

National Capital Area Council, BSA

Little Bennett Klondike Derby – Potomac District

**2013 Program Packet
for Troops & Crews**

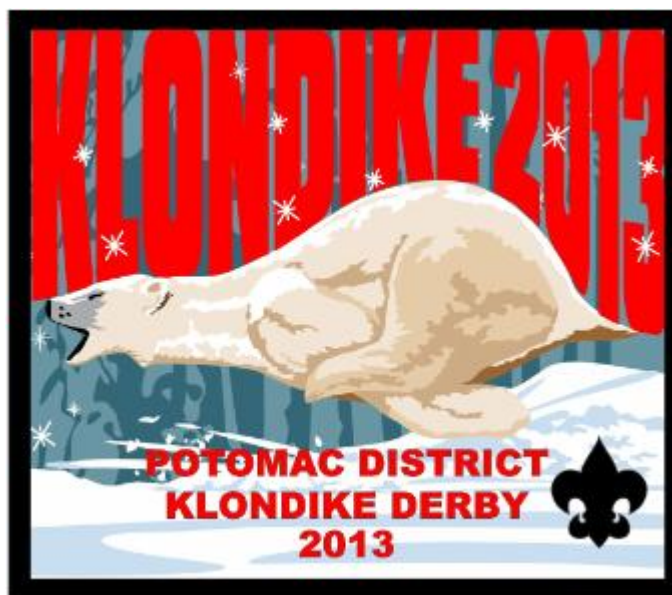


Table of Contents

2013 Klondike Derby: Highlights and Changes	3
General Information	4
Patrol Survival Kits, Competition & Scoring Guidelines.....	8
Sleds and Dessert Contest	9
2014 Patch Design Contest	10
Camporee Schedule	11
Registration Instructions	12

FORMS

Troop/Crew Site Pre-Registration and Deposit Form	13
Troop/Crew Registration Roster and Final Payment	14
Webelos Invitation and Registration Form	15
Staff Registration Form	17

Important Information

Camping Dishwashing Procedures.....	18
Important Things to Remember About Winter Camping.....	19
S.U.R.V.I.V.A.L.	21

Highlights and Changes

Changes from 2012 are indicated in bold italics.

- § Fees of \$90/campsite and \$5/person (Scout, Webelos & adult) are unchanged.
- § No on-site registrations for campsites will be accepted. Units must pre-register. See pages 12-13.
- § The Klondike Derby committee's email address remains – KlondikeDerby@gmail.com. The core senior volunteer organizers remain largely unchanged from recent years. This is the group that organized the Rock Creek/Great Falls and Potomac District Klondike Derbies. The Klondike Derby Program Director is Dick Holcomb.
- § Registrations will be accepted first-come, first-served. Pre-registrations will be limited to 88 campsites. Send in your pre-registration forms & deposits soon. Prior to December 1st, units from the Potomac District will be given registration priority.
- § Park rangers reported too many Boy Scouts washing their dishes at the water supply stations. Please re-emphasize that this is not allowed. The Park included a dishwashing reminder – see page 18.
- § The general schedule, Patrol competition, and scoring system will not change from last year. This year there will not be an orienteering course between stations.
 - § Friday evening:
 - § Pay registration fee (\$5/participant) and turn-in Troop rosters on-site at Nature Center.
 - § Set-up your campsite at site emailed to your Troop's leader.
 - § Patrols check in sleds and survival kits at Nature Center – sleds will be labeled by the OA.
 - § Orientation meeting at 9:00 PM in Nature Center for Scoutmasters and SPLs.
 - § Saturday's Patrol competition:
 - § 20+ stations for Patrols to demonstrate Scout and Patrol skills. Games change year-to-year, and the details won't be revealed to Patrols until they get to the stations.
 - § The orienteering courses will not be featured this year.
 - § Stations will be hosted by volunteer Troops. Contact KlondikeDerby@gmail.com to volunteer. These units will be a \$35 credit on their on-site bill.
 - § No Claim Jumper questions (Scout trivia) offered on the trails this year.
 - § Saturday evening:
 - § Camp-wide campfire program and call-out ceremony led by OA.
 - § Dessert contest judged by OA.
 - § 2014 Klondike Derby patch design contest judged by OA.
 - § Sunday morning:
 - § Religious Services
 - § Sled races
 - § Check-out of camp – sites inspected by OA Staff
- § The Webelos activities will be offered from 1:00 to 4:00 on Saturday. Dens are encouraged to visit this station in the mid-to-late afternoon to avoid the long waiting lines. Troops are encouraged to have these Dens join for a visit, to have lunch or dinner. Webelos may not camp overnight.

2013 Little Bennett Klondike Derby – Potomac District

Potomac District Website: http://www.boyscouts-ncac.org/OpenRosters/View_Homepage.aspx?orgkey=2185

When: Friday, January 18 to Sunday, January 20, 2013

Where: Little Bennett Regional Park, 23701 Frederick Road Clarksburg, Maryland
Park Manager **301-528-3430**

Invitees: Open to Girl and Boy Scout Troops and Venture Crews in the National Capital Area Council and surrounding Councils and Districts.

Fees Each campsite is \$90 and is due at time of reservation. Sites can hold up to 11 people. Reservations are first-come, first-serve beginning with receipt of campsite payment.

There will be no on-site registration for sites.

Each participant is also charged a fee of \$5, due at the time of on-site registration at the Derby.

Units running a station will be given a one-time \$35 credit at the on-site registration.

Make checks payable to: "NCAC-BSA". Note on check "**Cost Center 931**"

Registration: Online registration preferred.

To register online:

Go to Potomac District website:

http://www.boyscouts-ncac.org/OpenRosters/View_Homepage.aspx?orgkey=2185

Go to the District Calendar and Events (blue column on the left), then District Calendar from the pull-down menu. Select January 2013 and click on the Klondike Derby on 18 January 2013.

PLEASE NOTE: Online registration is a little different this year -- please follow the instructions on the first page. You will be able to register for as many campsites (at \$90 per site) as you need on the second page. However, you can register for campsites ONLY on this page. It appears that you can also register the number of participants (at \$5 per participant), but this is not the case. (The "Basic Fee" is set to \$0). Participant registration will take place at check-in at the Klondike Derby, as usual, on Friday evening or Saturday morning.

After registering, please send me an e-mail (the Registration Details Form) to this address (klondikederby@gmail.com) that includes at a minimum:

- Unit Type and Number
- Number of campsites
- Point of Contact
- Contact Information

Points of Contact:

<u>District</u>	<u>Contact Name</u>	<u>Home Phone</u>	<u>Office Phone</u>	<u>Email Address</u>
Potomac:	Dick Holcomb	301-581-0530	301-581-0587	KlondikeDerby@gmail.com rsholcomb@verizon.net
Webelos:	Linda Smith	301-530-5007		tunacat107@aol.com
All others:	Brian McGahey	301-770-2247	301-770-7882	bmcgahey@juno.com

The Scout Patrol competition will take place at various stations that will test survival skills, basic and advanced Scouting skills, pioneering skills, first aid, and leadership skills. Scoring will be used as an incentive for the Scouts. Scoring will also reflect how each Patrol works as a team as well as shows Patrol spirit. Ribbons will be given to each Patrol for their participation in the Klondike Derby. Each Patrol will be awarded a ribbon for either first, second, or third place. However, the Klondike Derby is an event for the Scouts to learn and have fun. Troops should participate in a way to provide every boy a broader view of Scouting.

Scouters are needed to assist in many of the events during the weekend. If you or others in your unit can assist at the stations, please contact Dick Holcomb (info above). An adult volunteer registration form is included in this packet for those Scouters who wish to attend but will not be coming with their unit. Your help will make the weekend successful and fun. Please feel free to photocopy and distribute any registration forms if extras are needed.

Remember -

Check-In times: Friday, January 18, 2013 from 5:00 PM to 9:00 PM

Saturday, January 19, 2013 from 7:00 AM. to 8:00 AM

Scoutmasters and Senior Patrol Leaders are strongly urged to attend the orientation meeting at 9 PM Friday evening.

Check-Out times: Site inspections commence on Sunday, January 20, 10:30 AM. Early check-out can be arranged.

2013 Little Bennett Klondike Derby – Potomac District

General Information

Location: Little Bennett Regional Park, 23701 Frederick Road, Clarksburg, Maryland.

Directions: From Interstate 270, go to Exit 18. Watch for signs for Little Bennett Regional park on I-270. At the end of the exit ramp, take Route 121 North (Stringtown Rd) east towards Clarksburg. Continue to the second traffic light at intersection with Route 355. Turn left onto 355 North. Proceed north on 355 to the entrance for Little Bennett on the right. The first entrance you come upon will be a maintenance yard entrance, which is the overflow parking area and parking for the Webelos events. Scout Troops should proceed to the second entrance, and go either directly to their camp site(s) or to the Nature Center if the site is unknown.

Registration: Each site is \$90 and is due at time of reservation. Sites hold up to 11 campers. There will be no on-site registration for sites. Each participant is charged a fee of \$5, due at the time of on-site registration at the Derby.

Make payments with checks payable to: "NCAC-BSA".
Note on check "Cost Center 931 / Klondike Derby 2013."

Online registration preferred. To register online:

Go to Potomac District website:

http://www.boyscouts-ncac.org/OpenRosters/View_Homepage.aspx?orgkey=2185

Go to the District Calendar and Events (blue column on the left), then District Calendar from the pull-down menu. Select January 2013 and click on the Klondike Derby on 18 January 2013.

PLEASE NOTE: Please follow the instructions on the first page. You will be able to register for as many campsites (at \$90 per site) as you need on the second page. However, you can register for campsites ONLY on this page. It appears that you can also register the number of participants (at \$5 per participant), but this is not the case. (The "Basic Fee" is set to \$0). Participant registration will take place at check-in at the Klondike Derby, as usual, on Friday evening or Saturday morning.

After registering, please send an e-mail (the Registration Details Form) to this address (klondikederby@gmail.com) that includes at a minimum:

- Unit Type and Number
- Number of campsites
- Point of Contact
- Contact Information

The site registration fee covers the cost of the campsite fee, latrines, awards, recognition, and some organizational expenses. The participant fee covers insurance, the Klondike Derby patch, and council overhead.

Patrols: Each Patrol should consist of approximately six (6) to eight (8) Scouts. The Patrol is the unit that makes Scouting go. Patrols should not be organized on the basis of experience or age. The older boys should help the younger boys up the Scouting trail. Each Patrol should have a flag and cheer for the competition.

Website: The Potomac District website is http://www.boyscouts-ncac.org/OpenRosters/View_Homepage.aspx?orgkey=2185

E-mail: The Klondike Derby e-mail address is KlondikeDerby@gmail.com.

Klondike Derby HQ: The Nature Center is headquarters for the Klondike Derby.

Check-In: **Dates/Times:** Friday, January 18 - 5:00 PM to 9:00 PM
Saturday, January 19 - 7:00 AM to 8:00 AM

We will confirm your site via email before you arrive at camp. All units should send a representative to the registration desk at the Nature Center to provide the Troop Roster (Scouts and Scouters) and Patrol names, as well as pay for all attendees and any other financial settlements. Troops will be issued a site assignment card. The site card must be retained for final inspection and checkout by a staff member. For parking information see details under "Parking."

Orientation: Klondike Derby orientation is on Friday, January 18 at 9:00 PM at the Nature Center.

Scoutmasters and Senior Patrol Leaders are strongly urged to attend the Friday evening orientation for updates to the program. Any person serving on the Klondike Derby Staff and unit adults assisting with the events on Saturday should also be in attendance. Adults serving as Klondike Derby staff members (Unit adults, Venturing crew members, and the Order of the Arrow) are welcome to the cracker barrel following the orientation session and after the campfire on Saturday evening.

Event Agenda: The event's agenda is included in this packet. A revised agenda reflecting any changes will be available at registration and will be posted at the Nature Center.

Vehicles: **Vehicles are not permitted on the fields.**

Drivers must observe and obey speed limit signs posted in the park. Be mindful of pedestrians on the roads. The Park Police will ticket violators. If an illegally parked vehicle is ticketed, it will also be subject to being towed.

Parking: Because parking is very limited, you should make every endeavor to carpool to the event. Only two vehicles may be parked on the parking pad at each site. No vehicle may be parked in the road. In the event of an emergency, emergency vehicles must have unobstructed access to the sites; **Cars parked on the side of any road will be subject to a parking ticket and being towed. No parking is allowed near or on the playfields.**

All other cars must be parked at the overflow parking area located at the maintenance yard (exit the park area onto Route 355, turn left and make the first left). Park in the overflow area after your unit equipment is unloaded in your campsite. **Visitors** must also park in the overflow area and in designated parking areas. Unit leaders are responsible for informing other drivers in their units that they must park their cars in designated parking. To assure the safety of participants to the event, drivers must not drive to nor park their cars at or near to the playfields.

Attire: The Scout uniform is to be worn at all events. Supplement the Scout uniform with additional layers of clothing.

One of the most important requirements is knowing how to keep warm and dry. Each individual must know what to wear for winter weather. Winter weather with changing conditions necessitates being prepared for almost any condition. Cold weather camping requires adequate clothing and waterproof boots to protect the camper and yet be versatile enough to prevent sweating during activities and to retain warmth during idle periods. In order to stay warm, Scouts should layer their clothes. A second and third change of inner clothing will be required for a Scout's personal safety and comfort. Prior to dinner, leaders should see that any Scouts with wet or damp inner clothing change to dry inner clothing. Wearing damp or wet clothing next to the skin during idle periods, such as at dinner time or at the campfire activities, is a prime time for the body to become cold and could result later in hypothermia. A winter cap or hat is necessary during the day and at night in the sleeping bag. Leaders should review the importance of the principles of winter dressing with all participants to ensure a safe and rewarding experience for all before arriving at the Derby.

No tennis shoes/sneakers will be permitted.
Campers improperly prepared for the weather will be asked to leave.

Derby Stations: As in past years, descriptions of the various stations to be run during the Saturday competition will not be detailed. In general, there will be stations that use traditional Scouting skills, such as: compass reading, fire building, knots, lashings, and first aid. There will be other stations that require problem-solving or initiative games.

Survival Kits: The survival kit contents changes slightly each year. See page 8 devoted to the details of this year's kit. The contents of the survival kit may be updated and emailed in mid-January.

The survival kit will be judged against three criteria and will count toward the overall Klondike Derby score. Survival kits and sled must be placed in the designated area (near the Nature Center) on Friday night by 9:00 PM. The designated area will be communicated at registration time in the Nature Center. The preference is for the Patrols to wait while their kit and sled are judged by the OA, then take their materials back to camp.

Adult Participation: Adults are **strongly discouraged** from accompanying Patrols during the Saturday Patrol competition sessions. We would like all adults to work at these stations. Units may offer to host a station by contacting KlondikeDerby@gmail.com. In exchange for a \$35 credit, these units arrange for the materials, provide the top leadership, and provide several volunteer station leaders (adults or senior Scouts). Other lone or pairs of adults are encouraged to help at stations – please email KlondikeDerby@gmail.com and we'll connect you with a unit hosting a station.

Additional Competition: The traditional sled race is optional and will be held Sunday morning. The dessert contest and 2014 Derby patch contest will take place after dinner on Saturday night.

Campsites: Units will be notified of their campsite assignments by email before arrival. Otherwise, site assignments may be obtained at the time of registration. Sites will be allocated according to the size of the units and are done at the sole discretion of the Klondike Derby Staff Registration team.

Remember, only two vehicles may remain at the assigned site. All other vehicles must be parked in the overflow area in the park maintenance yard. To get to the maintenance yard: Exit the park, turn left onto Route 355 and make the first left. See "Parking" for more details.

Campfire: Members of the Order of the Arrow will lead the Saturday night campfire at the amphitheater and will conduct programs for both an OA call-out and the skits to be performed by Patrols. Troops and/or Patrols are encouraged to prepare songs and skits and present their ideas to the OA at the Friday night Leaders' Meeting in the Nature Center.

Webelos: Webelos may observe the Boy Scouts in action but may not participate in these activities, nor camp overnight. A separate Webelos program will take place on Saturday between 1:00 and 4:00 PM. Webelos leaders should encourage carpooling with their units.

- Religious Services:** A non-denominational service will be held on Sunday morning. Organizers will also try to set-up a Catholic Mass.
- Food:** Each Troop is responsible for its own meals during this event. Patrol cooking is encouraged. Patrols should plan a hot portion for each meal.
- Fires:** Open fires **MUST** be kept in the designated fire ring at your campsite. Wood may be obtained from any downed trees, and is often available for sale from the rangers. No standing tree may be cut. Only qualified persons may operate chemical stoves.
- Water:** Water will be available from pumps located throughout the campground and will be operable.
DO NOT WASH DISHES AT THE PUMPS!
- Latrines:** Portable toilets will be provided as latrines. Please have Scouts use them with respect. There will be no horsing around by the latrine areas. Restroom buildings are located throughout the campgrounds but are locked and inoperable during the winter season.
- Cancellation:** The event will not be postponed. In the unlikely event of a major blizzard, the event may be canceled. In such cases, event updates will be posted to the Potomac District website:
http://www.boyscouts-ncac.org/OpenRosters/View_Homepage.aspx?orgkey=2185
- First Aid:** There will be a first aid station open at all times during the Klondike Derby. It is located in the lower level of the Nature Center. All injuries, however slight, must be reported to the first aid station.
- Trash:** All Troops are responsible for their own trash. All trash must be packed out on Sunday morning. DO NOT deposit any trash in the various trashcans located throughout the park.
REMEMBER: If you pack it in, you pack it out.
- Lost & Found:** The Nature Center will serve as the repository for found items. To minimize lost gear, Scouts should label all personal gear with name and unit number.
- Check-Out:** A Klondike Derby Staff member must sign out every unit.

After your unit has completed site clean up and has packed away your unit gear, a representative should go to the Nature Center with their site assignment card received at registration and arrange to have a Staff Member inspect the site.

When the site has been checked by a Staff Member, the Staff Member will issue Klondike Derby patches and a participation ribbon to the unit.

Troops leaving without being checked out by a Staff Member will not receive Klondike Derby patches.
- Refunds:** Refund requests for sites must be made 15 days before the Derby, as our costs are committed by then. Refunds may be granted for all but 15% of the fee under certain circumstances. Request the refund in writing to:
Don Kilgore
Potomac District Executive
National Capital Area Council, BSA
9190 Rockville Pike
Bethesda, MD 20814

No refunds will be made at the Klondike Derby site.
- Reminders:** Two adult leaders, at least twenty-one (21) years old, must always be present with the unit (except during the competition). As always, drugs, alcohol, fireworks, sheath knives, etc. are not allowed.
- Why do we do this?:** Every adult leader is asked at some point why we take part in a winter camping experience like the Klondike Derby. The staff who put on this event talk about four reasons for our own participation, being:
1. It's fun.
 2. It's a chance to learn and test our winter camping skills, and more importantly help reaffirm a major lesson we teach in the Scouting program - you can overcome anything with planning, leadership, cooperation and practiced skills.
 3. It helps us teach basic Scouting skills in the program. Lashings can be tough to get Scouts to do as an abstract exercise. Tell them to make a catapult, though, and lashings go to the top of the list of neat things to do.
 4. And finally, it's fun.
- Questions?** Send an e-mail to KlondikeDerby@gmail.com, or call your district contact as noted on the first page.

**Make all checks payable to "NCAC-BSA"
(note on the check that it is for "Cost center 931 / Klondike Derby 2013")**

**Mail or deliver checks with completed site reservation forms to:
National Capital Area Council
Boy Scouts of America
2013 Little Bennett Klondike Derby – Potomac District
9190 Rockville Pike
Bethesda, MD 20814-3897**

Online registration preferred. To register online:

Go to Potomac District website:

http://www.boyscouts-ncac.org/OpenRosters/View_Homepage.aspx?orgkey=2185

Go to the District Calendar and Events (blue column on the left), then District Calendar from the pull-down menu. Select January 2013 and click on the Klondike Derby on 18 January 2013.

PLEASE NOTE: Please follow the instructions on the first page. You will be able to register for as many campsites (at \$90 per site) as you need on the second page. However, you can register for campsites ONLY on this page. It appears that you can also register the number of participants (at \$5 per participant), but this is not the case. (The "Basic Fee" is set to \$0). Participant registration will take place at check-in at the Klondike Derby, as usual, on Friday evening or Saturday morning.

After registering, please send an e-mail (the Registration Details Form) to this address (klondikederby@gmail.com) that includes at a minimum:

- Unit Type and Number
- Number of campsites
- Point of Contact
- Contact Information

2013 Klondike Derby Survival Kit

Each Patrol should bring a survival kit. The scenario is that the survival kit has been dropped by an airplane to sustain the Patrol through their adventures. Below is a list of items necessary to successfully compete at this year's Klondike Derby. Patrols must deposit their survival kits at the designated area by the Nature Center no later than 9:00 PM on Friday evening. Do not leave your survival kit unless you or a staff member has labeled it with your Troop number and Patrol name. Survival kits will be judged and scored against the following criteria:

- 1) Visible Patrol identification including Troop number,
- 2) Portability/compactness/usability, and
- 3) Durability.

The score for the survival kit will count toward the overall Klondike Derby score.

Survival Kit Contents:

Fuel, kindling, and tinder for 2 fires
Matches
Bottled water (1 qt.)
Pot for cooking (1 qt.), fry pan, spatula, hot-pot tongs or pliers
Duct tape (1 foot)
Compass
Pencils and paper (two sets per Patrol member)
First aid kit
Blanket (not space blanket)
Rags (6 or more, useful as bandages, splinting material, and blindfolds)
Rope - at least 8 which are 8 feet or longer, 1 should be 12 feet long
Twine (lots), or parachute cord (at least 50 ft)
Knife – to cut twine, cord, or rope
Trash bag

NOTE – If doing the harder orienteering course, bring lunch to eat on the trail.

Outside of kit - At least six (6) staves, each 5 feet or longer

Note: Recommended contents of the survival kit may be changed. An update will be emailed in mid-January.

Station Competition:

As in previous years, a detailed description of the various stations to be run during the Saturday competition will not be included in this packet.

In general, there will be stations that use traditional Scouting skills such as: compass-reading, orienteering, fire-building, knots & lashings, rope-tossing, first aid, and a number of problem solving or initiative games. Each station will have at least one mayor. A Patrol has to follow instructions carefully in order to complete each event. Adults are strongly discouraged from accompanying the Patrols through the station activity and are instead encouraged to assist at the stations where necessary. Doing so will provide the opportunity to observe other Patrols from other units in action and to pick up some tips from the collective intellect of the Patrol at work.

The following general instructions apply to each station:

1. When a Patrol reaches a station, it should park its sled in the designated parking area and greet the mayor with their Patrol cheer.
2. A Patrol should follow the instructions of the mayor. A Patrol will need to know what was said for that station and perhaps others.
3. When a Patrol is instructed to do something, it should perform whatever actions are required. The Patrol should remember what was learned but should also feel free to be creative. If the Patrol thinks that it has a better solution, it should use that solution and then explain why it was used. Teamwork is critical. If good results are obtained despite bickering and uncooperativeness, the score will be worse than a poor result that is achieved with teamwork, good attitude and real effort.
4. Once the Patrol completes the station, it should let the mayor know. If the Patrol finishes early, they are not dismissed until directed by the station mayor.
5. The Patrol should get the instructions to find the next station.

The total time to complete all the stations will be recorded and scored. The start time for all Patrols will be 9:15 AM. When the Patrol finishes its last station, be sure to tell that station mayor to record the stop time.

Scoring:

Scoring for each station at the Klondike Derby emphasizes the teamwork and the Patrol method of the group as opposed to the specific Scouting skill being tested. If a Patrol cooperates with each other and shows good Scout spirit, they will do well in the competition no matter how new they are to Scouting. They are rewarded for understanding what Scouting is all about – doing your best while living by the Scout Oath and the Scout Law.

How the Patrol is scored at each station:

- 5 points for participation (DOING, not just attending)
- 2 points for Patrol Spirit. (i.e. acting as a group of one and not one of a group)
- 1 point for Patrol yell (unsolicited)
- 1 point for Patrol leadership (does the PL take charge and direct, and make use of his resources)
- 1 point for demonstrating sportsmanship or teamwork (depending on the activity)
- 1-5 points for completing the activity/problem.

Sleds:

The use of sleds by the Patrols at the Klondike Derby is strongly encouraged.

- Sleds should have Troop numbers and Patrol names on them.
- The sleds will be judged by the following system: 7 points for having a sled, and up to an additional 3 points for creativity, originality, craftsmanship, etc.
- If a Patrol already has a sled, that sled may be used. Even a child's plastic sled will do!
- **At sled judging, the OA will add a unique label to each sled. This should stay on the sled throughout Saturday and remain visible.**
- There will be sled races on Sunday morning. They are not part of the Patrol scoring competition. The sled races are just for bragging rights.
- Sleds should be designed to navigate the trails and roadways in both snow and dry conditions because we are uncertain if the order that was placed for at least a foot of snow will be processed in time for the Derby.
- If wheels are used, they must be removed for the sled races on Sunday morning.
- When the wheels are off, use tennis balls to cover the axles and to ensure safety.
- Tow ropes or leads on sleds should be limited to a length that will allow the sleds to be used in a safe manner.
- Sleds with unusually long tow ropes or leashes as deemed by the judges will be disqualified from participating in the competition.
- All participants competing are expected to operate and manage the sleds in a manner appropriate to safe Scouting and to prevent hazards that would result in bodily injury.
- Sleds that are expected to be used in the races may not have commercially made skis for runners.
- Scouts participating in the race must be prepared to prevent falling during the race and to respond appropriately in the event they slip and fall during the race.

Sled plans may be found at website: <http://www.inquiry.net/outdoor/winter/gear/sleds>

Dessert Contest:

Each Patrol should make a dessert from scratch while at the Derby.

- Each dessert should be brought to the Klondike Derby Headquarters between 7:40 PM and 7:55 PM on Saturday night for judging by the OA Klondike Staff.
- A legible copy of the recipe must accompany each dessert entry, and each entry must be identified by the Unit Number and Patrol Name.
- The Scoutmaster or Troop Leader must certify on the recipe that the dessert was prepared at the Derby from scratch and according to the recipe presented.
- The Patrol Leader and one other Patrol member as designated by the SPL will preface their presentation of the dessert entry and recipe with a Patrol yell/cheer.

Scoring: Dessert scoring will be performed on Saturday night by the specially trained palates of the OA members of the Klondike Derby staff. Any leftovers will be available for leaders during the cracker barrel.

Special Note for Scoutmasters:

The requirements for Second and First Class ranks emphasize the use of lightweight stoves. This contest can be an opportunity to teach and/or test your younger scouts on the skills.

Personal Survival Kit Contest:

Not offered this year.

2014 Derby Patch Design Contest

To encourage Scouts to design the Klondike Derby patch, a Patrol contest is included. Details of the design requirements are given on the next page. Patrols are awarded 8 points for participation (i.e., turning in a design). Additional points are awarded for the winner (2 additional points) and the runner-up (1 additional point). The OA Chapter will judge the contest on Saturday evening. Submissions should be in keeping with the Scout Oath and Law and in good taste; the Camporee Director and Program Director reserve the authority to disqualify submissions without appeal. Patrols are encouraged to prepare this work ahead of time, and turn this in with their sled and survival kit on Friday night. Works may be submitted on the following page or an equivalent form.

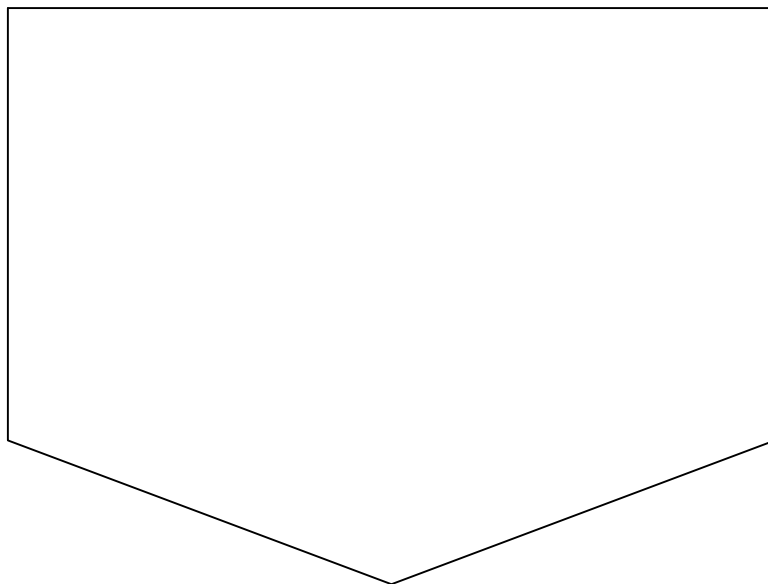
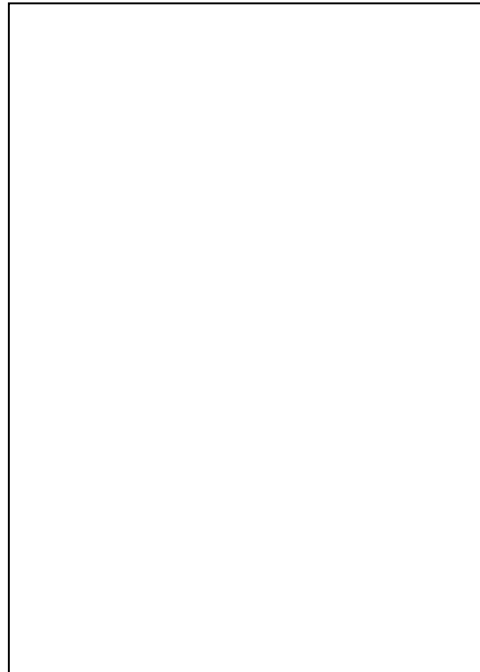
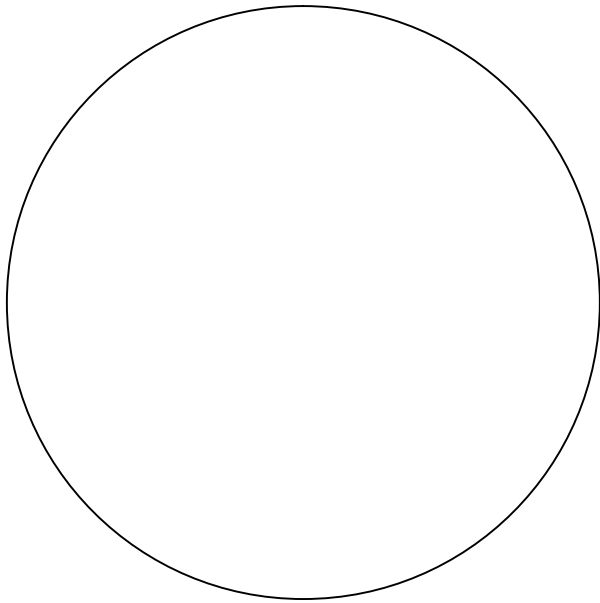
This year's patch was the winner of last year's Patch Design Competition!

2014 Patch Design Contest Patrol Name: _____

The event organizers prefer that a Scout design the 2013 Klondike Derby patch. Therefore points will be awarded to Patrols as part of the Patrol competition. For participation (turning in this page or equivalent), a Patrol will be awarded 8 points. The OA Chapter will judge the submissions and award an additional 2 points for the winner and 1 point for the runner-up. Pending senior management approval, the winner's patch will be made into the 2013 Klondike Derby patch. Patrols are encouraged to prepare this work ahead of time, and turn this in with their sleds and survival kits on Friday night.

Patch requirements:

- Shape: either 3" round, 2-1/2" x 3-1/2" rectangle (in either orientation), or chevron (see samples below).
- Colors: maximum of 9
- Required wording and logos:
 - BSA logo
 - "Klondike Derby"
 - "2014"
 - "Potomac District"Some patches will also have "STAFF"



2013 Klondike Derby Schedule

January 18 – 20, 2013

18 Friday

- 5:00 PM – 9:00 PM Registration – Nature Center
7:30 PM – 9:00 PM Patrols deliver Survival Kit, Sled, and Patch design to
OA at the Nature Center
9:00 PM – 10:00 PM Orientation – Nature Center (Scoutmaster & SPL only)
10:00 PM Taps – Quiet in Camp. All lights out

19 Saturday

- 7:00 AM Reveille
7:00 AM – 8:00 AM Registration-Nature Center
7:00 AM – 8:30 AM Breakfast
8:45 AM – 8:55 AM Flag Raising
9:15 AM Sessions Begin- First station is assigned
Noon – 1:00 PM **Lunch:**
1:00 PM Stations re-open for afternoon program.
4:00 PM Sessions End
4:00 PM Flag lowering
5:00 PM – 7:30 PM Dinner at Troop Campsite
7:40 PM – 7:55 PM Dessert Contest - Patrol Leader to submit at the Nature Center
8:00 PM – 9:00 PM Campfire & OA Call-out – Amphitheater
9:00 PM Cracker Barrel – Nature Center (Adult Unit Leaders)
10:00 PM TAPS – Quiet in Camp. All lights out.
- 1:00 PM – 4:00 PM Webelos Invitation - Registration/Check-in at Entrance Station

20 Sunday

- 7:00 AM Reveille
7:00 AM – 8:30 AM Breakfast
9:00 AM Worship Services – Amphitheater
10:00 AM Sled Races, Games – Loop A Field (Confirm at Fri. Orient.)
Closing Ceremony – Loop A Field
11:00 AM Site Inspections/Check-Out Begin
12:00 PM Lunch (optional)
1:00 PM Site Inspections & Check-Out COMPLETED – Park will close.

Little Bennett Klondike Derby 2013 – Potomac District

Troop/Crew Registration Instructions

Please follow these steps to ensure successful registration for the Derby.

1. **Send in your site reservation form as soon as possible, together with \$90 per site.** There is a maximum of 11 campers per site. **Potomac District units may pre-register as soon as possible, and out-of-district unit pre-registrations will be accepted after Dec. 1.** Within these guidelines, reservations are on a first-come, first-served basis.

Online registration preferred. To register online:

Go to Potomac District website:

http://www.boyscouts-ncac.org/OpenRosters/View_Homepage.aspx?orgkey=2185

Go to the District Calendar and Events (blue column on the left), then District Calendar from the pull-down menu. Select January 2013 and click on the Klondike Derby on 18 January 2013.

PLEASE NOTE: Please follow the instructions on the first page. You will be able to register for as many campsites (at \$90 per site) as you need on the second page. However, you can register for campsites ONLY on this page. It appears that you can also register the number of participants (at \$5 per participant), but this is not the case. (The "Basic Fee" is set to \$0). Participant registration will take place at check-in at the Klondike Derby, as usual, on Friday evening or Saturday morning.

After registering, please send an e-mail (the Registration Details Form) to this address (klondikederby@gmail.com) that includes at a minimum:

- Unit Type and Number
- Number of campsites
- Point of Contact
- Contact Information

These fees cover site and latrine rental fees, awards, and the organizational expenses of running the Derby.

- a. Refund requests for sites must be made 15 days before the Derby, as our costs are committed by then. Refunds may be granted for all but 15% of the fee under certain circumstances. Request the refund in writing to:

Don Kilgore
Montgomery District Executive
National Capital Area Council, BSA
9190 Rockville Pike
Bethesda, MD 20814

2. Send an email to "KlondikeDerby@gmail.com" with your unit number, district, number of sites requested and an e-mail address for the contact for your unit. If you have any special requests, such as the need to park a Troop trailer at the site or a desire to be near another unit, please let us know in that e-mail.
3. You will receive an acknowledgement back by e-mail within 7 days. If you do not get that e-mail, contact your District representative.
4. In January, e-mail to "KlondikeDerby@gmail.com" the number and names of the Patrols you will have in the competition. If we received this information by January 18, we will be able to ensure that all scoring sheets have your units properly identified and thereby greatly reduce the risk of missing scores.
5. You will receive an e-mail with your site assignments by the Tuesday before the event.
6. When arriving at the Derby, proceed directly to your assigned sites. Then have one adult bring your Roster (listing both Scouts and adults) and \$5 per person attending (Scouts and adult leaders) to the admin area in the Nature Center on Friday night or Saturday morning. If you are running a station, note on the roster the names of those who will be assisting so that they may be given Staff patches. Units leading and running a station will be given a \$35 credit towards their participant fees at this time.

2013 Little Bennett Klondike Derby - Potomac District

Troop/Crew Site Reservation & Deposit Form

*** Bring a copy of this completed form & payment receipt at Check-In. ***

In the spirit of Leave No Trace and to maintain our relationship with the Montgomery Department of Parks, attendance at this year's event will be limited to the number of available campsites.

Units must submit site reservation(s) and a deposit in order to reserve space for this event.

There will be no on-site registration. Montgomery District units may pre-register as soon as possible, and out-of-district unit pre-registrations will be accepted after Dec. 1.

Cost: \$90.00 deposit for each Campsite (for up to 11 individuals).

In addition, there will be a fee of \$5 per person at the time of arrival at the Derby to cover insurance costs and the Derby patch.

After Mailing in the Registration Form:

Send an email to "KlondikeDerby@gmail.com" with your unit number, District, number of sites needed and an e-mail address for the contact for your unit. If you have any special requests, such as the need to park a Troop trailer at the site or a desire to be near another unit, please let us know in that e-mail.

- - - Clip Here - - -

Unit No. _____ District _____ Sponsoring Institution _____

Scoutmaster _____ Email _____ Phone (____) _____

If your unit's preferred Derby Contact is not the Scoutmaster, please fill out the next line:

Unit Derby Contact _____ Email _____ Phone (____) _____

This reservation is being made for _____ (# of sites) X \$90.00 = \$_____ deposit total

In addition, a fee of \$5 per person will be collected for all participants at the time or arrival at the Derby.

Today's date: _____ Check Number: _____

Return this completed form with a check made payable to:

NCAC-BSA (Note on the check: "**Cost Center 931**")

**National Capital Area Council
Boy Scouts of America
9190 Rockville Pike
Bethesda, MD 20814-3897**

Potomac District Website: http://www.boyscouts-ncac.org/OpenRosters/View_Homepage.aspx?orgkey=2185

2013 Little Bennett Klondike Derby - Potomac District

Troop/Crew Registration Roster Bring This Form at time of on-site check-in at the Derby.

Unit No. _____ District _____ Sponsoring Institution _____
 Scoutmaster _____ Email _____ Phone _____ Mobile _____

Asst. Scoutmaster _____ Email _____ Phone _____ Mobile _____

NAMES OF ADDITIONAL SCOUTERS ATTENDING: (If working on Staff, please place asterisk next to the name)

Adult Leaders: (use reverse side if needed for more names)

Position	Name	Mobile phone #	Position	Name	Mobile Phone
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Number of Adult Leaders (including SM, ASM) _____ x \$5 per leader = Adult fees _____ (Line A)

NAMES OF PATROLS & SCOUTS: Total each column for number of Scouts (Use extra sheet(s) if more than 3 Patrols).

Junior Leaders:	Patrol Name:	Patrol Name:	Patrol Name:
1 <u>SPL:</u> _____	<u>PL:</u> _____	<u>PL:</u> _____	<u>PL:</u> _____
2 <u>ASPL:</u> _____	<u>APL:</u> _____	<u>APL:</u> _____	<u>APL:</u> _____
3 _____	_____	_____	_____
4 _____	_____	_____	_____
5 _____	_____	_____	_____
6 _____	_____	_____	_____
7 _____	_____	_____	_____
8 _____	_____	_____	_____

Junior Leader Count _____ + No. in this Patrol _____ + No. in this Patrol _____ + No. in this Patrol _____
 Total Scouts _____ x \$5 per scout = Scout fees _____ (Line B)

From lines A and B above, enter the Adult and Scout Fees in the blanks below to calculate the total fee:

_____	+	_____	=	\$ _____
Adult fees (Line A)	PLUS	Scouts Fees (Line B)	EQUALS	Total Registration Fee

Total Amt. Registration Fee	\$ _____
Minus \$35 if running a station	-\$ _____
Equals Balance Due	\$ _____

Bring this completed form to the Derby with a check made payable to:
NCAC-BSA (Note on the check: "Cost Center 931").

Potomac District Website: http://www.boyscouts-ncac.org/OpenRosters/View_Homepage.aspx?orgkey=2185

For Klondike Derby Staff Use Only:

Registration: **Total Scouters & Scouts** _____
 ___ Total Prepaid Amt \$ _____ ___ Cash Amt \$ _____ ___ Check - Amt \$ _____ Check No. _____
 ___ Site Card & number issued / **Site Assignment** _____
Name on check _____

Checkout: _____ Site Inspection completed Additional patches purchased: # of patches _____ Cost: \$ _____
 Verify issuing: 1) _____ Patrol Participation Ribbon
 2) _____ Patches -- # of Staff _____ + # of Participant _____ = Total Patches



Webelos Invitation

Open to all Webelos

Saturday, January 19, 2013 - 1:00 PM to 4:00 PM

Little Bennett Regional Park - 23701 Frederick Road, Clarksburg, Maryland

Webelos Scouts and their leaders will find at least three good reasons to attend:

- They can see Boy Scout Troops in action, solving problems and displaying Scouting skills.
- It satisfies a requirement for the Arrow of Light to take part in an outdoor Boy Scout activity.
- Most of all, IT'S FUN! Webelos will be able to take part in some of the same team building and problem solving challenges given to the older Scouts.

A special area at the Klondike Derby will be set up for Webelos Dens to try out several of the stations at which the Boy Scout Troops compete. These stations will not require any special equipment or skills, but they will be fun challenges to help the Webelos work as a team and to solve a challenge while burning off some steam. After trying their hands at these stations, the Webelos can go to the main competition areas and observe the older Scouts as they try out the same problems while demonstrating some of their Scout skills, including fire-building and knot-tying. Dens do not need to bring any special equipment to the Klondike Derby. Everyone should be mindful of the weather and to dress appropriately. The boys will be outdoors the entire time they are at the Derby. Leaders are encouraged to bring a thermos of hot chocolate and some cups with them to keep their dens warm. Please bring a trash bag as well to carry out all the trash generated by the Den.

Check-in: Check-in begins at 12:30 PM at the entrance station to the park. ***Because parking is limited, carpooling is best. To reduce confusion, check in as one large group rather than individually.*** Lines are shorter later in the day – consider arriving at 2:30.

Directions: From Interstate 270 follow signs for Little Bennett Regional Park, take Exit 18- Route 121 North east to Clarksburg. At the second traffic light (Stringtown Rd & Route 355), turn left onto 355 and proceed north until you see the main entrance for Little Bennett on the right after the maintenance yard.

Parking: Parking is available across from the main entrance at High Point Farm. Park your vehicle and walk across the street to register at the park entrance. Once you are in the park, follow the Polar Bear signs to find the Webelos activities. Be aware that available parking is very limited - therefore you need to carpool where possible. Parking is free.

Clothing: ***The Scout Uniform is to be worn at all events.*** Supplement the Scout uniform with additional layers of clothing. Leaders must review with all participants the importance and principles of winter dressing. **No tennis shoes will be permitted.** Any attendee not properly prepared for the weather will be unable to participate in the activities. One of the most important requirements is knowing how to keep warm and dry. Each individual must know what to wear for winter weather. Winter weather, with changing conditions, necessitates being prepared for almost any condition. Cold weather camping requires adequate clothing and waterproof boots for protection and yet must be versatile enough to prevent sweating during activities and to retain warmth during idle periods. Wearing damp or wet clothing next to the skin during idle periods is a prime time for the body to become cold and could result later in hypothermia. A winter cap or hat is necessary during the day.

If you are an adult accompanying Webelos, your registration means that you are responsible for ensuring that those who are attending this event will be prepared for cold weather at this cold weather event. Adult leaders attending this event will ensure that they and their Webelos are dressed and prepared for cold weather.

Registration:

- w Cost is \$5 per attendee, which includes the Klondike Derby patch, administrative items and insurance.
- w Each adult and boy must register to attend any part of the program, including drivers who stay for the program.
- w Pre-registration is preferred, but registrations are accepted on-site. Webelos check-in will take place at the park entrance station.

More details may be obtained from the Potomac District website:

http://www.boyscouts-ncac.org/OpenRosters/View_Homepage.aspx?orgkey=2185

For more information, call Linda Smith at (301)-530-5007 or e-mail Tunacat107@aol.com

2013 Potomac District Klondike Derby @ Little Bennett Webelos Registration Form



Pack Number _____ Den _____ District _____
 Cubmaster Name _____ Telephone _____

w For insurance purposes each adult and boy must register to attend any part of the program, including drivers who stay for the program.

w Cost is \$5 per attendee, which includes the Klondike Derby patch, administrative items and insurance.

If you are an adult accompanying Webelos, your registration means that you are responsible to ensure that those who are attending this event must be prepared for cold weather at this cold weather event. Adult leaders attending this event will ensure that they and their Webelos are dressed and prepared for cold weather.

Names of attendees

Name of responsible adult at Klondike Derby _____ Mobile/pager no. _____

Other Adults:

1 _____
 2 _____
 3 _____

Total no. of Adults _____

Webelos: (use back of form if more space is needed)

1 _____
 2 _____
 3 _____
 4 _____
 5 _____
 6 _____

Total No. of Webelos _____

____ Total no. of Adults + ____ Total no. of Webelos = ____ Total No. participants

Enter the Total No. participants from above to calculate the Total Fee:

____ Total No. participants X \$5.00 = Total Fees \$ _____

Today's date _____

Online registration through the Potomac District/District Calendar/Cub and Webelos Events is preferred and encouraged.
 Or...

Make check payable to: "NCAC-BSA" (note on check "2013 Potomac District Klondike Derby")
 Send completed form and check to:
**National Capital Area Council
 Boy Scouts of America
 2013 Potomac District Klondike Derby
 9190 Rockville Pike
 Bethesda, MD 20814-3897**

For Klondike Derby Registration Use Only:

Total Adults/Youth = _____

____ Prepaid \$ _____

____ Check \$ _____ Check No. _____ Name on check _____

____ Cash \$ _____

2013 Potomac Klondike Derby @ Little Bennett Staff Registration

Please fill out this form only if you are NOT registering with a unit.



Name _____ Home Phone _____
 Street _____ Work Phone _____
 City/State/Zip _____ Email _____

In the event of an emergency, please provide a mobile number while at the Klondike Derby: _____

I am registered with Unit # _____ in the _____ District.

<i>For what area are you registering?</i>		
(Indicate 1st, 2nd and 3rd choices by placing the appropriate number next to your choice)		
<input type="checkbox"/> OA Staff	<input type="checkbox"/> OA Ceremonies Team	<input type="checkbox"/> Station/Town Mayor (town name _____)
<input type="checkbox"/> First Aid Staff	<input type="checkbox"/> Webelos stations	<input type="checkbox"/> Deputy Station/Town Mayor (town name _____)
<input type="checkbox"/> Cook Staff	<input type="checkbox"/> Venturing Staff	

Your primary position as a Scouter (check appropriate boxes):		
.. Troop as: _____ <input type="radio"/> SM – Scoutmaster <input type="radio"/> SA - Asst. Scoutmaster <input type="radio"/> CC - Troop Committee Chair <input type="radio"/> MC - Committee Member <input type="radio"/> CR – Chartered Organizational Rep <input type="radio"/> VC – <input type="radio"/> VA – <input type="radio"/> Other _____	.. District as: _____ .. District Committee .. Commissioner Staff .. Roundtable Staff .. Other _____	.. Council/Other as: _____ .. OA .. NESA .. Cub Scouts .. Venturing – Crew # _____ .. Other _____

Arrival plans: _____

Meal Plans: (Select one from column A or any combination in column B)

- .. Friday Evening – 6 PM to Midnight
- .. Saturday Morning – 6 AM to Noon
- .. Saturday Afternoon – Noon to 6 PM
- .. Saturday Evening – 6 PM to Midnight
- .. Sunday Morning

- COLUMN A**
- .. Not dining with staff
 - .. \$12.00 All Meals

- COLUMN B** (costs as noted)
- .. Saturday Breakfast (\$2)
 - .. Saturday Lunch (\$2)
 - .. Saturday Dinner (\$7)
 - .. Sunday Breakfast (\$2)
 - .. Sunday Lunch (\$2)

Make checks payable to **"NCAC-BSA"** and note on the check **"Cost Center 931"**
 Send completed form & check to:

National Capital Area Council, BSA
9190 Rockville Pike
Bethesda, MD 20814-3897

\$ _____	Meals subtotal
\$ _____	Extra Patches (\$3 each)
\$ 5.00	Administration and patch
\$ _____	Total Payment

For Klondike Derby Registration Use Only: Name on check: _____

CHECK-IN:
 .. Cash \$ _____ .. Check No. _____ Check Amt \$ _____

.. Prepaid Amt \$ _____

CHECK-OUT:
 Signature for receipt of patch _____

Potomac District website: http://www.boyscouts-ncac.org/OpenRosters/View_Homepage.aspx?orgkey=2185

CAMPING DISHWASHING PROCEDURES

For individual camper health and for the good of the natural environment use these procedures at Little Bennett Campground and anywhere else you may camp!

Follow these directions, and your campers and our campground will be much healthier.
ABSOLUTELY NO DISHWASHING AT WATER SPIGOTS OR BATH-HOUSES!!!

Materials needed:

- § Container for garbage
- § Paper towel or napkin (from meal)
- § 3 dishpans
- § Detergent (preferably biodegradable)
- § Dish scrubber
- § Bleach
- § Plastic grocery bag

BEFORE SITTING DOWN FOR MEAL: Put large pot or pail of water on to heat.

PRIOR TO WASHING DISHES:

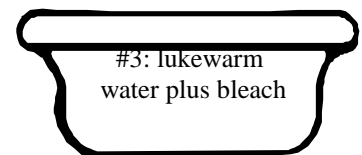
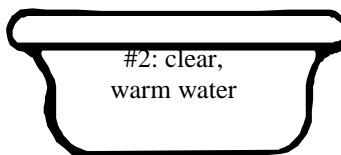
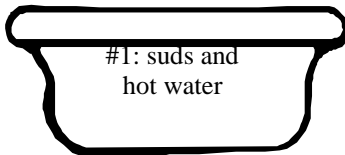
1. Set up container for garbage.
2. Using small piece of paper towel or napkin, wipe ALL food particles into the garbage container:
 - a. Wipe utensils first, cups second and plates third.
This order ensures that items actually going into one's mouth are as clean as possible.
 - b. After all personal gear is done, use the same steps for the Patrol cooking gear.



DO NOT ALLOW any gear that HAS NOT been wiped free of food particles into the dishwater.

PREPARING DISHWATER:

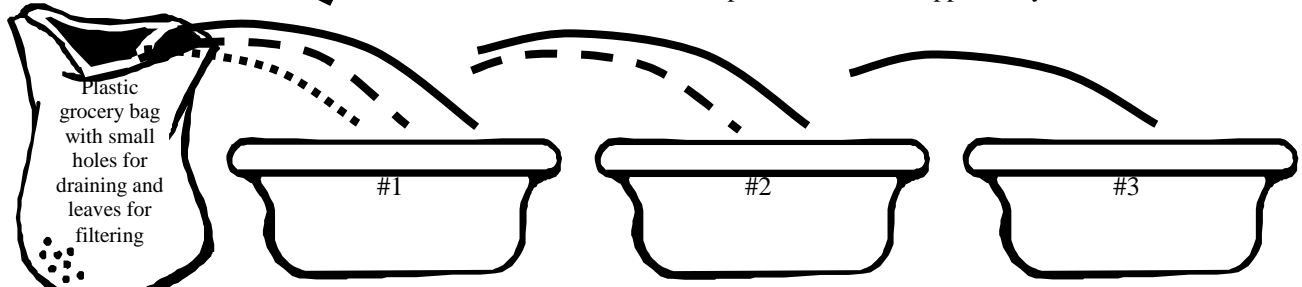
1. Dishpan #1 – wash water: small amount of liquid detergent in first, then add hot water
2. Dishpan # 2 – rinse water: clear, warm water
3. Dishpan #3 – sterilize: lukewarm water with 1 tablespoon beach for every gallon of water; add 1 tablespoon of bleach after every eight campers. Gear stays in this tub for one minute to sterilize.



DISPOSING OF DISHWATER:

1. Prepare a plastic grocery bag for straining any food particles that may have sneaked into the dishpans.
 - a. Punch several small holes into the corner of the bag.
 - b. Fill the corner with a small amount of leaves and/or pine needles to act as a filter.
2. Carefully empty the dishpans into the bag in the following order and allow the bag to drain after each addition in a different part of the woods each time:
 - a. Dishpan #1 into the bag.
 - b. Dishpan #2 into #1, swish water around and then into the bag
 - c. Dishpan #3 into #2, swish water around, then into #1, swish water around and then into the bag.

This will ensure that all three dishpans will have an opportunity to be sterilized.



3. Dispose of plastic bag properly.

IMPORTANT THINGS ABOUT WINTER CAMPING

1. You warm the sleeping bag; it does not warm you! Plan to dress lightly by changing into clean clothes when you retire for the night. The clothes you wear during a regular day contain about a pint of moisture from normal perspiration and increase your risk to hypothermia.
2. A closed-cell sleeping pad does not absorb moisture. A dark green or black "Ensolite" closed-cell pad is designed for cold weather; the light-colored "Ensolite" sleeping pad is not. Open-cell pads absorb moisture. An air mattress is useless in winter! If you do not have a backpacking type sleeping bag rated to at least 10-15 degrees F., bring an extra wool blanket. A fleece liner in your sleeping bag provides an extra layer of warmth.
3. You should pack all clothes in heavy-duty Ziploc or plastic bags before you pack them in your pack. Natural moisture in your clothes when you are camping can be uncomfortable when you get dressed in the morning. Backpacks and duffels are not waterproof and they do absorb moisture.
4. Wearing a wool watch cap when you sleep is helpful; remember the chimney effect. When you wear a cap, your feet stay warmer. Fact: 70% of heat loss from the body is through the head.
5. Waterproof your shoes or boots with a "Sno-Seal" before your camping trip. Two or three treatments several days apart are useful. Mink oil does not waterproof.
6. Putting some of the clothes you will wear the next day inside your sleeping bag when you go to bed will warm them up. Always bring at least one extra pair of wool socks for emergencies. Plan on using several pairs of socks each day.
7. Ventilate your tent at night. A closed tent allows condensation to build up on the roof of the tent and it might "snow" or "rain" in your tent.
8. If you are cold or get wet, talk to your leaders. Don't wait until you are numb or until the early morning hours. Learn what hypothermia is before going winter camping and learn to prevent it.
9. No one will have extra clothes or equipment to loan to you should yours gets wet. Take a few precautions before you leave to go winter camping so you stay warm and dry. If you have questions, get answers to those questions before you leave. Keep an extra set of clothes in the car just in case; it's good insurance.

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 footgear 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.

Hypothermia 101 By [Eric Weiss](#), January 1998, *Backpacker Magazine*

As the temperature dips, hypothermia can threaten survival for backwoods adventurers unaware of its warning signs.

Hypothermia is an abnormally low body-core temperature caused by exposure to a cold environment.

How to Recognize Hypothermia

Mild Hypothermia

When core body temperature drops below 95°F, mild **hypothermia** sets in.

- Person feels cold and shivers at maximum level.
- Person maintains normal consciousness level, remains alert, and has normal or slightly impaired coordination.
- When core body temperature drops below 93°F, the person develops slurred speech, memory loss, poor judgment, and carelessness.

Mild Hypothermia Treatment

1. Move the person from the cold environment to a sheltered environment.
2. Replace any wet clothing with dry, insulated garments.
3. Give the person warm food and lots of sugary hot fluids (an average-size adult needs about 60 kilocalories of hot drinks or about 2 quarts of highly sugary liquids such as drink mixes) to elevate core temperature 10 F.
4. Slow heat loss by wrapping the person in a sleeping bag, plastic bag, or tarp. Huddling with the person in a sleeping bag will help slow heat loss.
5. Resist the urge to use hot water bottles or heat packs. They can turn off the body's shivering mechanism, and they add very little heat to the body core. Instead, bring water to a boil and have the person inhale the steam, or build a fire.

Profound Hypothermia

When core body temperature drops below 90 degrees F, profound hypothermia develops.

- The person becomes weak and lethargic.
- The person has an altered mental state (is disoriented, confused, combative or irrational, or in a coma).
- The person is uncoordinated.
- When core body temperature drops below 88 degrees F, person stops shivering.
- When core body temperature drops below 86 degrees F, person's heart pumps less than two-thirds the normal amount of blood. Pulse and breathing are half their normal rates.
- When core body temperature drops below 83 degrees F, the heart is very irritable and unstable, and likely to develop abnormalities. The person is in danger of cardiac arrest. Rough handling of the person increases the potential for cardiac arrest.

Sobriety Test for Hypothermia: An excellent test to determine if someone is developing profound hypothermia is to have the person try to walk a straight line, heel-to-toe, as in a sobriety test. If the person cannot perform this task and is not intoxicated, it indicates the progression from mild to profound hypothermia.

Profound Hypothermia Treatment

Treatment in the backcountry is aimed at stabilizing the person and preventing any further cooling.

1. Handle the person very gently. Rough handling may cause his heart to fail.
2. Place the person in a sleeping bag, or place blankets or clothing underneath and on top of him. Any heat that you can provide will probably not rewarm the person but will help prevent further cooling.
3. A person with significantly altered mental state should not be allowed to eat or drink because of the potential for choking or vomiting.
4. Rewarming is best done in a hospital, because of the potential complications associated with profound hypothermia. Professional assistance is usually needed to evacuate a profoundly hypothermic person.

Caution: First-aid management of hypothermic victims should not be based solely on measurements of body temperature because it is often difficult to obtain an accurate temperature in the field.

It may be difficult to distinguish whether a person is profoundly hypothermic or dead. The profoundly hypothermic person may have a pulse and respirations that are barely detectable. Double-check carefully, feeling for the carotid pulse (it is found on either side of the center of the throat where the carotid artery goes to the head). Check this for at least one minute since the heart rate may be very slow. Place a glass or plastic surface next to the person's mouth to see if it fogs up.

When to perform CPR: If the person is breathing or has any pulse, no matter how slow, do not initiate CPR, as this may cause the heart to stop beating completely. If there is no sign of a pulse or breathing after one minute, what to do next depends on your situation:

1. If you are alone or with only one other person, cover the hypothermic person and place him in a protected shelter (place insulation beneath and on top of him). Both rescuers should go for help and stay together for safety.
2. If there are multiple rescuers, and it is safe to stay with the victim, begin CPR. Chest compressions should be done at one-half the normal rate. At least two people should go for help and stay together for safety.
3. If the person can be easily transported out of the backcountry in an improvised stretcher, the rescuers may elect to do this while performing CPR during the transport as best as possible.

Never assume that a profoundly hypothermic person is dead until his body has been warmed thoroughly and there are still no signs of life. It is possible, though rare, that one without detectable signs of life will recover when rewarmed.

Adapted from *Wilderness 911: A Step-by-Step Guide for Medical Emergencies and Improvised Care in the Backcountry*, Eric A. Weiss, MD

Size up the situation

Undo haste makes waste

Remember where you are

Vanquish fear

Improvise

Value living

Act after thinking

Learn basic skills