

SUMMER CAMPING

Be Prepared. That's the motto of the Boy Scouts. "Be prepared for what?" someone once asked Baden-Powell, the founder of Scouting. "Why, for any old thing." said Baden-Powell.

Keep in mind the Texas weather can fluctuate.

- **Allow yourself time to get used to higher temperatures.** Your body will gradually adapt to the heat of the summer. Prior to attending camp, spend more time outdoors. Allow four to five days to get used to higher temperatures
- **Drink plenty of water or sports drinks** that include electrolytes [sodium, chloride and potassium], which are lost through sweating. Staying properly hydrated goes a long way to making your outdoor activities more enjoyable. Do not drink only when you are thirsty; instead, drink at regular intervals – every half hour or hour, for example.
- **Avoid strenuous activities** during the peak hours of sun/heat [noon to 3+ PM or thereabouts]. Get an earlier start to ensure you will be finished before the "heat of the day".
- **Wear sunscreen.** Sunburn decreases your body's ability to cool itself. Remember to reapply sunscreen periodically, especially to bare legs after a stream crossing.
- **Carry a bandana or small towel** that you can wet down periodically and wrap around your neck/head and use to wipe down your face.
- **Wear light-colored, loose fitting clothing made of breathable fabric.** Dark or nonporous material can increase your temperature and reduce evaporation. Clothing made with polypropylene can help wick moisture away from the skin. Loose fitting clothing lets more air pass over your body, providing for sweat evaporation and cooling. A light-colored hat or cap can limit your exposure to the sun.
- **Stay outside the tent** until nightfall, when the temperature typically drops slightly; even the most well ventilated tent is going to feel hotter inside than the outside air temperature.
- **Pack mosquito repellent.** DEET, or N-diethyl-meta-toluamide, remains the gold standard of currently available insect repellents. a broad-spectrum repellent that is effective against mosquitoes, biting flies, chiggers, fleas, and ticks. For casual use, a high concentration of DEET is not needed. Products with 10% to 35% DEET will provide adequate protection under most conditions. The American Academy of Pediatrics recommends that repellents used on children contain no more than 10% DEET.
- **Take along mosquito netting** is a must for summer camp for added protection against mosquitoes. A mosquito net, with reinforced edges and corners with ties, can be hung from inside the scout's tent to form a rectangle canopy over the cot. Academy Sports is a good source for these types of mosquito net at an affordable price, but you may need to call around to the different stores to find them in stock this time of year.

Summer Camping Equipment List

Clothing

- Class A Uniform [*Shorts, Belt, Socks, Shirt with appropriate Patches, Neckerchief*]
- 6 pair Undershorts [*or enough for six days*]
- 2 pair Class B Shirts
- 1 Long Sleeve Shirt [*to limit exposure to sun burn*]
- 2 pair Shorts [*can bring more but don't overdo it*]
- 4 pairs of White Socks [*or enough for six days*]
- 2 pairs of Scout Socks
- Sleepwear [*do not sleep in the same clothes worn all day*]
- 1 pair Hiking Boots/Shoes [*water-resistant hiking boots/shoes recommended*]
- 1 pair Shoes [*closed toes; shoes that can get wet*]
- 2 Caps or Hats
- 2 Bandanas [*can be soaked with water and worn around neck to keep cool*]

Toiletries

- Soap [*in a container*]
- Shampoo
- Toothbrush and toothpaste
- Wash cloth
- Bath towel
- Beach towel
- Comb
- Clothes Line and 4-6 Clothes Pins
- Plastic Clothes Hanger
- Toilet Paper [*in a Zip-Lock bag*]

Miscellaneous Items

- Boy Scout Handbook
- Backpack (small) to carry stuff and changes of clothes around during the day
- Mosquito net [*ties to the tent interior to form a rectangle canopy over the cot*]
- Cup
- Water Bottle or Canteen – suggest Nalgene bottle with big open mouth
- Lightweight Sleeping Bag [*most scouts bring small flannel sleeping bag*]
- Pillow
- Bed sheet
- Sleeping Cot – can be purchased at Sports Authority or Academy for about \$20 (nothing fancy)
- Laundry Bag [*an old pillowcase will suffice*]
- Rain Gear [*lightweight raincoat or poncho with plastic rain hat*]
- Flashlight [*with fresh batteries and spare batteries*]

- Camping Chair *[small]*
- Pocket Knife (BSA approved) *[remember to bring your Totin' Chip Card]*
- Compass *[All scouts must have a compass. The First Year Scouts will receive instruction in the use of a map and compass]*
- Small First Aid Kit *[each Scout should have his own]*
- Sunscreen (SPF 30+)
- Afterburn® Gel or Lotion
- Swimmer's Ear Drops
- Insect Repellant *[non-aerosol]*
- Merit Badge Binder, paper, & pens
- Coat Hanger to hang your scout shirt up each day
- Money *[for snacks and drinks from the Camp Trading Post, Merit Badge activities, and a camp shirt or hat. \$25 should be plenty, or a little more if your Scout wants to do shooting or other advanced activities]*
- Footlocker (plastic) to bring your stuff in

OPTIONAL ITEMS

- Sunglasses
- Fishing equipment
- Sandals *[to wear to/from showers only]*
- Deck of Cards or small board games.
- Musical Instrument
- Disposable Camera

DO NOT BRING *[will be taken away from the scout if found]*

- ◆ Firearms
- ◆ Fireworks or sparklers
- ◆ Sheath Knives
- ◆ Axes, hatchets, or saws
- ◆ Aerosol Cans
- ◆ Candy
- ◆ Food
- ◆ Potato Chips
- ◆ MP3 players, **cell phones**, portable game consoles, radios, computers, PDAs
- ◆ Any Other Electronics or Games
- ◆ Age-inappropriate magazines or books

NOTE: Troop 728's policy is that firearms, fireworks, sheath knives, or other dangerous items are not allowed. Any items of this type will be confiscated and, depending on the seriousness of situation, a parent may be called to pick up their son.

Special Notes

- ★ Scouts will travel to Summer Camp in Class A Uniform.
- ★ Wear a swimsuit underneath. Scouts have a swim test shortly upon arrival.
- ★ Make sure you have enough spending money for stops for lunch on the way to and from camp.
- ★ Use this list as a guide to help you pack.
- ★ Please label everything with Scout's name and Troop number.
- ★ Items should be carried and stored in the Scout's footlocker.
- ★ Ensure your footlocker is waterproof as it may be stored outside the tent.
- ★ ALL scouts need a daypack or backpack.
- ★ Do NOT put food in the footlocker!! Scouts should never have food in their tent area as it will immediately attract fire ants and make for an unpleasant experience.

Medications

If a scout needs to take medications, please place in a Zip-Lock bag and provide to the Scoutmaster, with instructions, on the Sunday morning we leave for Summer Camp.

Totin' Chip Card

All Scouts in the troop are required to pass the Totin' Chip course before handling any knives, axes, or saws. The Totin' Chip course is designed to teach safety and skills in handling of these tools. The scout will receive a Totin' Chip card after successful completion of the course and is required to carry it with him if he desires to handle a knife, saw, or hand ax during a campout. He may be asked by any Troop leader or adult leader to show his card before being allowed to use these tools. Improper or dangerous use of axes, knives, or saws will result in a corner being torn off the scout's card. If all four corners are torn off, the scout will lose his privileges until he completes the course again. If the Scoutmaster determines that the infraction was severe enough, the scout may lose the card, along with the privileges of using the tools and be required to be re-trained in the proper and safe use of the tools.

Knife Policy

The official BSA policy regarding sheath knives according to the "Guide to Safe Scouting" is "Avoid large sheath knives," and most camps do not allow scouts to carry them. As previously noted, Troop 728's policy is that sheath knives are not allowed.

Lockable blades are okay to bring on a campout, if they are not too big. 4" is the largest a scout should have to carry; anything beyond that is more of a hazard.

There is no official maximum blade length. A knife with a blade of 4" will be able to handle most needs a scout will have for a knife. In many states a knife with a blade over 3" can be considered a concealed weapon so many troops set a blade length of 3" as the max a scout should have.

PHYSICAL EXAMINATIONS

Each Scout and adult leader attending camp must bring to camp a current completed personal Annual Health and Medical Record form. An annual health history attested by parents or guardian, supported by a medical evaluation by a certified and licensed health care provider is required. Immunizations must be completed on the form with the dates. Don't write in "current".

NOTE: In keeping with Texas policy Circle Ten Council will retain the personal Health and Medical Form and the current immunization record at the conclusion of camp. Thus a photocopy should be made by the troop prior to coming to camp if they wish to retain the medical record form. Please do not ask the camp office to make copies.

VISITORS – PARENTS' NIGHT

Parents and family are invited to join us on Friday evening to visit the camp and witness the Water Carnival. Texas barbecue will be served for supper, followed by the Sailing Regatta, volleyball tournament finals, Relay Race, and Raft Race. For parents who want to stay over, the Shotgun range will be turned into a campground for family camping.

On Friday, the Camp will serve dinner at 6:15 p.m. at the dining hall. Cost of the meal per visitor is \$6.00. Guests are also welcome to visit troops while they are in camp and may dine with them at the dining hall. Meal fees per guest are \$5.00 per meal (except for Friday dinner) and are payable to the Business Manager at the camp office. Guests must inform the Business Manager of their intent to eat at the dining hall and pay for their meal upon arrival at camp.

If you wish to stay with the troop over night, bring a tent!

CAMP LOCATION

Camp Constantin is on Possum Kingdom Lake. Directions: Take Interstate 30 all the way to Mineral Wells. From Mineral Wells, go west 4 miles on US 180, turn right for 11 miles on SH 377, left 8 miles on SH 254, left for 2 miles on SH 16, right for 7 miles on Park Road 36 (past Hideaway Inn) and veer left when the road splits to the camp entrance. Camp Constantin/Jack Furst Aquatic Base is located approximately 108 miles from the Council Service Center.

More information is at the Camp's Web site:

<http://www.campconstantinbsa.org>

CARE PACKAGES AND LETTERS TO SCOUTS

If you wish to send packages or letters to the boys, you can mail to the above address. To get a letter there on Monday, the second day of camp, you will need to mail your letter or package four days prior to us leaving on Sunday, July 8. Please remember that any letter received by the camp office after we depart camp on Saturday, July 14 will be discarded.

When you mail items to your scout, please use the camp mailing address, listed below.

*Also, please **number** your letters so we know if we have missed one throughout the week.*

MANDATORY CARE PACKAGES

It is a Troop 728 tradition that care packages are brought out on Wednesday for the Scouts: every Scout should get one so that no one feels left out. The Troop will give an award to the most *creative* care package, too. Send your care package with **Jeff Cormier**, who will be driving out to camp on Wednesday. Jeff lives at 1102 Ridgeway Circle in Richardson, telephone 972-907-8276, mobile 214-793-0490. He would like everything dropped off by Monday night.

CAMP MAILING ADDRESS

Camp Constantin/Jack Furst Aquatic Base
[Boy's Name]
Troop No. 728
3003 Park Road 36
Graford, Texas 76449

DEPARTURE AND ARRIVAL TIMES

We anticipate leaving St Paul on Sunday, July 8th at 9:00 a.m. Your scout should be at St. Paul no later than 8:30 a.m. We suggest sending your scout to Saturday mass. We should be back at St. Paul on Saturday, July 14 by 2:30.

EMERGENCY CONTACT NUMBERS

Camp Constantin

(940) 779-2131

(Please use this number only in the case of an emergency.)

Mike Koenecke, Treasurer

(972) 841-9346

mike@koenecke.us