

Wah-Tut-Ca Scout Reservation Recommended Packing List

Item	Suggested Number
<input type="checkbox"/> Backpack, foot locker, plastic bin, or trunk	1
<input type="checkbox"/> Sleeping bag or sheets and a blanket	1
<input type="checkbox"/> Pillow	1
<input type="checkbox"/> Bug net with poles	1
<input type="checkbox"/> Full uniform	1 each Scout shirt, Scout pants/shorts, Belt
<input type="checkbox"/> Walking shoes	1 Pair
<input type="checkbox"/> Hiking boots	1 Pair
<input type="checkbox"/> Underwear	7 Pairs
<input type="checkbox"/> Bathing suit	2
<input type="checkbox"/> Extra clothing (shorts, pants, shirts)	1 pair pants, 2 pairs shorts, 7 t-shirts
<input type="checkbox"/> Sweatshirt or light jacket	1
<input type="checkbox"/> Cap or hat	1
<input type="checkbox"/> Socks	7 pairs
<input type="checkbox"/> Rain gear	1
<input type="checkbox"/> Bath towel, hand towel, wash cloth	2 each
<input type="checkbox"/> Toiletries including soap, shampoo, toothbrush, toothpaste, deodorant, shaving kit, toothbrush, toothpaste	1 each
<input type="checkbox"/> Flashlight	1
<input type="checkbox"/> Canteen or water bottle	1
<input type="checkbox"/> Completed medical form	3 (2 for camp and 1 for the Troop)
<input type="checkbox"/> Medications in original pharmacy containers	As needed
<input type="checkbox"/> Pocket knife	1
<input type="checkbox"/> Watch	1
<input type="checkbox"/> Day pack	Optional
<input type="checkbox"/> BSA Handbook and Field Book	1 each
<input type="checkbox"/> Merit badge books	As needed for advancement
<input type="checkbox"/> Pens or pencil and notebook	1
<input type="checkbox"/> Partial merit badge paperwork	As needed
<input type="checkbox"/> Merit badge projects/pre-requisites	As needed
<input type="checkbox"/> Bug repellent (no aerosol)	As needed
<input type="checkbox"/> Fishing gear	Optional
<input type="checkbox"/> Camera and film	Optional
<input type="checkbox"/> Musical instrument	Optional
<input type="checkbox"/> OA sash	If a member
<input type="checkbox"/> Spending money	We recommend at about \$12 per day, additional for Wah-Tut-Ca branded clothing and souvenirs

Planning Your Troop Program

Elements of a good program:

- Patrol Activities: The patrol is the preferred method of Scouting. Camp provides a week-long opportunity to make it come alive.
- Troop Activities: An opportunity to allow your junior leaders to lead and build Troop spirit.
- Camp-wide Activities: A weekly highlight; a time to make new friends and share new experiences.
- Conservation projects: An opportunity to leave behind your mark. Check in with our Discovery Director.
- Advancement opportunities: Every Scout progressing along the Eagle Trail.
- Free Time: Time to grow, think, and enjoy the programs that interest you most.

Some Planning Ideas:

Determine the activities the Troop would enjoy.

Determine the need for advancement in the Troop, either rank advancement or merit badges.

Compare the Troop program ideas with the existing summer camp program.

Do as much planning as you can before arriving to Camp. Find out what the Scouts are interested in. If the Troop writes down their activities and goals for the week, they are much easier to accomplish. Read the Camp Program Guide to get an idea of the programs offered this year at the Reservation. Use the menus of suggested activities to plan the highlights of your week at camp. Camp staff is prepared to serve your Troop. With your help, we'll do the best we can to make the week a success for your Troop. Know what you want, communicate your desires to us, and together we'll make it succeed.

Additionally, you should meet with each Scout attending camp to help them plan individual goals to make sure they get the most they can out of their time at camp.

See Troop Program on page 21 for more information.

Preparing to Check in at the Health Lodge

Medical forms will be reviewed prior to your Troop arriving in camp. All completed forms should be mailed to Wah-Tut-Ca a minimum of 10 days prior to your Troop's arrival at camp **Attn: Health Lodge 292 Blakes Hill Rd, Northwood, NH 03261**. The medical staff will contact the unit leader if there are any issues with a medical form and you will have the opportunity to correct them prior to arriving at camp. This will stream line the check in process and save your Troop 30 minutes or more on Sunday.

We recommend that you make two copies of each form. Send us one copy of each medical form and retain a second copy for the Troop's use which you should bring to camp with you. The parents should keep the original. We are required to keep a copy of all medical forms for 5 years so we are unable to return them at the end of the week.

Due to BSA policies regarding information security, we are unable to accept medical forms via email.

A completed and signed Annual Health and Medical Record (AMHR) is required for every Scout and adult leader prior to arriving at Wah-Tut-Ca. The form is available at <http://www.yccbsa.org/wtcsr>. In order to complete the form, each person must:

- Complete parts A, B and C. Part C must be signed by a licensed physician or nurse practitioner.
- Part C requires that you have had a physical within the last twelve months. An AHMR is valid through the end of the 12th month from the date it was administered by your medical provider. For example, a physical administered July 3, 2014, would be valid until July 31, 2015.

- Parents must have signed Part A: Informed Consent, Release Agreement, and Authorization as well as the Medications section of Part B within the last 12 months. A physician does not need to sign the Medications section as it is not required by the State of New Hampshire.
- Even if your Scout is not bringing any medication to camp, the Medications section must be signed in order for the Nurse to give any over-the-counter medication.
- Include a photocopy of both sides of medical insurance card in accordance with Part B

Upon arrival at camp, a medical check will be made. Any Scout without a complete and signed medical form will be *unable* to take part in any activity at camp until he has completed a health form. Forms must be received at the camp's Service Center within 24 hours of the Scout's arrival. Adults (18 years and older) who will be staying in camp overnight or for more than 12 hours and who wish to participate in camp activities must have a completed medical form on file.

It is recommended that you collect an Annual Health and Medical Record form from each person (youth and adult) attending camp at least a month prior to your week at camp to review and correct as needed.

Medications - Per New Hampshire state law, the only medications that are allowed to be kept on person are EpiPens and asthma inhalers. This means that all medications must be given to the Health officer upon check-in and must be in the original pharmacy containers. This applies to Scouts and adults and to prescription and over the counter medications. Camp has a wide variety of OTC medications on hand to deal with aches and pains, stomach ailments, cough and cold, allergies, bug bites and poison ivy, and we frequently have multiple options for each ailment. Leaving OTC medications at home will speed up Sunday check-in.

To aid check in at the health lodge, each person with medications should place original pharmacy containers in a sealable plastic bag with name, Troop number, week, and campsite written on the outside of the bag. Instructions for dispensing medication should be clearly indicated on the original pharmacy containers, on the Annual Health and Medical Record, or, if more detailed instructions are needed, on a separate sheet included with the medications.

What to Bring to Camp

An individual packing list is included in Appendix D and Troop packing list is included in Appendix E.

What Not to Bring to Camp

Based on New Hampshire State Law, BSA policy and Yankee Clipper policy, the following items should remain at home:

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| • Firearms | • Aerosol cans of any type |
| • Ammunition | • Alcohol and drugs |
| • Fireworks | • Medications (prescription or OTC) that you do not plan to turn in to the nurse |
| • Sheath knives | • Distracting electronic devices (video games, MP3 players, tablets, etc.) |
| • Archery equipment | • A poor attitude |
| • Motorized or remote controlled toys | |
| • Valuables | |
| • Pets | |

NOTE: Unfortunately, even at Scout Camp, losses sometimes occur. For self-protection, valuables that are merely "creature comforts" (cell phones, radios, MP3 players, etc) should be left at home. **We carry no insurance on personal items, including personal vehicles.**