

Troop 119 Summer Camp Guide

This is meant to be as complete a guide as possible for attending Boy Scout camp with Troop 119. It should provide information on getting ready for and getting to camp. It also covers what happens during the weekend between the Troop's stays at Camp Bell and Hidden Valley.

Please take some time to read it, if you are new to the troop, or skim it, if you've a scout who has already attended camp with the troop. It's a good refresher and worth finding out if anything has changed.

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Medications

Med Forms. – last night was the final pre-camp meeting at Hidden Valley. Two leaders and our SPL and ASPL are at camp making final arrangements. Part of this meeting included a review of all med forms by the camp nurse. If any issues were found, you will be notified by one of our leaders. If this is the case, we need your IMMEDIATE action in order to resolve it prior to camp. If a scout arrives at camp with an unresolved med form issue it is a very real possibility that he will have to go home and/or you will be making a very long trip to and from camp.

Medications. Anything a Scout takes, even things like vitamins, are considered medications. They MUST be covered by a prescription or, in the case of over the counter medications, covered by a note from the doctor. They MUST be turned in to the camp nurse when the troop checks in. Every year somebody has to run up to the campsite to retrieve something from their trunk. If your Scout is taking any meds, they should be handed over to either the coordinator at bus check-in or to the Scout Master upon arrival at camp in a Zip-Lock bag all medications should be in their original packages. Inside the bag should be a paper with the Scout's name, the name of each medication, and when each medication should be taken on the Medication Tracking Slip. (link to this form is below) Try to tie meds to morning and evening meals because anything else gets a bit tough to keep track of.

At Camp Bell, Nurse Helen visits campers at their campsite to distribute meds.

At Hidden Valley, Nurse Ed meets campers at the lodge near the parade ground to distribute meds

If a Scout is supposed to carry an epi-pen or inhaler, then a separate permission slip should be in that Zip-Lock bag for each one. The links to the forms are given below

Epi-Pen/Inhaler: <http://troop119.com/upldDocuments/Unit112/Epi%20inhaler%20form.pdf>

Medication Tracking Slip: <http://www.nhscouting.org/openrosters/DocDownload.aspx?id=72527>

Medication Vacations. Troop 119 strongly discourages medication vacations during Boy Scout camp. For details see the troop's policy on our web site.

<http://www.troop119.com/upldDocuments/Unit112/new%20Troop%20119%20Policy%20Statement%20on%20Medication%20Vacations%20at%20Camp%20and%20Scout%20Activities.doc>

Packing

The day of camp

Boys should wear class A on (leave neckerchief & slide at home)

Have the following in daypack (no access to trunks until the troop is at the camp site late afternoon)

- lunch / snack
- Swimsuit
- Towel
- Water bottle
- Medications

Labels

- Label all gear with name and troop number.
- Label all trunks and packs

- Trunks should bear a label with at least the following information:

Camp Bell: <i>Scout's Name</i> Troop 119 Lexington MA Washington – Week 7	Hidden Valley: <i>Scout's Name</i> Troop 119 Lexington MA Naticook – Week 8
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Trunks are usually transported to the campsite by vehicle, but other gear such as loose sleeping bags, packs, etc. must be carried. *Pack well.*

Packing lists

The two camps have slightly different packing lists. They can be found on the troop web site.

Camp Bell: <http://troop119.com/upldDocuments/Unit112/Bell%20Packing%20list.pdf>

Hidden Valley: <http://troop119.com/upldDocuments/Unit112/HV%20Packing%20list.pdf>

In addition, every Scout should have at least one pair of long pants, a long-sleeved button shirt, a pair of boots with a defined heel if possible, and a pair of work gloves. The defined heel is not critical, but the other items are.

Merit badge requirements

Scouts may need to pack extra items based on the merit badges on which they will be working. See the Merit Badge Requirements document to what may be needed.

http://www.troop119.com/upldDocuments/Unit112/GSR%20Pre%20req%20guidebook_.pdf

More packing information

Bug Net. Not everyone uses this but if you do dowels and duct tape are no longer used to hang these in the tents. The troop will have twine. Just bring a net and a friendly Scout or leader will show those who do not know how the right way to rig a bug net. (REI has a basic one that fits well over the cots: <http://www.rei.com/product/783044/mombasa-outback-insect-shield-mosquito-net-single>)

Towels. Invest in a pack/micro-fleece towel if you can. They are so much better than a standard towel which lasts one day and then spends the rest of its camp life on the floor smelling. (REI has a good selection from \$15-\$35)

Electronics. We are a no-electronics troop on outings. Leave the Kindles, MP3 players, handheld games, cell phones and all the rest of it at home. Pack at least one good book--the kind with real pages with printing on them. There is no cell phone signal at either camp and if a scout brings one it will be collected and returned at the end of the week.

Food packages

We strongly discourage sending food to camp. There is no need for extra food. The camp provides a large quantity of healthy food daily. Scouts are never hungry. They should not need extra food. Junk food discourages healthy habits. All packages will be inspected by an adult leader. Also, food from home is hard to store given that we are in bear country which means no food storage in the campsite. It is also tricky when a scout has something but not enough to share not to mention we have some serious allergy concerns to be careful of.

Getting to and from camp

Driving directions

Plan on getting to camp, regardless of week, by 1PM. The troop as a whole cannot go through the check-in process unless the entire troop is there.

Please use the directions for the specific camp you are going to, even if coming and going during the weekend between camps. The camp has an agreement with its neighbors to alternate routes during the summer to minimize the traffic through any particular neighborhood.

Do not depend on your GPS to reach Camp Bell. Most will take you across a road that is not navigable by a regular vehicle.

To get to Bell you MUST drive through Hidden Valley. At the end of the week you'll see the Hidden Valley closing ceremonies, but will want to continue on to Camp Bell. Do not use Guinea Ridge Road and the back entrance because there is an agreement with the town not to do that.

Note that as soon as you turn onto Crystal Lake Road, the speed limit drops to no more than 25 mph. Please stay at that speed or below. The camp is making a special effort to show that they are good neighbors and the police are "assisting" them in ensuring that speed limits are obeyed. So drive sloooooooooowwwwwllly. And watch for pedestrians.

Camp Bell (up to 3 hours)

- Follow Route 93 North to Exit 20
- Take Route 140 East toward Belmont to Gilmanton and to Gilmanton Iron Works (approximately 15 miles)
- Turn left onto Crystal Lake Road before the Gilmanton Iron Works General Store
- Bear left at the fork to stay on Crystal Lake Road. (watch your speed here max 25mph)
- Travel 3 miles.
- Turn right on to Places Mill Road (dirt road)
- Travel 1/2 mile and turn left into the Griswold Scout Reservation
- Go straight PAST Camp Hidden Valley (HV parking lot on left, dining hall on right)
- Continue on the Bell "Highway" until you reach Camp Bell (1.3 mile dirt road, speed limit 15mph)

Hidden Valley (up to 3 hours)

- Follow Route 93 North to Exit 20
- Take Route 140 East toward Belmont to Gilmanton and to Gilmanton Iron Works (approximately 15 miles)
- Turn left onto Crystal Lake Road before the Gilmanton Iron Works General Store
- Bear left at the fork to stay on Crystal Lake Road. (watch your speed here max 25mph)
- Travel 3 miles.
- Turn right on to Places Mill Road (dirt road)
- Travel 1/2 mile and turn left into the Griswold Scout Reservation
- park in the lot and meet the troop near the dining hall – bring all your gear.

Carpooling

Some people have expressed an interest in carpooling to Hidden Valley on Sunday, August 12. This may be an especially good idea for first time scouts. The suggestion being to let them drive to camp with a "veteran" scout and his family so you can say good bye here in Lexington rather than at camp much like if he had taken the bus to Bell. If you are interested let Michael Resnick know and he will compile list of all those interested.

Bus info

To Camp Bell

Sunday August 5th

Location: St Brigid's Church

Arrival: BEFORE 9:30AM

Loading: 9:30 - we start loading the personal gear by Troop. If you are late, your gear may go to the wrong campsite and you will have to carry it to the right campsite.

Departure: 10:00AM - St. Brigid's Sunday service gets out at 10:00. We would like to be gone by then. If we are still there, please move away from the cars in the Parking lot so the people can easily go home.

The Process

- A) When you arrive at the church, bring your gear to the area by the Truck and add it to YOUR Troop's Pack line. There will be three Pack lines, one for 160, one for 10 and one for 119.
- B) Find the person from your Troop that is checking in the scouts and get checked in
- C) When they start loading the truck, help out. Scouts load the truck.
- D) Once the Truck is loaded. Hang out nicely and wait for the Bus Announcement.
- E) Board the bus and go.

Please note: the bus is FULL. You can ONLY bring a small daypack on the bus. Seats will be tripled-up. If you are a first or second year scout, plan on being in a triple seat. There are NO single seats.

Stuff for the bus

When you check in for the bus you MUST have with YOU:

- 1) A Lunch - you will eat this when you arrive at camp
- 2) Your Class-A (wear it or put it in your daypack)
- 3) Swimsuit
- 4) Towel
- 5) Water bottle
- 6) Any medicine in its original container, with directions for taking it from a doctor, in a zip lock bag

From Hidden Valley

Saturday, August 18th

Scouts will load the truck to come home from Hidden Valley much the same as was done for going to Camp Bell.

Once the bus is loaded and all campers are checked out, boys will board the bus and head home.

Bus will arrive at St Brigid's parking lot at approximately **noon**.

Upon arrival at St Brigid's church scouts are expected to help unload the truck before going home.

Late arrivals, early departures, late departures

If you plan to drive, get there not later than 12:30 PM on Sunday. After that the troop has to wait for you. Early departures are sometimes necessary, but we don't want Scouts leaving just to avoid the work that has to be done Friday night and Saturday morning. And if you do plan an early pickup, then the scoutmaster for that week has to know about it in advance. The campsites are a long way from the parking areas and there is no intra-camp bus service so the camper will have to carry gear down the hill at the agreed upon meeting time. Last, if you are picking up a scout early at Bell,

plan accordingly. Two years in a row we have been off the hill by 7 AM. We would not be unhappy to see you there by 7:30 AM, 8 AM at the latest. Otherwise, consider attending the closing ceremony.

Saturday between camps

Camp Bell pick-up

1. Parents are invited to the closing ceremonies are at 8:15. The ceremony will conclude by 8:45 at which time scouts can be picked-up. Please remember this is an up to 3 hour drive so you should leave Lexington no later than 6:30 to arrive on time. The tired adult leaders will appreciate your promptness.
2. Use the directions above and when you reach the reservation.
3. *If someone other than a parent is picking up a scout a "Pickup Authorization Form" should have been sent at the beginning of the week. The form can be found here: <http://www.nhscouting.org/openrosters/DocDownload.aspx?id=111685> If you have a last minute change please write a note and give it to the person who is picking up your scout (don't rely on email). He/she should then see Bernie Gunther to check the scouts out of camp.*

Saturday night campers

Boys must leave camp for the day even if they are spending the night with the troop.

Return to camp by 5:00pm

Park in the Hidden Valley lot and walk up to the Naticook camp site.

Check in with David Cooke there

Be prepared for Sunday Check-in that means have your Class A uniform. Bathing suit and towel (if you still need a swim test) and your water bottle in your day pack not stuffed in the bottom of your trunk.

Hidden Valley pick-up

1. Parents are invited to the closing ceremonies at 8:45 Saturday August 18th. Scouts will be dismissed at the end of the ceremonies. Please remember this is an up to 3 hour drive so you should leave Lexington no later than 6:30 early to arrive on time.
2. As noted elsewhere, please don't rely on your GPS to get to camp – it brings you in the wrong way and usually cuts out when you are almost there anyhow.
3. Use our directions above when you reach the reservation
4. *If someone other than a parent is picking up a scout a note should have been sent at the beginning of the week. The requests use of this form <http://www.nhscouting.org/openrosters/DocDownload.aspx?id=111685> If you have a last minute change please write a note and give it to the person who is picking up your scout (don't rely on email). He/she should then see Rob Cunningham to check the scouts out of camp.*

Communications to camp

Snail mail

To ensure that these arrive on time, you'll need to put your letter in the mail Monday morning at the latest. Experience has shown that it takes 3-4 days to arrive at camp from Lexington.

Camp Bell	Hidden Valley
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<i>Scout's Name</i> Troop 119 - Washington - Week 7 Camp Bell GSR 2B Eileen Shore Road Gilmanton Iron Works, NH 03837	<i>Scout's Name</i> Troop 119 - Naticook - Week 8 Hidden Valley Camp GSR 2A Eileen Shore Road Gilmanton Iron Works, NH 03837
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E-mail

Subject line: *Scout name* - Troop 119 Lexington MA

Mail to: Camp Bell: BELLscoutEMAIL@gmail.com
Hidden Valley: HVscoutEMAIL@gmail.com

Phone calls home

Don't expect one. If a Scout is homesick, experience has taught us that a call home just makes things worse. The boys will have help from troop leaders, and if additional help is required the camp has adults who are even more experienced. If the leaders have a serious concern they will contact you, but without the scout present.

Emergency numbers

Camp Bell: 603-524-0436
Hidden Valley: 603-364-2900

Visits during the week

Visitors are discouraged, both for reasons of homesickness and security. Griswold Scout Reservation takes the protection and security of their campers very seriously, therefore only registered adult leaders are allowed into their facilities. If a parent were to show up he or she would be escorted by a staff member at all times. Which means he or she would be allowed to sit in the office. Parents should realize that a visit to a camper has an effect on every camper, not just their child. While your son could have no problem with a short visit from Dad or Mom, his bunkmate could be saddened. So your son could spend all night dealing with the effects of your visit. If it's you that's missing your boy, then we recommend you come early to closing ceremonies this year so you can enjoy the whole event, and mark your calendar for the following year—when we'll need adults to stay 3-4 nights.