

# BREAKFAST HIKE



**OCTOBER 2-4, 2020**

## Overview

The Horse-Shoe Trail District's 2020 Breakfast Hike will be held at J. Edward Mack Scout Reservation on October 2-4, 2020. The Saturday hike is designed for Cub Scouts and their parents. Due to COVID-19 restrictions Cub Scout units will be scheduled to attend either a morning or afternoon session. Troops and Crews will be helping to run the stations for the Cub Scouts. When troop or crew members aren't assisting running stations, there will be activities (i.e. Merit Badges, Hikes, and Blue Mountain Man program) they can participate in.

The main purpose of the Breakfast Hike is to expose young scouts to activities in which they will participate throughout their years in scouting. Cub Scouts will participate in stations revolving around the theme of **Back to Basics**. This is also an opportunity for Cub Scouts to meet some of their outdoor requirements while walking through camp.-

### Cub Scouts attending Morning Session:

For those arriving Saturday morning, check in runs from 8:00-8:30 am. The stations will begin at 8:30 AM on Saturday and end promptly at 11:30 AM. A Saturday bagged meal will be provided for everyone to take home.

### Cub Scouts attending Afternoon Session:

For those arriving Saturday Afternoon, check in runs from 1:00-1:30 pm. The stations will begin at 1:30 PM on Saturday and end promptly at 4:30 PM. A Saturday bagged meal will be provided for everyone to take home.

### Troops and Crews:

For those scheduled to assist during the morning and afternoon Cub Scout Sessions, refer to station times listed above. Morning activities will run from 8:00 AM – 12:00 PM. Afternoon activities will run from 1:00 PM – 5:00 PM. On Saturday, units will be responsible to provide their own Breakfast and Dinner, a bagged Lunch will be provided from 12:00 PM – 1:00 PM.

### Staff:

Those individuals helping to run the events will be provided a bagged lunch from 12:00 – 1:00 PM.

No matter how long you are staying, the regular price of attendance per person is:

- \$18 Non-Team Player
- \$15 Team Player

Uniforms are encouraged but not required. An event patch, all activities (for the youth), and a bagged meal are included in the cost. The trading post maybe open during the event.

Troops and Crews are welcome to arrive on Friday night, beginning at 4:00 PM. You must provide all camping equipment, as tents and cots have been removed from the campsites for the season. You may use any available space in your assigned campsite, however, please try to stay close to one another, as other units may be sharing your site with you.

It is strongly suggested that you arrive **BEFORE DARK**.-Arriving while it is still light will help with finding your site and setting up camp.

We welcome all of you to this event, which we hope will be a learning experience for the Scouts. Thank you to everybody who has given their time and expertise to make this event a success. Please contact Matthew Blantz at [mblantz@ptd.net](mailto:mblantz@ptd.net) for general or Cub Scout activity questions. If you have any questions about Scout BSA/Crew activities, contact Jeff Sherk at [sherkie77@gmail.com](mailto:sherkie77@gmail.com).

Please contact if you have questions in advance.

The most important thing is to be safe and have fun!

Horse-Shoe Trails District Activity Committee

### **Parking & Vehicles in the Campsites**

It is recommended that you carpool, as parking is limited. Each unit will be issued ONE parking pass allowing a vehicle to remain in the North Camp Parking lot. All additional vehicles **must** be parked in the main parking lot. This will be strictly enforced.

Parked vehicles must not block any roadways.

Each unit's parking pass will be handed out during Friday night check-in. Besides allowing the vehicle to park in the North Camp parking lot it allows the vehicle to be driven to the campsite to unload gear.

It is highly recommended that you arrive at camp **BEFORE DARK**.

### **IMPORTANT INFORMATION**

**Registration** – Registrations must be submitted **as a unit** on [padutch.tentaroo.com](http://padutch.tentaroo.com). This helps when assigning campsites and reduces the confusion when you sign in at camp. We are limited to 200 participants (youth and adults) for each event. Registration will be on a first come, first serve basis.

List of events:

- Morning Breakfast Hike
- Afternoon Breakfast Hike
- Troop/Crew Activities

The unit leader that registers the unit for the event will receive communication indicating the event time their unit will be attending. We will **NOT** be able to accommodate the following:

- Units scheduled to attend one session but arrive for the other.
- Late registration
- Registration onsite

**Note:** Units or individuals will be asked to leave due to COVID-19 gathering restrictions.

**Proper Ratios** – The proper ratio for adults to Lion and Tiger Cubs is 1-1. The proper ratio for adults to all other Cub Scouts is 1-4. Please ensure that you always maintain these minimum ratios.

### **Arrival –**

Due to COVID-19 each individual entering into camp **must** complete and turn in the “Pre-Event Medical Screening Checklist”. A copy of this form is located at the end of this guide. Make sure that the form is completed for each individual in your vehicle prior to arriving at camp. The name of the participant is to be printed on the upper right corner of the form. Troops and Crews arriving on Friday night the forms will be collected at check-in. For everyone arriving on Saturday the forms will be collected prior to being able to park in the parking lot.

If you have signs and symptoms of COVID-19, please stay home.

Masks are required! Social distancing will be observed at each station and on the trail to the best of our abilities.

If you are camping, plan to arrive BEFORE DARK on Friday night. You may arrive any time after 4:00 PM. Check-in will be at the dining hall. **YOU MUST HAVE PART A & B OF MEDICAL FORMS FOR ALL PERSONS ATTENDING!** The current BSA medical form can be found at <https://www.scouting.org/health-and-safety/ahmr/>. Registration materials will be given to the first adult from your unit to arrive at check-in. If families arrive later, they will need to find their group leader in order to get the materials. It is suggested that you have a way to contact your unit if you are not arriving as a group. Cell phone service is very limited.

**Your Unit –** In the past, parents and cubs have arrived who did not know what pack they were in or who their leader was. It is suggested that you arrive as a group or announce a time that you will meet at the camp. If this is not possible, please be sure all your families know your pack number so that they can be directed to you. It might also be helpful to provide them with a cell phone number of the leader who will be at camp.

**Campsite Assignments –** Campsites are assigned based on the number of registrants, as certain sites will hold more people than others. Also, on the number of registrants coming and going at times of the event, so there is no traffic where stations are taking place. Please keep in mind that this is a large event - room is provided for everybody. Multiple units may be sharing each site. Please be courteous to other units. Also, the layout of the camp is such that you will be walking uphill at some point in time. Platforms can comfortably accommodate tents 8'x8'. Larger tents should be placed on the ground. For those using CPAPs, most sites have electric service available at the latrine, but you will need to provide your own extension cord.

**Event Headquarters –** Camp Headquarters will be in the dining hall, although it may be moved to Blair Lodge depending on the weather.

**Meals –** One bagged lunch containing a turkey sandwich, chips, drink, and other items will be provided to all participants and staff. Units camping are responsible for all other meals.

**Rotations –** Groups and rotations are planned based on number of registrants. It is understood that certain stations may be more popular than others, and that is considered during the planning. Groups on the hikes will start at their assigned stations and move in numerical order to keep the amount of people at each station small due to COVID-19 concerns.

**Shooting sports –** Due to safety concerns about cleaning the equipment between Scouts, we will **NOT** be able to have shooting sports at the 2020 Breakfast Hike.

**Clothing –** Ensure that your scouts are prepared for the weather, including rain, cold, and wind. For those who are camping, proper sleeping bags and clothing make a great difference in comfort. Remember – this is camping!

**Restrooms** – The main restrooms and latrines will be available for Troop and Crew event attendees and the shower house will be available for the Cub Scout event attendees. Adults should be familiar with the principles found in Youth Protection Training, especially regarding the use of the restrooms. At no time are adults permitted in a restroom with a scout; therefore, the restrooms are clearly marked with “Male Youth,” “Male Adults”, “Female Youth” and “Female Adults.” The latrine’s, since they are individual use will be designated male and female. Please respect these designations. For those that may need assistance, there are some restrooms that are “family restrooms.”

Due to COVID-19 the main and shower house restrooms will have commonly touched areas frequently cleaned throughout the day.

**Day Pack** – Each participant should have a day pack with a full water bottle and pen or pencil. Troop and Crew participants should also include the supplies for the activities they register for.

**Buddy System** – The buddy system must always be utilized. Please review this with your scouts before arriving at camp.

**Siren** – There will not be a siren drill. **If the siren sounds, an emergency exists. Everyone in camp must report to the Dining Hall.**

**Alcohol** – **Alcohol is strictly prohibited.** Those found with alcohol will be asked to leave the camp immediately.

**Smoking and vaping** – Smoking or vaping is not permitted within view of the scouts. The only designated area in camp is behind the kitchen (near the main pavilion). Anyone found smoking or vaping outside of the designated area will be asked to leave the camp immediately.

**Electronic Devices** – Scouts should not bring cell phones or electronic devices to camp. Adults should not use their phones in view of the scouts.

**Campfires at Sites-** Campfire rings are provided at the sites and you are more than welcome to enjoy a fire at your campsite, please remember to use extreme caution when building a fire and not to use accelerants and watch for the safety of small children. **Fires must be attended by an adult at all times, and must be completely extinguished before leaving the site. No liquid fuels are permitted in camp.**

### **EMERGENCIES**

In the event of a camp-wide emergency, we will activate the siren. **EVERYONE IN CAMP MUST REPORT TO THE DINING HALL** if the siren sounds.

There will be medical personnel in camp on Saturday during the District Breakfast Hike events. If you have a medical emergency, please contact a staff member immediately.

## **Event Schedule**

(Subject to change)

**Note:** The district event runs on Saturday, October 3<sup>rd</sup> from 8 am to 5 pm. All other activities are hosted by the unit.

### **Friday October 2, 2020**

4:00 – 7:00 PM – Unit Check In

10:00 PM – Quiet Time / Lights Out

### **Saturday – October 3, 2020**

6:30 AM – Reveille

7:00 AM – Troop/Crew Breakfast (Unit provides meal)

8:00-8:30 AM – Cub Check-in (Morning attendees)

8:00-12:00 AM – Morning Troop and Crew activities

8:30-11:30 AM – Morning Cub hike and stations

11:30-12:00 PM – Cub Scout morning attendees can pick-up bagged meal to take home and depart camp.

12:00-1:00 – Staff, Troop and Crew Lunch

1:00-1:30 PM – Cub Check-in (Afternoon attendees)

1:00-5:00 PM – Afternoon Troop and Crew activities

1:30-4:30 PM – Afternoon Cub hike and stations

4:30-5:00 PM – Cub Scout afternoon attendees can pick-up bagged meal to take home and depart camp.

5:00 PM – Troop/Crew Dinner and units on their own (Unit provides meal)

10:00 PM – Quiet Time / Lights Out

### **Sunday – October 4, 2020**

Troop 115 invites anyone who would like to come to a multifaith worship service at the Camp Mack Dining Hall. Time TBD.

## **Scout BSA and Crew activities during the 2020 Breakfast Hike**

Each year we ask the Troops to help man Cub stations at the Breakfast Hike. There are 7 Cub Scout Breakfast Hike stations that require 3 youth and 2 adults to staff each session. When youth and adults aren't helping with the Cub Scout stations, the Committee has added activities for Scout BSA/Crew members that they can choose to participate in. Each of these are outlined below. We are asking that you select morning and afternoon activities for each Youth and Adult you register for the Breakfast Hike. Unless otherwise indicated, there will be morning and afternoon sessions for each activity listed.

- **Mini Blue Mountaineer helper:** Adults and older Scouts to help teach skills to new Scouts
- **Blue Mountaineer:** For Scouts BSA who haven't finished First Class rank yet
- **Cub station helper:** Adults and older Scouts to help teach skills to Cub Scouts
- **Conservation hours:** Open to anyone to assist with projects around camp
- **Merit badges:** Some of these are partial completion only due to the requirements of certain merit badges.
  - **Automotive Maintenance:**
    - 10 Scouts per session
    - Partial only
    - prerequisite
      - requirement 12: **Find out about three career opportunities in the automotive industry. Pick one and find out about the education, training, and experience required for this profession. Discuss this with your counselor, and explain why this profession might interest you.** Please research this ahead of time and be prepared to share your findings with the group.
    - All participants must supply their own pair of safety glasses.
  - **Cooking:**
    - 15 Scouts per session
    - Partial only
  - **Backpacking:**
    - 15 Scouts per session
    - Partial only
  - **Geocaching:**
    - 15 Scouts per session
    - Partial only
    - **If possible, please bring a smartphone with the free basic app and free account that can be downloaded from [geocaching.com](http://geocaching.com). Please have this set up and loaded on the phone already.**
  - **Scouting Heritage:**
    - AM session only
    - 25 Scouts
    - **Please look up the merit badge packets that are available for these badges online and bring a copy along to fill out during the class.**
  - **Fingerprinting:**
    - PM session only
    - 25 Scouts
    - **Please look up the merit badge packets that are available for these badges online and bring a copy along to fill out during the class.**

## Suggested Weekend Packing List

This list is provided as a simple guideline to plan what you will need for a weekend campout. Please adjust as necessary. We suggest you pack your clothing items in plastic bags to keep them dry.

Clothing and personal property should be permanently marked with your name and Pack/Troop number. There is a lost and found located at the Camp Office.

Medications should be in original container, clearly marked with patient's name, medication name and dosage. It should be secured at the campsite in the possession of a responsible adult. For medication that needs to be refrigerated, please contact the Health Officer.

### Official BSA Uniform:

- Short sleeved shirt (Blue or Khaki)
- Neckerchief and slide

### Clothing:

- Sock (4 or 5 pair)
- Tee Shirt (4)
- Underwear (4)
- Pair of long pants (2)
- Pair of Shorts (2) (optional)
- Sweatshirt and/or Jacket
- Sleepwear
- Comfortable walking shoes (2 pair)  
*(No open-toe sandals or shoes)*
- Raingear/Poncho (No umbrellas)
- Baseball style cap

### Toiletries:

- Soap in a plastic bag
- Towels and washcloth
- Toothbrush and toothpaste
- Comb and/or brush
- Deodorant
- Shampoo
- Tissues

### PLEASE LEAVE THE FOLLOWING AT HOME:

- Electronic devices, Game systems, radios, etc.
- Knives, axes, saws, fireworks, etc.
- All aerosol products

### Camping Gear:

- Tent and set up equipment
- Cooking gear / plate, cups, utensils
- Food in plastic tote
- Supplies to wash cooking tools
- Duffle bag for clothing, toiletries, etc.
- Backpack for water bottle, sunscreen, etc.
- Flashlight (extra batteries)
- Water bottle
- Dirty laundry bag

### Bedding:

- Sleeping pad
- Sleeping bag and/or blankets
- Pillow and pillow case
- Sheet

### Other Items:

- Insect Repellant
- Sunscreen and sunglasses
- Medications (original packaging)
- Folding chair
- Board/Card Games
- Cub Scout handbook
- Notebooks and pencils
- Spending money (for Trading Post)
- Camera



# Pre-Event Medical Screening Checklist

Use this checklist to assist in identifying potentially communicable diseases before event participation.

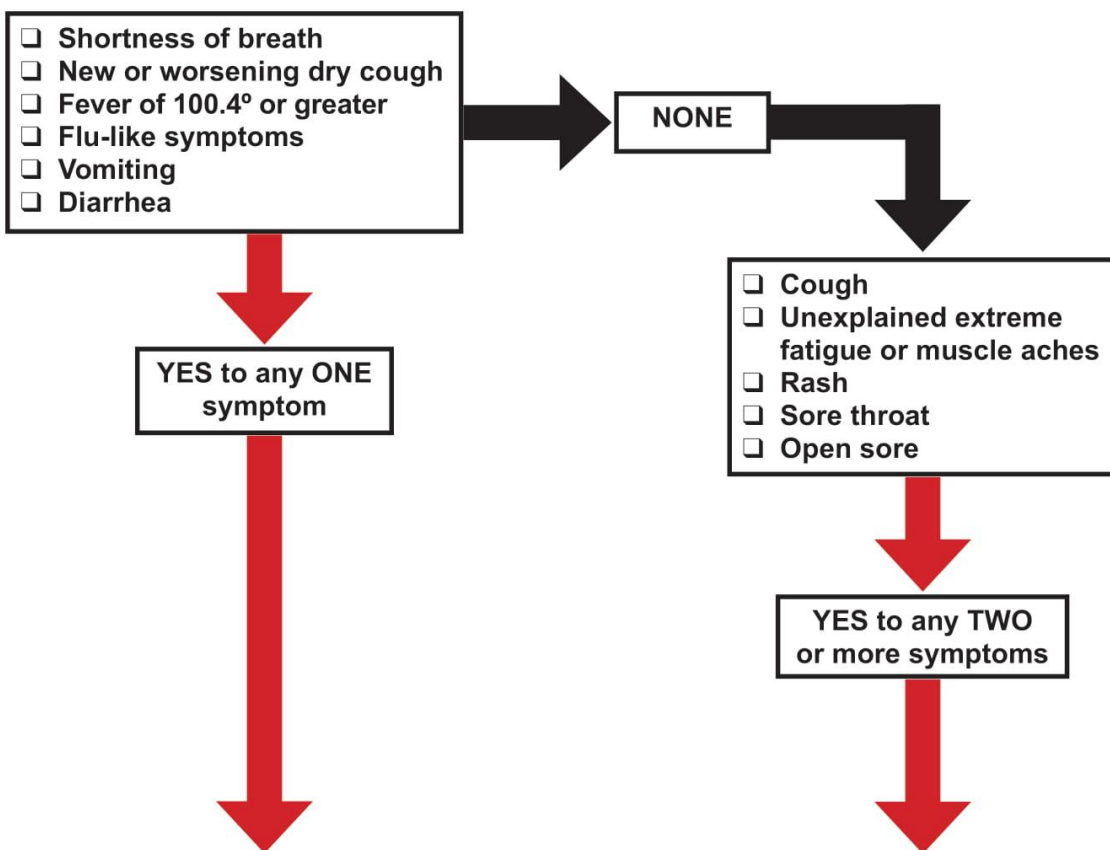
The intent of this checklist is to review with each youth and adult participant their current health status, both before departure and upon arrival at the event. Anyone entering a camp or event — including visitors, vendors, etc. — should be screened using this checklist.

- Yes  No Have you been in contact with anyone who has COVID-19 in the past 14 day?
- Yes  No Have you or anyone you have been in close contact with traveled on a cruise ship, internationally, or to an area with a known communicable disease outbreak in the last 14 days?

***If the answer is “yes” to either of these questions, the participant must stay home.***

- Yes  No Are you in a higher-risk category as defined by the CDC guidelines?  
If the answer is “yes” to this question, we recommend that you stay home. Should you choose to participate, you must have approval from your healthcare provider and then proceed to the symptom decision tree below.

***If the above answers are “no,” proceed to this symptom decision tree.***



**THE PARTICIPANT MUST STAY HOME**  
These symptoms are associated with communicable diseases  
and the participant **MUST** stay home until medically cleared by their health care provider.