

Pirate Invasion!!!!

CUB SCOUT ADVENTURE CAMP 2009 Parent Guidebook

CAMP POWHATAN
BLUE RIDGE MOUNTAINS COUNCIL

This guide is for the parents of rising Tiger and Wolf Scouts (2nd & 3rd graders in Fall 2009). If your son is a Rising Bear or Webelos I Scout, you should be going to Webelos Resident Camp and reading the WRC Leader Guidebook.

NEW IN 2009 – TWO CUB SCOUT ADVENTURE CAMP SESSIONS TO CHOOSE FROM!

Dear Parent,

Welcome to Pirate Invasion at Powhatan Harbor of the Blue Ridge Mountains Council Scout Reservation. Cub Scout Adventure Camp is the premier event for Cub Scouts and their parent or guardian. You and your first mate son will be treated to four days and three nights of awesome seafaring activities, pirate grub, and just plain fun. You and your son will bunk in spacious walled tents with cots. Each day begins with a hot breakfast in the Galley. Cubs will travel in crews of 10-12, visiting four activities in the morning and four activities in the afternoon. Several theme-based special events will fill up the day. A closing campfire will be memorable to you and your son.

By the way, Scouts have more fun when they participate at Cub Scout Adventure Camp as a den from their pack. If your son has other matey's that are not signed up, please get them the information and sign up as a den. Otherwise, they will miss the time of their lives!

Now that you and your son are signed up, get ready to head on out to the Pirate Invasion at Powhatan Harbor this summer. The staff and I have worked hard to make sure that you and your son have the experience of your life at Cub Adventure Camp 2009.

Please take time to read through this guidebook. It spells out what you need to do while planning for a great weekend at camp and what you and your Cub Scouts can expect once you arrive at camp. Some forms need to be completed and returned to the Camp Director before you come to camp. Be aware that all registration forms and pre-order forms have deadlines. Make sure that every parent that will be attending camp has had the opportunity to read this guidebook. This guidebook is available on the website at <http://www.bsa-brmc.org/adventure.htm>

If there are any questions that you may have about our program or how to attend Cub Scout Adventure Camp, please do not hesitate to contact me at 276-229-9829 or email me at mountainempirebsa@yahoo.com

I look forward to a fun-filled weekend with you and your son this summer at the Blue Ridge Mountains Council Scout Reservation.

Yours in Scouting,

David Montang
Camp Director

2009 Sessions of Camp
August 6-9 August 13-16

Camp Powhatan and the Blue Ridge Mountains Council Scout Reservation is a nationally accredited camp.



The Blue Ridge Mountains Council Scout Reservation is for all Scouts. Participation in the programs and activities are open to every Scout regardless of race, color, creed, or national origin. We want everyone to be able to enjoy our beautiful camp.

CONTENTS

TO PREPARE FOR CUB SCOUT ADVENTURE CAMP -----	4
CUB SCOUT ADVENTURE CAMP FEES -----	5
WHEN YOU ARRIVE -----	6
CHECK-IN AT A GLANCE -----	7
WHEN YOU DEPART -----	8
GENERAL INFO -----	9
WHAT TO BRING TO CAMP -----	16
DIRECTIONS TO CAMP -----	17
LINK TO CAMP MAP -----	18
CUB SCOUTING'S CORE VALUES -----	19
CAMP DAILY SCHEDULE -----	20
FORMS SECTION -----	21
LINK TO CLASS I HEALTH FORM & CAMBERSHIP FORM-----	22
SPECIAL NEEDS FORM (TO BE TURNED IN WITH FEES) -----	23
EARLY RELEASE FORM -----	23

TO PREPARE FOR CUB SCOUT ADVENTURE CAMP

February & March

- ❑ Pull out a calendar and pick the session you and your son want to go to.
- ❑ **Register** you and your son
- ❑ **Promote** Cub Scout Adventure Camp within your pack and den
- ❑ Tell all leaders and parents to start reviewing the parent's guide

April & May

- ❑ Keep promoting Cub Scout Adventure Camp within your pack and den.
- ❑ **Complete registration form** and submit to the Council office with fees
- ❑ **Order t-shirts** on registration form. Order extra t-shirts.
- ❑ **Campership Application.** Cub Scouts who need financial assistance must complete a Campership application and return it to the Council Office before May 10, 2009.

June & July

- ❑ Early bird registration deadline is **June 16, 2009**. Fees increase \$15 after this date.
- ❑ Deadline to order extra t-shirts is June 16, 2008
- ❑ **Fill out the medical forms.** EVERY SCOUT AND ADULT MUST HAVE PART A & PART C OF THE ANNUAL BSA HEALTH AND MEDICAL FORM SIGNED BY A PARENT OR GUARDIAN BEFORE COMING TO CAMP.
- ❑ **Registration Deadline** to submit registration and fees is **July 18, 2008**. No registrations will be accepted after July 18.

August

Things to bring to camp at check-in:

- ❑ Receipt of payment
- ❑ Completed and signed Medical forms
- ❑ Spending money for the trading post

CUB SCOUT ADVENTURE CAMP FEES

The fees below include meals, deluxe lodging, a t-shirt, and a patch for all Cub Scouts and their adult partner. Fees also cover program activities.

Camper Fees (One Scout and One Adult)-\$125

Extra Scout -----\$ 75

Extra Adult -----\$ 50

Note: Late registration fee -----\$ 15 add to each of the above
If registered after 6/16/08

Extra T-shirt ----- \$10

Adult Visitation Fees

Fees for visitors will be determined by the cost of meals, which are:

Breakfast ----- \$3

Lunch ----- \$4

Dinner ----- \$5

Refund Policy

Fees are non-refundable two weeks before the Scout or adult is to attend camp. Individual camper fees may be transferred to another Scout.

WHEN YOU ARRIVE

Check-in begins at 2:00PM and runs through 4:00PM on Thursday afternoon. You should plan your arrival accordingly. **DO NOT ARRIVE BEFORE 2:00PM. YOU MUST CHECK-IN AT THE SCOUTCRAFT SHELTER BEFORE GOING TO YOUR CAMPSITE.**

A Camp Staff Guide will greet you upon arrival at camp. Your registration will be checked, all fees confirmed paid, and a campsite will be assigned. You and your son will meet with the health officer to do a medical re-check. **EVERY SCOUT AND ADULT MUST HAVE A CLASS I HEALTH FORM SIGNED BY A PARENT OR GUARDIAN.**

Arrangements will be made to transport your equipment to your campsite. All vehicles must be parked in the parking lot.

Part of the check-in process is the BSA swim test. There will be swimming activities each day. If a Scout or an adult wants to participate in a waterfront activity, a swimming test is required. To shorten the check-in process, we will be accepting Pre-Camp Swim Checks performed by an American Red Cross or BSA certified lifeguard before camp. The form can be found in the forms section of this book. It must be signed by the certified lifeguard and the parent or guardian to be valid.

At check-in each adult and Scout will need the following (see forms section):

- Copy of receipts for payment of registration fees
- Copy of campership agreement forms
- Have medical forms signed by a parent or guardian. Have copy of insurance card (front and back).
- Arrive in your swim suit so you can take the swim test

Once you are checked in you will go on a camp tour. The tour will include:

- Go with the Camp Staff Guide to swim test and camp tour (bring your signed Pre-Camp swim check form if completed)

The tour will include:

- Health Lodge
- Dining Hall (seating and waiter duty information)
- Trading Post (there will be time later to shop)
- Parade field & Flagpole (assembly area, show where your campsite will stand)
- Showers and Rest Rooms (discuss duty roster for the day your den cleans)
- Program Areas
- Waterfront (see where to hang buddy tags, take swim test)

After the camp tour, return to your campsite, unpack and set up camp. Each Scout and adult should change into Class "A" uniform for flag lowering and supper.

The entire camp should be present for the flag lowering ceremony at 6:20PM. Supper will be served at 6:30PM. Evening events will be announced at supper. Taps and lights out will be at 10:00PM each evening.

CHECK-IN AT A GLANCE

2:00 – 4:00	PM	Arrive, check-in, medical re-check, swim test, camp tour
4:00 – 6:00	PM	Stow your gear, meet new campsite friends
6:10	PM	Waiters to the dining hall
6:20	PM	Flag lowering at the Parade Field (Class A uniforms)
6:30 – 7:15	PM	Supper at the Mess Hall
7:30 – 9:00	PM	Evening Activities – To Be Announced
9:00 – 10:00	PM	Free Time
10:00	PM	Taps, Lights out



WHEN YOU DEPART

On Sunday morning, a continental breakfast will be served in the mess hall. The following procedures should be followed for check-out to prepare your campsite for final inspection by your Camp Staff Guide.

- ❑ Leader and Staff Guide will inspect the tents and tarps for damage.
- ❑ Pack all personal gear. Double check so as not to leave anything.
- ❑ Close all tent flaps.
- ❑ Remove any den items from the bulletin board. Leave the camp schedule and emergency procedures.
- ❑ Police the area for trash and set trash bags by the campsite entrance for pick-up.
- ❑ Clean the bathroom and showers for their campsite.
- ❑ One vehicle may be driven to the campsite to load the gear.
- ❑ Be sure to return all camp equipment (fire rake, cleaning supplies) to the Quartermaster
- ❑ Any camp equipment that is damaged or stolen must be replaced or paid for before leaving camp.
- ❑ Stop by the Health Lodge to pick up any medications.

Remember – A Scout is Clean. Please try to leave your campsite in better condition than you found it. Another group of campers will be showing up that afternoon.

CHECK-OUT AT A GLANCE

7:00	AM	Reveille
7:30	AM	Breakfast in the dining hall
8:00 – 8:30	AM	Scout Vespers and Receive Patch and Advancement Cards
8:30 – 9:30	AM	Pack up and clean campsite, bathroom, showers – Camp inspection
9:30	AM	Departure – SEE YOU NEXT YEAR!

GENERAL INFORMATION

Buddy System

The buddy system is simply a pairing of boys that go to places together. The buddy system should be used at all times during camp. Everywhere the boys go they should be with their buddy. No Cub Scout should be seen alone in camp when away from his group.

Camperships

Camperships are scholarships given to Scouts who are in need of financial assistance to attend camp. Please use the guidelines and application in this guidebook to apply for a campership. Be sure to get all applications and required information to the Council Service Center before May 10.

Campfires

Campfires are permitted ONLY in the existing campfire pits in each campsite.

Cleanliness and Sanitation

A Scout is Clean. Showers and toilets are available to Scouts and leaders. The Scouts and leaders while at camp must clean these facilities. See the camp duty roster for the day that your den is responsible for cleaning the bathrooms and shower. It is best to spot clean after each use to prevent difficult cleaning each day. Trash bags are provided and regular trash pick-ups will be made. Your den can get additional cleaning supplies and trash bags from the Quartermaster.

Conduct at Camp

Nations, states, communities, and even families have laws. These are simple rules by which people must live in order to have harmony. If we didn't have rules or laws to govern ourselves, society would be impossible. At Scout Camp we have just one law – **THE SCOUT LAW!** The 12 points of the Scout Law guide our camp. At camp we cannot tolerate and will not permit activities that do not meet the criteria of the standards set forth in the Scout Law.

Damage to Camp Equipment

Normal usage and wear will result in some breakage of equipment; however, the cost of malicious damage or breakage due to horseplay must be charged to the unit. The fees must be paid before leaving. Cot replacement: \$45	Tents and Dining Flies:	
	Rips and Tears (per inch)	\$ 25
	Writing on canvas or destroying waterproofing	\$ 8
	Tent Replacement	\$240
	Tarp Replacement	\$101
	Ridge Poles	\$ 15
	Uprights	\$ 12
	Fire Extinguisher – refill	\$ 30

Emergency Procedures

On your first day in camp, emergency procedures will be explained to den leaders and Scouts. In the event of an emergency, please notify a member of camp staff immediately. Please do not attempt to deal with the emergency yourself, regardless of the situation. If the situation seems at all dangerous, the priority is to evacuate all Scouts and leaders from the area.

Emergency Phone Only

540-980-3787 (camp) or 540-265-0656 (Council Service Center)

Fire Safety

Fire safety is important. Your campsite will be provided with a Unit Fire Chart, which will be explained at orientation. It must be filled out and posted on your campsite board. The adult leader on duty must sign it daily. Fires must never be left unattended. This is an excellent time to teach the boys proper fire building, attending and extinguishing of campfires. Fires are not play toys! Please do not let the boys put sticks in and out of the fire. Once a stick is in the fire, it stays in the fire! There will be a fire drill sometime during your stay at camp. You will be given directions at the adult orientation.

Fishing

Fishing is available at our lakes for Scouts and leaders. If your den wants to fish, it is necessary to bring fishing poles and bait with you.

Insurance

No charge is made for services rendered at the Health Lodge. The family of the Scout must pay for any medical services required outside of camp.

Leaders in Camp

You are in charge of your son at all times and responsible for the discipline and organization of your son. It is never the camp staff's task to take over your role as leader of your son.

Leaving Camp – Scouts

Campers are not to leave camp during the camping period without prior approval of their parent and the Camp Director. With this approval, a Scout may leave the camp with a responsible adult who must sign-in and sign-out in the Camp office. Scouts leaving early or for part of the day must have an Early Release Form filled out. (See forms section)

Leaving Camp – Leaders

Adults who must leave camp for any reason must advise the Camp Office at the time of departure and return. A checkout sheet is available. Do not leave your son without an parent who is at least 21 years old. Parents or guardians planning to alternate should wait until their replacement arrives before they leave to assure that the Scouts are well supervised at all times.

Liquid Fuels

Only adult leaders are permitted to use liquid fuel stoves and lanterns in a campsite. Under no circumstances are liquid fuels or lanterns allowed in tents. Bulk containers of fuel and unattached propane tanks must be stored in the fuel bin near the Quartermaster.

Lost Scouts

Lost Scouts are very infrequent but quick action at the time a Scout is thought to be lost is critical. Please use these guidelines:

- Check tents and latrine area to see if the Scout is in camp.
- Find the Scout's buddy for a report of last sighting.
- Check the program areas.
- Notify the camp office; leave an adult in camp in case he returns while search is underway; a staff member will also be assigned to remain at the campsite to report to the office as soon as the Scout is located.

Mail

Always include a return address on your letter.

Camp Mailing Address:

Scout's Name, Unit #
Camp Powhatan
2600 Max Creek Road
Hiawassee, VA 24347

Meals

Meals are served cafeteria style three times daily and are well balanced nutritious meals that meet all the rules of the USDA Child Nutrition program. Any dietary restrictions or requests (for health reasons only) should be noted on the registration form. Hands must be washed before gathering for grace. All tables are pre-assigned by campsite. Before each meal, each campsite needs to send two Scouts and one adult leader to serve as waiters for their campsite. This can be added to the duty roster so that everyone has a chance to do their part.

Medical Services, Physical Examinations, and Medical Alerts

Medical Services The health lodge is staffed 24 hours a day by qualified medical personnel. For insurance purposes and for the health and safety of all participants, all accidents and illnesses, no matter how minor, must be reported to the Health Lodge and recorded. Arrangements have been made with the local rescue squads and hospitals to handle any medical emergencies.

Physical Examinations Medical forms must accompany each Scout and leader to camp. Each form must be signed by Parent or guardian and participant. Please attach a copy (front and back) of your family insurance card to the medical form

BSA National standards state: For camps with less than 72 hours duration, a health history revised within the past 12 months is required for each youth and adult camper. This form must be signed by a parent or legal guardian. A physical examination by a doctor is not required for Cub Adventure Camp.

We must have a signature in the parental consent section!

Medical Alerts Cub Scout Adventure Camp can be an exhaustive experience. Many activities are physically strenuous and may result in special medical support consideration. Therefore, it is necessary that medical staff be aware of participants with the following medical conditions:

- Diastolic blood pressure > 100mm Hg
- Diabetes mellitus under treatment
- Sickle-cell anemia, hemophilia, leukemia, or severe blood dyscrasia
- Epileptic seizures in past 12 months
- Acute or severe bronchial asthma under treatment in past 24 months
- Psychiatric illness under current treatment
- Physical disability
- Cardiac history
- HIV infection
- Marked obesity

All sensitive information is confidential between the participant and medical director.

NO – NOs

The following are not allowed in camp:

- Fireworks
- Alcoholic beverages or illegal drugs
- Flames in tents
- Personal Firearms
- Bicycles
- Pocket knives over 4" long or sheath knife
- Pets
- Due to gypsy moth protocols, no firewood from home
- Adult leaders should support the attitude that young adults are better off without tobacco and may not allow the use of tobacco products at any BSA activity involving youth participants
- **No adult other than a youth's parent may share a tent with that youth**

Parents Meeting

A parents meeting will be held Thursday evening to go over several topics about camp. The time and place will be announced at dinner. The Camp Director and Program Director want to make sure you have all the necessary information for a safe and fun week at camp. Please make sure you are present.

Quiet Time

Quiet time is from 10:00PM to 7:00AM. Please extinguish campfires and turn in as you will need all the rest you can get for the upcoming day's events.

Scouts with Special Needs

The Blue Ridge Mountains Council is committed to assisting all Scouts. If a Scout has a special need and requires special transportation, we will assist you in any way possible. Also, if a Scout or adult has a special dietary need, arrangements can be made to meet those needs.

Please notify the Camp Director in writing by June 1 (see forms section), so that the camp can begin to make preparations for the Scout's arrival. If these needs are not met, please notify the Camp Director while at camp.

Showers

There will be separate shower and restroom facilities available for youth, adult males, and adult females. No adult is allowed in the youth facilities while being used by youth. Keep an eye out for posted signs and remind your Scout about respecting one's privacy. If in doubt, give a yell to see who's inside and post a guard by the door.

Swimming

Any Cub Scout or adult participating in any swimming activity must first take a swim test. Swim tests are given during check-in when you arrive at camp. It is recommended that boys wear aqua shoes during swim sessions at the waterfront.

The waterfront staff will administer the following swim tests:

<p>SWIMMER – Jump feet first into the water, swim 75 yards using one or more of the following strokes – crawl, side stroke, breaststroke – then swim 25 yards using an easy, resting, elementary backstroke. You must be able to swim 100 yards continuously, then rest for one minute by floating on your back.</p> <p>BEGINNER – Jump feet first into the water, swim 25 feet on the surface, stop, turn and return to the starting place.</p> <p>NON-SWIMMER – non-swimmers can enjoy cooling off in the water in the shallow area.</p>

Trading Post

The Trading Post will be open at convenient hours each day. Please see times posted on the door. The Trading Post will carry souvenirs, candy, soft drinks, toiletries, and a wide selection of Scouting outdoor stuff. There are items such as flashlights, water bottles, t-shirts,

and ponchos. Each Scout should bring extra money if he wants something from the Trading Post. A Lost and Found box is located in the Trading Post.

Trash

Trash comes in two varieties –leftover stuff you don’t want anymore and the kind of stuff that comes out of mouths every now and then! Each campsite will be responsible for the cleanliness of its own campsite, paths to and from the campsite, and the bathhouse area. Trash containers are located in all campsites and if you need a replacement liner please stop by the Quartermaster. Picking up any litter you see is a “Good Turn”. A Scout should always leave a place better than he found it.

The second kind of trash will also not be tolerated. Discipline is the responsibility of the parents/guardians and den leaders. Camp Staff will only step in if behavior disrupts the safety and fun of others. At the end of a long busy day tempers tend to flair and a tight lip is called for.

Uniform in Camp

The official BSA summer uniform is suggested for Scouts and leaders. The complete uniform or Class “A” includes Scout shorts, uniform shirt, and neckerchief. The Class “A” uniform will be worn at flag lowering ceremonies, vespers, supper, and campfires. During the day, Scout shorts and camp T-shirt are appropriate. Shoes must be worn at all times to prevent cuts and puncture wounds.

Valuables

Each den should provide adequate protection for valuables. The best protection is leave them at home. A footlocker with lock is recommended. The Blue Ridge Mountains Council is not responsible for lost or stolen items. Please do not bring CD or tape players, handheld computer games, battery operated televisions, MP3 players or radios. Mark everything you bring, including your underwear, with your name.

Vehicles & Parking

- No riding outside of a vehicle’s enclosed passenger compartments. This means no rides on hoods, trunks, fenders, tailgate, or in the bed of trucks.
- Seat belts must be worn at all times.
- The camp speed limit is 5 mph around Scouts and 15 on the camp road.
- After Sunday, leaders are not allowed to drive vehicles through camp without a driving pass issued by the Camp Director.

**SCOUT
CROSSING
SPEED
LIMIT
5 MPH**

Vespers

A Scout is Reverent. A non-denominational religious service will be held in the chapel after breakfast Sunday morning. Scouts and adults are encouraged to attend.

Visitors

Please make sure that all visitors sign-in at the Camp Office upon arrival and sign-out upon departure. All vehicles will remain in the parking lot. If a visitor would like to stay and eat in the dining hall, there is a fee that can be paid at the Camp Office. We encourage family members to attend any of our campfire programs. We ask that they eat dinner prior to arrival at camp. Campfire visitors are asked to arrive after 7:00PM.

Wildlife Safety

With over 16,000 acres of wilderness, Scouts have an opportunity to observe many types of wildlife in their natural habitats. Our Reservation is blessed with a wide range of biodiversity that includes deer, bats, raccoons, birds, skunks, turkey, snakes, coyote, amphibians, and even bear. It is wise to remember that these animals are permanent residents of the backcountry while we are the visitors. Therefore, treat all animals with respect and observe them from a distance. Do not follow, feed, tease, or handle wildlife. If you discover a snake or animal that is behaving strangely, please notify the camp staff immediately.



X, Y, and Z

If you have any questions after going through this list, please contact the Camp Director, David Montang at 276-229-9289 (cell) or email mountainempirebsa@yahoo.com

WHAT TO BRING TO CAMP

Pack Equipment

Den and Pack flags, US flag, lantern, and other equipment you think you might need.

Personal Equipment

Please mark all personal gear with name and Pack number and remember to pack light!

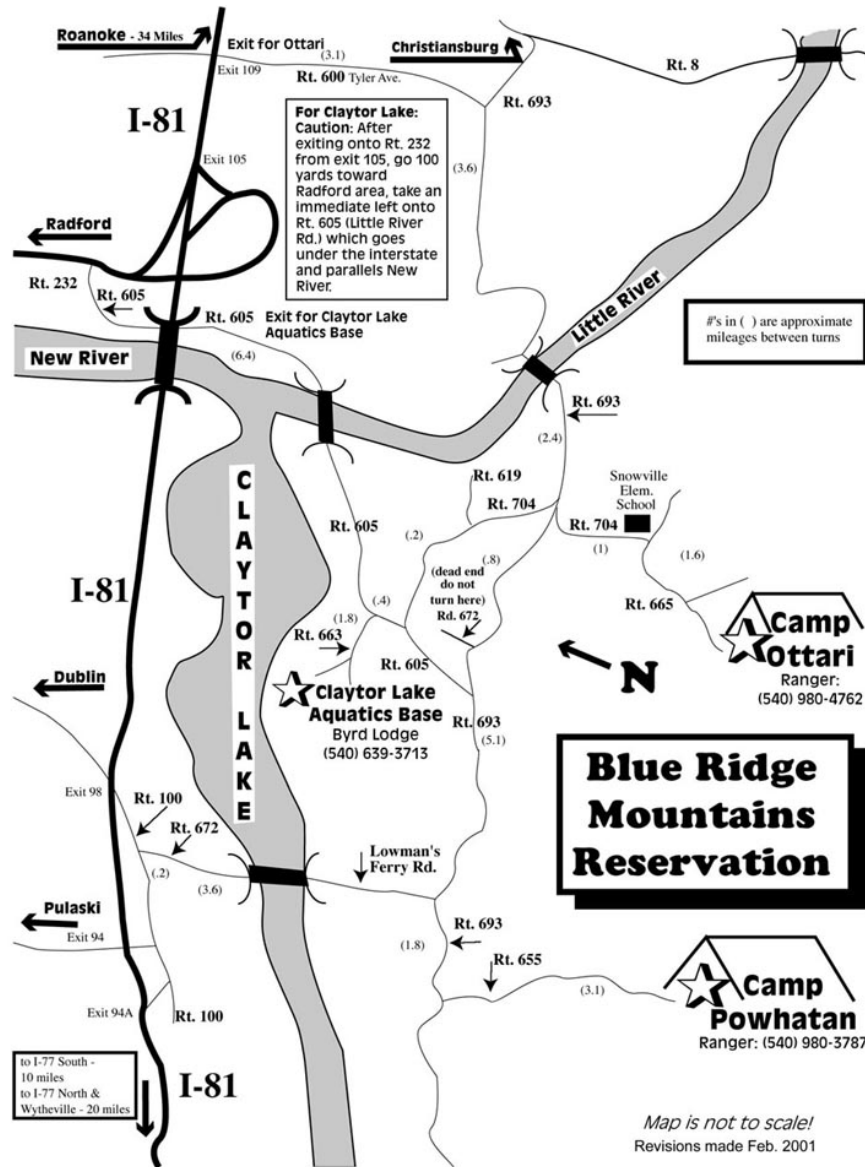
- COSTUME! (To match the camp theme: *Pirate Invasion!!!*)
- Sleeping bag or bedroll and pillow
- Bathing/Swim suit – **WEAR YOUR SWIM SUIT TO CAMP CHECK-IN**
- 1 Bath towels
- 3 T-shirts and shorts, (1) long pants or jeans, light jacket
- A completed **Health Form for everyone attending**
- Sleeping clothes
- Sturdy hiking boots and tennis shoes
- Water shoes or sandals for swimming and shower only
- (3) sets underwear and socks
- Shampoo, comb or brush
- Toothbrush and toothpaste
- Wash cloth and towel and soap
- Deodorant
- Raincoat or poncho
- Dirty clothes/wet clothes bag
- Flashlight with extra batteries
- Camp chair or stool
- Camera and Film
- Trading Post spending money
- Water bottle, sunscreen, sunglasses, hat
- Insect repellent lotion
- Alarm clock
- Fishing Pole and bait
- Cub Scout handbook
- Pencil and Paper
- Watch
- Bible or Prayer Book
- THIS BOOKLET!

If you would like to bring your own tent, it must meet or exceed fire retardant safety specifications.

DON'T BRING

Bicycles, pets, or flame burning equipment or materials of any type! No sheath knives. Game boys or other electronic devices are not needed at camp. There is no cell phone coverage at camp.

DIRECTIONS TO CAMP



(There are pay phones available for you to call home)

Directions to Camp Powhatan

From I-81 North: take the Pulaski exit #94A, turn right at the end of the ramp, then turn left at the stop sign (T intersection). Take the first right onto Rt. 672 (Lowman's Ferry Rd), cross Claytor Lake, then take a right at the stop sign (T intersection again) onto Rt. 693. After crossing a one lane bridge take an immediate left onto Rt. 655 (you should see Boy Scout Camp signs). Follow road into camp obeying the 15 MPH speed limit and yielding for exiting cars from camp.

From I-81 South: take Pulaski exit # 94, turn left at stop sign at end of ramp and then left again at T intersection (Rt. 100). Take the first right onto Rt. 672 (Lowman's Ferry Rd), cross Claytor Lake, then take a right at the stop sign (T intersection again) onto Rt. 693. After crossing a one lane bridge take an immediate left onto Rt. 655 (you should see Boy Scout Camp signs). Follow road into camp obeying the 15 MPH speed limit and yielding for exiting cars from camp.

MAP OF CAMP POWHATAN – Download the map of Camp Powhatan at the BRMC website.

<http://www.bsa-brmc.org/pdfs/camp/powmap06.pdf>

CUB SCOUTING'S CORE VALUES

Cub Scouting's core values are the Blue Ridge Mountain Council's Core values.

1. **Citizenship:** Contributing service and showing responsibility to local, state, and national communities.
2. **Compassion:** Being kind and considerate and showing concern for the well-being of others.
3. **Cooperation:** Being helpful and working together with others toward a common goal.
4. **Courage:** Being brave and doing what is right regardless of our fears, the difficulties, or the consequences.
5. **Faith:** Having inner strength and confidence based on our trust in God.
6. **Health and Fitness:** Being personally committed to keeping our minds and bodies clean and fit.
7. **Honesty:** Telling the truth and being worthy of trust.
8. **Perseverance:** Sticking with something and not giving up, even if it is difficult.
9. **Positive Attitude:** Being cheerful and setting our minds to look for and find the best in all situations.
10. **Resourcefulness:** Using human and other resources to their fullest.
11. **Respect:** Showing regard for the worth of something or someone.
12. **Responsibility:** Fulfilling our duty to God, country, other people, and ourselves.

The camp program is based on these core values.

Recipe for a Safe, Enjoyable Week at Camp

- **Drink lots of water**
- **Get plenty of sleep**
- **Wash your hands**
- **Attend all Meals**
- **Participate in Activities**
- **Take a shower every day**
- **Wear sunscreen**
- **Be careful**

CAMP DAILY SCHEDULE (Typical Day – Subject to Change)

TODAY'S DATE	TIME	WHAT OR WHERE TO BE
Reveille	7:00	
WAITERS to the The Galley	7:30	(2) Parent/Son Teams from each campsite report to the mess hall
COLORGUARD	7:45	<i>at the flag pole</i>
GRACE	7:50	
Breakfast	7:50-8:20	<i>in The Galley</i>
Morning Activities - Session 1	8:30-9:20	Please follow your activity rotation with your group
Session 2	9:30- 10:20	
Session 3	10:30 – 11:20	
Session 4	11:30 – 12:20	
Waiters to the Galley	12:20	(2) Parent/Son Teams from each campsite report to the mess hall
Assembly at the Flag Pole	12:30	Hands should be washed before assembling at the flag pole
GRACE	12:30	
LUNCH	12:30 - 1:00	<i>The Galley</i>
Quiet Time or Special Event	1:00 - 1:30	Will be announced before dismissal from <i>The Galley</i>
Afternoon Programs – Session 1	1:40 - 2:30	Please follow your activity rotation with your group
Session 2	2:40 – 3:30	
Session 3	3:40 – 4:30	
Session 4	4:40 – 5:30	
Waiters to <i>the Galley</i>	5:45	(2) Parent/Son Teams from each campsite report to <i>The Galley</i> (Mess Hall)
Retreat in CLASS "A" Uniforms	5:50	Class "A" is blue or khaki Scout shirt. Hands should be washed.
COLORGUARD	5:50	(at the flag pole)
GRACE	5:50	
Dinner	6:00-7:00	<i>At the Galley</i> (Mess Hall)
ACTIVITY – TO BE ANNOUNCED	7:00-9:00	
Free Time	9:00-10:00	
LIGHTS OUT	10:00	Each Day – Fires Out – Camp Quiet

IMPORTANT CAMP FORMS SECTION

Download the following key forms from the BRMC Website:

BSA Annual Health and Medical Form (you need to fill out part A and C)

<http://www.scouting.org/filestore/pdf/34412.pdf>

Campership Request Form –

<http://www.bsa-brmc.org/camp/campershipapp09.pdf>

Special Needs Request

The Blue Ridge Mountains Council will do everything in its power to accommodate participants with special needs. Please complete this form and submit it with your camp payments. Thank you for your assistance.

Unit # _____ City/State _____ Session _____

1. Does anyone in your unit have a physical handicap that limits mobility?

2. Does anyone in your unit have special equipment needs? (Access to electricity, etc.)

3. Do any of your unit members have special dietary concerns? Please be specific and suggest possible alternatives.

4. Please list any other special needs below.

Camp Security Policy for the Blue Ridge Mountains Reservation

Our camps are extremely concerned about the welfare and safety of your son or daughter. As such, early release requests, for any reason, will only be allowed if the following steps are completed. This information is taken from the National Council's Health and Safety Guide, Security Section, copyright 1983.

1. Verification must be made to assure that the person requesting release is acting as the legal parent or guardian or under the direction of the legal parent or guardian. Verification may be done by the following:
 - a. Approval of the Den Leader
 - b. Presentation of proper identification matched with the name listed as the legal parent or guardian on the Scout's medical form.
 - c. Contact via telephone with the legal parent or guardian. The telephone number used may be supplied by the Den Leader or obtained from the medical form.
 - d. Previous arrangements made with the Den Leader and Camp Director by the legal parent or guardian.
2. It is understood that any person who requests the early release of a Scout will abide by the policy set forth above and completes the early release form prior to the release of the Scout.
3. It is understood that a Scout will never be released to another youth under 18 years of age without verified permission from the legal parent or guardian.

Early Release Form

Name of the Scout to be released: _____ Council _____
Reason for release _____ Pack # _____
Release to who? _____
Verification completed by the den leader _____
Signature of Camp Representative _____
Legal Parent or Guardian's Signature _____ Date _____
Representative of legal parent or guardian _____ Date _____