

Playwicki District Klondike Overnight Camping 2014 Leaders Guide

Playwicki District 2014 Klondike Camping

Theme:	- Cold Weather Camping
	- Snow Fort
Dates:	January 31-February 1 2014
Location:	Middletown Grange #684 Fairgrounds
	576 Penns Park Road
	Wrightstown, PA 18940
	http://www.grangefair.org
Invited:	Boy Scouts, Venturing Crews, Varsity Scouts, Explorers
Fee:	Included in Klondike registration fee
Check-in/Departure:	Check-in begins at 4PM on Friday, January 31st
	Departure to Tyler State Park by 8:00 AM- Recommended that all materials
	removed from your campsite prior to leaving for Tyler as there will be no one
	to watch over your gear if left on grounds. Locked trailers in parking lot are OK
Campfire Policy:	No campfires
Leave No Trace:	Leave No Trace policies will be in place to include:
Leave No Trace.	- Do not cut or damage any trees
	- Wildlife should not be disturbed
	- No digging trenches or holes
	- No dishwashing at faucets
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Parking:	Park lot on site
	Trailers may not have access to the field depending on snow removal.
Trash:	All trash should be bagged and packed out for disposal outside of the Grange
	Fairgrounds
First Aid/Medical Info:	EMT/Nurse will be onsite
	All injuries must be reported to Camporee staff
	All attendees should have Parts A and B of the Annual BSA Health and Medical
	Record on file with their units
	Closest Hospital: St. Mary's Medical Center (see map)
Conduct:	Scouts are expected to behave in accordance with the Scout Oath and Scout Law
Prohibited Items:	The following items are prohibited: alcohol, drugs, guns, weapons, sheath

	knives, fireworks, electronic devices, pen laser pointers, bikes, skates, skateboards, or FRS/GMRS radios; no pets (service animals excluded) are permitted on the fairgrounds; no smoking
Bathroom Facilities:	Port-O-Potties will be available onsite
Tour Plan:	Tour Permits are not required for units participating from the Bucks County Council; any visiting units from other Councils must submit a copy of their approved Tour Plan
Water Availability:	There will be no Water available on site (shut off for winter). Make sure you have an adequate water supply available for your time in camp. Use a makeshift sump to collect food-stuffs. (Pack it in –pack it out)

Youth Protection/Safety:	n/Safety: Youth Protection guidelines, BSA policies and the Guide to Safe Scouting	
	principles will be in observance throughout the Camporee	

Activity:

- A) If there is sufficient snow on the ground all scouts not involved in cooking on Friday night will be building a Snow fort designed by the scouts. (bring shovels of all types to help build the fort)
- B) If snow is not available Troops are encouraged to review signs and symptoms of hypothermia and frostbite as part of their campsite program.

The purpose of including a local winter camping experience as part of the District Klondike event is to build confidence/experience in cold weather camping skills so that your troop can plan and execute a winter (non-cabin) camping event if you so desire. After all if something goes wrong you can always get back to civilization within minutes. (Forgotten gear, hypothermia, etc).

Winter camping is fun but without the appropriate equipment can be unpleasant to dangerous. Over the past few weeks in the Newtown Area we have seen 6-8 inches of snow and temperatures in the teens during the day and single digits overnight. Wind chills have dipped into the -10 to -15° range. Be prepared.

Many of you have gone skiing and know how to dress for the cold weather, but remember that we will be out all night and there will be no heated lodge to go into to warm up. The next morning you will be attending the Klondike event which runs until \sim 4PM, so you have to bring enough clothes. The way to stay comfortable is to stay warm and dry. Multiple

layers of clothes allow you to remove clothes while working or playing then put back on when we are less active. Wearing dungarees or other cotton items which can get wet in the snow is a very bad idea (snow melts, and if we are building a giant snow fort- you will be sweating). Areas of the body which require special attention are feet, hands, ears, nose and head. If you keep your body core warm, blood will flow to these areas and keep them warm as well.

Of course as scouts we can use the opportunity to practice our hypothermia first aid on our fellow scouts who are less prepared. Keep an extra sleeping bag ready, and of course if all else fails be ready to evacuate back to the safety of local area stores, homes, hospitals as needed.

If the weather forecast appears that it will be unsafe (freezing rain, etc.) for camping you will be notify of cancellation by e-mail by noon on Friday Jan 31.

Unique problems associated with cold weather camping:

Dehydration: When the air temperature is below the freezing point there is less moisture in the air so more water is lost through breathing. Also working in the cold uses more energy so you can really work up a sweat (water loss). Water bottles left outside can become frozen limiting your water supply. You can sleep with your waterbottle inside your sleeping bag to keep them from freezing. Alternatively you can bury them in the snow to keep from freezing although the water temperature will be colder. Remember there is no running water on-site, so make sure you have an adequate supply.

Hypothermia: The best prevention is working at a pace which minimizes getting sweaty and saturating your clothes with water, good preparation (sufficient dry & appropriate clothing), and avoiding drinking ice water, or eating snow, which will cool down your core temperature. Freezing rain is frequently more dangerous than snow, and

Signs & symptoms (Characteristics are the 'umbles' mumbles, stumbles grumbles etc)
A person with hypothermia usually isn't aware of his or her condition, because the symptoms often begin gradually and because the confused thinking associated with hypothermia prevents self-awareness. Use of the 'Buddy System' helps with early hypothermia detection.

Shivering is your body's automatic defense against cold temperature — an attempt to warm itself. Constant shivering is a key sign of hypothermia. Signs and symptoms of moderate to severe hypothermia include:

- Shivering
- · Clumsiness or lack of coordination
- Slurred speech or mumbling
- Stumbling
- Confusion or difficulty thinking

- Poor decision making, such as trying to remove warm clothes
- Drowsiness or very low energy
- Apathy or lack of concern about one's condition
- Progressive loss of consciousness
- Weak pulse
- Slow, shallow breathing

Treatment: mild hypothermia can be handled by changing into dry clothing and getting into a sleeping bag until they feel better. If severe, warm water bottles placed under the armpits and between legs (groin area) will help speed recovery. Severe hypothermia-evacuate to hospital.

Frostbite: Prevention is typically prevented by limiting your time in the outdoors- this can be a challenging when camping, although returning to your tent can get you out of the wind. Dressing in layers and a good 'shell' layer will helps keep the wind out. Exposed skin is the highest risk area. Use hats which cover the ears, a facemask, scarf etc and goggles to help prevent frostbite. Use of the 'Buddy System' helps with early frostbite detection since you buddy may see this develop before you notice it. If you suspect frostbite (i.e. you see an area on the face), remember to check fingers and toes as well.

Signs and symptoms of frostbite include:

- A slightly painful, prickly or itching sensation
- Red, white, pale or grayish-yellow skin
- Hard or waxy-looking skin
- A cold or burning feeling
- Numbness
- Clumsiness due to joint and muscle stiffness
- Blistering, in severe cases

Frostbite typically affects smaller, more exposed areas of the body, such as your fingers, toes, nose, ears, cheeks and chin. Because of area numbness, you may not realize you have frostbite until someone else points it out.

Frostbite occurs in several stages:

- **Frostnip.** The first stage of frostbite is frostnip a mild form of frostbite in which your skin turns red and feels very cold. Continued exposure leads to prickling and numbness in the affected area. As your skin warms, you may feel pain and tingling. Frostnip doesn't permanently damage the skin.
- Superficial frostbite. The second stage of frostbite appears as reddened skin that turns white or very pale. The skin may remain soft, but some ice crystals may form in the tissue. Your skin may begin to feel deceptively warm a sign of serious skin involvement. If you treat frostbite at this stage, the surface of your skin may appear mottled, blue or purple as it's warmed or thawed. With warming, you may notice stinging, burning and swelling. A fluid-filled blister may appear 24 to 36 hours after rewarming the skin.
- Severe or deep frostbite. As frostbite progresses, it affects all layers of the skin, including the tissues that lie below. You may experience deceptive numbness in which you lose all sensation of cold, pain or discomfort. Joints or muscles may no longer work. Large blisters form 24 to 48 hours after rewarming. Afterward, the area turns black and hard as the tissue dies.

Miscellaneous: If you leave your boots outside of your tent they can freeze solid making it almost impossible to get your boots back on without thawing them first.

Suggested Gear list:

Clothes:

Boots- (waterproof) -- no sneakers.

Wool socks (thick) – 2 pair minimum

Thermal 'long johns'- preferably not cotton – if cotton- a 2nd pair is a good idea

Waterproof snow pants or gaiters or other waterproof pant shell (rain paints can work well with suitable undergarments)

Thermal undershirts- preferably not cotton – if cotton- a 2^{nd} pair is a good idea Shirt (preferably not cotton)

Wool sweaters are ideal, however if you bring cotton sweatshirts you will need to bring several in case they get wet.

Good Ski Jacket or other waterproof shell- Rain shell can work well with suitable undergarments)

Face protection or scarf Hat which cover ears-Gloves- 2 pair.

Other Gear:

Ground sleeping pad- one minimum- two is better- you lose a significant amount of heat while sleeping to the ground (or snow if we are sleeping on that). Air mattresses are a bad idea unless you have a sleeping pad on top. – Tip: *put your coat (if dry) underneath or on top of your sleeping bag for extra insulation.*

Sleeping bag – should be winter zero bag or below- if you don't have a cold weather bag bring two and put one inside the other if you don't have two sleeping bags then you need to bring multiple blankets (preferably wool).- The goal is to be comfortable- this can take some experimentation if you are too warm and start to sweat, you will get colder than if you were slightly cold to begin with.

Water bottles (2L)- (If we are in tents you will have to sleep with this to keep it from freezing). Remember there is no running water on site.

If we get snow you need to bring your own shovel since everyone will be making a snow fort at the same time. It's also helpful to have a smaller narrow shovel or garden trowel to dig out the shelter.

quinzee is a simple shelter made by hollowing out a big pile of snow. They can take several hours to build, but are an effective way to stay warm when camping in the winter. Here's how to build one.

BUILDING A QUINZEE

Step 1: Shovel a pile of snow into a mound seven to eight feet high and big enough around to hold two people once it is hollowed out. Mix snow of different temperatures to cause it to harden, or "sinter." Flip the snow over so it mixes when you pile it into a mound.

Step 2: Shape the mound into a dome and allow it to sinter for about 90 minutes. Then begin to hollow out the mound.

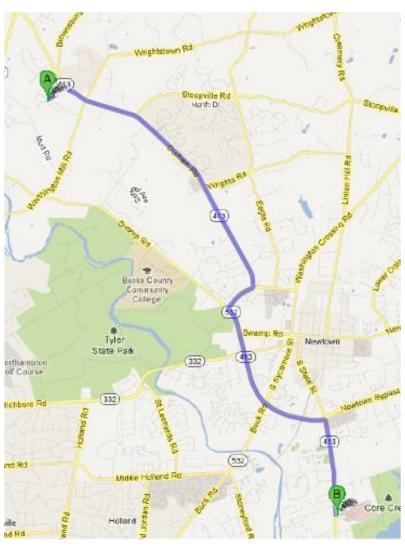
Dig a small entrance on the downhill side. Smooth out the walls and ceiling. The walls should be one to two feet thick. Poke measuring sticks through from the outside of the mound, so you will know to stop hollowing out the inside when you see the ends of the sticks. Hollow the shelter out from the top down.

Step 3: Use the last foot of snow to make elevated snowbeds. Dig a narrow trench between the beds all the way to the ground. This allows cold air to flow down and out of the quinzee. Poke a small ventilation hole near the top of the dome.

Step 4: Building a quinzee will make you sweat. Prevent hypothermia by changing into warm dry clothes after you finish building your shelter. Make sure you mark your entrance in case it gets covered with snow while you are away having fun. Keep a small shovel inside in case you need to dig your way out.



Directions to St. Mary Medical Center 1201 Newtown-Langhorne Rd, Langhorne, PA 19047 6.4 mi – about 13 mins





Middletown Grange Fairgrounds

7 576 Penns Park Rd, Wrightstown, PA 18940	
1. Head northeast on Penns Park Rd toward PA-413 N/Durham Rd	go 0.2 mi total 0.2 mi
2. Turn right onto PA-413 S/Durham Rd About 5 mins	go 3.0 mi total 3.2 mi
3. Turn right onto PA-413 S/PA-532 S/Newtown Bypass About 1 min	go 0.4 mi total 3.6 mi
4. Take the 1st left onto PA-413/PA-532/State Route 332/State Route 532/Richboro Newtown Rd/Swamp Rd Continue to follow PA-413/State Route 332/State Route 532/Richboro Newtown Rd About 5 mins	go 1.7 mi total 5.3 mi
5. Turn right onto PA-413 S/Newtown-Langhorne Rd/Newtown Pike Continue to follow PA-413 S/Newtown-Langhorne Rd Destination will be on the left About 2 mins	go 1.0 mi total 6.4 mi
St. Mary Medical Center 1201 Newtown-Langhorne Rd, Langhorne, PA 19047	