

PARENTS AND SCOUTS

SUMMER CAMP HANDBOOK

April 2015 (updated)

Camp Mitigwa is one of the finest Scout camps in the Midwest, open year round for Boy Scout and Cub Scout camps. Troop 188 has attended Camp Mitigwa for many years and has earned the reputation of being ‘THAT TROOP’. Camp Mitigwa (Woodward, Iowa just south of Boone) has over 450 acres of rolling valleys and ridges. Lake Fisher provides adequate space for canoeing, fishing and small boat sailing. Mitigwa has six year-round wood heated cabins available for weekend rental, as well as a heated shower facility.

A thirty foot, five-sided **Rappelling Tower** is located at Camp Mitigwa. As well as a C.O.P.E. (Challenging Outdoor Personal Experience) Course, which includes an extensive ground course, as well as a 400’ Zipline, 30’ Confidence Leap, Step Gap, Balance Beam and Skywalk events. Both the tower and the C.O.P.E. course can be reserved by a troop or crew

Camper’s Information

We are very excited you and your scout have chosen to participate in summer camp at Camp Mitigwa! For many scouts (and parents) this is a long time away from each other and for many scouts, this is the longest camp attended. We want to make sure that you and your Scout are as informed as possible. This handbook was created by our very experienced Adult Leaders of our Troop, for our Troop. This Handbook’s intent is to be a useful guide in what to expect, bring, and do during summer camp. If you have any questions, do not hesitate to ask any Adult Leader in our Troop and/or visit the Mid-Iowa Council’s webpage about Camp Mitigwa.

**What to bring to camp**

Here listed are suggested summer camp equipment for each Scout. The Personal Overnight Camping Gear list can be found in the Boy Scout Handbook and on our Troop’s website. It will be helpful as you pack for a week’s worth of fun. We strongly recommend that each item of clothing, towels and all items scouts bring to camp, be labeled with their name and troop number. Handy TIP- Pack each days clothes (and any item that needs moisture protection in a 1 gal. closeable/Ziploc bag – not only will you be assured you have enough clothes for all week, but it will keep your items dry and free from insects.

***Supplies-Must Have’s:***

Completed Medical Form (BSA medical form Sections A-C and if the scout is signed up to do a high adventure trip, part D as well – this form can be found on the Mid-Iowa Council and Troop 188 websites), Photograph signup sheet, T-shirts (5 to 6), Shorts (2-5 pair), Socks (7 or 8 pair), Windbreaker jacket, Swimming trunks, Towels & Washcloth, Pajamas, Mosquito repellent (non-aerosol), Sleeping bag or two blankets, Cot, mosquito netting, Air mattress or sleeping pad if you have no cot, Toilet Kit containing: Soap in container, Toothbrush & toothpaste, Shampoo, Scout Uniform/Class A, Order of the Arrow Sash (if earned), Long pants (2 pair), Underwear (6 pair), Sweatshirt, Poncho or rain jacket, Boots and/or shoes (2 pair) – shoes must be fully covering foot and toes, Cap with bill or brim, Scout Handbook, Canteen or water bottle, Flashlight and batteries, Totin Chip card, Notebook and pen & pencil, Pocket Knife, Sunscreen, Comb, Hanger to hang up uniform, and any/all prescription medications/Epipens needed for the week. Some merit badges require scouts come with items needed for the merit badges signed up for (ie: steel toed boots for Welding, fishing rod/tackle for Fishing), please check to be sure what the merit badge class at camp requires and what the camp will provide.

***Supplies-Good to Have:***

Compass, Backpack, Fishing rod & tackle- for free time, Watch-water resistant, Camera –make sure there is adequate protection from moisture, Shoelaces, Handkerchiefs/kleenax, Pillow, Sunglasses, Sewing Repair kit, Spending $$$, and Healthy snacks.

***What Not to Bring to Camp/Currently not allowed for summer camp***

Pop/soda will be not allowed in camp, except on family night. Parents, please do not bring extra soda to leave behind on Family Night. We have found there are many other ‘sweet’ options that would better hydrate and are healthier options to drink…water is the best! We will have drinks and water available in the camp all week. Hunting knives, sheath knives, fireworks and personal firearms are not allowed and will be confiscated if found at camp. Jewelry and other expensive items should also be left at home- or else risk being lost or damaged. Youth campers WILL NOT be permitted to carry cellular phones, tablets, TV’s or electronics during camp. These too, will be confiscated if found and held until camp is completed. For emergencies, checking weather reports and for calling, all Adult Leaders will have their phones available and can call on the behalf of any Scout. NO EXCEPTIONS can be permitted for any youth scout.

***Photgraphs***

Photographs will be taken at camp, so wear your complete uniform/Class A with neckerchief (no sashes) to camp. The photography sign up form is attached to this handbook and can be found on the Mid-Iowa Council/Camp Mitigwa website. Photos will be taken near Thomas Lodge on Sunday from 1-4 p.m. You may order photos online after the shoot, so the photographer will not be taking any money at the site. I will send the Scoutmaster an email on Sunday or Monday that week with the name of the Troop’s online gallery and a password. Letter and form found at the end of this handbook.

**FOOD SERVICES**

One of the features at Camp Mitigwa is the central dining hall. Experienced cooks are employed to prepare all meals, which are served family style. Scouts should be clean and dressed appropriately for all meals.

Meals are served at:

BREAKFAST 7:30 A.M. LUNCH 12:15 P.M. DINNER 6:15 P.M

***Special Dietary Requirements***

Scouts and leaders who have special dietary requirements are asked to notify the camp two weeks prior to the troop arriving in camp so arrangements can be made. A Special Dietary Needs Form (found on the Mid-Iowa Council/Camp Mitigwa website- this form is filled out online on this website and submitted there as well) must be filled out by the person/Scout needing a special diet. Please use this option for health and religious reasons only. Forms should be specific. (Example: if there is a milk allergy it should be stated whether there is a reaction to all products that contain milk or just when drinking milk.). I would also encourage all parents to make sure the Troop Scoutmaster is aware as well of your Scout’s dietary restrictions and needs.

Additional information requested (found on the website for the Special Dietary Needs Form): “We strive to meet the needs of our campers. It is important that this form be submitted at least two weeks prior to camping so the food service staff can be prepared. We do realize some individuals require a diet that is very specialized. For those individuals, we ask that they bring their own food to camp. The food can be stored in our kitchen. The camp cook will be happy to help in the preparation of the special food. Please use this option only if medically necessary or required by religion. Thank you. Special request comments, please be as specific as possible, i.e. low sodium diet, no pork, etc.

**HEALTH AND MEDICAL RECORD FORMS** (Parts A-C and D for High Adventure) Information provided by BSA/Mid Iowa Council and Camp Mitigwa

***Any Camper/Adult Leader arriving at camp without the required medical forms WILL BE SENT HOME effective 2010!***

The current required medical form has been in use since 2010 and is required for all campers. The Annual Health and Medical Record Summer Camp form is available on the council website or Troop 188’s website/forms. For activities lasting longer than 72 hours, a medical evaluation by a health-care provider is now required annually (Part C). This form is used for both youth and adults.

All participants should fill out Parts A and C. Part C (the physical examination) should be completed if you are participating in an event that exceeds 72 consecutive hours, such as jamborees, summer camps, and Wood Badge training courses.

We encourage you to retain the original forms and provide a clean photocopy to camp. We will not store or save copies of the physicals after you leave camp. All copies left at camp will be destroyed. Again- Any Camper/Adult Leader arriving at camp without the required medical forms WILL BE SENT HOME! This will be enforced.

**USE OF MEDICATION AT CAMP**

Our Troop follows very strict procedures for the administration of medication while at camp. All medication (prescription and non-prescription including herbal supplements) must be turned in to the Troop or Camp’s Health Officer at the time of check-in, for proper storage, supervision and distribution for all campers in our Troop. It is the Health Officer who is responsible to give the prescribed dosages to the necessary Scout. Medications that do not require refrigeration will be placed in a locked box and returned to the Scout leader for storage at the campsite.

All prescription and non-prescription drugs are required to be in their original containers. All medications (including those needing refrigeration) will be in a locked container. The only exception is for medications, which must be carried at all times including asthma inhalants, bee sting kits and nitro glycerin pills. All medications will be taken directly to the camp medic/Health Officer upon arrival at camp. All medication containers will be placed in a plastic bag with the Scout’s name and troop number on it for easy identification. Any special instructions in addition to the prescription should also be placed in this bag/given with the prescription container. It is the responsibility of each Scout and leader to make sure they receive medications at the appropriate times.

**MEDICATIONS (information provided by BSA/Mid Iowa Council and Camp Mitigwa)**

1. ***ONLY MEDICATIONS IN ORIGINAL CONTAINERS WILL BE ADMINISTERED***. Do not send weekly “pill boxes” or mix medications in bottles. You must send medications to camp in the original containers in a zip-lock bag with the Scout’s name and troop number written in permanent marker. Additionally, written information such as dosages, administration instructions, reason for the medication, and adverse effects would be helpful.

2. Medication will be administered as instructed on the bottle unless directed otherwise by a Physician. Any changes regarding administration that is different from what is provided on the bottle will require written instructions by the physician.

3. Please send only the amount of medication needed while at camp.

4. There is no need to send common over-the-counter medications (Tylenol, ibuprofen, cough syrup, Sudafed, Benadryl, etc.). Nearly all over-the-counter medications are available at Camp.

5. ALL medications (including over-the-counter medications) MUST be turned in to the Health Officer on arrival at camp. The medications will be secured in a locked box and returned to the Adult Troop Leader

***Exceptions*** – Any medications which should be carried (i.e. inhalers, Epi-pens, nitro, etc.) should be on the person at all times. 6. It is the responsibility of each Scout to make sure they receive medications at the appropriate time. Verbal reminders will be given at mealtimes, but it is ultimately the Scout’s responsibility.

Thank you, again, for helping us make your Scout’s camping experience the best that it can be.

**Family Night**

Thursday night is Family Night at summer camp and the entire camp is open for family, friends, and guests to visit Scouts and Leaders - beginning at 5:00 p.m. Dinner that evening will be at the campsite and the dining room/hall closed. It is important that if parents can not come to this event, they arrange a way to get their Scout food for that evening. Families should bring along a picnic dinner. After dinner, the Camp Leaders and scout put on an entertaining show for all the parents. At the end of the performance, the Order of the Arrow Call Out Ceremony begins… around 8:45PM. All are welcome to this wonderful evening of Scouting, family, and fellowship. Please bring a chair to sit in, bug spray, food and plates/utensils/cups for the evening meal for all your family and a flashlight as well.

**Trading Post**/snacks and souvenirs ( PLEASE SEND SMALL BILLS $1’s and $5’s)

The Scoutmaster or some other assigned adult leader will serve as “Banker” during the week and allow Scouts to check money in and out. The Trading Post provides a full selection of souvenir and comfort items for sale to Scouts and Scout Leaders during the week. Souvenirs, Insect Repellent, Camp Mugs, Soap & Toothpaste, T-shirts, Scout Equipment, Belts & Buckles, Food & Snack Items, Comfort Items, Ice Cream/Candy, Flashlights, Soft Drinks, Merit Badge Books, to name a few. Additional items and approximate costs your Scouts need to be aware of if your Scout is eligible and selected for OA: Order of the Arrow - Ordeal Fee, includes dues, sash, lodge patch, Order of the Arrow Handbook and the Spirit of the Arrow Book to be paid to the Troop. Troops are encouraged to pay all Ordeal Fees with one check. Several Merit Badges also have additional supply fees attached, such as any Shooting Sports and Cooking to name a couple.

**MAIL**

Scouts should be encouraged to send postcards and letters home and parents are urged to write to their sons while at camp. If you think your son will want to send a letter home, please help provide him with stamps, envelope and paper.

The mailing address for campers is:

Scout’s Name - Troop 188

Camp Mitigwa, B.S.A.

1820 Magnolia Road

Woodward , Iowa 50276

To receive a letter or small package is a big deal and a fun way to communicate.

If there is an emergency, you can contact any of the Troop’s Adult Leaders or the Camp’s Phone number…however, priority is given to emergencies only. The main phone in camp is for camp business and emergencies. Telephone: (515) 438-2351. It may take up to 4 hours to have a message delivered if you call if it’s a non-emergency.

Mail can be and is picked up each day at the camp office and at the end of the day, delivered to your Scout by a Troop Adult Leader.

**CELL PHONES**

Cell phone reception is OK but not always reliable at camp. Our Troop has a strict policy of no electronics at summer camp or campouts. Also, the possibility is very high the phone could be lost or damaged while at camp. As previously stated, any cellphones found in a Scout’s possession will be held by the Scoutmaster until the end of summer camp and will be returned to their parent/guardian at pickup on Sunday.

**VISITORS**

Visitors are welcome in camp at any time. All visitors must check in/sign in at the Camp Office. Camp facilities are primarily for the use of Scout campers and Adult leaders. All persons in camp will be required to wear a visitor's pass obtained at the camp office. Parents who bring their sons to camp Sunday may visit the program areas in camp. Parents may also visit on Thursday from 5:00 p.m. to the conclusion of the Order of the Arrow ceremonies. No visitor is allowed in a campsite unless they are with an adult troop leader. All visitors must check in at the office on family night – there will be tables set up by the Camp Office for the large number of visitors that evening. Parents are required to supervise any and all siblings brought to visit. It is not the responsibility of the Adult Leaders. If any sibling or visitor is found to be a distraction, is destructive or breaks camp/Troop rules and is without supervision, the Troop and Camp administration can and will ask the family/individual to leave. The Scout registered for camp remains under the care and supervision of the Troop. If at any time, a Scout needs to leave camp, permission from the Scoutmaster and Adult Leader in charge is required and asked for well in advance of camp.

***Visitor Meals Throughout The Week*** Visitors may purchase meals in the Camp Office. Please purchase meal tickets at the Camp Office. Visitor meals will not be served in the dining hall on Thursday evening/Family Night.

**CAMP GUIDELINES** (Provided by Mid Iowa Council and Camp Mitigwa)

The principles of the Scout Oath are the guiding principles of the Mid-Iowa Council camp program. The following rules have been established by the Outdoor Program/Camping Committee for the health, safety, and protection of all Scouts and leaders attending camp.

1. All firearms are to be left at home. Camp will provide rifles, shotguns and ammunition for the ranges at camp. The Council has archery and firearm equipment needed for merit badges or evening activities. (Our liability insurance requires these policies).

2. Alcoholic beverages and illegal drugs are not permitted in any Scout camp. Possession or use of these items on Camp property will be strictly enforced and the individual will be required to leave the Camp property.

3. In accordance with a long standing rule of no flames in tents, self-contained stoves and lanterns may be used, but not in tents. *Liquid Fuel*: All liquid fuel must be stored in the Quarterm aster Area. A safe, secure place will be provided for this purpose. No liquid fuel of any type may be stored in the campsites.

4. Fireworks are prohibited.

5. A NO SMOKING policy is in effect and reads as follows: “All buildings and facilities under control of the local council are to be designated as nonsmoking facilities. Smoking outside entrance/exit doors or near building windows is not permitted at any location. In addition, all Scouting functions, meetings, or activities should be conducted on a smoke-free basis. A smoking area will be designated in camp by the camp director. No youth/minor scout is allowed to smoke on Camp grounds at any time.

6. Cash and Valuables - each troop is responsible for handling its own cash and belongings. The Trading Post requests small bills only, please.

7. Damage: All campsite and camp owned equipment used by a unit will be inspected by the unit leaders and the staff host when the unit checks in and when the unit checks out. Our Troop uses the camp’s tents during summer camp. Any damage, other than usual use wear, will be charged to the Troop. Damage can include defacing equipment and buildings, destroying of trees or other vandalism.

8. Discipline: Discipline and conduct of all campers is the responsibility of the unit leaders in camp with the Troop. This responsibility can not and will not be transferred to the Camp Staff. The camp administration is ready and willing to help at any time in assisting unit leadership with problems which may arise. Unit Committees should make sure that their leadership understands their responsibility while they are in camp. Parents should also be made aware that the camp leadership has the authority of camp discipline for those Scouts registered in camp. To reiterate: Parents are required to supervise any and all siblings brought to visit. It is not the responsibility of the Adult Troop Leaders. If any sibling or visitor is found to be a distraction, is destructive or breaks camp/Troop rules and is without supervision, the Troop and Camp administration can and will ask the family/individual to leave. The Scout registered for camp remains under the care and supervision of the Troop.

9. Check In & Check Out: Check in time will be 1:00 p.m. on Sunday afternoon. Check out time will be after breakfast the following Saturday. All check in should be completed by 4:00 p.m. on Sunday so we may start early on the program. Your staff host will explain this procedure to you when you arrive in camp. It is hoped that all units will arrive punctually.

10. Entering/Leaving Camp: Everyone who enters or leaves camp during the camp session must check with the Camp Office and sign the “IN AND OUT LOG”. This is for the safety of our youth at the camp.

11. Insurance: Mid-Iowa Council units are provided accident and sickness insurance. This coverage is generally an excessive provisions policy. Details of the coverage are available from the Council Service Center. Coverage is provided by Health Special Risks. All out-of-council units must show proof of accident and sickness insurance upon arrival at camp. Check with your local council for insurance coverage. (as of 2010)

12. Knives: No Sheath knives are allowed. A Scout pocket knife or whittlers knife will fill all your needs at camp. Illegal knives will be collected and returned at the end of the week.

13. Medical Forms & Evaluations: Every Scout and leader going to camp must, upon arrival, present a complete medical record signed by a physician licensed to practice medicine. Each Scout or Leader is given a recheck upon entering camp, but full examinations are not available at camp. A Scout and an adult may use the same physical form. A new health history form signed by the parents must be current within one year. All adults and camp staff members must have a new physical each year. Adults who will be spending a night in camp are required to have at least a health history which must be filed with the Camp Office.

14. Good Health and Safety practices will be expected at all times. Safety regulations as established by the National Camp Standards will be observed at all areas. The Camp Health Officers will be available for all emergencies. All treatment for minor injuries will be administered at the Health Lodge. Sunday afternoon medical screen checks will be performed at check-in time at the Health Lodge during swim checks. Arrangements have been made with a nearby hospital to accommodate any cases needing hospitalization. The Camp Director, Unit Leader, and Camp Health Officer will make the decision concerning these cases.

15. Vehicles: All program and administration sites are within walking distance of each campsite. No access roads to campsites are available and all vehicles should be parked in the parking lot. All needed equipment will be delivered to the campsites. Troop trailers may be parked adjacent to the campsite. Encourage your Scouts to carry their personal gear to your campsite. Camp has no accommodations available in the campsite for campers and tent trailers. If brought to camp they will be parked in the main parking lot. All Scouts and Leaders will be expected to stay in their assigned campsite.

**A FULL WEEK AT CAMP**

Averting Homesickness (by Mid Iowa Council/Camp Mitigwa)

Preparing your son for camp goes beyond packing the recommended items on the camp equipment list. You also need to prepare your son, both mentally and emotionally, with enthusiastic words of encouragement and sharing how excited you are for him to go to camp and have fun with his friends.

Separation anxiety (or homesickness) while at camp is normal to some degree for both the boy and his parent(s) back home. Preparing him for camp by showing your enthusiastic support for his upcoming experience will go a long way in helping him through potential rough spots. Have fun with your son during his preparation for camp. This period can help set the tone for a successful week of camp.

Statements like “I will worry about you,”, “I will miss you,” or “call us if things don’t go just right and we’ll pick you up” may cause your son to think he has something to worry about, he is to blame for your anxiety of missing him, or he may call just to see if you really will pick him up.

You may want to tell him about how you fondly remember camp when you were a youth, how camp was a growing experience for you and that you are sure it will be for him. Also, you will want to write him a letter reinforcing these positive expressions. Mail a letter just before he goes to camp, so he will get it early in the week.

Getting a Letter from Home Receiving a letter from home while at camp is a “big deal”, and it can be an important addition to your son’s camping experience. Your message will be amplified because of the separation and his desire to receive news from home.

Because he will be in camp for such a short time, we recommend you mail your letter on the Friday before he goes to camp to ensure he will receive the letter on Monday or Tuesday.

What do you say? Tell him how proud you, and other family members, are of him for going to camp and how much fun you are sure he is having. Encourage him to achieve all that he can and you may remind him of the great memories you have of your camp experience. Avoid telling him of any anxiety you or other family members (including pets) may have about his being away, or telling him to call home should he want to return home.

The camp address: Name of Scout Troop Number Camp Mitigwa 1820 Magnolia Drive Woodward, IA 50276

Getting a Letter from Camp First, encourage your son to write to you as you hand him several self-addressed, stamped post cards. Do not send envelopes! Due to the high humidity, envelopes have the tendency to “self-seal”. Also, have a conversation of what to write about, including things that might interest you. i.e.: Who’s his tent partner, what he’s working on, what’s the most fun so far. Provided for note taking!

**Xtreme Team Gear list Scouts must have to participate**

Backpack, Sleeping Bag – In a stuff sack – sack will have other uses , Sleeping Pad, 1 person ground cloth, Hiking Boots, Water Bottle(s), Cup /Bowl /Spoon, Pocket Knife, Compass, Personal First Aid Kit – see Boy Scout Handbook, Fieldbook or troop Resources, Two Sources for Fire building, Extra Change of Clothes, Long Pants – required, Socks, Underwear, T-Shirt, Rain Jacket or Poncho, Tarp, Non-Aerosol Bug Spray

**Photography letter from Pat Bonz and form to be handed in on the first day of camp:**

Dear Parent or Scouter, I am pleased to be able to offer the opportunity to have a professional portrait of your unit and your son outdoors in his uniform at summer camp. I believe that Scouting is important and the values and memories he takes with him from camp and Scouting will stay with him for a lifetime. Please stop by to have your troop and individual photos taken near Thomas Lodge on Sunday from 1-4 p.m. You may order photos online after the shoot, so I will not be taking any money at the site. I will send you an email on Sunday or Monday that week with the name of your online gallery and a password. Bring a note with the name of the Scout, the date, the troop #, the Scoutmaster’s name, your phone # and email. This is part of the order form below. I have expanded the amount of items you can order by joining shootproof.com while keeping some of the best competitive pricing by a portrait professional. I will email you your gallery name and password for http://patbonzphotography.shootproof.com/. Click on your link and enter the password I sent you. Open up the folder gallery for the week you are at Camp Mitigwa, select the photos you want to order and use a credit card to place your order. Your photos will be mailed to you when processed. The order will take one to two weeks to get processed and delivered by mail. If you have any questions or would like to use my services in the future contact me at patbonzphotography@yahoo.com or leave a message at 515-556-9916.

Sincerely, Pat Bonz

Fill out this note and bring it with you to have your photo taken at Camp Mitigwa on Sunday from 1-4 on front of Thomas Lodge. Parents and/or Leaders may choose to purchase after the session.

Scout’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent or Guardian’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Troop #: \_\_\_\_\_\_\_\_\_\_ Scout Master: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Home Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_

Scout’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent or Guardian’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Troop #: \_\_\_\_\_\_\_\_\_\_ Scout Master: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Home Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_

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Scout’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent or Guardian’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Troop #: \_\_\_\_\_\_\_\_\_\_ Scout Master: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Home Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_