made to fax or email the form to camp.** Camp Leaders should collect all medical forms and check them to make sure they are complete prior to leaving

for camp. Please mail a copy of each persons health form to Camp Hinds at least two weeks prior to your stay in camp. The health officers will review the forms before your arrival to help provide your pack with a smooth check-in once camp begins. **Please make two copies of your medical forms; one for camp and one for your records.**

## Medical Recheck & Medications

Upon arrival in camp, all campers and leaders will go through a medical recheck at the Camp Health Lodge. Pine Tree Council and Camp Hinds must comply with all State of Maine laws and BSA politics concerning medication in camp. ALL medications brought to camp by campers, leaders and staff **MUST** be given to the Health Officer upon arrival in camp. This includes prescription and non-prescription medicine. This medication will be put into a locked box for each pack. The adult leader in charge of the pack medication will check the box in and out with medical staff at the beginning and end of each day.

An exception may be made for a limited amount of medications to be carried by the Webelos or adult for life-threatening conditions including; bee-sting kits, nitroglycerin, inhalers and medication specifically prescribed **"to be carried at all times"** by a physician. Camp supplies any over-the-counter medications and first aid supplies that your Scout may need during his week at camp.

## Contacting Health Office Staff

If you have any questions about the health lodge, health forms, or medications, please send us an email. This is also an alternative should parents want to scan their child's health form and just send it directly to us. Be sure all forms include the Scout's troop and weeks in camp. The email address is: **[hinds.healthlodge@gmail.com](mailto:hinds.healthlodge@gmail.com)**

## Emergency Medication Plan (For Patients with Asthma or Severe Allergies Only!)

The State of Maine requires that all campers that are going to carry a rescue inhaler or Epi-pens, provide the camp with an Emergency Medication Plan. Additionally, each camper must have their parent's and physician's approval to carry the inhaler and indicate that the camper is able to use the inhaler. At the time of check in, the camp health staff must also evaluate the camper's ability to use the inhaler. Please be sure to complete the Emergency Medication Plan with the physician and send it to camp with the health form. A copy of the school asthma plan will be acceptable as well.



## Peanut Free Zone

Due to the increase in campers having peanut allergies, some which are life threatening, we have decided to make the Camp Hinds dining hall a peanut free zone. This means no foods with peanuts, peanut oil or peanut butter will be used in the kitchen or dining hall.

Any parents, who have a camper with food allergies, still need to list the allergies on the campers health form and notify the camp at least two weeks in advance.

Many campers love a peanut butter sandwich, and this can be a great snack! Troops may still choose to have peanut butter in their campsites as long as the Webelos in their campsite don't have a peanut allergy. Our Trading Post will still carry individually wrapped candy bars that may have peanuts or peanut butter in them.



## SWIM CLASSIFICATION:

At the medical re-check you will be issued a small round tag known as a "buddy tag". This is your ticket to waterfront activities (swimming and boating). Following the med-check you will proceed to the waterfront to be classified. The waterfront is divided into three swimming areas. Starting from the shore going out, they are:

Learner Area 0-3 feet deep

Beginners Area 3-6 feet deep

Swimmers Area 6-9 feet deep

To ensure the safety of all, each participant must be re-classified each year when they come to camp. Tags from last year or from another camp may not be used.

### LEARNER:

Skill required: Get wet in water waist deep.

Participants classified as a learner may:

- \* Swim with a buddy in the Learner area only.
- \* Go in a rowboat when accompanied by an adult buddy who is classified as a swimmer.
- \* May NOT go in a canoe or kayak.



### BEGINNER:

Skill required: Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before and return to the starting place.

Participants classified as a beginner may:

- \* Choose to swim in either the Learner or the beginners area with a buddy.
- \* May use a rowboat with a buddy who is a swimmer.
- \* May go out in a canoe or tandem kayak with an adult swimmer skilled in that craft as a buddy.



### SWIMMER:

Skill required: 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. The 100 yards must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating.

A participant classified as a swimmer may:

- \* choose to swim with a buddy in either the Learner, Beginners, or Swimmers area.
- \* May go out in a rowboat, canoe, or tandem kayak with a buddy.





Camp Hinds has long established procedures recommended by the BSA for lost campers, lost swimmers, fires and severe storms. We use a siren as a warning device if and when it becomes necessary to call the camp together. When you hear the siren, all campers, leaders, and guests are to report immediately to the council ring. Please move quickly, but no running. The Cubmaster needs to take a head count and report “Pack# all present” or “Pack # is missing # Webelos” as the Camp Director takes a roll call. The staff may have different roles depending on the nature of the emergency.

In the case of a severe storm warning, staff will be informed via the camp radio system. At the sound of air horns, all Webelos, leaders, and staff will seek shelter in the Rec Hall, the Dining Hall, Ring Hall, Cadigan Lodge (if not used for housing), Bates Cabin, Tenny Rec Hall, or the Training Center depending on their location. A roll call will be taken. The camp will be dismissed once an all clear has been given.

Because of the many recent mass shooting events around the country, Camp Hinds has added an active shooter/disperse procedure to our emergency procedures. This is a different response to the alarms described above and being mindful of the difference is vital. You will receive official emergency procedure when you enter camp, they are posted on your campsite bulletin board. We will have a drill within the first 24 hours and at that time we will discuss the two types of alarms: “gather” and “disperse” and listen to both so that leaders and Webelos can differentiate between the two. Staff will be well informed as to how to respond to these alarms and what action to take to ensure the safety of all.

Camp Hinds has written agreements with local fire, police and medical departments to provide Camp Hinds with the necessary coverage for any emergency.

**KEEP  
CALM  
AND  
FOLLOW EMERGENCY  
PROCEDURES**



## **YOUTH PROTECTION:**

The following policies have been adopted by the BSA to provide security for the youth in our program. In addition they serve to protect adult leadership from situations in which they are vulnerable to allegations of abuse.

### **Two-deep leadership.**

Two registered adult leaders 21 years of age or over are required at all Scouting activities, including meetings. There must be a registered female adult leader 21 years of age or over in every unit serving females. A registered female adult leader 21 years of age or over must be present for any activity involving female youth. Notwithstanding the minimum leader requirements, age- and program-appropriate supervision must always be provided.

### **No one-on-one contact.**

One-on-one contact between adults and youth members is not permitted. In situations that require personal conferences, such as a Scoutmaster's conference, the meeting is to be conducted in view of other adults and youths.

### **Respect of privacy.**

Adult leaders must respect the privacy of youth members in situations such as changing clothes and taking showers at camp, and intrude only to the extent that health and safety require. Adults must protect their own privacy in similar situations.

### **Cameras, imaging, and digital devices.**

While most campers and leaders use cameras and other imaging devices responsibly, it has become very easy to invade the privacy of individuals. It is inappropriate to use any device capable of recording or transmitting visual images in shower houses, restrooms, or other areas where privacy is expected by participants.

### **No secret organizations.**

The Boy Scouts of America does not recognize any secret organizations as part of its program. All aspects of the Scouting program are open to observation by parents and leaders.

## **Separate accommodations.**

When camping, no youth is permitted to sleep in the tent of an adult other than his own parent or guardian. Councils are strongly encouraged to have separate shower and latrine facilities for females. When separate facilities are not available, separate times for male and female use should be scheduled and posted for showers.

## **Appropriate attire.**

Proper clothing for activities is required. For example, skinny-dipping is not appropriate as part of Scouting.

Proper preparation for high-adventure activities.

Activities with elements of risk should never be undertaken without proper preparation, equipment, clothing, supervision, and safety measures.

## **Constructive discipline.**

Discipline used in Scouting should be constructive and reflect Scouting's values. Corporal punishment is never permitted.

## **Hazing prohibited.**

Physical hazing and initiations are prohibited and may not be included as part of any Scouting activity.

## **Junior leader training and supervision.**

Adult leaders must monitor and guide the leadership techniques used by junior leaders and ensure that BSA policies are followed.

## **Member responsibilities.**

All members of the Boy Scouts of America are expected to conduct themselves in accordance with the principles set forth in the Scout Oath and Law. Physical violence, hazing, bullying, theft, verbal insults, drugs, and alcohol have no place in the Scouting program and may result in the revocation of a Scout's membership in the unit.

## **Unit responsibilities.**

The head of the chartered organization or chartered organization representative and the local council must approve the registration of the unit's adult leader. Adult leaders of Scouting units are responsible for monitoring the behavior of youth members and interceding when necessary. Parents of youth members who misbehave should be informed and asked for assistance in dealing with it.





Meals are prepared by our kitchen staff and served in the dining hall. The camp menu has been designed and dietician approved to ensure that properly balanced meals are being served to the growing young Webelos who visit camp each summer. *A copy of the camp menu will be posted in the dining hall.* You will be assigned tables at the dining hall by the Dining Hall Steward based on the number of people in your group. Webelos will assist with the setting of the tables and clearing after the meals.

### The Waiter System

The waiter system is used at camp during the family style meals to help facilitate the serving and cleanup of the meals. Each pack needs to assign waiters, two per table, for breakfast, lunch, and dinner. When possible send one Webelos and one adult, otherwise send two Webelos.

All waiters are responsible for arriving at the dining hall 20 minutes before dinner. The Dining Hall Steward will instruct waiters in setting the tables for the meal being served. Waiters are the only Scouts allowed to be up during the meal to get seconds and desserts from the kitchen. Waiters are also responsible for staying after the meal to clear their tables and sweep the floor. The Dining Hall Steward will dismiss them from their duties when he or she feels the hall has been properly cleaned.

We use a light system to signal waiters when its time to go to the kitchen. We ask that ALL Webelos and leaders stay seated at their table when the RED light is on.



RED – Everyone (Waiters, campers, leaders, staff) stay at your table.

GREEN – Waiters may go to the kitchen – everyone else stay at your table.

AMBER - Anyone may get drinks, get cereal, go to salad bar, etc.

BLUE – Waiters may clear their table.

### Theme Dinner

On Monday at dinner we celebrate the 2019 theme: **Land of the Pharaohs**. Come in your costume.



### Camp Songs

Not sure of the words to some of the song we sing in the dining hall and at campfires, visit the Camp Hinds song book at:

<http://friendsofhinds.org/resources/songbook/index.stm>

## Special Meals

Arrangements can be made with the cook for those with special dietary concerns (religious or health based). Please contact the camp at least one week prior to your arrival at camp for special diets so that arrangements can be made and food can be ordered. These meals will be individually prepared for each Scout. The Dining Hall Steward will make a special call when these special diet meals are ready for pickup.



## Pack Cooking

All packs will be cooking Tuesday night dinner in their campsite!

The kitchen will provide the following ingredients per person:

- |                      |                    |                         |
|----------------------|--------------------|-------------------------|
| • Apple              | • 1/8 lb carrots   | 1/8 cup chocolate chips |
| • 1/4 lb ground beef | • 2 tbsp butter    | 1/8 cup marshmallows    |
| • 1/8 lb onion       | • 3 pieces of foil | drink mix               |
| • 1/4 lb potatoes    | • 1 banana         |                         |

Packs can cook according to their own personal taste and cooking techniques.

Packs can supplement their meal or replace it at their cost.

Directions for making aluminum foil dinners are on the next page.

Packs will need to provide some of the following depending on your plan:

- Cookware (including your own pots, pans, dutch ovens as needed)
- Cooking utensils
- Container for mixing drink
- Mess kits
- Tools needed for cooking on an open fire if doing foil dinners.
- Cook stove if you prefer not to cook on open fire.

As an option packs may want to bring their own food for a special or unique meal or order out from a local business.



# Aluminum Foil Dinners

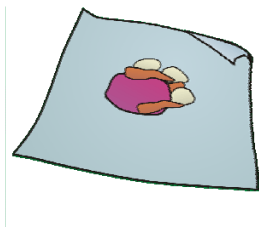


Peel and thin slice carrot, potato and onion. Form hamburger into patty. Place food on foil in following order: carrots, potato, onions, meat, potatoes and carrots. Add seasoning. Close foil tightly as described below. Place in hot coals 12 minutes per side.

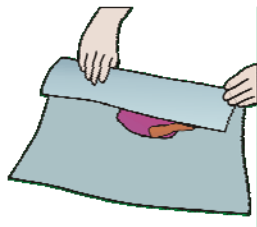
## Ingredients:

1 carrot  
1/2 to 1 potato  
1/4 small onion  
Other veggies  
1/4 lb. hamburger  
Salt & pepper  
Other spices

Use two layers of light-weight, or one layer of heavy duty aluminum foil. Use heavy foil squares, three times the width of the food.



Place food in the center of the foil square.



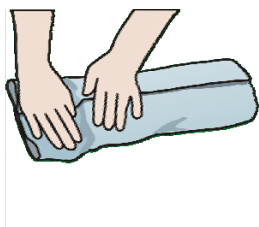
Fold opposite sides up together



Make a seal by folding the two edges together.



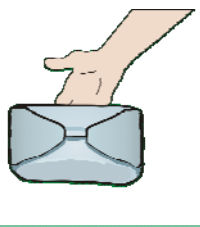
Continue the folding until it is tight against the food.



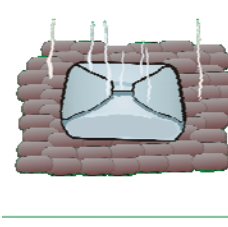
Press the ends down to seal the foil and force out most of the air.



Fold the ends to form triangles to form a tight seal.



Fold the triangle ends up over the top of the wrap. Make sure there are no holes in the foil so that juices will not leak out.



Place on a shallow bed of glowing coals that will last the length of cooking time.

## Cooking Times:

Hamburger: 8-12 minutes,  
Carrots: 15-20 minutes  
Chicken pieces: 20-30 minutes,  
Whole Apples: 20-30 minutes  
Hot dogs: 5-10 minutes,  
Sliced potatoes 10-15 minutes





## Baked Apples:

Carefully remove the core from the apples, leaving the bottom intact.

Mix together the cinnamon and sugar.

Spoon a full tablespoon of the cinnamon and sugar mixture into the apple, and top each with 1/2 teaspoon butter.

Carefully wrap each apple in aluminum foil and place on coals. Cook for about 20 minutes, turning a couple times to ensure even cooking.

Depending on how hot your coals are, your apples may need as little as 15 and as much as 30 minutes to cook, so pierce with a fork a couple times to see how soft they are.

Always be careful when opening foil packets as the steam will be hotter than you think, even if you've let the packet cool for several minutes.



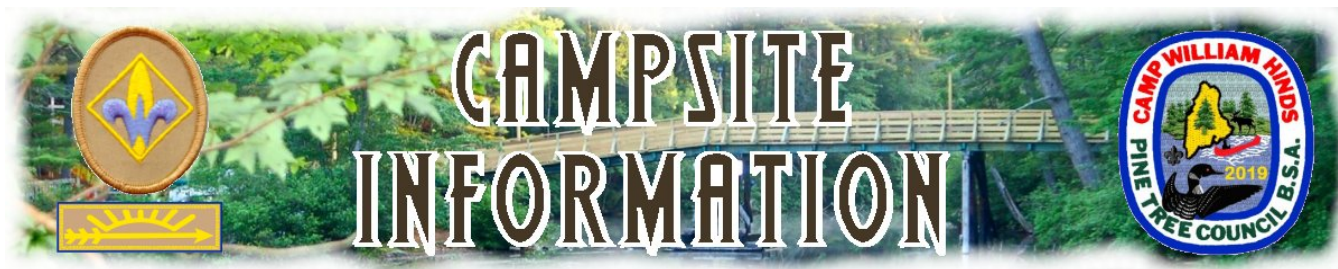
## Banana Boats

Cut banana peel lengthwise about 1/2 in. deep, leaving 1/2 in. at both ends. Open peel wider to form a pocket. Fill banana with chocolate chips and marshmallows. Wrap in aluminum foil forming boats. Place on hot coals for 5-10 minutes or until marshmallows melt and are golden brown.



All participants at camp are invited and encouraged to join the Camp Hinds family in our daily program. The program is open to all Webelos and their leaders. Our Program consists of a variety of opportunities ranging from basic skills to more advanced skills: including required and elective Webelos and Arrow of Light Adventures, sports, shooting sports and swimming and boating activities. Engaging in these various opportunities will help instill good citizenship, establish and expand positive characteristics in youth, and offer supports to the unit's year round program.

Anticipated behavioral outcomes will include: a higher learning opportunity for each participant, fellowship opportunities, and a broadening of social, behavioral and general good will. This program will allow opportunities for Scouts and leaders to be involved in the camp program and help us to further develop choices and opportunities for the future.



## **Your Campsite**

Each site has two-man tents on platforms for all of our Webelos and Leaders. Bunks with mattresses or cots, picnic tables with tarps, water buckets, a flagpole and a bulletin board are also provided in each campsite. Packs are encouraged to spruce up their campsite with flags or banners, cooking equipment and lanterns. Packs may want to bring along sports equipment, paper products, water jugs and campsite games.



## **Campsite Supplies**

A broom, shovel, rakes, fire buckets and water hose will be kept in each campsite. Equipment that is lost or broken due to misuse will be charged to the unit.

## **Campsite Inspection**

Camp Commissioners will inspect each campsite on a daily basis for cleanliness, safety, conservation, organization, and Scout Spirit. Pack inspection sheets are posted in each campsite. The top campsites will be recognized at the closing campfire.

## **Camp Good Turns**

A Scout is helpful and clean. Each day the campsites are responsible for assisting in keeping the camp clean. Good turns can be done directly after lunch. Schedules for good turns will be posted in each campsite.

## **Fire Protection**

Please use care around the campfires in your sites. Only established campfire rings may be used in camp for fires. No liquid fuel may be used to start any fires. No open flames, of any type, are permitted around or in any tent. Full fire buckets are required around your campfire ring. Troops need to fill out and follow the posted Troop Fire Guard Plan found on the bulletin board in your campsite.

## **Showers and Bathroom Facilities**

Comfortably warm showers with individual stalls are available for all Scouts and Leaders. There is also a handicapped accessible shower facility. Bathrooms and hand washing basins are found in each campsite.

## **Sleep and Quiet Hours**

Getting enough sleep can make a difference between having a great or poor week at camp. Camp Leaders should see that their Webelos are in the campsite by 8:30 PM and quiet time is observed from 9:00 PM - 7:00 AM.

## **Siesta**

A siesta is scheduled for rest time everyday directly following lunch. All Webelos are to be in their campsites during this time. No program areas will be open during siesta.

## **Work Projects**

Work projects for all different age groups and skill levels are available on a year round basis, not just during camp. Many recent improvements have been made to our camp facilities with the help of many volunteers. Projects are carried out under the supervision and direction of the Camp Ranger. Interested volunteers can contact the camp director for more information.





## Leadership

Two registered adult leaders 21 years of age or over are required at all Scouting activities, including meetings. There must be a registered female adult leader 21 years of age or over in every unit serving females. A registered female adult leader 21 years of age or over must be present for any activity involving female youth. Notwithstanding the minimum leader requirements, age- and program-appropriate supervision must always be provided.

## Campsites

Girl dens may request to camp in an all girls campsite or may request to share a site with their boy dens. When sharing a site with boys, all packs that are camping in the site must be aware of and agree to share with a girl den.

If a girl den camps in Tenny campsite, campers should bring tarps to cover the front of the leanto for privacy. Tenny will be set with 12 leantos and 4 wall tents.

## Accommodations

Separate accommodations for adult males and females and youth males and females are required.

- Separate tenting arrangements must be provided for male and female adults as well as for male and female youth.
- Spouses may share tents.
- Where girl dens and boy dens share a campsite, girls and boys should be assigned to different den sites with a buffer zone between them where possible.
- Youth sharing tents should be no more than two years apart in age.
- Youth and adults tent separately.

## Latrines

We are in the process of retro-fitting latrines to make stalls unisex. Signs will be on each latrine to indicate when stalls are in use and when they are available.

## Showers

**Females:** Adult, staff, and youth females will use the **Boone** showerhouse. Separate times for adults and youth will be posted on the building.

**Males:** Adult, staff, and youth males will use the **Nature** showerhouse or the **Tenny** showerhouse. Separate times for adults and youth will be posted on the buildings.

## Program:

All adventure classes, den activities, and evening activities will be co-ed. All Webelos, whether boys or girls, will have access to the same program opportunities.







## Uniforms

Camp Hinds has a long established tradition of wearing uniforms in camp. The official BSA summer uniform is suggested for Webelos and Leaders. The Class "A" includes uniform shirt and Scout shorts, socks, and belt (if you have them). The Class "A" uniform will be worn at flag lowering ceremonies, supper, and campfires (if you are not in costume). Our staff is in uniform at all times, unless their job requires something else. During the day Scouting T-shirts are appropriate. The '2019 camp T-shirt, hats and other items will be available in the Trading Post for those that would like to purchase them.



## The Trading Post

Camp has a Trading Post, which is like a general store. The Trading Posts offer handicraft items, candy, souvenirs, soda, stamps, T-shirts, patches, etc. The amount of money each Scout brings is an individual matter and should be determined by the Scout and his parents. We recommend no more than \$20 for Webelos.

## Trading Post Hours

Sunday	Monday-Tuesday	Wednesday
2:00pm-5:15pm	8:30am-8:30pm  Note: Trading post will close while staff goes to lunch, retreat, and dinner	8:30am-12:15pm

## Pack/Den Photos

Again this year, camp will be offering pack/den photos. Photos are colored 8 x 10's. **Cost for each photograph will be \$10.00.** A photo order form will be given to each pack at camp. Money needs to be collected and turned in with the order form to the Trading Post. Photos will be available before your departure from camp.





## Mail & Emergency Phone Numbers

Two of the questions from parents are “Where will our Webelos be?” and “How can we reach him/her?” Webelos enjoy receiving mail from home during their stay at camp. Please write, but don’t call unless it’s an emergency. Remember there is no phone next to your Webelos’ tent. The camp phone is for camp business and emergencies.

### EMERGENCY PHONE #

Phone (Business and Emergency Use): (207) 655-6766

We encourage all leaders to keep their Webelos away from the phone. Experience has taught us that this really helps with homesickness. We also encourage parents to get the cell phone number of your pack’s leaders in case you need to get in touch.

### Mailing Address:

**Webelos’ Name**  
**Pack # and Campsite**  
**Camp Hinds**  
**146 Plains Road**  
**Raymond, ME 04071**



Mail is delivered daily to camp. Each campsite has a mailbox in the Trading Post for incoming mail and non-emergency messages. Leaders please check your mailbox a couple of times each day for incoming mail and messages. All emergency messages received in the camp office will be delivered immediately to the adult leadership of the Scout to whom the information concerns by the camp staff.

## Webelos Leaving Camp

Campers are not to leave camp during the camping period without the approval of their parent, unit leader, and the Camp Director. With this prior approval, a Webelos may leave the camp with a responsible adult who must sign-in and sign-out in the Camp Office. Webelos leaving early or for part of the day must have proper permission from his parent / legal guardian.

## Leaders Leaving Camp

Leaders who must leave camp for any reason must advise the Camp Office at the time of departure and return. Do not leave your Webelos without appropriate two deep leadership. Leaders planning to alternate should wait until their replacement arrives before they leave to assure that the Webelos are well supervised at all times.

## Visitors

Visitors are welcomed in camp, but please understand that everybody is on a busy schedule and Webelos prone to homesickness may do better without visitors. **All visitors must sign in and out at the camp office.** Remember that camp facilities are primarily for the use of campers and leaders. All vehicles will remain in the parking lot. *Tickets for Visitor meals may be purchased in the trading post.*



The following items should be packed in a locked footlocker, tote or duffle bag:

### **Personal Gear**

Webelos Uniform (and extra parts)  
 Webelos hat  
 Extra pants, shirts, socks  
 Extra underwear  
 Extra towels  
 Extra shoes  
 Rain gear  
 Water bottle  
 Pillow  
 Sleeping bag or blankets  
 Swim suit  
 Cook kit with knife, fork, spoon  
 Flashlight with extra batteries  
 Jacket or sweater  
 Toilet articles (No sprays please)  
 Photocopy of medical form  
 Webelos handbook

### **Leave at Home**

Pets, sheath knives, fireworks, firearms, ammunition, bows & arrows, radios, CD players, televisions, walkmans, electronic games, cell phones, squirt guns, alcoholic beverages, and illegal drugs. Other valuables should be left at home.

### **Pack/Den Gear**

Long handle tongs, chef kit (Cooking utensils)  
 Vegetable peelers, hot pot mitts  
 Pack flags, Den flags  
 Dependable alarm clock  
 Brooms  
 Photocopies of all medicals



### **Optional Personal Gear**

Pocket knife  
 Camera  
 Songbook  
 Watch  
 Money for trading post  
 Insect repellent (NO sprays please)  
 Laundry bag  
 Fishing gear  
 Sun tan lotion  
 Stationery & stamps  
 Pajamas  
 Bible or prayer book  
 Sports equipment (gloves, etc)  
 Water shoes  
 Costume for the **Land of the Pharaohs** theme

### **Optional Pack/Den Gear**

Lanterns  
 Spade  
 Woods tools  
 Pots and pans, dutch oven (for cookout Dinner)  
 Cook stove, spices  
 Paper/plastic plates, cups, utensils  
 Charcoal, charcoal chimney  
 Solid charcoal lighter (no liquids)  
 Newspaper  
 Hot dog forks  
 Wheel barrow or garden cart  
 Sports equipment  
 Baby powder (helps dry feet at waterfront)





**146 Plains Road  
Raymond, ME  
(207) 655-6766**

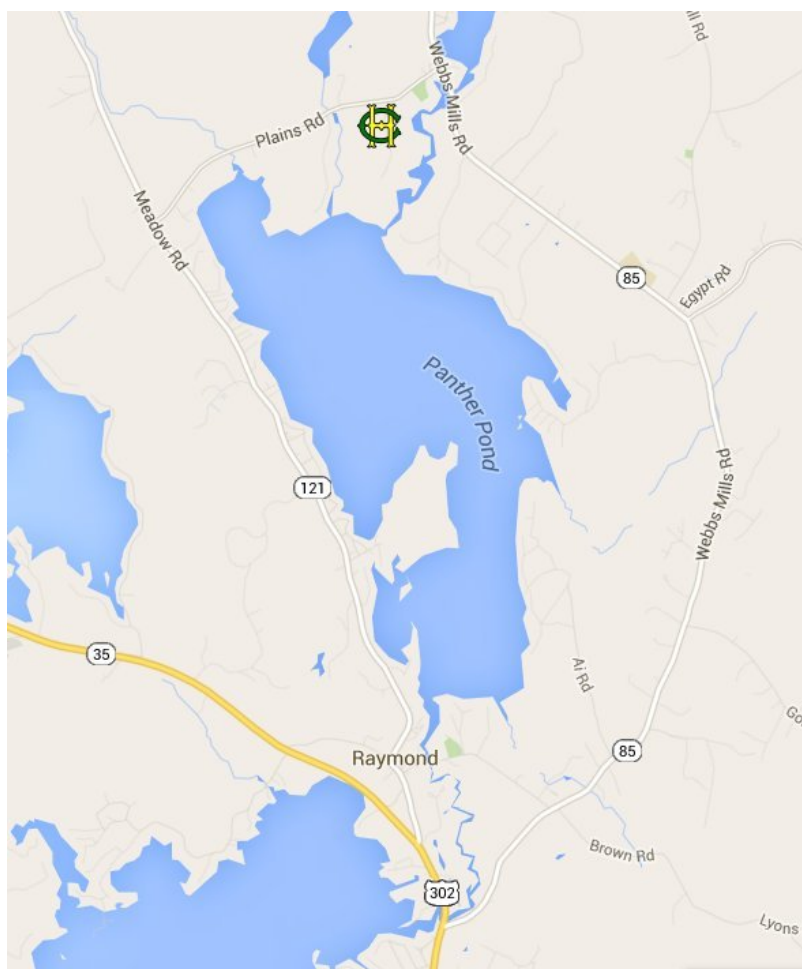
Plains Road is between Routes 85 and 121, both of which intersect Routes 302 and 11.

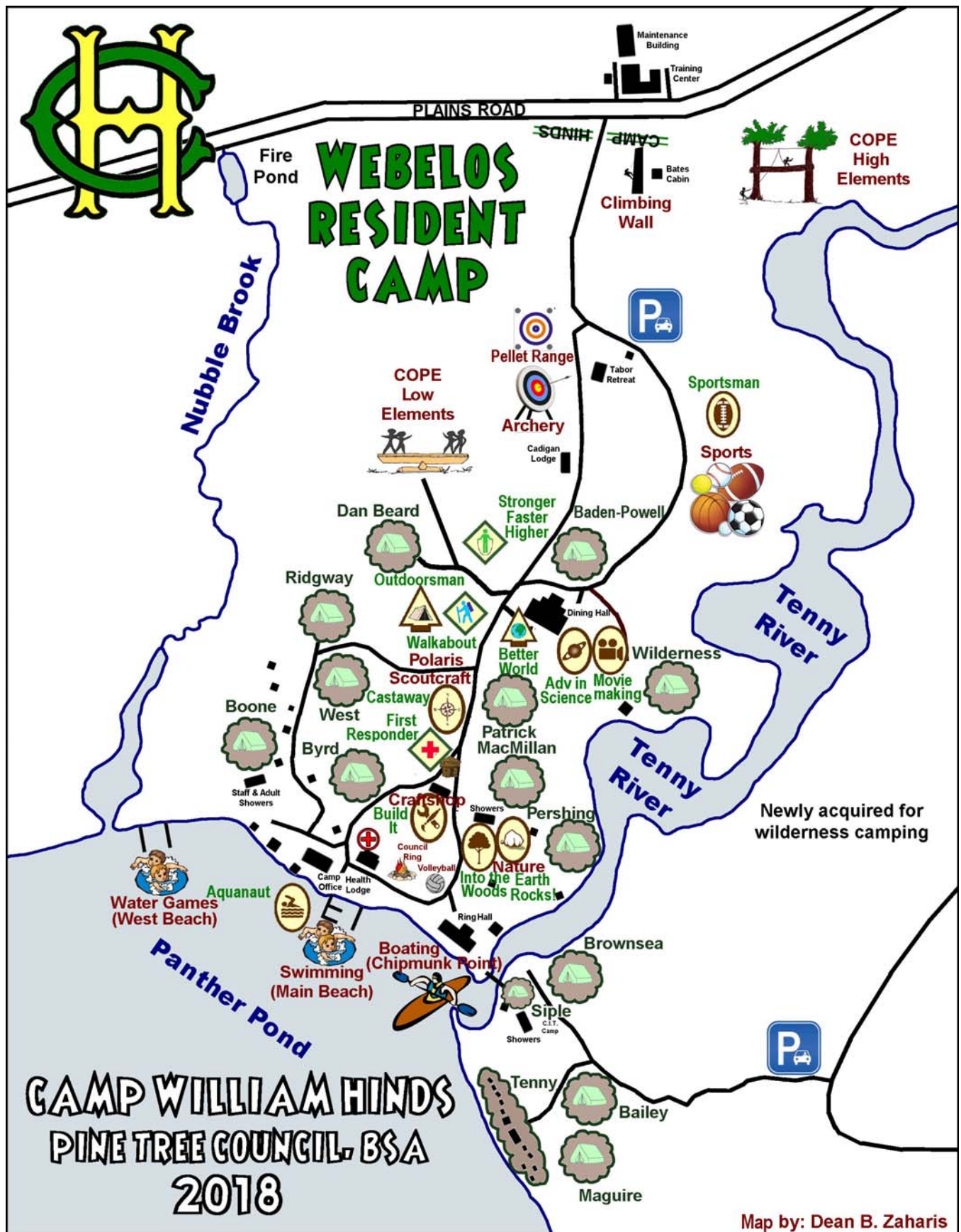
**From the South:**

Take Exit 48 (To Routes 25, 302: Riverside St., Larrabee Rd.) off the Maine Turnpike  
Turn Right onto Riverside Street  
Turn Left onto Route 302 West  
Go 15 miles and turn Right onto Route 85  
Go 6 miles on Route 85; past the Jordan Small School  
Turn Left onto Plains Road at the bottom of the hill  
Camp is 0.5 miles on Left

**From the North:**

Take Exit 63 (To Routes 202, 115, 4, 26: Gray/New Gloucester) off the Maine Turnpike  
Turn Left onto Route 202  
Go 0.5 miles and turn Right onto Route 26A  
Go 3 miles and turn Left onto North Raymond Road  
Go 1 mile and turn Left onto Egypt Road  
At the end of Egypt Road, turn Right onto Route 85  
Go 1.8 miles on Route 85; past the Jordan Small School  
Turn Left onto Plains Road at the bottom of the hill  
Camp is 0.5 miles on Left





# 2019 Webelos Resident Camp

## Camp William Hinds

### Pack Roster

Pack # \_\_\_\_\_ Camp Leader: \_\_\_\_\_ Campsite: \_\_\_\_\_

Phone # \_\_\_\_\_ E-mail Address \_\_\_\_\_

#### Adults

#### Time In Camp

	Name	Full Session	Days Only	Nights Only	Other (explain)
1.	_____	_____	_____	_____	_____
2.	_____	_____	_____	_____	_____
3.	_____	_____	_____	_____	_____
4.	_____	_____	_____	_____	_____
5.	_____	_____	_____	_____	_____
6.	_____	_____	_____	_____	_____

#### Youth

- |           |           |
|-----------|-----------|
| 1. _____  | 2. _____  |
| 3. _____  | 4. _____  |
| 5. _____  | 6. _____  |
| 7. _____  | 8. _____  |
| 9. _____  | 10. _____ |
| 11. _____ | 12. _____ |
| 13. _____ | 14. _____ |
| 15. _____ | 16. _____ |
| 17. _____ | 18. _____ |
| 19. _____ | 20. _____ |



# 2019 Webelos Resident Camp

## Camp William Hinds

### Advancement Activity Signup

Pack # \_\_\_\_\_ Camp Leader: \_\_\_\_\_ Campsite: \_\_\_\_\_

Phone # \_\_\_\_\_ E-mail Address \_\_\_\_\_

#### Webelos Activities

Number of Webelos Candidates: \_\_\_\_\_

Number of Leaders: \_\_\_\_\_

In this list below, please make your first five choices using the numbers 1 through 5 – 1 being your first choice. Every effort will be made to schedule you for your first three choices, but some sessions may become full.

- ☐ First Responder (Required)
- ☐ Stronger Faster Higher (Required)
- ☐ Webelos Walkabout (Required)
- ☐ Earth Rocks! (Elective)
- ☐ Sportsman (Elective)
- ☐ Adventures in Science (Elective)
- ☐ Archery Shooting Sports Award

#### Arrow of Light Activities

Number of Arrow of Light Candidates: \_\_\_\_\_

Number of Leaders: \_\_\_\_\_

In this list below, please make your first five choices using the numbers 1 through 5 – 1 being your first choice. Every effort will be made to schedule you for your first three choices, but some sessions may become full.

- ☐ Outdoorsman (Required)
- ☐ Building a Better World (Required)
- ☐ Aquanaut (Elective)
- ☐ Build It (Elective)
- ☐ Into the Woods (Elective)
- ☐ Castaway (Elective)
- ☐ Moviemaking (Elective)
- ☐ Slingshot Shooting Sports Award

# Other Council Opportunities for your Scouts at Hinds

## Fly First Class – April

“Operation Fly First Class” is a Pine Tree Council Program being offered for Boy Scouts up to age 13, Tenderfoot rank through First Class! This 4-day program will offer new Scouts the chance to advance with other Scouts during the April school vacation, under the guidance of older Scouts and experienced leaders! “Operation Fly First Class” is held at Camp Hinds in Raymond.

Program features will include: cooking, woods tools, first aid, camp gadgets, outdoor code, leave no trace, native plants and wildlife, an overnight outdoor adventure, orienteering, service project, flag ceremonies, Scout’s Own Service and plenty of Scout Spirit!



# *Pine Tree Council*

## CAMPERSHIP APPLICATION

**DEADLINE: March 15, 2019**

**(families will be notified by April 15, 2019)**

It is the intent of the Council Campership fund, to provide assistance to youth in securing the necessary funds to experience an outdoor Scouting Adventure. Realizing that families occasionally are not in the financial position to pay for their Scout to attend a camping experience, the campership funds are made available to assist those Scouts with a financial need. **Camperships are available to individuals with a financial need and are to support and supplement other sources of funding, such as family, unit, sponsor and/or other sources.**

**All information on this form must be completed for the Campership Application to be accepted for processing.**

**All information on this form is confidential.**

(Please Print)

Youth's Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ District: \_\_\_\_\_

Name of Unit Leader: \_\_\_\_\_ Unit: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Unit leader signature: \_\_\_\_\_

**Which camp do you plan to attend: (check one)**

### **SCOUT CAMPS (TROOPS)**

\_\_\_\_\_ Camp Hinds Scout Camp \_\_\_\_\_ Camp Bomazeen Scout Resident Camp

### **WEBELO'S OVERNIGHT CAMPS (PACKS)**

\_\_\_\_\_ Camp Hinds Webelo's Resident Camp \_\_\_\_\_ Camp Bomazeen Webelo's Resident Camp

### **CUB SCOUT DAY CAMPS (PACKS)**

\_\_\_\_\_ Abnaki Day Camp (**Camp Gustin** in Sabattus)  
\_\_\_\_\_ Casco Bay Day Camp (**Camp Hind** in Raymond)  
\_\_\_\_\_ Casco Bay Day Camp (**Winslow Park** in Freeport)  
\_\_\_\_\_ K-Valley Day Camp (**Camp Bomazeen** in Belgrade)  
\_\_\_\_\_ York Day Camp (**Camp Nutter** in Acton)



Has this Scout received a Pine Tree Council Campership in the past?	Yes	No
Does the Pack/Troop conduct a fundraiser(s) for camp?	Yes	No
Popcorn Sale?	Yes	No
Other ? _____	Yes	No
Did this Scout participate?	Yes	No

**The Pine Tree Council believes that each Scout should contribute something towards camp. This policy also allows us to utilize our limited funds for more individuals. It should be understood that we do not award camperships for Funpack Weekends, or extra weeks at camp.**

Contribution from Scout and family:	_____
Contribution from Troop/Pack:	_____
Contribution from sponsor:	_____
Contribution from fundraiser:	_____
 TOTAL CONTRIBUTIONS:	 _____

**CAMP FEE:** \_\_\_\_\_ **AMOUNT REQUESTED FROM CAMBERSHIP FUND:** \_\_\_\_\_

**Confidential Information (must be complete):**

Father's occupation: \_\_\_\_\_

Mother's occupation: \_\_\_\_\_

Total number of people in household \_\_\_\_\_

Do you qualify for free or reduced school lunch? \_\_\_\_\_

Gross annual family income  
as of application date:

_____ Below \$20,000
_____ \$20,001-\$30,000
_____ \$30,001 - \$40,000
_____ \$40,001- \$50,000
_____ \$50,001 or above

**Parent or Guardian Statement:** I am requesting financial assistance because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signature of Parent: X \_\_\_\_\_ Date: \_\_\_\_\_

Please return to:

**Campership Committee**  
**Pine Tree Council, Inc.**  
**Boy Scouts of America**  
**146 Plains Road**  
**Raymond, ME 04071**

**Email: [tammy.chapman@scouting.org](mailto:tammy.chapman@scouting.org)**

# Part A: Informed Consent, Release Agreement, and Authorization

# A

Full name: \_\_\_\_\_  
DOB: \_\_\_\_\_

High-adventure base participants:  
Expedition/crew No.: \_\_\_\_\_  
or staff position: \_\_\_\_\_

## Informed Consent, Release Agreement, and Authorization

I understand that participation in Scouting activities involves the risk of personal injury, including death, due to the physical, mental, and emotional challenges in the activities offered. Information about those activities may be obtained from the venue, activity coordinators, or your local council. I also understand that participation in these activities is entirely voluntary and requires participants to follow instructions and abide by all applicable rules and the standards of conduct.

In case of an emergency involving me or my child, I understand that efforts will be made to contact the individual listed as the emergency contact person by the medical provider and/or adult leader. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me or my child. Medical providers are authorized to disclose protected health information to the adult in charge, camp medical staff, camp management, and/or any physician or health-care provider involved in providing medical care to the participant. Protected Health Information/Confidential Health Information (PHI/CHI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.103, 164.501, etc. seq., as amended from time to time, includes examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

(If applicable) I have carefully considered the risk involved and hereby give my informed consent for my child to participate in all activities offered in the program. I further authorize the sharing of the information on this form with any BSA volunteers or professionals who need to know of medical conditions that may require special consideration in conducting Scouting activities.

With appreciation of the dangers and risks associated with programs and activities, on my own behalf and/or on behalf of my child, I hereby fully and completely release and waive any and all claims for personal injury, death, or loss that may arise against the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with any program or activity.

I also hereby assign and grant to the local council and the Boy Scouts of America, as well as their authorized representatives, the right and permission to use and publish the photographs/film/videotapes/electronic representations and/or sound recordings made of me or my child at all Scouting activities, and I hereby release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all liability from such use and publication. I further authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of the BSA, and I specifically waive any right to any compensation I may have for any of the foregoing.



**NOTE: Due to the nature of programs and activities, the Boy Scouts of America and local councils cannot continually monitor compliance of program participants or any limitations imposed upon them by parents or medical providers. However, so that leaders can be as familiar as possible with any limitations, list any restrictions imposed on a child participant in connection with programs or activities below.**



List participant restrictions, if any: ☐ None

I understand that, if any information I/we have provided is found to be inaccurate, it may limit and/or eliminate the opportunity for participation in any event or activity. If I am participating at Philmont, Philmont Training Center, Northern Tier, Florida Sea Base, or the Summit Bechtel Reserve, I have also read and understand the supplemental risk advisories, including height and weight requirements and restrictions, and understand that the participant will not be allowed to participate in applicable high-adventure programs if those requirements are not met. The participant has permission to engage in all high-adventure activities described, except as specifically noted by me or the health-care provider. If the participant is under the age of 18, a parent or guardian's signature is required.

Participant's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/guardian signature for youth: \_\_\_\_\_ Date: \_\_\_\_\_

(If participant is under the age of 18)

Second parent/guardian signature for youth: \_\_\_\_\_ Date: \_\_\_\_\_

(If required; for example, California)

## Complete this section for youth participants only:

### Adults Authorized to Take to and From Events:

You must designate at least one adult. Please include a telephone number.

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Telephone: \_\_\_\_\_

### Adults NOT Authorized to Take Youth To and From Events:

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Telephone: \_\_\_\_\_



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## Part B: General Information/Health History

# B

**Full name:** \_\_\_\_\_

**DOB:** \_\_\_\_\_

**High-adventure base participants:**

Expedition/crew No.: \_\_\_\_\_

or staff position: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Height (inches): \_\_\_\_\_ Weight (lbs.): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP code: \_\_\_\_\_ Telephone: \_\_\_\_\_

Unit leader: \_\_\_\_\_ Mobile phone: \_\_\_\_\_

Council Name/No.: \_\_\_\_\_ Unit No.: \_\_\_\_\_

Health/Accident Insurance Company: \_\_\_\_\_ Policy No.: \_\_\_\_\_



**Please attach a photocopy of both sides of the insurance card. If you do not have medical insurance, enter "none" above.**



**In case of emergency, notify the person below:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ Home phone: \_\_\_\_\_ Other phone: \_\_\_\_\_

Alternate contact name: \_\_\_\_\_ Alternate's phone: \_\_\_\_\_

## Health History

Do you currently have or have you ever been treated for any of the following?

Yes	No	Condition	Explain
		Diabetes	Last HbA1c percentage and date:
		Hypertension (high blood pressure)	
		Adult or congenital heart disease/heart attack/chest pain (angina)/heart murmur/coronary artery disease. Any heart surgery or procedure. Explain all "yes" answers.	
		Family history of heart disease or any sudden heart-related death of a family member before age 50.	
		Stroke/TIA	
		Asthma	Last attack date:
		Lung/respiratory disease	
		COPD	
		Ear/eyes/nose/sinus problems	
		Muscular/skeletal condition/muscle or bone issues	
		Head injury/concussion	
		Altitude sickness	
		Psychiatric/psychological or emotional difficulties	
		Behavioral/neurological disorders	
		Blood disorders/sickle cell disease	
		Fainting spells and dizziness	
		Kidney disease	
		Seizures	Last seizure date:
		Abdominal/stomach/digestive problems	
		Thyroid disease	
		Excessive fatigue	
		Obstructive sleep apnea/sleep disorders	CPAP: Yes <input type="checkbox"/> No <input type="checkbox"/>
		List all surgeries and hospitalizations	Last surgery date:
		List any other medical conditions not covered above	



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## Part B: General Information/Health History

# B

Full name: \_\_\_\_\_

DOB: \_\_\_\_\_

### High-adventure base participants:

Expedition/crew No.: \_\_\_\_\_

or staff position: \_\_\_\_\_

## Allergies/Medications

Are you allergic to or do you have any adverse reaction to any of the following?

Yes	No	Allergies or Reactions	Explain	Yes	No	Allergies or Reactions	Explain
		Medication				Plants	
		Food				Insect bites/stings	

List all medications currently used, including any over-the-counter medications.

☐ CHECK HERE IF NO MEDICATIONS ARE ROUTINELY TAKEN.

☐ IF ADDITIONAL SPACE IS NEEDED, PLEASE INDICATE ON A SEPARATE SHEET AND ATTACH.

Medication	Dose	Frequency	Reason

☐ YES ☐ NO Non-prescription medication administration is authorized with these exceptions: \_\_\_\_\_

Administration of the above medications is approved for youth by: \_\_\_\_\_

Parent/guardian signature

MD/DO, NP, or PA signature (if your state requires signature)



**Bring enough medications in sufficient quantities and in the original containers. Make sure that they are NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication unless instructed to do so by your doctor.**



## Immunization

The following immunizations are recommended by the BSA. Tetanus immunization is required and must have been received within the last 10 years. If you had the disease, check the disease column and list the date. If immunized, check yes and provide the year received.

Yes	No	Had Disease	Immunization	Date(s)
			Tetanus	
			Pertussis	
			Diphtheria	
			Measles/mumps/rubella	
			Polio	
			Chicken Pox	
			Hepatitis A	
			Hepatitis B	
			Meningitis	
			Influenza	
			Other (i.e., HIB)	
			Exemption to immunizations (form required)	

**Please list any additional information about your medical history:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### DO NOT WRITE IN THIS BOX

Review for camp or special activity.

Reviewed by: \_\_\_\_\_

Date: \_\_\_\_\_

Further approval required: ☐ Yes ☐ No

Reason: \_\_\_\_\_

Approved by: \_\_\_\_\_

Date: \_\_\_\_\_



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## Part C: Pre-Participation Physical

This part must be completed by certified and licensed physicians (MD, DO), nurse practitioners, or physician assistants.

Full name: \_\_\_\_\_

DOB: \_\_\_\_\_

**High-adventure base participants:**

Expedition/crew No.: \_\_\_\_\_

or staff position: \_\_\_\_\_



**You are being asked to certify that this individual has no contraindication for participation inside a Scouting experience. For individuals who will be attending a high-adventure program, including one of the national high-adventure bases, please refer to the supplemental information on the following pages or the form provided by your patient.**



**Examiner: Please fill in the following information:**

		Yes	No	Explain	
Medical restrictions to participate					

Yes	No	Allergies or Reactions	Explain	Yes	No	Allergies or Reactions	Explain
		Medication				Plants	
		Food				Insect bites/stings	

Height (inches): \_\_\_\_\_ Weight (lbs.): \_\_\_\_\_ BMI: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_ / \_\_\_\_\_ Pulse: \_\_\_\_\_

	Normal	Abnormal	Explain Abnormalities
Eyes			
Ears/nose/throat			
Lungs			
Heart			
Abdomen			
Genitalia/hernia			
Musculoskeletal			
Neurological			
Other			

### Examiner's Certification

I certify that I have reviewed the health history and examined this person and find no contraindications for participation in a Scouting experience. This participant (with noted restrictions):

True	False	Explain
		Meets height/weight requirements.
		Does not have uncontrolled heart disease, asthma, or hypertension.
		Has not had an orthopedic injury, musculoskeletal problems, or orthopedic surgery in the last six months or possesses a letter of clearance from his or her orthopedic surgeon or treating physician.
		Has no uncontrolled psychiatric disorders.
		Has had no seizures in the last year.
		Does not have poorly controlled diabetes.
		If less than 18 years of age and planning to scuba dive, does not have diabetes, asthma, or seizures.
		<b>For high-adventure participants, I have reviewed with them the important supplemental risk advisory provided.</b>

Examiner's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Provider printed name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP code: \_\_\_\_\_

Office phone: \_\_\_\_\_

#### Height/Weight Restrictions

If you exceed the maximum weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from an emergency vehicle/accessible roadway, you may not be allowed to participate.

#### Maximum weight for height:

Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight
60	166	65	195	70	226	75	260
61	172	66	201	71	233	76	267
62	178	67	207	72	239	77	274
63	183	68	214	73	246	78	281
64	189	69	220	74	252	79 and over	295



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A rustic wooden signpost made of sticks and branches, decorated with climbing vines and leaves. At the top, a banner reads "TO HINDS COME HOME". The main body of the signpost features the text "PLEASE BRING THIS GUIDE TO CAMP WITH YOU" in large, blue, serif capital letters. The signpost is set against a background of a forest scene with trees and a path.

TO HINDS  
COME HOME

PLEASE BRING  
THIS GUIDE TO  
CAMP WITH YOU