

2006

Panther District
Southwest Florida Council
Boy Scouts of America

First Year Camper Program



Camp Miles
June 12 – 15, 2006

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****We suggest that you copy these sections for the parents of your Scouts.***

PREPARING FOR CAMP

WELCOMING MESSAGE FROM THE PROGRAM CHAIRMAN

Welcome to Southwest Florida Council, Camp Miles on the Price-Sanders Scout Reservation. It is truly an honor to serve you this year. As the Panther District Program Chair, let me welcome you to one of the greatest new experiences a boy can have as a Scout, that is, spending time at camp.

In order to make this experience a success, the staff will need you to assist us in completing certain items, prior to camp, so as to assure that camp runs smoothly. As we continue to promote the First Year Camper Program, please make sure that your Scouts are signed-up and have everything they need to have an enjoyable week. We can't emphasize enough to you the importance of having all the required paperwork completed correctly, including: the Troop Roster & Registration Form, and most importantly, the Medical Form. (The Medical Form must be filled out completely and correctly, and must be signed by both a parent or guardian *and* a doctor).

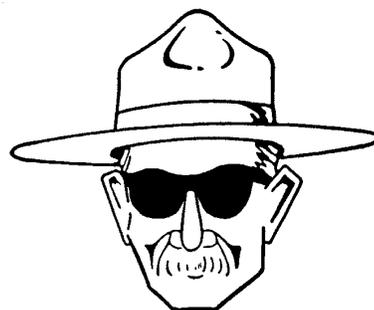
Once you arrive, your troop guide will assist you in getting your troop to swim tests, camp knowledge and then to your camp area. We look forward to you and your Scouts attending camp and having a fantastic time. Be assured that we will do whatever it takes to make your experience as pleasant and as memorable as possible.

Yours in Scouting,

Lori Laumeyer
Panther District Program Chair

Darrin Kerwin
Panther District Camping Committee

Corey Peterson
OA Youth Advisor – Panther District



. . . AN ENDORSEMENT

"I should like to urge upon all Scoutmasters the great importance of getting their boys into camp during this summer. The camp is the thing that appeals to the lads. It is in the camp that the Scoutmaster really has his opportunity."

- Baden-Powell



WHY THE FIRST YEAR CAMPER PROGRAM?

You can't take the "OUTING" out of Scouting. The outdoor program is one of the biggest features about Scouting that appeals to boys. A week of Camp is an exciting experience. No young man has ever forgotten his experiences from his first Boy Scout Camp. Consider also:

Program facilities and equipment cannot be duplicated by a unit on its own. Our camp provides a variety of programs and facilities to match your Unit's needs and desires.

Advancement opportunities are second to none. Boys work on merit badge skills toward advancement and to have fun. Having fun working toward advancement is the prime reason a boy stays in Scouting. It is the measure of his success in the program.

An enthusiastic, well-trained staff is available to assist the troop with its program, whether for fun or for training. We begin the staff training process months before Camp begins. Training is an ongoing process directly related to quality customer service.

Strict health and safety standards are maintained at all times. Emergency facilities

are available, and health form re-checks are made by a trained medical supervisor.

Not all scout troops are alike; we know that. That's why troops can develop a program at our camp that suits their needs. Each troop has a custom-made program.

THE BOY AND SCOUT CAMPING

The boy is our center of interest in Scouting. We have him for so short a time that we dare not fail him in providing a well-rounded experience at Camp. It is fairly well known that most Scouts experience more total hours of Scouting in one week at Camp than in an entire year of weekly meetings and camping trips. A Scout's expectations are great and they should be fulfilled.

As you turn through these pages, let us show you why Camp Miles is the camp you want your troop to experience. Please read this guide thoroughly, write down any questions you may have, and then read it again. If you still have questions, please do not hesitate to call us at (239) 936-8072 or at (800) 269-8072.

HOW TO MAKE IT HAPPEN WITH YOUR TROOP

SCOUTMASTER'S CHECKLIST

- Prior to camp, know each Scout's advancement status and complete blue cards for every merit badge that each Scout intends to take.
- Set a goal with each boy; challenge him.
- Work on pre-requisites before you come to camp.
- Use the patrol method at Troop meetings, so that Scouts can use it at Summer Camp.
- Let more advanced Scouts assist younger Scouts.
- Keep accurate advancement records day-to-day.
- Watch loose ends, don't push, but do encourage each boy.

TROOP CHECKLIST

- Sign up for camp at the Council Service Center, as soon as possible.
- Hold a Parents' Night to review Troop Camp plans.
- Obtain medical forms from all Scouts and leaders. Be sure that the family insurance number, social security number and parent's signature is included.
- Arrange two-deep leadership while at camp and traveling.
- Assemble Troop equipment.
- Deliver final fees to Council Service Center **no later than two full weeks prior to your arrival at camp.**

NOTE: Credit for previous completion of requirements should be noted in the Scout's Handbook or a note should be given to the instructor, signed by the Scoutmaster or Merit Badge Counselor, stating that the requirements have been completed. This will facilitate the completion of skill

instruction sessions at Camp.

At the end of the camp, each Unit Leader will receive a packet containing the Blue Cards and any other forms documenting his Scouts' advancement records while in camp. Following the final lunch, staff members will be available to address any concerns that the leaders may have and to resolve any questions that might arise about any of the packet's contents.

It is the troop's responsibility to review merit badge requirements after camp, to evaluate an individual Scout's progress. Remember, we cannot fulfill all requirements or opportunities.

THE IMPORTANCE OF HOLDING A PARENTS' MEETING

The success of a Scout's experience at camp begins long before he ever arrives on the property. One of the first things that should take place is a Parents' Meeting.

Most parents will probably want to know how much camp costs and when the money is due. If your Unit has a camp savings program, we recommend that you provide them the details as soon as possible. In addition, parents may need some guidance in deciding how much spending money their son should take to camp.

A good bit of time should probably be spent going over the equipment and clothing needed for camp, with emphasis on special items needed for certain activities (such as long-sleeved shirt and long pants for Life-saving Skill Instruction). Parents may also need suggestions on what their Scouts should pack their gear in-- whether you allow footlockers or prefer backpacks or

duffel bags. **Note: We will NOT be issuing the standard wall tents. The unit or boy must provide accommodations suitable for long-term occupation.**

Next, your discussions should include the camp program to include the daily program schedules and skill instruction sessions. Parents should be aware of the skill instruction sessions available to their son at camp, although this is probably not a good time to work out individual schedules. They should also be aware of skill instruction requirements that must be completed prior to the start of camp.

We have included forms, throughout this program guide, for you to distribute at your Parents' Meeting. There are information sheets, which include the camp address and phone number, and a suggested equipment list to help your Scouts pack for camp.

2006 FIRST YEAR CAMPER PROGRAM DATES

The 2006 Camp dates are: **June 12 - 15**

CAMP FEES

EARLY BIRD: \$100 Camp Fee paid by May 31. There will be an additional \$50 per person late fee after May 31.

PAYING FOR CAMP

A good method of paying for camp is to divide the cost of camp into thirds: the parents pay one-third, the Scout pays one-third (from allowances, savings) and he earns the other third through Unit fund raising projects (like the popcorn sale). This method lessens the burden on the parents while teaching the Scout an important lesson about paying his own way in life.

Note: When making payments, please indicate each Scout's name, Unit number and the amount paid.

REFUND POLICY

Refunds will be provided minus a \$50.00 deposit for all cancellations made prior to May 31st. Cancellations occurring after the May 31st cutoff date, will not receive a refund. There will be no refunds given upon arrival to camp. Refunds will be mailed from the Scout Service Center.

HOW TO REGISTER YOUR TROOP

Complete the enclosed registration form located in the Appendix, attach a check for all applicable fees and mail to the SWFC Service Center, BSA, 1801 Boy Scout Dr., Ft. Myers, FL 33907.

Remember to indicate shirt sizes for all youth and adults. Shirts are all adult sizes.

LEADERSHIP IN CAMP

Although the First Year Camper Program Camp is different from most troop activities, it is still a troop activity. Each troop comes to camp as a Unit, camps together as a Unit and operates under its own leadership. The camp staff's job is to provide resources to the troop and to enhance its program.

For these reasons, adult leadership in camp is at least as important as it is back home. Quality leadership is essential if your Scouts are to have a quality experience. At the same time, of course, it's hard to find leaders who can spend a full week in camp. So, securing camp leadership should be one of your highest priorities.

The following guidelines will help ensure that your troop has adequate leadership.

- There must be at least two adults with each troop at all times. One of these leaders must be registered and at least 21 years old. The other must be the parent of a participant or be at least 18 years old.
- All adults who stay in camp for 72 hours or longer must have a current medical form. There will be no exceptions.
- The Unit leader is responsible for control and discipline in their troop. Staff members will not discipline campers, although they will step in to stop hazardous situations.
- We have to know who is in charge of your Unit at all times. If you rotate leaders during the week, they must sign in and out at the camp office.
- The Unit leader is responsible for all camp equipment used by the troop. If equipment is lost or destroyed, it must be paid for or replaced.
- All female Campers and female Adult Leaders need to have one-piece swimwear to use our aquatic facilities.
- A Scout requiring transportation to an

emergency facility needs an adult leader to go with him. Camp Miles is not responsible for transportation to emergency medical facilities, unless an ambulance service is used.

The troop's Senior Patrol Leader should give leadership to the patrols. This is an excellent opportunity to develop troop leadership, as the camp program will rely on the Senior Patrol Leader and patrols for several camp-wide activities.

MEDICAL INFORMATION

Every Scout and adult under the age of 40 must have a current, valid Personal Health and Medical Record - Class II (#34414). A health history, Class I, revised within the past 12 months and a physical examination conducted within the past 36 months, Class II, are required. A copy of the physical form must be attached to the health history.

Adults over 40 must have a current, valid Personal Health and Medical Record - Class III (#34412). Both the health history and medical examination must have been completed within the past 12 months.

Scouts and adults without the proper medical forms will not be allowed to remain in camp. A health form recheck, by the camp medical officer, is required upon arrival at camp. Medical forms will be filed in the Health Lodge and returned to Unit leaders at the end of the week.

Scouts are encouraged to leave their prescription medications at the Health Lodge so that the Health Officer can be sure they are taken at the proper time.

IN CASE OF EMERGENCY

We hope that it never becomes necessary to evacuate camp due to some emergency. However, in the event of an emergency we do have an alarm system and an evacuation plan to deal with it. A test of the alarm system is conducted within 24 hours of your arrival to assure that everyone in camp understands the evacuation process.

In case of an emergency, an alarm will sound signaling all Scouts to report to the assembly field at the flagpole. Once everyone in camp has been accounted for, the Camp Management Team will announce the nature of the emergency and provide further instructions. In the case of extreme lightning or when it is dangerous to report to the flagpole, report to the shelter nearest your campsite. The siren may sound for: a missing Scout, a fire, hazardous weather or even a lost swimmer. Above all, make sure that you report to your Unit leader and remain calm and use common sense.

The staff at Camp Miles will monitor weather emergencies and will proceed based on the recommendations of the Charlotte County Emergency Management Office. Should it become necessary to evacuate camp, the Unit leaders will contact the appropriate committee members of your Unit. Please designate one person from your Unit who will act as the communication spokesperson for all outside contact.

THE BUDDY SYSTEM

Everyone needs to use the Buddy System at all times. The Buddy System is an important tool used to ensure the health and safety of our Scouts. The Buddy System is required for all intra-camp activities and programs such as: aquatics, ecology/nature



trails, Scout craft orientation, the health lodge, etc.

ACCESS STATEMENT

Camp Miles programs are available to persons with special needs and disabilities. We will make every reasonable effort to meet the needs of all campers. Advanced notice of special requirements is greatly appreciated. For assistance or further information, please contact the Council Service Center.



CHECK-IN PROCEDURE

Your Unit should plan on arriving at Camp Miles between 10:00am and 1:00pm, on Monday. You will be met at the Scoutmasters Lodge by a staff guide who will lead you to your campsite and on a tour of camp.

STEP #1 - The Scoutmaster and Senior Patrol Leader will come to the registration area and check to make sure everything has been paid for and all the Skill Instruction schedules are ready (any changes to, or late registration cards will not be ready until after dinner that evening).

STEP #2 – At check-in, we will issue a vehicle pass to each Unit to transport equipment to its campsite. As a rule, only one vehicle is allowed in the campsite per Unit, but exceptions are made, so speak to the Camp Director before you come to camp. All vehicles must remain parked in the parking lot. No vehicles are allowed to remain in the campsite without a valid disability sticker (available from the DMV).

STEP #3 - Your Troop Guide will then take you on a complete tour of Camp Miles. The tour will include medical rechecks and swim checks as well as an explanation of all Dining Hall procedures. Your guide will also conduct a detailed inspection of your Unit's site and equipment. Please list any and all

defects at this time.

CHECK OUT PROCEDURE

Check out is done much the same as check in, except in reverse. Thursday afternoon after lunch, all skill instruction work will be complete and Blue Cards will be placed in Unit packets, which will be made available to Scoutmasters after the closing ceremony for final review. Staff will be available to answer questions regarding your scouts' progress. Medical forms and last-minute paperwork will be distributed prior to departure Thursday.

No unit will be allowed to leave until the campsite has been inspected by its Troop Guide and officially dismissed by the Camp Director.

For those leaders who will be coming and going throughout the week, please make sure that you sign in and out with the Camp Office.



THE PROGRAM

MERIT BADGE ADVANCEMENT

To have a successful merit badge program, Scouts should begin planning weeks or months before their arrival at camp. Some merit badges can easily be earned at camp while others will take quite a bit of work before arrival to complete. While we cannot make any substitutions for any requirements, we will do whatever possible to ensure that your Scouts have the most successful camp experience possible.

If a Scout has satisfied certain requirements prior to camp, he should show his instructor a form signed by his Scoutmaster indicating those requirements that have been completed to expedite his finishing the merit badge.

Keep in mind that your Scouts will be assigned "campwork" to do in their campsites at night.

Scouts should have the merit badge book for each course they are taking. Each Scout should bring paper and pencil along with the appropriate merit badge book to each class. All supplies will be available in the Trading Post, if needed.

In the event that any adult wishes to teach an additional merit badge skill instruction session that is not offered in the normal program, he/she should consult with the Program Director during the first SM/SPL meeting, to schedule instruction time and location.

PARTIAL MERIT BADGE WORK

A partial will be given to those Scouts who have not completed the necessary require-

ments for a merit badge. A partial is good until the youth becomes 18 years of age. It is done so a Scout can go home and complete the merit badge or come back the following year. Scoutmasters are reminded that certain merit badges have prerequisites that must be finished prior to arrival at camp. Do not be disappointed if a Scout receives a partial, just think of the fun he will have completing it later.

HOW TO PRE-REGISTER YOUR SCOUTS FOR SKILL INSTRUCTION SESSIONS

Each Troop must mail pre-registration information on each Scout to the Camp Program Director, no later than May 31, 2006. The Program Director will post these class schedules based on the order in which they are received. Scoutmasters will receive a confirmation report as early as May 15th, provided that they have submitted fees for the boys they wish to register.

MAIL ALL COURSE SCHEDULES TO:

Southwest Florida Council, BSA
1801 Boy Scout Drive
Fort Myers, FL 33907
Attn: Lori Laumeyer

WHAT EXACTLY IS IT ALL?

The program is geared for the First Year Camper. In this program Scouts will be taught many of the skill sets required for the path leading to First Class rank. The main objective of the program is to introduce First Year Campers to the long-term camping experience. The Scouts will be using the patrol method of teaching, which is: explanation, demonstration, practice and

review (It is the Unit's responsibility to review the skills that the Scouts have learned). They will learn how to adjust to long-term camping including dining, hygiene and having fun! Your Scouts will also have an opportunity to work on three merit badges: First Aid, Cooking, and Swimming. It is important for Scoutmasters to understand that the youth will not be able to complete every requirement up to the First Class rank. Also, it is the Unit's responsibility to test and sign off the skills that have been taught to each Scout. The Staff will provide a list of what was taught and who was there when it was taught, but they will not sign off any requirements in the Handbooks.

MILE SWIM: More than just for boys, the Mile Swim can be an excellent chance for adults to get some exercise and to earn the Mile Swim Award. The Mile Swim is a conditioning program that takes four sessions to complete. Scouts, or adults, attempting this award must attend all sessions. Be sure to check with the Aquatics Director for times and location.

CAMP-WIDE AWARDS

HONOR SCOUT AWARD: All campers have the opportunity to earn the Honor Scout Award. Earning this award guarantees that the Scout has worked in most areas of camp, has been a good camper and has advanced in Scouting.

Besides giving the Scout an additional goal to shoot for, the award gives leaders a tool to help mold behavior. If a boy is sitting in the campsite with nothing to do, the leader can work with him on one of the special requirements or send him to a program area to work on a skill with a buddy.

HONOR SCOUTER AWARD: Besides having a program for adult leaders, we also have an Honor Scouter Award. This award is designed for the enjoyment of the adult leaders who are at camp with their troop. It gives each volunteer the opportunity to take an active part in the camp program. The Scouts are not the only ones who get to earn cool stuff.

HONOR TROOP AWARD: Just as the Honor Scout Award can be used to motivate an individual Scout, the Honor Troop Award can be used to motivate the entire troop. A troop that earns this award is truly an Honor Troop. We encourage every Unit to work toward this award.

SCOUT SPIRIT AWARD: The Scout Spirit Award is designed to recognize the troop that best represents the ideals of Scouting while at Camp. The ideals of Scouting are the Scout Oath and Law, the Motto and the Slogan. This award will be given to one troop, on a daily basis.

CAMPSITE INSPECTION AWARD

(THE GOLDEN BROOM): This award is a tool that can be used by the Unit leadership to encourage proper health and safety skills being used in the campsite. The Golden Broom Award will help reduce the number of lost or stolen items, and instills pride on a troop-wide level. This award will be earned by one troop, on a daily basis.

******NOTE: Do not bring Melaleuca, Australian Pine or Bamboo pioneering timbers to Camp Miles. You will be asked to remove timbers of this nature from camp property.*

IMPORTANT INFORMATION

CAMP RULES

SCOUT OATH

On my honor, I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake and morally straight.

SCOUT LAW

A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent.

Although the SCOUT OATH and LAW should be the only rules a Scout needs, the following is a list of policies and standards that have been established to ensure that Camp Miles continues to live up to its excellent safety standard.

Your cooperation in following these camp policies is essential:

- **No flames in tents.** This is particularly important since **you will be providing your own tents**, the majority of which are constructed of synthetic (read flammable) materials such as nylon, rayon, and polyurethane.
- Swimming is allowed only in designated areas and at designated times. All program areas are off limits unless a staff member is present.
- Fixed blade sheath knives (including machetes) are not permitted.
- No trees or shrubs are to be removed without the Ranger's or Ecology Director's permission. Please do not disturb wildlife or plants.
- All lanterns and stoves must be filled and

used under proper adult supervision.

- Everyone who comes to (or leaves) camp must sign in (or out) at the Camp Office.
- No alcoholic beverages, drugs or tobacco products will be allowed in camp at any time.
- Radios, tape players, and CD/DVD devices should be left at home.
- Vehicles must remain in the parking lot at all times.
- All Scouts must be in their own campsites between taps and reveille.
- Scouts must wear closed-toe shoes at all times, even to and from the shower and aquatics areas.
- Riding in the back of pickup trucks or trailers is strictly prohibited.
- Do not wash dishes in latrine sinks and do not use hoses to snake toilets.
- Fishing is catch and release only. Anyone over sixteen years of age needs a current freshwater fishing license.
- All campfires are to be built in fire rings. Do not leave fires unattended. Failure to adhere to these rules can lead to immediate dismissal from camp, without refund. Dismissal is at the discretion of the Camp Director and Unit leader.



BOY SCOUTS OF AMERICA SMOKE-FREE POLICY

POSITION

It is the responsibility of the Boy Scouts of America to protect the health and safety of the young people in our program.

It is the policy of the Boy Scouts of America that leaders should not use tobacco products, in any form, in the presence of youth members. In addition, extreme care should be exercised to provide smoke-free environments for all Scouting participants. All facilities under control of the council are designated as non-smoking facilities. Smoking outside entrance/exit doors is not permitted at any location. In addition, all Scouting functions, meetings, or activities are conducted on a smoke-free basis with permitted smoking areas located away from all participants (see the Ranger).

VEHICLES IN CAMP

Absolutely no vehicles will be allowed beyond the Training Lodge without a vehicle pass signed by the Ranger. Each troop will be allowed one vehicle, and only one vehicle, to move the Unit's gear to the campsite (one trip only). By dinnertime on Monday, all vehicles must be parked in the camp parking lot. Troops must be prepared to 'backpack' all gear brought to and from their campsite during the week.

The speed limit throughout camp is 15 mph. Also, remember to wear your seat belts at all times (IT'S A FLORIDA STATE LAW!) Do not forget that BSA policy prohibits anyone from riding on fenders, hoods, trunks of cars, or in the open beds of trucks. Please help us to maintain Camp Miles' high standard of safety by abiding by these rules.



WHAT TO BRING TO CAMP?

TROOP EQUIPMENT

Each campsite has a picnic table, a latrine with shower and wash station and a bulletin board. Other equipment is the troops' responsibility. We recommend the following items:

- Tents (one for every 2 scouts)
- Troop first aid kit
- Wood tools
- Sharpening stones and files
- American flag
- Troop flag
- Patrol flags
- Lanterns
- Cooking gear
- Water cooler
- Cooler
- Rope and gloves
- Matches
- Ax, shovel or spade
- Repair kit
- Lawn chairs for adults
- Merit badge library
- Campfire skit material

SCOUT EQUIPMENT

- Completed medical form signed by a physician and a parent
- Comfortable hiking shoes
- Extra shoes (important)
- Sweater or jacket
- Raincoat or poncho
- Sleeping bag or blankets
- Four T-shirts (Scout T-shirts or plain T-Shirts are acceptable, camp T-shirts can be purchased at the Camp Trading Post)
- Four pairs of socks
- Four pair of underwear
- Pajamas
- Clothing bag
- Swim trunks
- Toilet articles - washcloth, comb, soap in a container, hand and bath towels, toothbrush, and toothpaste
- Pack or knapsack
- Flashlight
- Mosquito repellent (important)
- Extra batteries
- Wallet and money
- Scout Handbook
- Pillow
- Mosquito netting (important)
- Sun block
- Pocketknife
- Compass
- Canteen
- Notebook and pencils
- Camera and film
- Plastic bags
- Fishing equipment
- Skill instruction project work
- Some equipment, like extra shoes, mosquito netting and mosquito repellent can make the difference between a week of unforgettable fun or unforgettable homesickness. Please try to remember that you need to prepare for rain and mosquitos, we do live in Southwest Florida.

VALUABLES

The Camp Miles Management and Staff **will not** be responsible for individual Scout or Troop valuables while in camp. Use these tips to avoid any losses:

1. Advise Scouts to bring as few valuables as possible.
2. Before you arrive, organize a troop bank system with the Unit leader as the banker. **DO NOT** carry large amounts of money around camp.
3. The camp leader should bring a lockbox with him.
4. As camp leader, move your Unit to activities as a group. Never leave one or more Scouts at the campsite alone.
5. Advise your Scouts not to walk through another Unit's campsite.
6. When using the pool or boats, lock all valuables in the campsite or in vehicles to insure their safety.

LOST AND FOUND

The Camp's Lost and Found is located in the Scoutmaster's Lounge. If your Scouts find something that needs to be returned, please have them bring it there. To prevent items from being permanently lost, make sure each Scout writes his name and Troop number on all personal items brought to camp.

TRADING POST

The camp maintains a well-stocked Trading Post including such items as: candy, soft drinks, sundries, personal items, stamps, postcards, film, batteries, ice and needed program supplies such as handicraft kits and merit badge books. Additionally, the Trading Post stocks special items such as T-shirts, hats and patches. History tells us

that the average Scout spends \$50 at the Trading Post during his week in camp. Hours are posted.

DINING HALL & MEALS

The Dining Hall Steward is in charge of anything that goes on in the dining hall, with the exception of the kitchen. You will need one waiter for every eight people, at every meal. Specific details will be handled during your check-in procedure, on Monday.

MAIL

When a Scout goes away to camp one thing he loves is getting mail from home! Just remember, when writing to your son, or spouse, please make sure to include his full name and Troop number on the envelope. That will ensure that we know how to get the letter to him, quickly and easily.

CAMPER'S NAME & TROOP #
CAMP MILES
38751 Bermont Road
PUNTA GORDA, FL 33982

Camp Office # (941) 639-5121
Secondary Contact # (941) 639-1786

Please let your Scouts' families know that the camp phone is for emergencies only. There is no pay phone on the property.

REST AND SLEEP

Camp can be a very strenuous activity, regardless of the temperature. Adequate rest and sleep is essential. For this reason, we have scheduled plenty of time for sleep at night.

Because tents and campsites are close together, we ask that Unit leaders ensure that their Scouts do not disturb others at night.

WATER

Unit leaders are encouraged to stress the importance of making sure Scouts know to drink plenty of water during the day. This helps avoid heat exhaustion and fatigue. There will be water available in each of the program areas. Scouts need to carry cups or water bottles with them at all times. Units wishing to bring a cooler can buy ice from the Trading Post. Units are encouraged to bring a water cooler. Coolers are not provided by Camp Miles.

UNIFORMING

We on the Camp Staff believe that the uniform is a very important aspect of Scouting and that it should be worn at all Scout functions, including the First Year Camper Program. At the same time though, we realize that most Scouts only have one full uniform, and that after four days at

Camp, that uniform can get pretty dirty. The uniform policy at Camp Miles follows:

Complete Field (Class A) uniform is required for retreat, supper, vespers, and campfires.

Activity (Class B) uniform - Scout pants or shorts, Scout or plain T-shirt, Scout socks, Scout belt and a Scout cap - should be worn for daytime activities. However, any shirts, hats or jewelry endorsing alcoholic beverages, tobacco products, illegal drugs and narcotics are not allowed at all. Uniforms should be worn correctly. Staff members will do their best to be properly uniformed, and we ask that you do the same.

Scouting

FORMS & HANDOUTS

OVERVIEW OF FORMS

The following pages in this book contain very important and necessary forms. They are needed to make your stay at camp as enjoyable as possible. Please make sure each form is filled out completely. The Troop Roster & Registration Form will help us accommodate the needs of the patrols your troop brings to camp. This will help the camp staff to prepare for patrol and troop competitions. The Troop Skill Instruction Roster will help us to prepare the skill instruction classes for the number of Scouts attending each class. Please make sure to spend time with each Scout to make sure he has met the pre-camp requirements or anything else that might make his stay go well. Please make sure we receive one Troop Roster & Registration Form and one Troop Skill Instruction Roster with each Scout that is planning on attending, listed on each form, by the same deadline for all the camp fees.

Enclosed you will find the two medical forms. Each Scout and adult attending camp must have a medical form upon arrival. As with this form or any other forms in this book, such as, "What to bring to camp? Scout equipment," you are more than welcome to photocopy any of the pages in this book. Your Scouts should find the camp map helpful, too.

Weekly Schedule

Time	Monday	Tuesday	Wednesday	Thursday
7:45 AM		Flag	Flag	Flag
8:00 AM		Breakfast	Breakfast	Breakfast
9:00 AM		Session 1 9:00-9:45	Session 1 9:00-9:45	Session 1 9:00-9:45
10:00 AM		Session 2 10:00-10:50	Session 2 10:00-10:50	Session 2 10:00-10:50
11:00 AM		Session 3 11:00-11:45	Session 3 11:00-11:45	Session 3 11:00-11:45
12:00 Noon	Troop Check-In	Lunch	Lunch	Lunch
1:00 PM	Medical Re-check	SPL/Rest	SPL/Rest	SPL/Camp Breakdown Camp
2:00 PM	Camp Tour, Swim Check	Session 4 2:00-2:50	Session 4 2:00-2:50	Closing Ceremony
3:00 PM	Campsite setup	Session 5 3:00-3:50	Session 5 3:00-3:50	Troops Check-out
4:00 PM		4:30 Flag Assembly	4:30 Flag Assembly	
5:00 PM	Dinner	Dinner	Dinner	
6:00 PM	SPL Orientation			
7:00 PM		Movie: (In Handicraft)/Swim	Movie: (In Handicraft)/Swim	
8:00 PM	Opening Campfire			
9:00 PM				
10:00 PM	In Campsite	In Campsite	In Campsite	

SKILL INSTRUCTION SCHEDULE

	9 - 9:50	10 - 10:50	11 - 11:50	2 - 2:50	3-3:50	
	Session 1	Session 2	Session 3	Session 4	Session 5	
Cooking	CK1	CK2	CK3			
First Aid	FA1	FA2	FA3			
Swimming	SW1	SW2	SW3			
	ACTIVITY CLASSES					
Knots/Knives				KN1	KN2	
Flags				FL1	FL2	

All participants will take every class and merit badge - just chose the time slot.

SOUTHWEST FLORIDA COUNCIL



BOY SCOUTS OF AMERICA

2006 Troop Roster & Registration Form

Troop #

Council:

District:

Unit Leader:

Street Address:

City, State, ZIP

Home Phone# ()

Home Phone # ()

Leadership

Name	Birth Date	Days Attending
Leader #1*		
Leader #2*		
Leader #3		
Leader #4		
Leader #5		

Scout Roster

Name	Rank	Age	Registration Fee Paid	T-Shirt Size S,M,L,XL,XX L
SPL				
2.				
3.				

Troop Skill Instruction Roster

Scoutmaster or Advancement Chair:

Use the form below to record each boy's choices on the form below and submit it to the Program Director as soon as possible.

Name	9-9:50	10-10:50	11-11:50	2-2:50	3-3:50
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					

Troop # _____ Scoutmaster _____ Phone # _____

Make as many copies of this form as necessary

Golden Broom Award

The campsites will be inspected by fellow Scoutmasters between 10:00 and 11:30 each morning. The Inspectors will consider each aspect of the daily inspection on a scale of 0 to 10. 0 being poor and 10 being outstanding.

Tent Flaps:	All tent flaps tied back. If down, they are all down for full points.
Bedding:	Neat appearance. No points if flaps are down.
Clothesline	Is clothesline constructed so that it will not be a safety hazard? Clotheslines must be placed out of heavy traffic areas. Note: Tent ropes etc. are not clotheslines, 2 points will be deducted for each item not hanging correctly on the clothesline.
Personal Gear	Is it put away? No points if flaps are down.
Tent Ropes	Are tent and tarp ropes secured using correct knots and tension?
First Aid Kit	Obviously present with easy access.
Charts	Fireguard Chart, Waiters Chart, Troop Roster. All of these charts must be posted at the bulletin board at the latrine and properly filled out.
Litter Free	If it is not natural material, it does not belong on the ground. 1 point deducted for each piece of litter found in campsite.
Trails	Trails to and from campsite to be kept clean.
Latrine	Lids / seats down? Enough TP? Floor area clean? Garbage containers used?
Sink Area	Is it clean? Hand Towel nearby (Paper Towel)? Soap handy?
Flags	US Flag displayed to the left side of the gateway as you enter camp? Is the Troop flag displayed?
Vehicles	No vehicles allowed in camp that do not have a car pass displayed in window. Troop trailers are allowed to stay in camp.
Flammables	If using liquid fuel, is it properly stored?
Safety Hazards	Open knives lying around? Neck high clothesline? Be alert.
Axe Yard	Is axe yard properly marked? Are all camp tools properly covered and or protected to prevent unsafe conditions?
Fire Pit	Fire ring in existing burn area? Wood neatly stacked?
Minimum Impact	No live trees cut, no trenches dug, etc.
Leaders Tents	Well identified

Camp Miles Honor Scout Award

- Demonstrate 6 basic knots
- Earn the Totin' Chip
- Catch a Fish
- Participate in an Inter-troop activity
- Work 2 hours on an approved Conservation Project
- Identify 8 trees, Turn in leaf samples
- Assist your Troop in using the Patrol Method
- Earn 5 advancements
- Assist your Troop in achieving a perfect inspection
- Earn 3 Merit Badges
- Help keep Camp clean by picking up trash
- Teach another Scout a new skill
- Participate in a Camp Flag Ceremony
- Do a Good Turn Daily
- Complete your Swim Test
- Wear full Uniform to all Flag Ceremonies and Dinner
- Show Scout Spirit every day
- Visit all Program Areas of Camp
- Visit the Trading Post at least once
- Take at least 2 showers while at Camp
- Have Fun! No Whining!

- Approved by Scoutmaster_____
- Approved by Staff _____
- Approved by Staff_____
- Approved by Scoutmaster_____
- Approved by Staff_____
- Approved by Staff_____
- Approved by Scoutmaster_____
- Approved by Staff_____
- Approved by Scoutmaster_____
- Approved by Staff_____
- Approved by Scoutmaster_____
- Approved by Scoutmaster_____
- Approved by Staff_____
- Approved by Scoutmaster_____
- Approved by Aquatics Staff_____
- Approved by Scoutmaster_____
- Approved by Scoutmaster_____
- Approved by Staff_____
- Approved by Trading Post_____
- Approved by Everybody---Thank You!!!!!!!!!!!!
- Approved by Scoutmaster_____

Above you will find 21 opportunities to gain points toward the 18 points needed to earn the Camp Miles Honor Scout Award. **You must earn at least 18 points to qualify!** This sheet **must** be turned in to the Program Director **by 10:00 AM on Thursday**. Late submissions will not be considered. **Good Luck!**

Name_____ Troop_____

Camp Miles Honor Scouter Award

Activity	Points	Tally
Help teach one Merit Badge all week (4-days) _____	40	_____
Help one boy a day learn a new skill _____	40	_____
Learn or teach the Taut Line Hitch _____	10	_____
Blue Cards filled out before arrival _____	25	_____
Attend the morning Leaders meeting all week _____	40	_____
Do a good turn daily _____	20	_____
Wear full BSA uniform at all Flag Ceremonies _____	20	_____
Participate in at least 1 of these 4 events:		
• Complete your swim test _____	15	_____
• Lead Troop on hike during the week _____	15	_____
• Play a game of Volleyball _____	15	_____
Take part in Campsite Inspections _____	20	_____
Take at least one afternoon nap during the week _____	10	_____
Drink at least one cup of coffee or bug juice each day _____	20	_____
Promise to return next year _____	30	_____
Total Possible ----- 320		Total _____

Scouters will score themselves on the Honor Scouter requirements. **Complete and return to Camp Staff by 10:00 a.m. on Thursday** You must earn 250 points to obtain this award.

Name _____

Troop _____

Honor Troop Award

Troop _____

Description	Points	Tue	Wed	Thu				Score
Scout spirit displayed	10/day							
Troop properly uniformed at dinner	5/day							
Troop attended morning flag ceremony	5/day	X						
Troop attended evening flag ceremony	5/day							
Troop provided one youth member, per meal to help with dining hall clean-up	5/day							
SPL attended all SPL meetings	10/day							
Troop helped conduct a camp flag ceremony	20	X						
Troop provided a song, run-on, or cheer in Dining Hall during a meal	15							
Troop cleaned visitor latrine	20							
Troop provided one adult volunteer to assist with Program	15							
Troop represented in Mile Swim or Mile Run	15							
At least 50% of Scouts in troop earned at least two merit badges	20							
Troop provided skit or song for campfire program	20							
Troop participated in inter-troop activity not organized by camp	20							
Troop performed approved conservation project(Schedule with Ecology Director)	30							
Troop performed approved camp improvement (Schedule with Camp Commissioner)	30							
Total Points	245							



PERSONAL HEALTH AND MEDICAL RECORD

CLASS 1 AND CLASS 2

Class 1 (update annually for all participants). Activity: Day camp, overnight hike, or other programs not exceeding 72 hours, with level of activity similar to that of home or school. Medical care is readily available. Current personal health and medical summary (history) is attested by parents to be accurate. This form is filled out by all participants and is on file for easy reference.

Class 2 (required once every 36 months for all participants under 40 years of age). Activity: Resident camp or any other activity such as backpacking, tour camping, or recreational sports involving events lasting longer than 72 consecutive hours, with level of activity similar to that at home or school. Medical care is readily available.

Note: Some states require an **annual** precamp medical evaluation. Your BSA local council service center can advise you about the requirements for your state.

If your child has had a medical evaluation (**physical examination**) within the last 36 months, a copy of the results of this examination must be attached to the health history for all participants in a camping experience lasting longer than 72 consecutive hours. If a copy is not available, a physical examination (using the Class 2 section of this form) must be scheduled by a *licensed health-care practitioner. This medical evaluation (physical examination) also is required if your child is currently under medical care, takes a prescribed medication, requires a medically prescribed diet, has had an injury or illness during the past 6 months that limited activity for a week or more, has ever lost consciousness during physical activity, or has suffered a concussion from a head injury.

*Examinations conducted by licensed health-care practitioners, other than physicians, will be recognized for BSA purposes in those states where such practitioners may perform physical examinations within their legally prescribed scope of practice.

THIS FORM IS NOT TO BE USED BY ADULTS OVER 40, BY HIGH-ADVENTURE PARTICIPANTS (USE FORM NO. 34412A), OR FOR NATIONAL SCOUT JAMBOREE (USE FORM NSJ-34412-97).

CLASS 1 PERSONAL HEALTH AND MEDICAL HISTORY

(To be filled out annually by all participants)

To be filled out by parent, guardian, or adult participant. Please print in ink.

IDENTIFICATION

Name _____ Date of birth _____ Age _____ Sex _____

Name of parent or guardian _____ Telephone _____

Home address _____ City _____ State _____ Zip _____

Business address _____ City _____ State _____ Zip _____

If person named above is not available in the event of an emergency, notify

Name _____ Relationship _____ Telephone _____

Name _____ Relationship _____ Telephone _____

Name of personal physician _____ Telephone _____

Personal health/accident insurance carrier _____ Policy No. _____

I give permission for full participation in BSA programs, subject to limitations noted herein.

In case of emergency, I understand every effort will be made to contact me (if participant is an adult, my spouse or next of kin). In the event I cannot be reached, I hereby give my permission to the licensed health-care practitioner selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for my child (or for me, if participant is an adult).

Date _____ Signature of parent/guardian or adult _____

Some hospitals require the parent/guardian signature to be notarized. Check with your BSA local council.

NAME

TROOP

CAMP SITE

Check all items that apply, **past or present**, to your health history. Explain any "Yes" answers.

ALLERGIES: Food, medicines, insects, plants Yes No Explain: _____

GENERAL INFORMATION:	Yes	No		Yes	No		Yes	No
ADHD (Attention-Deficit)								
Hyperactivity Disorder	<input type="checkbox"/>	<input type="checkbox"/>	Convulsions/seizures	<input type="checkbox"/>	<input type="checkbox"/>	Hemophilia	<input type="checkbox"/>	<input type="checkbox"/>
Asthma	<input type="checkbox"/>	<input type="checkbox"/>	Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	High blood pressure	<input type="checkbox"/>	<input type="checkbox"/>
Cancer/leukemia	<input type="checkbox"/>	<input type="checkbox"/>	Heart trouble	<input type="checkbox"/>	<input type="checkbox"/>	Kidney disease	<input type="checkbox"/>	<input type="checkbox"/>

Explain: _____

Please list ALL medications taken in the 30 days **prior** to arrival at the Scouting activity where this form is to be used: _____

List any medications to be taken at camp: _____

List any physical or behavioral conditions that may affect or limit full participation in swimming, backpacking, hiking long distances, or playing strenuous physical games: _____

List equipment needed such as wheelchair, braces, glasses, contact lenses, etc.: _____

Immunizations: (Give date of last inoculation.)

Tetanus toxoid _____	Measles _____	Polio _____
Diphtheria _____	Mumps _____	_____
Pertussis _____	Rubella _____	_____

CLASS 2 MEDICAL EVALUATION

(Read additional requirements outlined on front of form.)

Name _____ Age _____

NOTE TO LICENSED HEALTH-CARE PRACTITIONERS*: The person being evaluated will be attending one or more weeks of camp that may include sleeping on the ground and participating in strenuous activities such as hiking, boating, and vigorous group games. Please review the health history with the participant for any interim changes. **Explain any "abnormal" evaluations.**

PHYSICAL EXAMINATION (To be filled out by a licensed health-care practitioner*)

Height _____ Weight _____ BP _____ / _____ Pulse _____

VISION: Normal _____ Glasses _____ Contacts _____

HEARING: Normal _____ Abnormal _____ Explain _____

Check box:	N	Abn		N	Abn		N	Abn
Growth development	<input type="checkbox"/>	<input type="checkbox"/>	Teeth	<input type="checkbox"/>	<input type="checkbox"/>	Genitalia	<input type="checkbox"/>	<input type="checkbox"/>
Skin	<input type="checkbox"/>	<input type="checkbox"/>	Cardiopulmonary system	<input type="checkbox"/>	<input type="checkbox"/>	Musculoskeletal	<input type="checkbox"/>	<input type="checkbox"/>
HEENT	<input type="checkbox"/>	<input type="checkbox"/>	Hernia	<input type="checkbox"/>	<input type="checkbox"/>	Neurobehavioral	<input type="checkbox"/>	<input type="checkbox"/>

Explain: _____

Limitations

Activity restrictions _____

Diet restrictions _____

Signature _____ Date _____

Licensed health-care practitioner*

Address _____ Phone _____

City, State, Zip _____

*Examinations conducted by licensed health-care practitioners, other than physicians, will be recognized for BSA purposes in those states where such practitioners may perform physical examinations within their legally prescribed scope of practice.

INTERVAL RECORD	SCREENING EXAMINATION	
Date, Time, Place, Etc.	(Findings, diagnoses, treatment, instructions, disposition, etc.)	By
#34414A		
730176344140	PHOTOCOPYING THIS FORM IS PERMITTED.	

PERSONAL HEALTH AND MEDICAL RECORD FORM – Class 3

I. IDENTIFICATION

Age _____ Sex _____ Date of Birth*
 Name _____
 Last name First name Initial Mo. Day Year

Address _____
 City & State _____ Zip _____
 Health/Accident Insurance Policy no. _____

IN AN EMERGENCY NOTIFY:

Name _____ Relationship _____
 Address _____ Home phone _____
 City & State _____ Business phone _____
 Personal phone _____
 Physician Phone _____

II. PARENTAL STATEMENT

Has it ever been necessary to restrict applicant's activities for medical reasons? No Yes Does applicant take medicine regularly or have special care? No Yes If yes, explain.

To the best of my knowledge, the information in sections I, II, III, IV, and VI is accurate and complete. I request a licensed health-care practitioner to examine applicant, to give needed immunization, and to furnish requested information to other agencies as needed. I give my permission for full participation in BSA programs, subject to limitations noted herein. In the event of illness or accident in the course of such activity, I request that measures be instituted without delay as judgment of medical personnel dictates.

Parent or guardian _____
 (Must sign if applicant is 18 or younger)
 Applicant's signature _____
 Date signed _____

IV. IMMUNIZATIONS

If disease, put "0" and year.

Tetanus _____ Last year given
 Diphtheria _____
 Pertussis _____
 Measles _____
 Mumps _____
 Rubella _____
 Polio _____
 Chicken Pox _____

Religious preference _____

BOY SCOUTS OF AMERICA

All Class 3 activities require a health examination within the past 12 months by a licensed health-care practitioner.* This includes youth and adult members participating in high-adventure activities, athletic competition, and world jamborees. Annually, this form is to be used by adults over 40 for all activities requiring a physical examination and applies to all Wood Badge participants/staff regardless of age.

III. EMERGENCY MEDICAL INFORMATION

Has or is subject to (check and give details):
 Allergy to a medicine, food, plant, animal, or insect toxin
 Any condition that may require special care, medication, or diet
 ADHD (Attention Deficit Hyperactive Disorder)
 Asthma Convulsions Heart trouble Contact lenses
 Diabetes† Fainting spells Bleeding disorders Dentures

 EXPLAIN _____

V. LICENSED HEALTH-CARE PRACTITIONER'S EVALUATION AND ADVICE

Approved for participation in:
 Hiking and camping Water activities
 Competitive sports All activities

Specify exceptions _____
 Recommendations (explain any restrictions OR limitations): _____

Signed _____ Date _____
 *Licensed health-care practitioner

*Examinations conducted by licensed health-care practitioners other than physicians will be recognized for BSA purposes in those states where such practitioners may perform physical examinations within their legally prescribed scope of practice.

PLEASE TYPE OR PRINT.

NAME _____ UNIT _____
 NOTE: Keep original form for your personal record. Make reproductions for agency use. Be sure information and signatures are legible on reproduced copies. This upper section may be reproduced and carried with you for emergency identification and care.

VI. MEDICAL HISTORY

Parent (or applicant if 18 or older): Fill in sections I, II, III, IV, and VI before seeing a licensed health-care practitioner. Check immunizations to be given at this time. Be sure to include any emergency information and restrictions or special care that should be observed. Especially be sure to record any injuries, illnesses, surgery, or significant changes in condition of health of applicant since last complete examination.

- Date of most recent complete physical examination (month and year) _____ 19____
- Are you aware of any current health problems? No Yes
- Now under medical care or taking medicines? No Yes
- Has there been any surgery, injury, illness, allergy, or change in health status since last complete physical examination? No Yes

Give dates and full details below for any "yes" answers.

IS THERE DISEASE OF (OR PAST OR PRESENT HISTORY OF):

	No	Yes	Year	Details/Medicines
Serious illness	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Serious injury	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Deformity	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Surgery	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Skin, glands	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Ears, eyes	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Nose, sinus	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Teeth, tonsils	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Dentures	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Bridge	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Chest, lungs	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Heart	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Murmur	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Rheumatic fever	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Stomach, bowels	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Appendicitis	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Kidneys or urine	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Albumin	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Sugar	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Infection	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Bed-wetting	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Menstrual problems	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Hernia (rupture)	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Back, limbs, joints	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Sleepwalking	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Nervous condition	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Other (explain)	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____

Please list ALL medications taken in the 30 days prior to arrival at the Scouting activity where this form is to be used:

VII. HEALTH EXAMINATION

Licensed Health-Care Practitioner:

The applicant will be participating in a strenuous activity that will include one or more of the following conditions: athletic competition, adventure challenge or wilderness expedition (albeit or afloat) that may include high altitude, extreme weather conditions, cold water, exposure, fatigue, and/or remote conditions where readily available medical care cannot be assured.

- Please insist applicant furnish complete medical history (VI) before exam.
- Review immunizations; for youth (18 or younger) tetanus and diphtheria toxoids, measles, mumps, and rubella vaccines, and trivalent oral polio vaccine are required; youths and adults must have had tetanus booster within 10 years. A measles booster is recommended at age 12.
- After completing section VII, summarize any restrictions and/or recommendations in sections II and V, above, and sign.

VISION: _____ HEARING: _____
 Normal _____ Normal _____
 Glasses _____ Abnormal _____
 B.P. _____ / _____ Pulse _____ Contacts _____

Check box if normal; circle if abnormal and give details below:

- Growth, development Teeth, tonsils Genitourinary
- Skin, glands, hair Respiratory Skeletomuscular
- Head, neck, thyroid Cardiovascular Neuropsychiatric
- Eyes, ears, nose Abdomen, hernia, legs Other (specify) _____

COMMENTS _____

FOR THOSE ATTENDING PHILMONT OR NATIONAL HIGH-ADVENTURE BASES:

- * The minimum age for all participants is 13 by January 1 of the year of participation, or have completed the seventh grade. No exceptions.
- † Trail food is by necessity a high-carbohydrate, high-calorie diet. It is high in wheat, milk products, sugar, corn syrup, and artificial coloring/flavoring. Dinner meals contain meat. If these food products cause a problem in your diet, you need to bring appropriate substitutions with you and so advise base personnel.
- Note: Licensed health-care practitioners representing high-adventure bases reserve the right to deny access to the trails or other program activity on the basis of a medical evaluation performed at the base after arrival.