



Parent Guide

This section contains information that should be shared with the parents of Scouts attending camp. All of the following information has been adapted from the complete edition of the Leader's Guide



WHAT TO SEND TO CAMP

Your Scout will receive a list of items to pack from his Scoutmaster. Be sure to send enough clothes and shoes to get him through the week comfortably, but do not over-pack. Our Trading Post is available to provide sanitary items, refreshments, Merit Badge books, T-shirts, and some Scouting equipment. Your Scout should bring enough spending money to make it through the week. The amount that you send is up to you and the Scout. It is the responsibility of the Scout to be Thrifty with his money. This can be a learning experience for your son- try to treat it as such. Some Merit Badges, especially those offered in Handicraft, may incur a small fee. Ask your Scoutmaster for details.

THE FOLLOWING ITEMS SHOULD NOT BE SENT TO CAMP

Electronic Games, iPods, Radios, Computers, etc. -These items are generally expensive and sensitive to weather conditions. It is recommended that these items be left at home to avoid the potential damage or theft of the items. Some Troops have specific policies that prohibit these items on camping trips. The camp is not responsible for lost or stolen items.

Sheath Knives, Fireworks of any kind, Snuff or Tobacco, Cigarettes, Alcohol and Drugs- Possession of any of these items while in camp could result in your Scout being sent home from camp. Most are against the law for any minor to possess; the remainders are against Boy Scout and Camp Conestoga policy.

MEDICATION POLICY

Medication sent to camp will be kept locked in the Health Lodge. Exception to this policy is medication such as asthma inhalers, or bee sting allergy kits that need to be with the Scout. ***Boys are responsible for visiting the Health Lodge to take medication at the prescribed times.*** Please send only the amount of medication needed for the stay in camp. Include explicit instructions on dosage, times, etc. so that the medication is dispensed properly. It is the responsibility of the Scout to pick up any remaining medication at the end of the week. We are required to dispose of any medication left at camp at the end of each week.

A wide variety of over-the-counter pain relievers, antacids, cough drops, etc. are kept in the Health Lodge. It is not necessary or recommended that Scouts bring these items to camp.

PHYSICAL FORMS

Medical forms are available at the service center and in the Leader's Guide. It is your responsibility to make sure that your Scout has an up to date and complete medical form. **Please send only a copy of your medical form**, the copy will be kept on file for the week and **WILL NOT BE RETURNED AT THE END OF THE WEEK.** BSA requires that each camper and adult bring a copy of a completed Medical form.#680-001. Scouts coming to camp without a physical form will not be able to participate in any activities until one is produced. If one is not produced after 24 hours the Scout will be sent home.

Parent's Night Schedule

Parent's Night will be held on Wednesday Night.
The schedule for the evening is as follows:

<i>Dinner (Cafeteria Style)*</i>	<i>5:00-6:00 pm</i>
<i>Triathlon</i>	<i>6:00 pm</i>
<i>Camp- wide Retreat Ceremony</i>	<i>7:30 pm</i>
<i>OA Calling out Ceremony</i>	<i>7:45 pm</i>
<i>Campfire</i>	<i>Immediately following ceremony</i>

**Any family members who plans on eating dinner in the Dining Hall will be charged \$5.00 per person. These fees are payable Wednesday night at the door. No reservation is necessary.*

Parent's Night Parking Procedures

On Parents Night, all area gates will be attended by a Staff member to help direct you. Weather permitting, vehicles will be allowed to proceed to the campsite. Once vehicles are unloaded, the vehicle must return to one of the two parking areas.

Visitors with physical handicaps or disabilities must report to the camp office for a parking pass. This will allow them to leave their vehicle in the campsite area. Please use caution when driving in camp. Our roads are dirt and contain potholes.

Late Arrivals and Early Departures

Anyone -- Scout or Leader-- leaving camp must first check out at the camp office and check in upon return. Scouts are not permitted to leave without direct adult or staff supervision and the camp sign in/out book has been signed. This includes trips to the local store.

Leaders leaving for home during the week are also required to sign out before departing and sign back in upon return. A Scout is not to leave for home without his leader first clearing it with the Camp Director and the Scout's parents. Anyone arriving after the opening day of the week should immediately check in at the camp office. Early departure forms should be turned into the camp office when checking in on Sunday. Early Departure forms can be found in the Camping Forms section of this manual.

Valuables

The camp is not responsible for personal items. All valuables such as money, cameras, watches, etc. should be carefully stored in a locked receptacle furnished by the Scout or Scouter. If a Scout reports stolen items, in most cases they have just been misplaced. Even so, the Scout can check with lost and found in the camp office to see if the items have been found.

Lost and Found


This service is located at the camp office. All lost and found items should be reported there. Leaders are urged to have all Scouts label their belongings with their name and unit number. Remember, a Scout is Thrifty!

Mail

Mail arrives in camp once a day. Outgoing mail is picked up once a day. Outgoing mail should be brought to the camp office by 12 noon. Stamps, envelopes, and postcards are available at the Trading Post. Some thoughtful parents have made a practice of sending advance postcards to their children at camp so there will be a personalized “touch of home” when they arrive.

Parents are urged not to mention in their letters how much they miss their children, or that the dog and cat miss them. Instead parents should assure them that they know they’re going to have a great time and express enthusiasm for the camps’ activities. As an experienced Camp Director noted, “We don’t have any homesick kids, but we have homesick parents by the dozens...” Having that Scout in camp all week will be a major accomplishment for him.

Please address all mail to Scouts in the following fashion:

	NAME TROOP # CAMP CONESTOGA 255 CONESTOGA CAMP RD. SOMERSET, PA 15501
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Visitors

Visitors are welcome in camp, however, to ensure the safety of our charges, **ALL VISITORS MUST FIRST CHECK IN WITH THE CAMP OFFICE.** We need to rely on you, the Camp Leader to help enforce this policy. On Family Night, a roster of Parents attending will be sufficient notification. Please provide this roster by dinner.

Emergency Phone Number

A camp phone is available for business and emergency use only. If you must call camp, it will take some time to reach your son or spouse. We will take a message and have the call returned. The camp phone number is 814-445-2018

Camp Conestoga Health & Safety Guidelines

All Campers must abide by these standards as set forth by the Boy Scouts of America and State of Pennsylvania. *These rules and regulations are set forth to provide all Scouts with the safest environment possible.*

For Safety

1. Always hike with a buddy or buddies. Be sure to get permission from your leader. Inform him of your route and your estimated returning time.
2. Aquatic activities (swimming, canoeing, and boating) are conducted under adult supervision and following the minimum standards of the BSA.
3. No Scout leader or Scout leaves camp without checking out at the main office in Rohrbacher Lodge.
4. Shoes and socks are worn at all times to prevent cuts and bruises. No open toe shoes, sandals. Even if you are going to the pool, you must wear shoes and socks while walking there.
5. Fireworks are not permitted. (**PROHIBITED BY PENNSYLVANIA STATE LAW**)
6. Each troop makes a visual check for attendance at meals and at taps.
7. Determine the location of natural hazards.
8. Do not use liquid fuel to start fires. (“Boy Scout Water” is not an acceptable fire starter!)
9. Drink from an approved water supply; do not drink from springs as they may be contaminated.
10. No alcoholic beverages are permitted on camp property.
11. Keep the shower houses clean! Instances of graffiti or intentional destruction will NOT be tolerated. A shower house cleaning schedule will be established at the Senior Patrol Leader’s Meeting on Sunday evening.
12. Place garbage in proper area for pickup. (Do not bury garbage).
13. No pets allowed in camp.
14. No passengers transported in the cargo section of pickups or trucks. **NO EXCEPTIONS, YOUTH OR ADULTS.** Every passenger must have a seatbelt.

Camp Conestoga Health Lodge Procedures

All Troops must report to the Health Lodge with medications and health forms in hand.

All health forms must be:

- ✓ CURRENT
- ✓ SIGNED BY A PHYSICIAN

- ✓ UP TO DATE AND COMPLETE WITH CURRENT EMERGENCY PHONE NUMBERS
HMO POLICY NUMBERS, ETC.

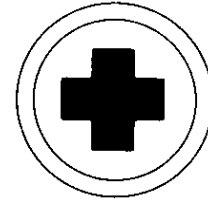
Medications

All medications must be turned into the Health Officer at check-in. Medication that must remain with the Scout i.e. inhalers, bee sting kits, etc must be shown to the Health Officer. These medications will remain in the Scouts possession. It is the responsibility of the Scout and the Scout Master to see that the Scout reports to the Health Lodge to receive his medication. **IT IS NOT THE RESPONSIBILITY OF THE RESERVATION HEALTH OFFICER. ALL MEDICATIONS LEFT AT CAMP WILL BE DISPOSED OF AFTER ALL TROOPS HAVE CHECKED OUT.**

Medical Requirements

Each Scout and Adult Leader attending camp must submit a medical form upon arrival during the medical check-in.

Be sure your troop number and campsite are marked on each Medical Form!



**ANY PERSON COMING TO CAMP WITHOUT
A COMPLETED MEDICAL FORM WILL BE
SENT HOME!**

Once you have all physical forms completed, copy the original and **BRING ONLY THE PHOTOCOPY TO CAMP. THESE FORMS ARE REQUIRED TO BE KEPT ON FILE FOR THE WEEK AND WILL NOT BE RETURNED AT THE END OF THE WEEK!**

All Scouts must use the Annual BSA Health & Medical Record, which requires a medical examination by a licensed medical doctor every year. The form must include a doctor's signature with sections one and two completed.

All adults in camp are also required to have a physical. All Adults are required to have a yearly physical signed by a medical doctor and recorded on the Annual BSA Health & Medical Form.

Rest

SLEEP can mean the difference between a great or poor week. Each person needs a certain number of hours each night to function properly the next day. The Scoutmaster should see that from 10:00 PM until 6:00 AM the camp is quiet to permit those who wish to sleep may do so.

Footwear

NO SANDALS, OPEN-TOED SHOES, OR BOAT SHOES ARE TO BE WORN IN CAMP. You may wear these types of shoes at the pool or in the shower house, but only in those areas. This does not include travel to and from those places. Any camper found wearing illegal footwear, will be sent back to his campsite to change.

Camp Conestoga is staffed 24 hours a day 7 days a week, by a fully certified medical officer, to render emergency care to anyone one in camp.



Camp Conestoga Daily Schedule

(Please note: subject to change. Use supplement schedules for Sunday check-in, Wednesday Family Night, and Saturday check-out)

Reveille	6:45 am
Run for Your Life & Polar Bear Swim	7:00 am
(Waiter's Call)	7:35 am
Camp Wide Colors	7:50 am
Breakfast	8:00 am
Program Areas Open	9:00 am
Skill Summit #1	9:00- 9:50 am
Skill Summit #2	10:00-10:50 am
Skill Summit #3	11:00- 11:50 am
(Waiter's Call)	12:05 pm
Lunch	12:30 pm
Skill Summit #4	1:30-2:20 pm
Skill Summit #5	2:30- 3:20 pm
Skill Summit #6	3:30- 4:20 pm
Skill Summit #7	4:30- 5:20 pm
(Waiter's Call)	5:35 pm
Dinner	6:00 pm
Camp Wide Colors	6:45 pm
Evening Programs	7:30 pm
Program Areas Close	10:30 pm
Lights Out	11:00 pm

Camp Conestoga Merit Badge Program

Camp Conestoga is a terrific place to participate in fun activities, learn new skills, and conquer amazing challenges, all the while earning rank advancements and Merit Badges! While Camp is so much more than Merit Badges, more than likely you'll be working to earn a few new Badges this summer, and this Guide is designed to help you understand all the ins and outs of the newly revamped Camp Conestoga Merit Badge "Skills Summit" Program.

Skill Summits

Camp Conestoga is not school; we are a summer camp where Scouts can get outside and have fun!

Scouts can enroll in the Skill Summit corresponding to the Merit Badge they wish to explore more about and develop proficiency in. During the week, Scouts will have fun learning and working towards the requirements found in the Merit Badge Pamphlets.

- 🔥 All Merit Badge Skill Summits will run on a five day schedule. All Skill Summits will run 50 minutes in length, giving Scouts time to walk between Program Areas.
- 🔥 Environmental Science, Climbing, Canoeing, Rowing, Sailing, and Swimming Merit Badge Skill Summits take additional time for Scouts to complete. These Skill Summits fill 2 time slots (Climbing fills 3).
- 🔥 Some Merit Badges require Scouts to devote long hours to obtain needed scores and observations. Please review the "Merit Badge Outline" for additional details.
- 🔥 Hiking and Bird Study Merit Badges will be by appointment only. All Scouts wishing to participate in these Merit Badges should set up a time that is convenient for both the Area Director and the Scout.
- 🔥 Leaders who wish to independently offer an additional Merit Badge during their week at Camp should notify the Program Director at the Sunday Leaders Meeting.

Schedule Submission Prior to Camp

Scoutmasters must submit a tentative schedule of each Scouts' selected Merit Badge and/or Activity Skill Summits to the Council Service Center between May 16th and June 4th, 2011. Forms for this can be found in the "Camp Forms" section of this Leader's Guide.

Merit Badge Dean

Each Program Area is under the direction of a highly trained, nationally certified Area Director. However, when issues arise, the Program Director serves as the Merit Badge Dean while at Camp. Any and all questions concerning requirements, special needs exceptions, interpretation, and other questions involving official protocol should be brought to the attention of the Program Director. Ultimately, the current edition of the Boy Scout Requirements Book, Merit Badge pamphlets, and Boy Scout Handbook will serve to interpret uncertainty, along with the Camp Key 3 and Council Executive.

When outside of Camp during the "off-season," the Conestoga Staff is NOT permitted to sign any Merit Badge Applications (blue cards) unless recognized as Merit Badge Councilors in their local District. This includes all Instructors, Area Directors, and the Program Director.

Camp Conestoga Merit Badge FAQ

Merit Badges are the thrilling program centered activities Scouts look forward to each summer! In order to ensure each Scout has a fun time earning his Badges, here are several Frequently Asked Questions about our Merit Badge Program at Camp Conestoga.

“How many badges should I choose?”

Each Scout that is not participating in the COPE or Pathfinder Program should choose 3 or 4 Merit Badges and be ready for the fun that ensues. Scouts *can* choose to partake in more than 4 Merit Badges, however it is not necessarily recommended.

“What do I do before Camp?”

All Scouts coming to camp should obtain a copy of the most current Merit Badge pamphlet for the merit badges in which he will be participating. All requirements are listed in these pamphlets. If no current editions of these pamphlets are available, he should then check the BOY SCOUT 2012 REQUIREMENT BOOK. This book will list the requirements, but it does not contain the specific information relating to each badge. It is the responsibility of the individual Scout to see that he comes into camp with all the necessary items that he might need to complete the badges of his choice (i.e.: extra money, special clothes, etc.).

“What is a Prerequisite?”

A prerequisite is a requirement for a Merit Badge that must be completed prior to the Scout arriving at camp. Simply put, if a Scout does not have the requirements for a prerequisite completed, the Scout will not receive the badge. Any person with questions concerning the prerequisites for specific Merit Badge should contact the Council Service Center, the Camp Program Director, or a local Merit Badge counselor.

“What is a partial?”

A partial is a badge that was not found to be successfully completed by the Scout. Once the Scout has arrived at camp, it will be his responsibility to attend the program sessions on a daily basis, and to complete all assignments as set forth by the program staff. All Scouts must participate actively during Merit Badge sessions. Partial badges do not expire. That means that a Scout can either find a counselor at home, or return to camp next year and pick up right where he left off. All Merit Badge records are kept on file at camp until the end of the camping season. After the season has ended, all Merit Badge records can be obtained by contacting the Council Service Center.

“What is the Camp Conestoga ‘blue card’ Policy?”

All Scouts will be required to turn in a ‘blue card’ to their instructor on the first day of program. Please ensure all Scouts have a properly filled out ‘blue card’ including a signature from the Scoutmaster proving that the Scout has approval to participate in the program for that badge. All ‘blue cards’ are returned to the Scoutmaster following the Closing Campfire. Troops can obtain ‘blue cards’ at Camp by visiting the Camp Office.

Camp Conestoga Merit Badge Outline

The following is a list of all Merit Badges offered at Camp Conestoga. This list has been created in order to help the Scoutmaster and his Scout to properly choose the Merit Badges that are right for them. The Scoutmaster should use his discretion when allowing his Scouts to choose their Merit Badge; not all Merit Badges are suitable for all Scouts. All Scouts should be made aware of all prerequisites and comments before choosing his Merit Badge.

Difficulty Key

1 = "Easy" - These Merit Badges are better suited for first or second year scouts with some or little experience. Ages 11 - 12. Scouts will be able to earn this badge at camp with some simplicity.

2 = "Moderate" - These Merit Badges are geared more for First Class Scouts that have attended camp before. Ages 13-14. With proper preparation and enthusiasm, these badges are earned with ease.

3 = "Difficult" - These Merit Badges require Scouts to complete more difficult and complicated tasks and are often time consuming. Ages 14-15. Scouts must commit extra time to gain the full experience of the badge. The difficult Merit Badges are only appropriate for older Scouts with a few years of camping experience.

4 = "Challenging" - These Merit Badges are for the strongest and most experienced Scouts. Ages 16+. Some Scouts may not be able to complete the requirements during one week of camp without full dedication. The counselor may suggest a Scout is not ready to participate in this badge, with Scoutmaster approval.

5-P = "Prerequisite" - These Merit Badges require the Scout prepares and brings to camp all necessary and proper pre-required work in order to fully complete the badge. Many of these requirements must be started at least 3 months in advance of camp. Scouts who do not complete the prerequisites will not receive the badge.

Merit Badges in the following outline are arranged according to difficulty ranking, with Badges requiring prerequisite work listed last.

Merit Badges below with an asterisk (*) denotes an updated Requirements list for 2011.

Additional Merit Badges not found on the list below may be offered without prior announcement.

2012 Camp Conestoga Merit Badges

<i>Badge Name</i>	<i>Difficulty Level</i>	<i>Prerequisites</i>	<i>Comments</i>
Archery	2		Shooting is time consuming. Scouts must shoot for score to complete badge. Cost of \$2 for arrow supplies
Art	5-P	4	
Astronomy*	5-P	6,9	Weather dependent – if nights are cloudy, Scouts may only receive a partial. athletic attire required
Athletics	5-P	3, 5, 6b	
Basketry	1		Cost about \$15.00 for supplies
Bird Study	4		Not a scheduled badge. Available by appointment only. Must have binoculars.
Camping	5-P	8c, 8d, 9	
Canoeing	2		Class time is 2 hours per day. RWB Swimmer
Climbing	4		Class time is 3 hours per day.
Emergency Preparedness	5-P	1, 2c	
Environmental Science	3		Requires much time. Class time is 2 hours per day.
Fire Safety	2		All Scouts will travel to local fire station while at camp
First-Aid	2		
Fish and Wildlife Management	4		
Fishing	2		Must provide fishing tackle. Must have PA fishing license if of age.
Fly Fishing	3		Must provide fishing tackle. Must have PA fishing license if of age.
Forestry	3		
Geology	2		
Leatherwork	1		Cost about \$8-\$10 for supplies
Lifesaving	5-P	1	Long pants and button down shirt required (NO SWEATPANTS). RWB Swimmer
Mammal Study	1		
Nature	4		
Oceanography	5-P	8	
Orienteering	2		Must have own compass
Personal Fitness	5-P	1,6,7,8	
Pioneering	4		

Pottery	3		Cost about \$8.00 for supplies. Class size is limited.
Reptile and Amphibian Study	5-P	8	
Rifle Shooting	2		Shooting is time consuming. Scouts must shoot for score to complete badge.
Rowing	2		Class time is 2 hours per day. RWB Swimmer
Scouting Heritage	5-P	4	
Shotgun Shooting	3		Shooting is time consuming. Scouts must shoot for score to complete badge. Cost \$1 per 5 shots.
Small Boat Sailing	4		Class size is limited. RWB Swimmer
Soil and Water Conservation	2		Must complete pre-approved conservation project while at camp
Space Exploration	2		DO NOT bring model rockets to camp. Cost about \$6.00.
Sports	5-P	4,5	Athletic attire required
Swimming	2	First Class	RWB Swimmer
Weather	5-P	8	
Wilderness Survival	5-P	5	Scouts will build shelters which they must stay in overnight while at camp
Woodcarving	2	Totin' Chip	Cost about \$7.00
Woodwork	4	Totin' Chip	Cost about \$25.00

NEW MERITBADGES BEING OFFERED:

COOKING 5 (3,4,5,6,7) ***TIME INTENSIVE MB***
SCULPTING 3 (NO Pre-Req) ***TIME INTENSIVE MB***



Merit Badge Prerequisites
(Need to be Completed Prior to Camp)

Art:

4. With your parent's permission and your counselor's approval, visit a museum, art exhibit, art gallery, artists' co-op, or artist's workshop. Find out about the art displayed or created there. Discuss what you learn with your counselor.

Astronomy:

6. Do the following:

- a. Sketch the face of the moon and indicate at least five seas and five craters. Label these landmarks.
- b. Sketch the phase and the daily position of the Moon at the same hour and place, for four days in a row. Include landmarks on the horizon such as hills, trees, and buildings. Explain the changes you observe.
- c. List the factors that keep the Moon in orbit around Earth.
- d. With the aid of diagrams, explain the relative positions of the Sun, Earth, and the Moon at the times of lunar and solar eclipses, and at the times of new, first-quarter, full, and last-quarter phases of the Moon.

9. Find out about three different career opportunities in astronomy. Pick one and find out the education, training, and experience required for this profession. Discuss this with your counselor, and explain why this profession might interest you.\

Athletics:

3. Select an athletic activity to participate in for one season (or four months). Then do the following:

- a. With guidance from your counselor, establish a personal training program suited to the activity you have chosen.
- b. Organize a chart for this activity and monitor your progress during this time.
- c. Explain to your counselor the equipment necessary to participate in this activity, and the appropriate clothing for the season and the locale.
- d. At the end of the season, discuss with your counselor the progress you have made during training and competition and how your development has affected you mentally and physically.

5. Complete the activities in FOUR of the following groups and show improvement over a three-month period.

Group 1: Sprinting

- a. 100-meter dash
- b. 200-meter dash

Group 2: Long-Distance Running

- a. 3k run
- b. 5k run

Group 3: Long Jump OR High Jump

- a. Running long jump OR running high jump (best of three tries)
- b. Standing long jump OR standing high jump (best of three tries)

Group 4: Swimming

- a. 100-meter swim
- b. 200-meter swim

Group 5: Pull-Ups AND Push-Ups

- a. Pull-ups in two minutes
- b. Push-ups in two minutes

Group 6: Baseball Throw

- a. Baseball throw for accuracy, 10 throws
- b. Baseball throw for distance, five throws (total distance)

Group 7: Basketball Shooting

- a. Basketball shot for accuracy, 10 free-throw shots
- b. Basketball throw for skill and agility, the following shots as shown on the diagram
 1. Left-side layup
 2. Right-side layup
 3. Left side of hoop, along the key line
 4. Right side of hoop, along the key line
 5. Where key line and free-throw line meet, left side
 6. Where key line and free-throw line meet, right side
 7. Top of the key
 8. Anywhere along the three-point line.

Group 8: Football Kick OR Soccer Kick

- a. Goals from the 10-yard line, eight kicks
- b. Football kick or soccer kick for distance, five kicks (total distance)

Group 9: Weight Training

- a. Chest/bench press, two sets of 15 repetitions each
- b. Leg curls, two sets of 15 repetitions each

6b. With your parent's and counselor's approval, serve as an official or volunteer at a sports meet to observe officials in action. Tell your counselor about your responsibilities at the meet and discuss what you learned.

Camping:

8c. Prepare a camp menu. Explain how the menu would differ from a menu for a backpacking or float trip. Give recipes and make a food list for your patrol. Plan two breakfasts, three lunches, and two suppers. Discuss how to protect your food against bad weather, animals, and contamination.

8d. Cook at least one breakfast, one lunch, and one dinner for your patrol from the meals you have planned for requirement 8c. At least one of those meals must be a trail meal requiring the use of a lightweight stove.

9. Show experience in camping by doing the following:

a. Camp a total of at least 20 days and 20 nights. Sleep each night under the sky or in a tent you have pitched. The 20 days and 20 nights must be at a designated Scouting activity or event.

You may use a week of long-term camp toward this requirement. If the camp provides a tent that has already been pitched, you need not pitch your own tent.

b. On any of these camping experiences, you must do TWO of the following, only with proper preparation and under qualified supervision:

1. Hike up a mountain, gaining at least 1,000 vertical feet.
 2. Backpack, snowshoe, or cross-country ski for at least 4 miles.
 3. Take a bike trip of at least 15 miles or at least four hours.
 4. Take a non-motorized trip on the water of at least four hours or 5 miles.
 5. Plan and carry out an overnight snow camping experience.
 6. Rappel down a rappel route of 30 feet or more.
- c. Perform a conservation project approved by the landowner or land managing agency.

Cooking:

3. Plan a menu for two straight days (six meals) of camping. Include the following:
 - a. A camp dinner with soup; meat, fish, poultry, or an appropriate substitute; two fresh vegetables; drink; and dessert. All are to be properly prepared. When preparing your menu, follow the nutritional guidelines set by the food pyramid.
 - b. A one-pot dinner. Use foods other than canned.
 - c. Using the menu planned for requirement 3, make a food list showing cost and amount needed to feed three or more boys.
 - d. List the utensils needed to cook and serve these meals.
4. Using the menu planned for requirement 3, do the following and discuss the process with your merit badge counselor:
 - a. Prepare and serve for yourself and two others, the two dinners, one lunch, and one breakfast. Time your cooking so that each course will be ready to serve at the proper time.*
 - b. For meals prepared in requirement 4a for which a fire is needed, use a lightweight stove or build a low-impact fire. Include support for your cooking utensils from rocks, logs, or like material. The same fireplace may be used for more than one meal. Use a backpacking stove to cook at least one meal. (Where local regulations do not allow you to do this, the counselor may change the requirement to meet the law.)
 - c. For each meal prepared in requirement 4a, use safe food-handling practices. Dispose of garbage, cans, foil, paper, and other rubbish by packing them out and depositing them in a proper container. After each meal, clean up the site thoroughly.
5. Plan a menu for one day (three meals) or for four meals over a two-day period of trail hiking or backpacking. Include the following:
 - a. A breakfast, lunch, and dinner for a trail or backpacking trip where light weight is important. You should be able to store all foods used for several days without refrigeration. When preparing your menu, follow the nutritional guidelines set by the [food pyramid](#).*
 - b. Using the menu planned for requirement 5, make a food list showing cost and amount needed to feed three or more boys.
 - c. List the utensils needed to cook and serve these meals.
 - d. Figure the weight of the foods in requirement 5a.
6. Using the menu planned for requirement 5, do the following:

- a. Prepare and serve for yourself and two others, the trail breakfast and dinner. Time your cooking so that each course will be ready to serve at the proper time.
 - b. Use an approved trail stove (with proper supervision) or charcoal to prepare your meals.
 - c. For each meal prepared in requirement 6a, use safe food-handling practices. Dispose of garbage, cans, foil, paper, and other rubbish by packing them out and depositing them in a proper container. After each meal, clean up the site thoroughly.
7. Plan a menu for three full days of meals (breakfast, lunch, and dinner) to be cooked at home.
- a. When preparing your menu, follow the nutritional guidelines set by the [food pyramid](#). All meals are to be cooked or properly prepared.
 - b. Using the menu planned for requirement 7, make a food list showing cost and amount needed to feed yourself and at least one adult (parent, family member, guardian, or other responsible adult).
 - c. Tell what utensils were needed to cook and serve these meals.
 - d. Prepare and serve a breakfast, lunch, and dinner from the menu you planned for requirement 7. Time your cooking to have each course ready to serve at the proper time. Have an adult verify the preparation of the meal to your counselor.

Emergency Preparedness:

1. Earn the [First Aid Merit Badge](#).
2. Do the following:
 - a. Discuss with your counselor the aspects of emergency preparedness:
 1. Prepare for emergency situations
 2. Respond to emergency situations
 3. Recover from emergency situations
 4. Mitigate and prevent emergency situations

Include in your discussion the kinds of questions that are important to ask yourself as you consider each of these.
 - b. Make a chart that demonstrates your understanding of each of the aspects of emergency preparedness in requirement 2a (prepare, respond, recover, mitigate) with regard to 10 of the situations listed below. **You must use situations 1, 2, 3, 4, and 5*** below in boldface but you may choose any other five listed here for a total of 10 situations. Discuss this chart with your counselor.
 - 1. Home kitchen fire***
 - 2. Home basement/storage room/garage fire***
 - 3. Explosion in the home***
 - 4. Automobile accident***
 - 5. Food-borne disease (food poisoning)***
 6. Fire or explosion in a public place
 7. Vehicle stalled in the desert
 8. Vehicle trapped in a blizzard
 9. Flash flooding in town or the country
 10. Mountain/backcountry accident
 11. Boating accident

12. Gas leak in a home or a building
13. Tornado or hurricane
14. Major flood
15. Nuclear power plant emergency
16. Avalanche (snowslide or rockslide)
17. Violence in a public place

c. Meet with and teach your family how to get or build a kit, make a plan, and be informed for the situations on the chart you created for requirement 2b. Complete a family plan. Then meet with your counselor and report on your family meeting, discuss their responses, and share your family plan.

Life Saving:

1. Before doing requirements 2 through 15:

- a. Complete [Second Class](#) requirements 7a through 7c and [First Class](#) requirements 9a through 9c.

Second Class requirements 7a through 7c

- 7.a. Tell what precautions must be taken for a safe swim.
- 7.b. Demonstrate your ability to jump feet first into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.
- 7.c. Demonstrate water rescue methods by reaching with your arm or leg, reaching with a suitable object, and by throwing lines and objects. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim.

First Class requirements 9a through 9c

- 9.a. Tell what precautions should be taken for a safe trip afloat.
- 9.b. Successfully complete the BSA swimmer test.
- 9.c. With a helper and a practice victim, show a line rescue both as tender and as rescuer. (The practice victim should be approximately 30 feet from shore in deep water).
- b. Swim continuously for 400 yards using each of the following strokes in a strong manner for at least 50 continuous yards: front crawl, sidestroke, breaststroke, and elementary backstroke.

Oceanography:

1. Do ONE of the following:

- a. Write a 500-word report on a book about oceanography approved by your counselor.
- b. Visit one of the following:
 1. Oceanographic research ship
 2. Oceanographic institute.
 (Write a 500-word report about your visit).

c. Explain to your troop in a five minute prepared speech "Why Oceanography Is Important" or describe "Career Opportunities in Oceanography." (Before making your speech, show your speech outline to your counselor for approval.)

Personal Fitness:

1. Do the following:

- a. Before completing requirements 2 through 9, have your health-care practitioner give you a physical examination, using the Scout [medical examination form](#). Describe the examination.

Tell what questions the doctor asked about your health. Tell what health or medical recommendations the doctor made and report what you have done in response to the recommendations. Explain the following:

1. Why physical exams are important
2. Why preventative habits (such as exercising regularly) are important in maintaining good health, and how the use of tobacco products, alcohol, and other harmful substances can negatively affect our personal fitness.
3. Diseases that can be prevented and how.
4. The seven warning signs of cancer.
5. The youth risk factors that affect cardiovascular fitness in adulthood.
- b. Have a dental examination. Get a statement saying that your teeth have been checked and cared for. Tell how to care for your teeth.
6. Before doing requirements 7 and 8, complete the aerobic fitness, flexibility, muscular strength, and body composition tests as described in the *Personal Fitness* merit badge pamphlet. Record your results and identify those areas where you feel you need to improve.

AEROBIC FITNESS TEST

Record your performance on one of the following tests:

- a. Run/walk as far as you can in nine minutes.
- b. Run/walk one mile as fast as you can.

FLEXIBILITY TEST

Using a sit-and-reach box constructed according to specifications in the *Personal Fitness* merit badge pamphlet, make four repetitions and record the fourth reach. This last reach must be held steady for 15 seconds to qualify. (Remember to keep your knees down.)

STRENGTH TESTS

Record your performance on all three tests.

- a. **Sit-ups.** Record the number of sit-ups done correctly in 60 seconds. The sit-ups must be done in the form explained and illustrated in the *Personal Fitness* merit badge pamphlet.
- b. **Pull-ups.** Record the total number of pull-ups completed correctly in 60 seconds. Be consistent with the procedures presented in the *Personal Fitness* merit badge pamphlet.
- c. **Push-ups.** Record the total number of push-ups completed correctly in 60 seconds. Be consistent with the procedures presented in the *Personal Fitness* merit badge pamphlet.

BODY COMPOSITION TEST

Have your parent, counselor, or other adult take and record the following measurements:

- a. Circumference of the right upper arm, midway between the shoulder and the elbow, with the arm hanging naturally and not flexed.
- b. Shoulders, with arms hanging by placing the tape two inches below the top of the shoulders around the arms, chest, and back after breath expiration.
- c. Chest, by placing the tape under the arms and around the chest and back at the nipple line after breath expiration.
- d. Abdomen circumference at the navel level (relaxed).
- e. Circumference of the right thigh, midway between the hip and knee, and not flexed.

If possible, have the same person take the measurements whenever you are ready to be remeasured to chart your progress.

7. Outline a comprehensive 12-week physical fitness program using the results of your fitness tests. Be sure your program incorporates the endurance, intensity, and warm-up guidelines discussed in the *Personal Fitness* merit badge pamphlet. Before beginning your exercises, have the program approved by your counselor and parents.
8. Complete the physical fitness program you outlined in requirement 7. Keep a log of your fitness program activity (how long you exercised; how far you ran, swam, or biked; how many exercise repetitions you completed; your exercise heart rate; etc.). Repeat the aerobic fitness, muscular strength, and flexibility tests every two weeks and record your results. After the 12th week, repeat all four tests, record your results, and show improvement in each one. Compare and analyze your preprogram and postprogram body composition measurements. Discuss the meaning and benefit of your experience, and describe your long-term plans regarding your personal fitness.

Reptile & Amphibian Study:

8. Do ONE of the following:

- a. Maintain one or more reptiles or amphibians for at least a month. Record food accepted, eating methods, changes in coloration, shedding of skins, and general habits; or keep the eggs of a reptile from the time of laying until hatching; or keep the eggs of an amphibian from the time of laying until their transformation into tadpoles (frogs) or larvae (salamanders).
- b. Choose a reptile or amphibian that you can observe at a local zoo, aquarium, nature center, or other such exhibit (such as your classroom or school). Study the specimen weekly for a period of three months. At each visit, sketch the specimen in its captive habitat and note any changes in its coloration, shedding of skins, and general habits and behavior. Find out, either from information you locate on your own or by talking to the caretaker, what this species eats and what are its native habitat and home range, preferred climate, average life expectancy, and natural predators. Also identify any human caused threats to its population and any laws that protect the species and its habitat. After the observation period, share what you have learned with your counselor.

Scouting Heritage:

Do ONE of the following:

- a. Attend either a BSA [national jamboree](#), OR [world Scout jamboree](#), OR a national BSA high-adventure base. While there keep a journal, documenting your day-to-day experiences. Upon your return, report to your counselor what you did, saw, and learned. You may include photos, brochures, and other documents in your report.
- b. Write or visit the National Scouting Museum in Irving, Texas.* Obtain information about this facility. Give a short report on what you think the role of this museum is in the Scouting program.

(If you visit the BSA's national traveling tour, Adventure Base 100, in 2010, you may use this experience to fulfill requirement 4b. Visit www.adventurebase100.org (with your parent's permission) for the schedule and for more information.)

Sports:

4. Take part for one season (or four months) as a competitive individual or as a member of an organized team in TWO of the following sports: baseball, basketball, bowling, cross-

country, field hockey, football, ice hockey, lacrosse, soccer, softball, table tennis, tennis, volleyball, water polo. Your counselor may approve in advance other recognized sports, but not any sport that is restricted and not authorized by the Boy Scouts of America. Then with your chosen sports do the following:

- a. Give the rules and etiquette for the two sports you picked.
 - b. List the equipment needed for the two sports you chose. Describe the protective equipment and appropriate clothing (if any) and explain why it is needed.
 - c. Draw diagrams of the playing areas for your two sports.
5. With guidance from your counselor, establish a personal training program suited to the activities you chose for requirement 4. Then do the following:
- a. Organize a chart to track your training, practice, and development in these sports for one season (or four months).
 - b. Demonstrate proper technique for your two chosen sports.
 - c. At the end of the season, share your completed chart with your counselor and discuss how your participation in the sports you chose has affected you mentally and physically.

Weather:

8. Do ONE of the following:
- a. Make one of the following instruments: wind vane, anemometer, rain gauge, hygrometer. Keep a daily weather log for one week using information from this instrument as well as from other sources such as local radio and television stations, NOAA Weather Radio, and Internet sources (with your parent's permission). Record the following information at the same time every day: wind direction and speed, temperature, precipitation, and types of clouds. Be sure to make a note of any morning dew or frost. In the log, also list the weather forecasts from radio or television at the same time each day and show how the weather really turned out.
 - b. Visit a National Weather Service office or talk with a local radio or television weathercaster, private meteorologist, local agricultural extension service officer, or university meteorology instructor. Find out what type of weather is most dangerous or damaging to your community. Determine how severe weather and flood warnings reach the homes in your community.

Wilderness Survival:

5. Put together a personal survival kit and explain how each item in it could be useful.

2012 MERIT BADGE SCHEDULE

AREA	9AM	10AM	11AM
POOL	Swimming		Open Swim
POOL	Life Saving	Cub Swimming	Open Swim
POOL	Mile Swim	Cub Swimming	Open Swim
LAKE	Canoeing		Cub Boating
LAKE	Rowing		Open Boating
FITNESS	Personal Fitness	Sports	Athletics
WOODCRAFT	Environmental Science		Nature
WOODCRAFT	Reptile & Amphibian	Space Exploration	Mammal Study
WOODCRAFT	Soil & Water	Fish & Wildlife Mgt.	Geology
CAMPCRAFT	Pioneering		Orienteering
CAMPCRAFT	Wilderness Survival		Emergency Preparedness
CAMPCRAFT	Camping	Fishing	Cooking
HANDICRAFT	Pottery	Art	Photography
HANDICRAFT	Leatherwork	Basketry	Woodcarving
SHOOTING RANGE	Rifle Shooting		Open Rifle
ARCHERY SHOOTING	Archery		Open Archery
COPE	Climbing		
PATHFINDER	Pathfinder Program		
OFFICE	Eagle Mentoring	Scouting Heritage	SPL Training

1:30PM	2:30PM	3:30PM	4:30PM
Instructional Swim	Swimming		Open Swim
Pathfinder Swim	Unit Leader Training	Unit Leader Training	Open Swim
Snorkeling	Lifesaving	Snorkeling	Open Swim
Small Boat Sailing	Small Boat Sailing	Small Boat Sailing	
Canoeing	Canoeing	Rowing	
Personal Fitness	Sports	Athletics	Personal Fitness
Weather	Oceanography	Environmental Science	
Forestry	Space Exploration	Mammal Study	Nature
Astronomy	Geology	Fish & Wildlife Mgt.	Soil & Water
Fly Fishing	Orienteering	Pioneering	
Fire Safety	Cooking	Wilderness Survival	
Camping	Fishing	Emergency Preparedness	Leave No Trace
Pottery	Art	Sculpture	Pottery
Leatherwork	Woodcarving	Basketry	Leatherwork
	Shotgun Shooting		Open Shotgun
	Archery		Open Archery
	COPE		
Instructional Swim	OA Interviews	First Aid	First Aid
Adult Training	Wood Working		



Evening Program Schedule

Monday Night: (Starting Right After Vespers)

Pool: Open Swim
Lake: Team Canoe Race
Campcraft: Leader's Snack & Tomahawk Throwing Contest
Woodcraft: Nature Decathlon/Frog Hike
Handicraft: Camp Wide Memorial Project
Shooting Range: Leader's Skeet Shoot
Archery Range: Target Shoot Competition
Pathfinder: Tent Set-Up Competition
Athletic Competition: Volleyball

Tuesday Night:

Handicraft: Camp Wide Memorial Project
Shooting Range: Paintball Shooting (Timed Course)
Archery Range: 3-D Shoot
Pathfinder: Patrol Fire Building Competition
Athletic Competition: Ultimate Frisbee
Office: Youth Protection Training
Office: Corn Hole Tournament

Wednesday Night: (Family Night)

Pool/Lake: Triathlon
Mess Hall: OA Ice Cream Social

Thursday:

Pool: Water Carnival (Individual Competitions)
Lake: Open Boating
Campcraft: Leader's Snack & Tomahawk Throwing Contest
Woodcraft: Open Nature/Frog Hike
Athletic Competition: Kickball

Friday:

Lake: Anything that Floats Race
Pool: SPL Water Polo
Pool: Adult Water Polo
Campfire: Closing Campfire (10PM)

LATE NIGHT OUTPOST PROGRAM:

Each troop will have the opportunity to attend a new and unknown program area located just a short hike from Camp Conestoga. In the off season an old campsite was discovered that, at night, has special visitors and a message for those who attend and stick out the evening under the stars. This program will operate Monday, Tuesday and Thursday evenings and be attended by the entire troop.

Items needed for Late Night Outpost include: Sleeping Bag, Ground Cloth/Plastic, Flashlight & Water Bottle.

Meet at the Camp Office at 9:45PM for a shake down. Each troop will be assigned an optional night once they arrive at camp.

ADULT TRAINING SCHEDULE:

To promote better trained adult leaders, each troop will be required to attend or forfeit their claim to their campsite until Jan 1st of the following year. The same leader need not be at all trainings but one leader from each troop is required.

Monday: Opening Discussion/Yearly Program/Youth Leadership

Tuesday: Scout Exec. Meeting

Wednesday: Order of the Arrow

Thursday: High Adventure/Trip Planning/Troop Programming

Friday: Camp Improvements/Strategic Planning/Open Forum

SENIOR PATROL LEADER TRAINING

To promote better trained youth leaders, each troop will be required to attend or forfeit their claim to their campsite until Jan 1st of the following year. The same youth leader need not be at all trainings but one youth leader from each troop is required.

Monday: Opening Discussion/Yearly Program/Younger Scouts

Tuesday: Program Director/Camp Commissioner's Meeting

Wednesday: Order of the Arrow/Family Campfire Planning

Thursday: Develop Troop Leadership Plan/Discusses PLC Meetings

Friday: Camp Staff/Service to Camp/Review Plans

