

Lehigh District Arctic Adventure

February 10-12, 2023

Trexler Scout Reservation

UNIT PARTICIPATION GUIDE

Calling all Lehigh Scouts in Troops and Crews...

Come join the adventure, as Scouts traverse the frozen tundra of the Trexler Scout Reservation frontier, confronting challenges and obstacles, testing their Scout and survival skills, and demonstrating the Patrol Method. Start planning now for your great Arctic Adventure!



Table of Contents

| | |
|--|----|
| Welcome to Arctic Adventure | 3 |
| Arctic Adventure Sponsor & Contact Information | 3 |
| General Information | 3 |
| Arctic Adventure Agenda | 3 |
| Event Stations and Scoring | 4 |
| General Rules | 5 |
| Awards | 5 |
| Program Operations | 5 |
| Important Safety Considerations | 6 |
| Other Areas of Safety | 6 |
| Patrol Rules | 6 |
| Review of Winter Camping Procedures | 7 |
| Sled Specifications | 8 |
| Typical Arctic Adventure Sled Design | 9 |
| Sled Wheels | 10 |
| Sled Inspection | 11 |
| Arctic Adventure Map | 12 |
| Sled Record Sheet | 13 |
| Arctic Adventure 2023 Registration Form | 14 |
| Arctic Adventure 2023 Roster | 15 |

Welcome to Arctic Adventure:

Welcome to Lehigh's Arctic Adventure! This event will be held on February 10-12, 2023, at Trexler Scout Reservation and is the premier winter camping weekend for Scouts in troops and crews. We hope it will be the best Arctic Adventure ever with cold weather and SNOW! Please carefully read the important information contained within this Unit Participation Guide. Be sure your Scouts are well prepared, well equipped, and most of all, ready to have a great time. We are hoping for maximum participation at Arctic Adventure this year and encourage your unit to camp for the entire weekend.

Arctic Adventure Theme:

The theme for this Arctic Adventure is the "Nordic Worlds". A brief list is included below. Feel free to check-out the link for more information (and share it with your Scouts).

- Land of the Gods (included Valhalla – land of the honored dead)
- Elfland (Beautiful Entities)
- Dwarf Land (Craftsman, mining, blacksmiths, etc.)
- Midgard (Earth)
- Dark Forest (and Frosty Mountains)
- Land of Wisdom (and Prophecy)
- World of Mist
- Realm of Fire
- Helheim (Home of the "regular" dead, although not including torment or bliss)

<https://www.heritagedaily.com/2018/08/yggdrasil-and-the-9-norse-worlds/121244>

Arctic Adventure Contacts: lehighdistrictklondike@minsitrails.org

| | | |
|-----------------------------|---------------------|---|
| Chairman – Chris Lubenetski | Phone: 610-972-4045 | Email: cll189@aol.com |
| Rick Bishop | Phone: 484-201-4041 | Email: rbishop@gmail.com |
| Matt Woodruff | Phone: 610-984-2181 | Email: ma.woodruff@outlook.com |

General Information:

- **Dates:** February 10 - 12, 2023
 - **Place:** Trexler Scout Reservation – Akelaland, Middle-Creek Field, and the Hawkeye Lodge Area. The official Arctic Adventure Map is included and will be given out at registration and will show the specific locations of event stations over these three areas.
- **Camping:** Middle-Creek Field, Akelaland and various other sites around the camp.
- **Cost:** \$10.00 per Scout (day or weekend); \$5.00 for adults; \$35.00 campsite rental fee
- **Please check in at Program B Building when you arrive at Arctic Adventure.**
- **Driving any vehicles on Middle-Creek Field is absolutely prohibited. Please unload gear and supplies when temporarily parked alongside the main road or in the Akelaland parking lot.**
- **Patrols must have a minimum of 4 Scouts and a maximum of 8 Scouts.**

IMPORTANT DATES:

- December 12, 2022 – Double Knot Registration Opens for Lehigh District Units
- January 2, 2023 – Double Knot Registration Opens for all units
- January 31, 2023 – Double Knot Registration Closes

Arctic Adventure Agenda:

Friday:

6:00 – 8:00 PM Registration at Akelaland Program B
Troops Set-up Camp

8:00 – 8:30 PM Meeting for Senior Patrol Leaders at Akelaland Dining Hall
8:30 PM Cracker Barrel for Leaders and Staff at Akelaland Dining Hall

Saturday:

6:00 – 7:00 Cook Breakfast

7:00 – 7:45 AM Continuing Registration at Program B Cabin

8:00 AM All Scouts and Leaders to Middle-Creek Field

8:15 AM Opening Ceremony will be in Middle-Creek Field

8:30 AM - Noon Station events

12:00 Noon Prepare lunch at current station

1:00 ****Turn in Extra Point Quiz** - Dining Hall**

1:00 - 5:00 PM Station events

5:00 – 7:00 PM Prepare dinner and clean up

7:30 PM Inter-Faith Service (Akelaland Dining Hall)

8:00 PM Awards Ceremony and Closing (Akelaland Dining Hall)

10:00 PM Taps

Sunday:

8:00 - 10:30 AM Cleanup and check out. Units must be checked out by 10:30 AM.

Event Stations and Scoring:

All of the event stations emphasize Scout skills, patrol teamwork, leadership, and fun! Each station will be scored 100 points – 60 points for skills and 30 points for teamwork & leadership 10 points for sled inspection items. There will also be a 100-point quiz (knowledge and fun).

All stations will have a pre-determined maximum possible score based on factors such as time, completeness, proper knots, etc. Patrols will then have a “Patrol multiplier” assigned to them to ensure Patrol stacking (i.e. Eagle patrols) won’t blow away the competition. Natural Patrols are encouraged as much as possible. While it still allows older Scout patrols to do well and potentially win the competition, it won’t allow them to completely dominate the other patrols. The Score modification process is outlined below.

Eagle Scouts 85%

Life / Star was a 90%

Second Class / First Class was a 95%

Scout / Tenderfoot was a 100%

If you had a patrol of 5 scouts: 2 tenderfoot, 1 first class, 1 Star, 1 Life:

$$2 \times 1.0 = 2$$

$$1 \times .95 = .95$$

$$1 \times .90 = .90$$

$$1 \times .90 = .90$$

Total of $4.75 / 5 =$ patrol modifier of .95

General Rules:

All volunteers running stations will not share specific details of their stations before or during Arctic Adventure with their own units or any other troops and crews.

The Scout Oath and Scout Law are the basic rules which apply at Arctic Adventure for fairness and the integrity of the competition. This applies to all Scouts and Adults. The motto for leaders is to “look, listen, and let them do their best, on-their own.” Adults do not participate in the Arctic Adventure competition.

- Adult leaders are responsible for their Scouts.
- All Youth Protection Requirements must be followed.
- Adult leaders are to sign-in upon arrival and sign-out upon departure.
- On-site contact information must be provided for at least two adult leaders that will be on-site.

Awards:

All Patrols will be judged and scored in a single category for Arctic Adventure 2023. Awards will be based on the following:

- Top 5 places from overall scoring of all patrols (Sled Inspection & Stations)
- Top 3 places in the Sled Race (not included in scoring above)
- Scouts under age 18 are not permitted to judge and/or score any event station

Program Operations:

The opening ceremony will be in Middle-Creek Field (by the large Trexler Scout Reservation Sign) by **8:00 AM** on Saturday. (If your first station is between your campsite and Middle-Creek Field, it's OK to leave your sled along the way and return to it after the opening ceremony.)

If your unit is only attending on Saturday, February 11, you should arrive no later than 7:00 AM. This should give you sufficient time to set up your campsite and still have time for the Opening Ceremony at 8:15 AM. All patrols will cook lunch at the same time from 11:30 Noon until 12:30 PM in their campsites. However, no ground fires are allowed in Middle-Creek Field. Lunch must include a hot meal with a hot drink. Keep your used drink packets on the sled.

Troops and crews are encouraged to camp both Friday and Saturday nights of the Arctic Adventure weekend. This will give Scouts a winter camping experience as we have ordered snow. (And may qualify for the OA Below Zero Award.)

Except for emergency and staff vehicles, absolutely no vehicles will be allowed in the program areas. All vehicles must park in the Akelaland parking lot or in the parking lot at the bottom of the hill by the Ranger's house.

Staying Warm is priority: MULTIPLE LAYERS OF CLOTHING IS STRONGLY ENCOURAGED!

Important Safety Considerations:

The following rules will be enforced by the Arctic Adventure staff. This is necessary to ensure the safety of all participants. We hope to have the support and cooperation of everyone.

- No personal sleds, toboggans, or anything that can be used for sleigh riding are allowed.
- To avoid congestion, only two vehicles per troop are allowed to transport gear to the campsites on Hawkeye Road or within Akelaland.
- All vehicles, including visitors, must park in the parking lots. All parking along camp roads is prohibited.
- All vehicles arriving Friday must be moved to a parking lot by 9:30 PM. All Vehicles arriving on Saturday, including visitors, must be moved to a parking lot before 8:00 AM.
- There will be no driving by anyone in camp on Saturday during the competition. Only emergency and necessary staff vehicles are permitted. This rule will be strictly enforced.

Other areas of safety that need to be monitored by Unit Leaders:

- **Weather** should be monitored by all leaders, and aid all youth in seeking shelter from lightening, wind, etc. Following weather hazards training guidelines.
- **Watch for dead limbs over tent sites** (snow is heavy).
- Two-deep leadership is required.
- Keep campfires well away from tents.
- There should be no unattended fires. Extinguish fires at night before sleep.
- Apparel for sleeping must be clean and dry.
- Axes, knives, or saws must be supervised by experienced adults in designated areas. Chainsaws, if needed, will only be operated by a qualified adults. (Annual retraining is required).

Patrol Rules:

- **Patrols must contain a minimum of 4 Scouts, and a maximum of 8 Scouts.**
- **The right is reserved to refuse participation to any Scout who, in the opinion of the Arctic Adventure Committee, is not properly dressed for the prevailing weather. All Unit Leaders – please be aware that this will be checked during Opening and will be strictly enforced! Please be sure that your Scouts are dressed properly for the winter conditions.**
- All patrol members must have coats, gloves and hats. Rain gear as needed. layers are recommended.
- Normal troop/crew patrols should be used. It is unfair to pick the biggest and strongest members of a troop to run a sled. The Scout Oath and Law will be the law of the course.
- Each Patrol Leader at registration must write upon his scorecard the names of the members of his patrol pulling the sled along with the rank of each Scout. Patrols who switch any members once the competition has begun will be disqualified.
- Only the original patrol members starting the sled race competition may touch the sled or tow ropes. Others may not assist in any manner once the competition has started.

Review of Winter Camping Procedures:

Winter conditions in the past several years at Arctic Adventure have ranged from frigid and snowy to mild and muddy (or both). Therefore, Scouts need to be aware that winter camping procedures differ from other types of camping in several respects:

- The Scout attending should have some camping experience to build upon. Arctic Adventure is not the place for a first-time camper. Of great importance is winter clothing. Don't forget that it can also rain in winter and this can make for a very uncomfortable experience if the camper is not adequately prepared. Wool, even when wet, will keep you warm.
- It is very important to remember that the secret enemy in winter is dampness. Wet feet or clothes can result in serious consequences. Underclothing wet with perspiration is in reality a "wet blanket" to sleep in and can cause serious illness. Never sleep in the same underwear/clothing that you wore all day during Arctic Adventure!
- Your last troop/crew meeting before Arctic Adventure should be a "Full Pack Dress Rehearsal." Each Scout should wear the clothes he will wear to Arctic Adventure. These should be closely inspected by the Unit Leaders and the Scout should be reminded of any items they forgot. It is also a great idea to review winter camping procedures and gear with your troop in December/January.
- When planning meals, remember that cold weather makes for big appetites. Winter meals should be simple but still incorporate all the nutrition of a balanced meal. For lunch, experiment with one-pot meals such as stew. The easy way is often the best way at winter camp. Try cooking some of your ingredients before you leave home. Paper plates and cups can ease your winter dishwashing job. A hot drink is a necessity!
- Gather and store sufficient firewood for Arctic Adventure prior to the event. A winter morning is never so bleak and cold as it is to those who burned all their firewood the night before. Cover all wood with tarps and plastic.

The following should be considered as minimum equipment for Arctic Adventure (Class A uniforms are not required for this event):

- Winter sleeping bag or equivalent
- Extra blankets for overnight sleeping
- Waterproof ground cloth
- Tents
- Several pairs of heavy wool socks
- Change of long underwear for sleeping
- Change of shirt and pants
- Warm clothing
- Jacket and raingear
- Heavy hiking boots or rubber boots
- Gloves or mittens and a spare set
- Patrol cooking gear and knapsack
- Hat or cap
- Personal gear including Chap Stick and sun block

Personal Health Suggestions:

Bring extra clothing to wear while sleeping. Always change the clothing you wore during the day because it contains perspiration and will be damp by evening. Bring woolen socks to wear while sleeping. A sweatshirt with a hood makes an excellent sleeping garment. Do not sleep with shoes on since this is harmful to the feet. Newspaper is an excellent insulation barrier between you and the ground.

Garbage:

Each troop/crew must provide their own garbage bags for trash. All trash is to be taken home. If you pack it in, you pack it out. (Also, if you see trash around camp, please leave it better than you found it.)

Water:

You will need containers to carry water to your campsite. Frost free water spigots are located next to the Akelaland Dining Hall, next to the Program A-B Cabin and at the beginning of Hawkeye Road. Remember that food and water will freeze even in a cooler.

Latrine:

We have arranged for porta-johns to be placed in in various locations around camp for use during the weekend. There is also a latrine located behind Hawkeye Lodge. Be sure to bring your own toilet paper.

Foul Weather Gear:

Past experience proves that all persons participating in Arctic Adventure should come equipped with wet weather gear. It is not unusual to have rain and mud in February. Pack clothing in plastic bags to prevent dampness.

Foot Gear:

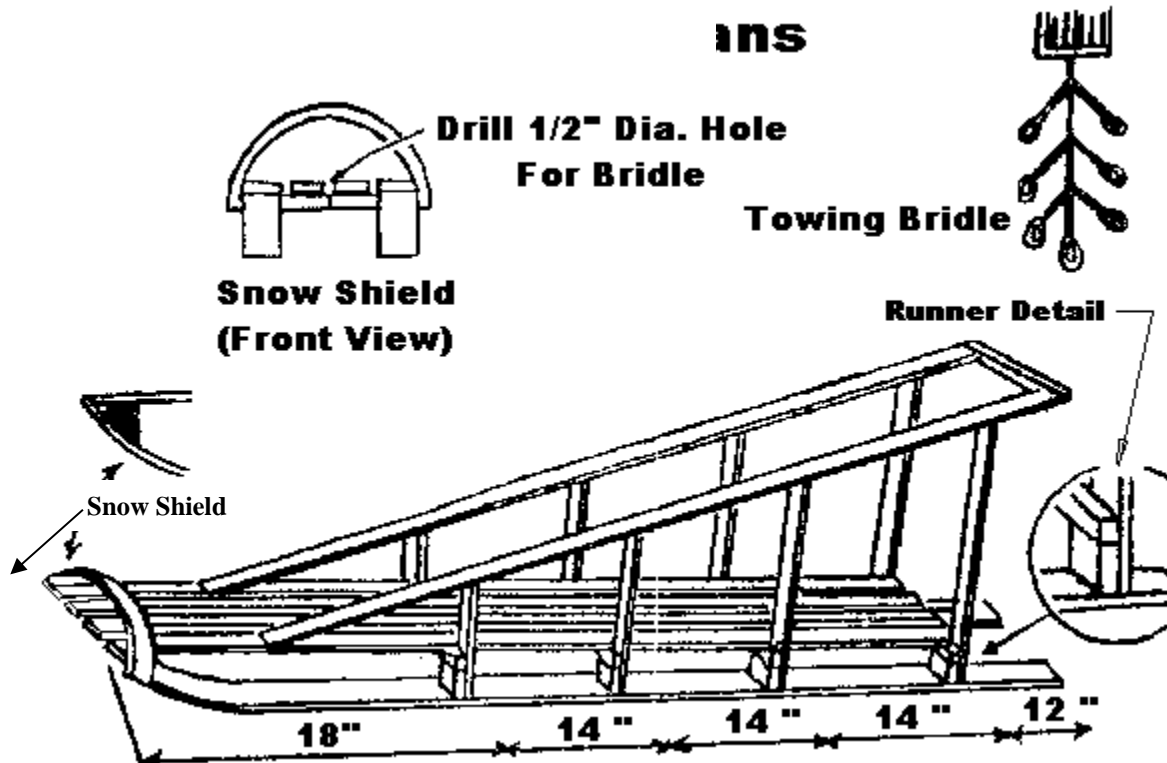
Everyone should come equipped with a pair of rubber boots. Leather shoes are not sufficient to protect your feet over an extended period of time in the snow, slush, or rain. There could possibly be all three elements. Leave the sneakers home. They are great on the gym floor, but not at winter camp.

Sled Specifications:

1. Wheels will be allowed on the sleds, (take note of special requirements on page 9).
2. Sled must be at least 60 inches long (minimum).
3. Sled must conform generally to the design specifications on the next page. However, we do encourage originality in the design.
4. All sleds must have runners (maximum width: 5 inches) as illustrated in the attached specifications.
5. Metal coverings of the runners is permitted.
6. Toboggan bottoms are prohibited.
7. Tobogganing of, or curve of the sled runners is permissible, provided the tobogganing does not extend for more than 18 inches measured from the front tip of the runners.
8. Sleds will not be judged for prizes. There is no competition in sled construction or design.
9. Sleds will be inspected for correct length, width, and to insure all the required equipment is loaded on the sled.

A typical sled schematic is shown on page 8.

TYPICAL ARCTIC ADVENTURE SLED DESIGN



Bill of Materials:

- 2 pcs. 4" x 1/2" x 6'6" - for Runners (use skis!)
- 6 pcs. 1" x 1" x 18" - Cross Supports
- 8 pcs. 1" x 2" x 6" - Upright Supports
- 4 pcs. 1/2" x 4" x 5' - Floor Cover
- 2 pcs. 1" x 2" x 12" - Front Upright
- 2 pcs. 1" x 2" x 26" - 2nd Upright
- 2 pcs. 1" x 2" x 38" - 3rd Upright
- 2 pcs. 1" x 2" x 40" - Rear Upright
- 2 pcs. 1/2" x 2" x 6' - Hand Rail - sand smooth!
- 1 pc. 1/2" x 2" x 30" - Front Curved Snow Guard
- Rope for Towing Bridle - 1/2" Diameter minimum

Sled Specifications:

Minimum length – 60"
 Maximum length – 78"
 Maximum runner width – 5"
 No toboggan bottom

See additional rules for wheels on next page:

Arctic Adventure Wheel Rules

Wheels are required if there is no snow.

Wheel Rules:

Rule 1: Only 2 Wheels, located across from each other, 1 to 2 feet from the back of the sled.

Rule 2: Wheels must have a metal rim, and be at least 3.5 inches wide. You can go bigger.

Rule 3: They must be removable, in case of snow, they must be able to come off.

Rule 4: No castor wheels, straight or swivel.

Reasons behind the wheel rules: If the wheels are too narrow they will sink into the mud and create ruts, and or break off. If they are made of plastic, they will break, plastic is brittle in the cold, and a turning sled full of stuff can cause the plastic to fail.

Wheel placement is important, if they are too far forward the sled will drag, if they are back too far the sled could flip. Leave a long enough tail to prevent it from flipping. When the rope is pulled on the front, it naturally lifts the front of the sled. The teetering effect will cause the sled to fall and stop when not being pulled. Drag bars are allowed, without wheels.



KIMG0048



KIMG0049



The parts for this can be found on Amazon, or your local hardware store (A.F. Boyer Hardware, Slatington). As a reminder these modifications are by no means mandatory.

Sled Inspection:

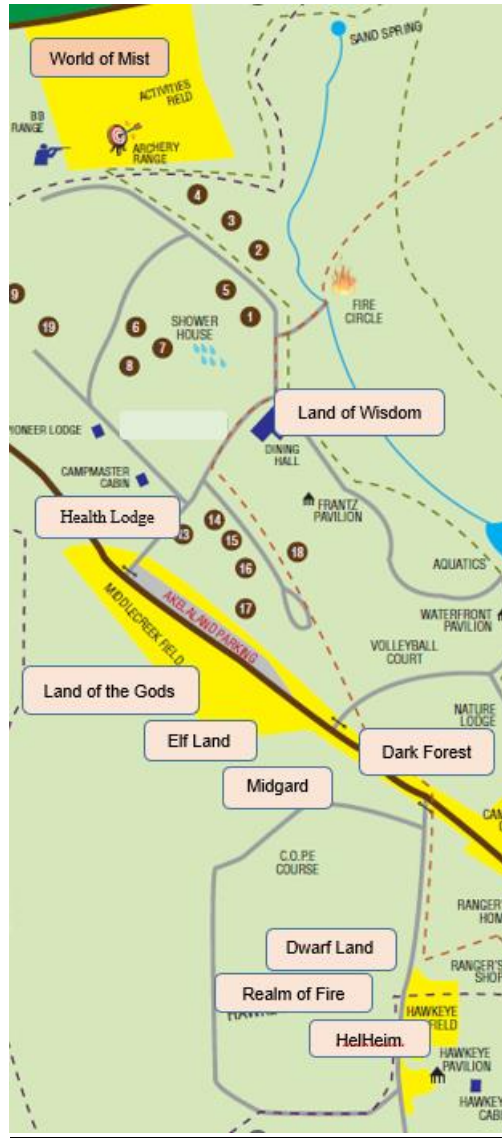
Minimum equipment required by each patrol to be carried on each sled is listed below. A couple of items will be checked and scored at each station. The following list will be used for scoring in the Sled Inspection process at each station:

1. One (1) current Scout Handbook
2. Paper (or notebook) and 2 pencils (pens freeze)
3. Cup for each Scout
4. Wood, tinder and kindling for one fire – all-natural material, no kiln dried wood.
5. Fire Starters, not including matches or lighters (e.g. flint and steel, magnesium, etc.)
6. Two (2) compasses (for finding direction)
7. Two (2) pieces of rope for each Scout; 3/8" inch or thicker – about 8 feet long, each.
8. Four (4) six-foot sturdy poles (e.g. 1" x 1" x 6'-0")
9. Trail first aid kit (nothing past expiration date)
10. Two (2) neckerchiefs or triangle bandages
11. Heavy Blanket
12. Towing Harness or towing rope (about 12'-0" long) for pulling sled
13. Camera
14. Trash bag(s)
15. 2-Person Tent
16. Tent Stakes (at least 8)
17. Plastic bag with extra hats and gloves
18. Hot drink mix (cocoa, cider, etc.) for each Scout

Arctic Adventure Map

Please do not set up camp in the Program Areas of Akelaland or Hawkeye

Camping is also available at the North and South ends of Middle-creek Field



SLED RECORD SHEET

- Start with the station highlighted in yellow.
- Proceed in order up to Station 10, then back to Station 1 and continue until you are finished. You must have the judge initial this sheet at each station.
- If a station is backed up with sleds, go to the next station. You can return later to the station that you skipped.
- The Knowledge Quiz is worth 100 bonus points. It must be turned in at the Program B Building by 1:00 on Saturday.

| | | |
|-----------------------|-------------------------------|-------------------------|
| SLED # | | |
| PATROL NAME: | | PATROL LEADER: |
| PATROL MEMBERS | | |
| 1 | 5 | |
| 2 | 6 | |
| 3 | 7 | |
| 4 | 8 | |
| STATION NUMBER | STATION NAME | JUDGE'S INITIALS |
| 1 | ELFLAND | |
| 2 | DWARF LAND | |
| 3 | REALM OF FIRE | |
| 4 | HELHEIM | |
| 5 | DARK FOREST | |
| 6 | WORLD OF MIST -ARCHERY | |
| 7 | WORLD OF MIST - HAMMER | |
| 8 | LAND OF WISDOM | |
| 9 | MIDGARD (EARTH) | |
| 10 | SLED RACE | |

Lehigh District Arctic Adventure 2023 Registration Form

Deadline for Registration: February 8, 2023

Troop # _____ We will have _____ Scouts @ \$10.00 = \$ _____
We will have _____ Adults @ \$5.00 = \$ _____
Tent site rental fee \$35.00 = \$ _____
TOTALS _____ \$ _____
REMEMBER **NO STRAW**
GRAND TOTAL \$ _____

Please register at: www.minsitrails.org . Please make check payable to Minsi Trails Council. Payment is due to the council office by February 8, 2023.

Please email the attached Final Roster (last page of this document) as soon as you have it prepared to: LehighDistrictKlondike@MinsiTrails.org, or bring it with you when you sign in at Arctic Adventure.

ARCTIC ADVENTURE 2023 FINAL ROSTER

Please email this roster to: LehighDistrictKlondike@MinsiTrails.org or bring it with you when you check in for the Arctic Adventure Event

Troop/Crew: _____

Number of Scouts: _____ Number of Adults: _____

Adult Leaders:

| Name | Position | Cell Phone |
|------|----------|------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Patrol:

| Scout Name | Rank |
|------------|------|
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

Patrol:

| Scout Name | Rank |
|------------|------|
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

Patrol:

| Scout Name | Rank |
|------------|------|
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

Patrol:

| Scout Name | Rank |
|------------|------|
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |