

Sequoia Council Boy Scouts of America

2012 Klondike Derby
Winter Awareness Training and Event Schedule
Updated: January 8, 2012



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ABOUT THIS DOCUMENT

This document is intended to assist Senior Patrol Leader's and Patrol Leader's in preparing their Troop to have a successful cold weather camping experience. We hope these materials will help the Senior Patrol Leader to develop Troop Meeting Plans leading up to the 2012 Klondike. Consistent throughout the document is the need to plan in advance for this type of event. The planning process should include attendance at the Winter Awareness Training which is to be held on January 14th at 9am at the Clovis Memorial Building 453 Hughes Avenue, Clovis, California.

Important Dates

January 14th, 2012 - Winter Awareness Training

February 4, 2012 - Registrations are due

February 17th – 19th, 2012 - Klondike

PLANNING FOR WINTER CAMPING

Every year, tens of thousands of Scouts will go winter camping. Although the threat of danger is always present in a winter camp, planning and knowledge can overcome this. It is very important that Scouts and Leaders are prepared. If a Scout feels that winter camping is not for him, then he should not go. Over time young Scouts will often change their mind, particularly if they see other Scouts succeed. There is always next year and the year after and so on. Make sure you are ready, and most of all, SAFE.

Much of the information you need to prepare for winter camping is in the Boy Scout Handbook. Other good resources include:

- <http://www.usscouts.org/macscouter/KeepWarm/>
- Okpik: Cold Weather Camping, 2003 - If you are going to be doing a lot of outdoor activities, this book is an invaluable source of know-how and advice.
- The Council website also has resources <http://www.seqbsa.org/Klondike.htm>

MISCONCEPTIONS ABOUT WINTER CAMPING

Myth #1: Leather hiking boots will keep your feet warm. -- FALSE

The snug fit of most leather hiking boots can limit the circulation of blood in the foot. Especially with thick socks on. Overboots cut generously enough to hold your foot and shoe are much more effective. The cloth stitching in leather boots can also wick moisture into the shoe. Nothing is worse than wet feet in cold winter.

Myth #2: Waterproof clothing is ideal for cold weather camping. -- FALSE

To keep warm, in the cold, your clothing must allow body moisture to escape. Moisture that is trapped too close to the body can wick heat away through evaporation. It is better to layer your clothing on in cold weather. Wool, GorTex, and polypropylene garments work nice in the cold. Always wear insulated underwear.

Myth #3: Winter camping does not require much preparation. -- FALSE

Successful winter camping is all about planning! It is very important to prepare and even over prepare. I've never heard anyone complain about being too warm or having too many dry clothes on a winter campout.

Myth #4: Mental attitude has little to do with winter camping. -- FALSE

A positive mental attitude is one the most important ingredient in the success of cold weather camping trips. The demands of winter will drain your energy and you'll have to rely on yourself to keep your spirits high.

Myth #5: In cold weather, tasks can be done just as quickly as in warm weather. -- FALSE

Every effort in cold weather takes longer to complete. Be sure to bring some winter patience with you when you camp in the cold.

CONSERVING BODY HEAT - THE PRIME OBJECTIVE

There are three ways to lose body heat. Keeping them in mind will help you be much more aware of what you are or could be doing to keep your body warm.

RADIATION - The emission of body heat, especially from the skin areas exposed to the elements. A good set of gloves, hat, and scarf can help best in keeping bare skin to a minimum.

CONDUCTION - The absorption of cold by the body when sitting or laying on cold ground, or handling cold objects such as metal cooking utensils and metal canteens. This is why a decent sleeping pad is required for cold weather camping. The same goes for wearing gloves. A camp stool or pad is a must on a winter camping trip. Try not to sit on the ground.

CONVECTION - The loss of body heat due to wind blowing across unprotected body parts. This situation can also be reduced by keeping bare skin covered with hats, scarves, and gloves. It is important to keep exposure to a minimum, ESPECIALLY in a windy situation. Convection heat loss can reduce body heat the fastest. Wet clothing will accelerate this process, making staying dry even more important.

OTHER CONCERNS

Tent Placement - Whenever possible; place your tent in a location that will catch the sunrise in the morning. This will aid in melting off any ice and evaporating any frost or dew that may have formed during the night. This will also warm your tent as you awaken in the morning. Cold air sinks. Try to place your campsite on slightly higher ground than the rest of your surroundings. Try to choose a protected site if it is snowing or the wind is blowing. Keep a safe distance from dead trees, snags, and overhead power lines.

Water Consumption in Cold Weather - Dehydration can seriously impair the body's ability to produce heat. Drink fluids as often as possible during the day and keep a water bottle or canteen with you at night.

Cooking In Cold Weather - Cooking in cold weather will take about twice as long as normal. Always use a lid on any pots that you are cooking in. This will help to hold in the heat and decrease the overall heating time. Make sure you start hot cleaning water before you start cooking. The pots and utensils must still be cleaned. Try to keep your menu to good one-pot meals. Things like stews, chili, and hot beans stick to your ribs, lessen the cleaning time, and provide good sources of energy and fuel for your internal furnace. A good high-calorie snack before bedtime will also keep you warm all night. Stay away from an overabundance of sugar, cheese is a good high-calorie bedtime snack.

KEEPING WARM

Keeping warm is the most important part of cold weather camping. Use the C-O-L-D method to assure staying warm.

C - Clean

Since insulation is only effective when heat is trapped by dead air spaces, keep your insulating layers clean and fluffy. Dirt, grime, and perspiration can mat down those air spaces and reduce the warmth of a garment.

O - Overheating

Avoid overheating by adjusting the layers of your clothing to meet the outside temperature and the exertions of your activities. Excessive sweating can dampen your garments and cause chilling later on.

L - Loose Layers

A steady flow of warm blood is essential to keep all parts of your body heated. Wear several loosely fitting layers of clothing and footwear that will allow maximum insulation without impeding your circulation.

D - Dry

Damp clothing and skin can cause your body to cool quickly, possibly leading to frostbite and hypothermia. Keep dry by avoiding cotton clothes that absorb moisture. Always brush away snow that is on your clothes before you enter a heated area. Keep the clothing around your neck loosened so that body heat and moisture can escape instead of soaking several layers of clothing.

CLOTHING

Footwear

As with other clothing, the layer system is also the answer for foot- wear. Start with a pair of silk, nylon, or thin wool socks next to your skin. Then layer on several pairs of heavier wool socks. When and if your feet become damp, change into another pair of dry socks at the first opportunity. Rubber overboots will protect the feet from water and will allow more comfortable shoes to be worn within.

Mittens and Gloves

Mittens allow your fingers to be in direct contact with each other. They will keep your hands warmer than

regular gloves that cover each finger. Select mittens that are filled with foam insulation, or pull on wool gloves and cover them with a nylon overmitt. Long cuffs will keep wind and snow from getting in.

Headgear

The stocking hat is the warmest thing you can cover your head with in cold weather. Get one that is large enough to pull down over your ears. Also ski masks are great in the winter and can help in keeping your neck and face warm as well. Noses and ears can be very easily frostbitten, so a scarf can be an invaluable item to have.

Parka and/or Overcoat

Your coat or parka is the most important piece of your winter clothing. It needs to be large enough to fit over extra clothing without cutting off blood flow, and allowing ventilation to keep moisture away from your body. A large permanently attached hood will prevent heat loss around your head and neck.

Sleepwear

Never should you sleep in the same clothes that you have worn all day. They are damp and will cause you to chill. This could cause frostbite and hypothermia. It is advised that you bring a thick pair of sweats and thermal underwear to sleep in. Keep the thermals and sweats for sleeping in only. Do not wear them during the day, this will keep them the driest. Also be sure to have a couple of layers of wool or heavy thick cotton socks on as well. Always sleep with a stocking hat on your head. Your sleeping bag needs to be a winter rated bag.

Typically rated down to 15 degrees and stuffed with 5 pounds of Holofil, Fiberfil, or other polyester ticking. It is also a very good idea to have some kind of sleeping mat to use in the winter. The mat can be a \$90 Thermal Rest from or a piece of high density rubber foam at least one inch thick. In cold weather camping you never want to sleep on an air mattress or off the ground in a cot. The air under you will cool you off in no time and this would create a threatening situation. If you don't have a sleeping mat, bring a spare wool or natural fiber blanket to use as a ground pad under your sleeping bag. The sleeping mat is worth it's weight in gold.

KLONDIKE 2012 - WINTER CAMPING TIPS

Some tips to keep in mind when your troop takes on winter camping.

- Failure to properly plan is a "Plan to Fail"
- Always bring a bit more than what you think you'll need – water, food, clothes.
- Make sure that you have a good knowledge of the signs of frostbite and hypothermia. You should be able to recognize it in others and in yourself. Tell someone right away if you or another scout is showing signs of cold-related problems.
- Keep out of the wind if you can. A rain fly for a tent can be pitched to serve as a wind break. The wind chill factor can often be considerable and can result in effective temperatures being much lower than nominal.

- Bring extra WATER. It's easy to get dehydrated in the winter. You aren't visibly sweating, so you don't think to drink water, but since the air is so dry, you lose a LOT of water through breathing. Drink lots of water (2 – 3 quarts of water each day).
- Bring extra food that doesn't need to be heated or cooked: granola bars, trail mix, etc.
- Keep a pot of hot water available for cocoa or Cup-a-Soup – these warm from the inside.
- Eat hot meals (breakfast, lunch, & dinner.). Meals should be 1-pot meals to keep cleanup to a minimum. It doesn't need to be fancy - it's hard to chop onions & carrots at -10°F with gloves on. Prep all meals at home in the warmth of the kitchen.
- Shelter the cooking area from wind (walls of tarps, etc.)
- Fill coffee/cook pots with water before bed. It's hard to pour frozen water, but easy to thaw it if it's already in the pot.
- COTTON KILLS! Do not bring cotton. Staying dry is the key to staying warm. Air is an excellent insulator and by wearing several layers of clothes you will keep warm.
- Remember the 3 W's of layering - Wicking inside layer, Warmth middle layer(s) and Wind/Water outer layer. Wicking should be a polypropylene material such as long underwear and also sock liner. Warmth layer(s) should be fleece or wool. The Wind/Water layer should be Gore-Tex or at least 60/40 nylon.
- If you're camping in the snow, wear snow pants over your regular clothing
- Bring extra hand covering - mittens are warmer than gloves.
- Bring 2 changes of socks per day.
- Everyone must be dry by sundown. No wet (sweaty) bodies or wet inner clothing.
- Keep your hands and feet warm. Your body will always protect the core, so if your hands and feet are warm, your core will also likely be warm. If your hands or feet are cold, put on more layers, and put on a hat!
- Dress right while sleeping. **Change into clean, dry clothes before bed.** Your body makes moisture and your clothes hold it in - by changing into dry clothes you will stay warmer and it will help keep the inside of your sleeping bag dry. Wearing wool socks and long underwear (tops and bottoms) in the sleeping bag is OK.
- Put on tomorrow's t- shirt and underwear at bedtime. That way you won't be starting with everything cold next to your skin in the morning.
- Wear a stocking cap to bed, even if you have a mummy bag.

- Put tomorrow's clothes in your bag with you. This is especially important if you're small of stature. It can be pretty hard to warm up a big bag with a little body, the clothes cut down on that work.
- Put a couple of long-lasting hand warmers into your boots after you take them off. Your boots will dry out during the night.
- Fill a couple of Nalgene water bottles with warm water and sleep with one between your legs (warms the femoral artery) and with one at your feet. Or use toe/hand warmers. Toss them into your sleeping bag before you get in. Some of the toe/hand warmers will last 8 hours.
- Eat a high-energy snack before bed, then brush your teeth. The extra fuel will help your body stay warm. Take a Snickers bar to bed and eat it if you wake up chilly in the night.
- Use a sleeping bag that is appropriate for the conditions. Two +20°F sleeping bags, one inside the other will work to lower the rating of both bags.
- Use a bivvy sack to wrap around your sleeping bag. You can make a cheap version of this by getting an inexpensive fleece sleeping bag. It isn't much more than a blanket with a zipper but it helps lower the rating by as much as 10 degrees.
- Use a sleeping bag liner. There are silk and fleece liners that go inside the sleeping bag. They will lower your sleeping bag's rating by up to 10 degrees. Or buy an inexpensive fleece throw or blanket and wrap yourself in it inside the sleeping bag.
- Most cold weather bags are designed to trap heat. The proper way to do this is to pull the drawstrings until the sleeping bag is around your face, not around your neck. If the bag also has a draft harness make sure to use it above the shoulders and it snugs up to your neck to keep cold air from coming in and warm air from going out.
- Don't burrow in - keep your mouth and nose outside the bag. Moisture from your breath collecting in your bag is a quick way to get real cold. Keep the inside of the bag dry.
- Don't sleep directly on the ground. Get a closed cell foam pad to provide insulation between your sleeping bag and the ground. A foam pad cushions and insulates. The air pockets are excellent in providing good insulation properties. Use more than one insulating layer below you – it's easy to slide off the first one.
- A space blanket or silver lined tarp on the floor of the tent or under your sleeping bag will reflect your heat back to you.
- No cots or air mattresses! Better to lay on with 30° earth instead of -10° air.
- Sleep in quinzees or igloos. These are warmer than tents since you've got an insulating layer of snow between you and the outside air, instead of just a thin nylon layer.
- If in tents, leave the tent flaps/zippers vented a bit, it cuts down on interior frost.

- Drain your bladder before you go to bed. Having to go in the middle of the night when it is 5 degrees out chills your entire body. Drink all day, but stop one hour before bed.
- Checklist - Make a checklist of everything you need before you start to pack. Then check each item off as you pack it. This way you will not forget anything.

HYPOTHERMIA

Author: Michael R. Schmehl

Hypothermia, sometimes mistakenly referred to simply as "exposure", is a lowering of the body's core temperature caused by over-exposure to cool or cold air or water.

One need not be subjected to near zero air temperatures or icy waters to be overcome, in fact, most cases of hypothermia occur during the spring, summer and fall. While the basic effects of air or water induced hypothermia are similar, the speed of occurrence and progression differs. Examine the case of a muskie fisherman or duck hunter whose boat capsizes in 50 degree water. From the moment of immersion, body heat will begin being lost via the skin. Seconds later, once saturated, more precious heat is drawn from such vulnerable body areas as the groin and sides of the chest. Shivering, a natural form of body heating, occurs and becomes intense; blood circulation slows to the arms and legs, saving heat for the vital body core area. In under two hours, when the body core temperature drops to about 87 degrees, the average person will lose consciousness. If the victim is not wearing a proper flotation device, drowning is likely. Should he be so equipped, yet not soon rescued, within the next hour the core temperature will reach the mid 70's, at which time the heart fibrillates and death follows.

With air/wind induced hypothermia, depending on air temperature and wind speed (chill factor), the symptoms may not be so apparent, both to the victim or any companions. Indeed, in the primary stages, the victim may even refuse to acknowledge there is a problem. Progression begins with a natural sense of cold accompanied by shivering. A feeling of numbness then occurs while shivering increases to where it's soon uncontrollable. Speech is garbled or incoherent, and the thought process slows. Body movements are erratic, and uncovered skin swells and appears blue. If the victim or members of his group do not spot the problem soon, unconsciousness will take place, followed by the possibly fatal lowering of the body core temperature.

Before noting treatment, beware of some special problems akin to water related hypothermia. While a sufferer on land can exercise, build a fire or make use of a sleeping bag to recover, such options are not available to the victim in the water. Indeed, exercise in water can cause heat to be lost over 30% faster than if one were to remain motionless.

So the question arises as to whether one should try to swim for the shore or remain still in the hope that rescue will take place before becoming overwhelmed. Naturally such a life or death choice rests with the victim, so recalling the aforementioned case of water immersion and its progression, also note the fact that, in 50 degree water, the average person could not swim even one full mile, before being rendered helpless.

The treatment for both types of hypothermia are alike. Basically it requires that the body core temperature be raised to a normal level, aided by outside sources of heat. Some recommended suggestions include: stripping the victim, who is then placed into a sleeping bag along with one or two likewise attired companions (in such a situation there's no room for modesty); get dry clothes on the victim then huddle together; the use of fire, alone, or with either of the foregoing; administer hot, non-alcoholic drinks; or the warm breath of rescuers (or steam) can be used via the victim's inhalation. Once the victim is properly rewarmed, he can be moved. At this time he should be checked by the nearest doctor; never even think of merely continuing your activities.

By using the layer effect of several pieces of clothing instead of one heavy garment, you can better maintain proper body temperature and reduce the chance of sweating. Clothing which has become wet from sweating, rain or snow is the primary cause of air related hypothermia. Too many outdoors people die needlessly each year because of hypothermia; keep alert, be careful and dress properly so it doesn't happen to you; believe me, it can happen when you least expect it!!! I know, I almost became a victim,....but that's another story.....

HYPOTHERMIA -- THE SILENT KILLER

By: Gary Ross, EMT-D (Excerpt from USS Scouting.org)

Hypothermia is a condition of general body cooling (in contrast to frostbite which is localized). It can kill you. But do not let the introduction mislead you. Hypothermia generally occurs during cold weather, but it can occur at any temperature (but generally below 60 degrees).

CAUSES:

Three factors are major causal factors in hypothermia: cold, water, and wind.

1) In a cold environment, the body must work harder to regulate heat; contact with cold air, water, snow, ground or clothing will cause heat losses due to conduction.

2) If a person is submersed in water, heat will be lost due to conduction and convection. At a water temperature of 32 degrees death occurs in 15 minutes; at 70 degrees survival for as long as 48 hours has been observed. Loss of heat by evaporation is a major contributor also. Wet skin or clothing will cool of the body quickly, especially if it is windy and/or cold.

3) Wind will cause heat loss due to convection, and will accelerate heat loss due to evaporation.

4) Hypothermia occurs much more quickly in the elderly and chronically ill.

Hypothermia is insidious. As the body's core temperature drops, more and more body systems suffer from the effects of cold. The presence and severity of hypothermia can be assessed by the signs and symptoms below. A patient is hypothermic at any temperature below 98.6 degrees Fahrenheit (rectal). 98-94 degrees is mild hypothermia; 94-84 degrees is moderate hypothermia, and below 84 degrees is severe hypothermia.

STAGES OF HYPOTHERMIA

98 - 95 degrees - Sensation of chilliness, skin numbness; minor impairment in muscular performance, especially in use of hands; shivering begins.

95 - 93 degrees - More obvious muscle in coordination and weakness; slow stumbling pace; mild confusion and apathy. Skin pale and cold to touch.

93 - 90 degrees - Gross muscular in coordination with frequent stumbling and falling and inability to use hands; mental sluggishness with slow thought and speech; retrograde amnesia.

90 - 86 degrees - Cessation of shivering; severe muscular in coordination with stiffness and inability to walk or stand; incoherence, confusion, irrationality.

86 - 82 degrees - Severe muscular rigidity; patient barely arousable; dilatation of pupils; inapparent heartbeat and pulse. Skin ice cold.

82- 78 degrees and below - Unconsciousness; death due to cessation of heart action.

TREATMENT OF HYPOTHERMIA

Two situations are possible. One is where evacuation to a medical facility is possible within several hours. The other is where evacuation will be delayed or impossible. The other parameter is stage of hypothermia.

Moderate hypothermia

Get the patient as sheltered as possible (tent, snow cave, etc.)

Remove wet clothing and replace with dry clothing. Keep patient laying down. Place patient in a sleeping bag with a second rescuer of normal body temperature. Direct skin to skin contact is preferable.

Warm stones or bottles can also be placed in the bag (be careful not to burn patient). Make sure all extremities and exposed areas (e.g. face, nose, ears) are protected. If patient is conscious and able to swallow without danger to his/her airway, give sugar and sweet, warm (not hot) fluids by mouth. DO NOT GIVE ALCOHOL. If evacuation is IMPOSSIBLE and facilities permit, immerse patient in tub of water at 105 degrees Fahrenheit. Monitor patient's temperature rectally with thermometer if possible. Continue rewarming efforts until patient's core temperature is restored to normal. Always evacuate a hypothermic patient as quickly and gently as possible, including rewarmed patients.

Severe hypothermia

Patients in severe hypothermia are often erroneously thought to be dead. Neither pulse, nor heart sounds, nor respiration may be apparent. Handle a severely hypothermic patient with great care - VERY GENTLE HANDLING. Cut away wet clothing and replace with dry clothing.

Maintain an airway, but use no adjuncts (e.g. oral airway). Once you start CPR, DON'T GIVE UP. Get help. Do not attempt to rewarm patient unless evacuation is IMPOSSIBLE. Keep patient supine, in a 10 degree head-down tilt.

Handle every hypothermic patient very gently. Rough handling can cause cardiac arrest and death. Get every patient into shelter, replace wet clothes with dry ones. Apply external heat if condition dictates. And give warm, sugary food and drink if patient's condition allows. Get help. If possible, have rescuers bring a heated oxygen unit, and administer to patient. Perhaps equipment can be air-dropped. Keep calm and do not become a victim yourself.

PREVENTION OF HYPOTHERMIA

Dress properly for current and possible conditions. Be prepared for sudden weather changes especially at elevations. Have at least one wool garment for the upper and lower parts of your body. Wool is the only material with any insulating value when wet. Carry or wear a windproof, waterproof garment. Always have a wool hat and wool mittens. Have extra clothing available especially mittens and hats. A large proportion of body heat is lost through the head. Wear suitable boots, insulated if necessary; wear wool socks, and always carry extra wool socks. Avoid getting overheated and perspiring, this cools you down - fast. Wear layers and remove clothing as necessary. Better having extra than too little. Dress sensibly and expect the worst.

Sit out bad weather. Better waiting than be overtaken by a blizzard or thunderstorm. Do not push on through the night. Make camp early and rest thoroughly. You can continue tomorrow with a much greater safety margin.

Do not get exhausted. Exhaustion promotes heat loss, and thus hypothermia. Besides, if your exhausted, you are probably drenched.

Do not get in over your head. If your experience is limited to day hikes on moderate trails, do not try to go out and tackle Mt. Washington in February. Be smart. Learn to use a map and compass. Learn fire starting techniques. Learn first-aid. Be calm. Be prepared.

Lastly, learn about hypothermia. Know the causes, warning signs, and treatment. Learn how not to get cold.

UNIT PREPARATION CHECKLIST

November

- ✓ Work on the Patrol Method
- ✓ Add the Klondike to your Annual Planning Calendar
- ✓ Build your sled (or tune up your old one).

December

- ✓ Promote the event at Troop meetings
- ✓ Practice skills for events – Develop your Patrol Yell
- ✓ Have a Troop meeting focusing on snow camping – show pictures from prior Klondike Events

January

- ✓ Register for the 2012 Klondike Derby
- ✓ Attend the Winter Awareness Training January 14, 2012
- ✓ Plan Troop Meetings around snow camping
- ✓ Take a practice trip (Day trip or overnight)
- ✓ Perfect your event skills
- ✓ Obtain your Tour Permit
- ✓ Review the Guide to Safe Scouting – Section XIII Winter Activities
- ✓ Conduct an equipment and clothing “shakedown”

February

- ✓ Final preparation-
- ✓ Attend the 2012 Klondike Derby February 18-20
- ✓ Meet with the Troop after the event and do Start, Stop and Continue

PARTICIPANT PACKING LIST

Camping Gear

- Sleeping Bag
- Bed Roll or Pad
- Pad to kneel or sit on
- Tent
- Poncho (rain gear)

Clothing to Pack

- Loose flannel pajamas
- Extra clothes
- Extra Gloves
- Wool hat
- Underwear
- 2 -3 Extra socks (hiking)

Clothing to wear

- Warm waterproof jacket
- Layered Clothing
- Snow Boots
- Snow pants
- Gloves
- Whistle (on person)
- Sunglasses and Hat
- Hiking socks

Personal Items

- Compass
- 2 - 1 Quart Water Bottles full
- Knife
- Mess Kit and utensils
- First Aid Kit
- Map
- Lip Balm and Sunscreen
- The papers (Toilet Paper)
- 2 Small Flashlights
- Large trash bags to keep stuff dry
- Notebook and pencil
- Toiletries Kit

Cooking Gear for the Patrol

- Stove
- Water containers
- Utensils
- Matches
- Pots and pans as needed

The following is a suggested list of items to pack on your sled. This list does not include personal gear, mess kits, compass, etc. which should be carried on each persons backpack.

1-Firepan and firewood (this will be used for the fire building event and for a campfire at your campsite).

1- Waterproof matches for fire building competition.

1- Blanket used for emergencies and for the sled race.

1-Gold nugget poke bag for your gold winnings.

2- Garbage bags for use in camp.

Tents for your Troop.

2-Large tarps for ground and overhead protection.

1-Unit First Aid Kit.

1-Equipment repair kit for use on packs and sled.

Camp stoves and fuel for cooking.

Food for your unit in animal proof containers.

REGISTRATION, TOUR PERMITS, PARKING

Each unit is required to ensure the register on time. Contact the Sequoia Council Scout Office for more information. The deadline to register without penalty is February 4, 2012. Your unit is responsible to obtain a Tour Permit if required and is expected to follow the Guide to Safe Scouting.

Be aware chains must be carried on vehicles at all times. Parking at the trailhead is limited. Please carpool. Be ready to drop your Scouts off at the trailhead. This means gear is on and packs, sleds, and gear is ready to unload. **We recommend stopping in Auberry or Shaver Lake to get gear on and Scouts ready to unload.**

We will have a shuttle to take drivers to park your vehicle.

Once you unload move all gear and Scouts away from the unloading area to assemble your Troops and wait for your drivers.

2012 KLONDIKE EVENTS

Arrival at the Parking Lot – Skagway, Alaska

Welcome to Skagway – Gateway to the Klondike! Upon entering our town, be prepared for the beginning of your exciting journey into the Yukon. Skagway is located at the entrance driveway to Camp Chawanakee off Dinky Creek Road, and it is here that you will arrive by car to drop off your scouts and gear. There will again be a competition to see which Troop can off-load their equipment the fastest while demonstrating outstanding organization and leadership by their Senior Patrol Leader. We want to see your Senior Patrol Leader “LARGE AND IN-CHARGE!” Please consolidate all of your scouts and equipment into as few cars as possible due to limited available parking spaces. Upon arrival you will be directed where to line up your car and as soon as it is backed into off-loading position, THE CLOCK WILL START!!! After all of your gear and scouts are safely moved out of the off-loading area and onto the trail head, the driver will be directed to one of our three off-site parking areas. A free shuttle car will be provided to bring your driver back to the trailhead to continue your journey to the Klondike!

Hiking into Camp

The hiking into camp is a two mile walk along the road into Chawanakee. The road will be packed down snow or dirt, however once you get into camp you may be in unpacked snow. When you arrive in camp, your Troop must check in at the registration trailer. The Troop will be given final camping instructions and each patrol will be given a Passport used to document participation at each town. The Patrol with the most stamps will win a prize. Passports will be reviewed on Saturday at Lunch and you must be present to win.

Activity 1 - Snow Sculpting , Deadhorse

DEADHORSE is a town of snow sculpturing. Work well as a team (patrol) in creating a snow sculpture that this time will remain standing, so strength and integrity are important. Creativity and planning will be high-scoring tools. Come prepared to cooperate with others in building a memory. Bring your own tools!

Activity 2 - Spike Drive, Caribou Crossing

Visit historic CHINESE CAMP and test your skills and strength by driving a stake into a railroad tie.

Activity 3- The Great Sled Race, Anchorage, Alaska

The Great Sled Race will begin in Anchorage Alaska. Participants must have a sled, a scout to transport on the sled, and a properly packed backpack with winter camping gear. Be ready to Carry your sled if there is no snow.

Activity 4- Log Saw, Dawson

The town of Dawson will host the log saw. Use an eight foot long bow saw to cut tamarack logs. When you're done, brand the stump with the BSA emblem.

Activity 5 - Tug-of-War , Whitehorse

Visit Whitehorse Canada to participate in the Log Pull and Tug of War. Tug-of War of the Century!!! Bring your muscles and good team spirit!

Activity 6- Log Lift (knots) , Novoarkhangelsk

NOVOARKHANGELSK (known today as Sitka, Alaska) will be the location for the Log Lift. Use the common Scout Knots to hoist a log in the air – timing is everything. Hint, know the bowline, timber hitch, and sheep shank, clove hitch and other First Class knots.

Activity 7- Snow Melt, Yukon, Alaska

Using only tinder and wood (no special ingredients), build a fire in record time. The purpose of this event is to test scouts' skills in quick fire building. **Scouts must provide all material used in the event.** The patrol's job is to build a fire to melt 2 cups of natural snow as quick as they possibly can and working as a team to earn points. All materials must be provided by scouts. Materials needed:

- ✓ Fire pan (metal sheet such as trashcan lid to build fire on),
- ✓ wood and kindling,
- ✓ a pot (can hold at least 2 cups),
- ✓ a device to hold your pot over the fire.
- ✓ Fire starters (matches, battery/steel wool, magnified glass, flint/steel, fire bow). Lighters, stoves, and any alcohol/chemical/flammable products are prohibited.

Activity 8- Snow Canons - St. Michaels

The federal government is looking for a few good men to volunteer for the US Army and defend our Country in the Spanish American War. Recruitment reached all the way to Alaska. Test your gunnery skills at this event. Cannons will be provided for Patrols to use.

Activity 9 - Blind Snow Shoe Race, Iditarod, Alaska

Use the Patrol Method to guide your Scouts through a maze of winter obstacles. Best time wins!

Activity 10 - Tomahawk Throw, Kenai, Alaska

Steady... Steady... throw! Tomahawk throwing is back as a Klondike event at the town of Kenai. Use your skills to hit a target and score points for GOLD.

Activity 11 - Emergency First Aid, Rabbit Creek

Rabbit Creek was the site of one of the first gold strikes in the Yukon. Three miners are alone in the wilderness when they find gold - then an injury happens. One miner goes down and gold mining activities are stopped until first aid is administered. Help the miner and earn some gold at this event that will test your trail to First Class First Aid Skills.

Activity 12 – Qhuzzee Building along the Chilkoot Trail

Learn how to build a snow shelter the way the Indians in the Yukon have done for years (See additional info on the last page of this document Page 18-19).

Visit the Assayer

"There is GOLD in the hills for the "Klondike Derby". And for the GOLD that Scouts earn in competitive events at each town, there is 'BOOTY'(A nautical term for gold)! Visit the Assayer . Turn in your GOLD at the "Official Office of the Assayer" and you will get the gooeyest, gummyest, sourest, sweetest, chocletyest and most disgusting 'BOOTY' that you can imagine!!!! It's a pound of BOOTY for a pound of GOLD. And there is special 'Bonus BOOTY' for Scouts that have their GOLD all collected and ready to weigh on the Klondike scales, without delay!"

KLONDIKE AGENDA

Friday February 17, 2012

- 5:00pm – 10:00pm Units arrive at Camp Chawanakee on Dinkey Creek Road. Parking and Shuttle service is available at the parking area.
- 6:00pm – 10:00pm Units check in at Camp Chawanakee receive Scoutmaster's information packet
- 10:00pm Quiet time, units to secure their campsites for the night.

Saturday February 18, 2012

- 6:00am – 9:00am Parking and shuttle service
- 6:00am Reveille
- 6:30 - 7:30 am Breakfast at Unit Campsites – Late arriving units check in at Camp Chawanakee receive Scoutmaster's information packet
- 8:00am – 8:20am All units assemble for Opening Ceremonies - Flags and Announcements
- 8:20am – 12:30pm Towns are open
- 10:00am Scoutmaster Tea at Point Lodge
- 12:30pm Towns Close for Lunch
- 12:30pm – 1:30pm Lunch at Point Lodge
- 2:00pm – 3:00pm Awards Ceremony
- 3:00pm – 5:00pm Free Time
- 7:00pm – 8:00pm Flags and Closing Campfire (Weather Permitting)
- 10:00pm Lights Out

Sunday February 29, 2012

- 7:00am – 10:00am Breakfast in Camp and Cleanup all Campsites are vacated
- 10:00am Parking Shuttle Service ends

Qhuinzee Building on the Chilkoot Trail

What is a Qhuinzee? A qhuinzee is basically a snow shelter used in Alaska by native American tribes.

How is a qhuinzee different from other snow shelters? A qhuinzee is built by packing snow together and then excavating it, as apposed to say an igloo which is blocks of snow built together.

How to Build a Qhuinzee

Locate a relatively flat area where snow is in abundance.

It is important to use snow that hasn't been piled naturally, i:e a snowdrift

If the snow pile is natural (i.e., a snow drift), it must first be broken up. This is done to prevent a situation where there are two different levels of setting, which can cause collapse during excavations.

Quick lesson on how snow setting works:

Snow when it falls or is disturbed settles, and then adheres or “sticks” to itself through chemical bonding with the ice crystals. That is why after an avalanche the snow quickly turns into cement that can be impossible to dig out of. When you have the right conditions where two different snowfalls do not bind together, you can have a weak or break off point. If you don't break up (smash and mix) the snow in snow drifts you are more prone to your qhuinzee collapsing.

Pile snow to its desired height (typically 6 – 10 feet)

Leave it for a length of time to harden (depending on the snow about 3–8 hours).

Because of the time required to let it harden, the quinzees will have to be started early if scouts want to come back and finish them.

As you build your qhuinzee pack the snow with your shovel when you throw the snow on top of the quinzhee)

A small quinzhee is more desirable than a larger one as all of the hot air within them rises to the top. In other words, a smaller quinzhee affords a warmer living environment than a larger one typically would.

They are not built to stand up in; usually just be able to sit up or maybe crouch

The qhuinzee will usually be hexagonal or dome shaped with a flat top like a pup tent with a flat top
Build a four foot long pile of snow in front of qhuinzee to serve as tunnel to gain entrance to structure and protect your heat from getting out

Give the pile 3 to 8 hrs to harden

Once your

There are different methods to get the proper thickness to the walls, which should be about 10 inches thick

1. Put sticks in about 10 inches and excavate until you reach the sticks or,

2. dig until you start to see sunlight faintly through the snow

This is a good paragraph from Wikipedia on a proper way of excavating your qhuinzee

“A good method of excavating the snow is to in essence "quarry" it with a large grain shovel. As you start digging into the quinzhee, push your shovel into the snow in a large square pattern. After you have done this, you can insert the shovel beneath this "cube", and with a prying motion a large brick of snow should become dislodged. This method makes removing the snow easier as you can do it in large chunks. Continue removing these bricks of snow, moving forward and upward, until you reach the rear of your quinzhee; having created a corridor in which you can begin excavating the other two halves of your quinzhee. This also contributes to greater safety as you construct your quinzhee.” Copyright Wikipedia

When done excavating inside of qhuinzee smooth sides of walls with flat side of shovel

Ventilate your qhuinzee with a couple of pole sized wholes in the top

Some safety tips

1. You should not build a snow shelter or occupy one by yourself unless necessary for survival
2. Mark your qhuinzee well so it is easy to spot
3. Dig out a qhuinzee on your knees as it is easier to dig out in event of a collapse (facing down)
4. People or objects climbing on qhuinzees is the number one reason for a collapse. Unlike an igloo, you cannot walk on them.
5. Poke some air holes in the top for ventilation