

# Catholic Adventure Week Leaders Manual



## *Feel the Rush!*

**Brave the elements, expect miracles, are you Game?  
A summer camp experience like no other!**



## Catholic Adventure Week 2010

### Scout Leader:

Thank you for registering for this year's Catholic Adventure Week offered at Swift Base at the S-F Scout Ranch and sponsored by Greater St. Louis Area Council of BSA, the Office of Catholic Scouting and the Catholic Committee on Scouting, BSA.

Our goal in providing this week for our Catholic Scouts is to give them an experience of living their faith, growing in their faith, and loving their faith within the Scouting movement and especially out in the wonders of God's creation.

While at Swift for CAW, Scouts will be camping with their individual troops, under their particular adult leadership. Since a number of our participants are attending this camp in addition to their troop's summer camp, there will be cases where a Scout from a troop does not have a leader present at camp. A "provisional troop" will be made for one of the camp sites, with leadership being provided by members of the Catholic Committee on Scouting, BSA. In the past this system has worked very well, and Scouts seem to mix easily with other Scouts, without the tension that can be experienced at a normal summer camp.

While at CAW, Scouts will be exposed to the entire High Adventure program offered at Swift. Intertwined with the outstanding program offered by the Swift staff, there will be opportunities for prayer, religious instruction, and reflection.

We will be offering again the "Voyageur program" for new Scouts, details on page 6.

We thank you for your commitment to Scouting as Youth Ministry and look forward to seeing you at Swift! If there are any questions or concerns, please feel free to contact us.

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## Catholic Adventure Week Camp

July 18-24, 2010 -Swift Base

**Scout Information – Turn in by April 17<sup>th</sup>**

Catholic Adventure Week is designed as a week of summer camp for youth members registered as Boy Scouts. The cost of the week-long program is \$220.00. A \$10.00 savings will apply if the full fee is paid by May 3. The fee includes seventeen meals, lodging, and program materials. All meals will be served in the Lodge of Swift Base. For information, contact the St. Louis Archdiocese – Office of Catholic Scouting, 314-792-7608 or the Camping Service, Greater St. Louis Area Council – Boy Scouts of America, 314-361-0600.

**Please complete the following information for all Scouts and leaders/adults that are attending the CAW. Bring with you to the leaders meeting on April 17<sup>th</sup> or turn in by June 18<sup>th</sup>, via mail or email to Office of Catholic Scouting, 20 Archbishop May Drive, St. Louis, MO 63119 or [annleiderman@archstl.org](mailto:annleiderman@archstl.org) Please Print!**

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### Catholic Adventure Week JULY 18-24, 2010

Scout Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Street address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

T-Shirt Size (Adult Sizes) S \_ M \_ L \_ 1X \_ 2X \_ 3X      District \_\_\_\_\_ Troop \_\_\_\_\_

Parent's Signature \_\_\_\_\_

As unit leader I approve of this Scout participating in the Catholic Adventure Week. I understand that participants of the Catholic Adventure Week must be able to work well independently and as part of a team. Program is limited to youth members who are registered as Boy Scouts.

Unit leader's name (print) \_\_\_\_\_ Phone \_\_\_\_\_

Unit leader's Signature \_\_\_\_\_ Date \_\_\_\_\_

**Voyageur Program** -Do you plan on participating in the Voyageur Program offered by the CAW Staff for First-year Scouts? Yes \_\_\_ No \_\_\_ There will be a \$10 fee per Scout to cover the costs of program materials such as wood carving slides, beads, rope and totems. The fee will be collected at camp.

The following is a list of Merit Badges that the Swift Staff can do during the week:

Canoeing	Climbing	Horsemanship	Lifesaving	Water Skiing
Rowing	Small Boat Sailing	Swimming	Rifle	

## Catholic Adventure Week Camp

**July 18-24, 2010 -Swift Base**

***Adult Leaders Information - Turn in by April 17<sup>th</sup>***

Catholic Adventure Week is designed as a week of summer camp for youth members registered as Boy Scouts.

One leader is free with three to 10 Scouts from the troop. One additional leader is free for each additional 10 Scouts or fraction thereof.

Additional leaders at S bar F, above the free- leader policy, will be charged only a **\$75.00** fee to cover food costs. All meals will be served in the Lodge of Swift Base. Visiting leaders may also purchase individual meals. At the S bar F Ranch, these meals are served only at Astronauts' Hall. Visiting leaders also have the option of bringing their own food to supplement the patrol's rations. Prices and times, which may be different from suggested campsite meal times for visiting leader meals, are as follows:

	<b>Time</b>	<b>Price</b>
Breakfast	8 a.m.	\$5.00
Lunch	Noon	\$5.00
Supper	6 p.m.	\$5.00

Guest meals are to be paid for at the Rand Building (S-F Ranch Headquarters) at least 3 hours prior to meal time. Breakfast meals should be purchased the night before.

For information, contact the St. Louis Archdiocese – Office of Catholic Scouting, 314-792-7608 or the Camping Service, Greater St. Louis Area Council – Boy Scouts of America, 314-361-0600.

Please complete the following information for all Scouts and leaders/adults that are attending the CAW. Bring with you to the leaders meeting on April 17<sup>th</sup> or turn in by June 18<sup>th</sup> via mail or email to: **Office of Catholic Scouting, 20 Archbishop May Drive, St. Louis, MO 63119** or [annleberman@archstl.org](mailto:annleberman@archstl.org)  
Please Print!

Adult Name \_\_\_\_\_ Position \_\_\_\_\_

Street address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

T-Shirt Size (Adult Sizes) S \_\_\_ M \_\_\_ L \_\_\_ 1X \_\_\_ 2X \_\_\_ 3X      District \_\_\_\_\_ Troop \_\_\_\_\_

**Please check any certifications you have.**

Rock Climbing      Rappelling      Cope Course      NRA  

The following is a list of Merit Badges that the Swift Staff can do during the week:

Canoeing	Climbing	Horsemanship	Lifesaving	Water Skiing
Rowing	Small Boat Sailing	Swimming	Rifle	

***I can also help counsel*** on the following outdoor focused merit badges: \_\_\_\_\_

\_\_\_\_\_

**Here is a *TENTATIVE* schedule for the week.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 A.M.	Morning Prayer	Morning Prayer	Morning Prayer	Morning Prayer	Morning Prayer
7:55 A.M.	Flag Raising	Flag Raising	Flag Raising	Flag Raising	Flag Raising
8:00 A.M.	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00 -Noon	High Adventure	High Adventure	High Adventure	High Adventure	High Adventure
9:00-Noon	St. George Hike	St. George Hike	St. George Hike	St. George Hike	
12:20 P.M.	Angelus	Angelus	Angelus	Angelus	11 Mass with Archbishop Carlson
12:30 P.M.	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 P.M.	Down time	Down time	Down time	Down time	<b>1-5 PM Mile Swim</b>
2:00-5:00	Merit Badges	Merit Badges	Merit Badges	Merit Badges	MB Make up Session
3:00-5:00 P.M.	Voyager	Voyager	Voyager	Voyager	Voyager Make up Session
5:00-6:25 P.M.	R & R	R & R	R & R	R & R	R & R
6:25 P.M.	Flag Lowering	Flag Lowering	Flag Lowering	Flag Lowering	Flag Lowering
6:30 P.M.	Dinner	Dinner	Dinner	Dinner	Dinner
7:00 P.M.			<b>Hucks Cove</b>	<b>OA Call Out</b>	
7:30 P.M.	<b>Adoration &amp; Reconciliation</b>	<b>Water Carnival</b>			
8:00 P.M.					<b>Camp Fire</b>
9:00 P.M.			<b>Movie Night</b>	<b>Movie Night</b>	
9:00 P.M.		Over Night out & About			
10:00 P.M.	Camp fire reflections	Camp fire reflections	Camp fire reflections	Camp fire reflections	Camp fire reflections

## **The Voyageur Program offered by the CAW Staff for First-year Scouts**

Merit badges are fun, and we recommend that first-year Scouts earn a couple. But until you are a First Class Scout, basic Scout skills are where it's at.

Our Voyageur Program is designed for first-year campers. It helps you pass the outdoor requirements needed to advance to First Class. If you sign up for the Voyageur Program, you participate in the program right at Swift camp.

We'll teach knife and axe, fire-building, knots and lashings, map and compass, orienteering, poisonous plants, and plant and animal identification. When you add the swimming requirements passed in the aquatics area, you'll be well on your way to being a First Class Scout.

Each Scout should bring the following to the Voyageur area each day:

- Scout Handbook
- Water bottle
- Pocket knife
- Compass

We recommend that you bring a day pack to carry these items along with your swimsuit and towel.

There will be a \$10 fee per Scout to cover the costs of program materials such as wood carving slides, beads, rope and totems. The fee will be collected at camp.

## **Religious Emblems and Faith Building Programs**

After the past few Catholic Adventure Week camps we have determined that organized sessions to instruct Scouts for Ad Altare Dei or Pope Pius XII was difficult for the setting and disruptive to the individual troop's instruction method. For this reason we will not offer Ad Altare Dei or Pope Pius XII at camp. We will, however, have opportunities for Scouts to earn various other faith building programs such as the Pope John Paul II, Be Not Afraid, Saints programs and pray the Rosary Programs while at camp. Materials and commitment cards for all of the Religious Emblems and programs will be given to each Scout to pursue with his troop or on his own.

For more information contact:

**Catholic Youth Apostolate  
Office of Catholic Scouting  
20 Archbishop May Drive, Suite 3208  
St. Louis, MO 63011  
314-792-7608  
[www.catholicscoutingstl.org](http://www.catholicscoutingstl.org)**

## GENERAL INFORMATION

S bar F Scout Ranch is 5,200 acres of forest, rocks, streams, bluffs, Nims Lake, wildflowers, the Little St. Francis River, trails, and boundless excitement — all of which makes S bar F Ranch a great place for summer camp. There are four camps on the 270-acre Nims Lake: Camp Sakima, Camp Famous Eagle, Camp Gamble, and Swift Base.

### ***CAMPSITES***

Five different campsites at Swift allow your unit to operate as a troop and away from the crowd. The campsite is your home away from home. We encourage each troop to make its site as comfortable as possible. Please wait for a member of the camp staff before setting up any canvas on your campsites or moving into the framed tents. This will avoid having your troop move equipment that was placed in the wrong area. The Scoutmaster or other adult leader is in charge of his or her unit.

### ***HOURS OF OPERATION***

**Trading Post:** Monday - Friday  
9:00 a.m. – 11:30 a.m., 2:00 p.m. – 4:00 p.m., and  
after evening program till 11:00 p.m.

**Camp Office:** Monday – Friday  
9:00 a.m. – 11:30 p.m. and 2:00 p.m. – 4:00 p.m.

There is someone in the Camp Office or Trading Post to handle emergencies during the above times. You can also find a staff member in the staff living area or at the Ranch Headquarters.

### ***CHECK-IN-AND CHECK-OUT TIME***

Check-in time for your troop is Sunday afternoon, 1:00 p.m. to 2:30 p.m. Scouts should not arrive before 1:00 p.m. on Sunday. Check-out for all camps will be by 10:30 a.m. on the following Saturday.

Swift Base business office opens at 1:00 p.m. and the S bar F Scout Ranch office opens at 11:00 a.m. on Sunday.

### ***CAMPSITE SET-UP***

Campers are expected to take good care of the camp and its equipment. Charges will be made for damages. Campsites are equipped with a latrine and shower, table, fly, tents and frames, and cots. There are at least eight 3-person and one 2-person frame tents on each campsite. The Program Counselor will assign these frame tents evenly among units on each campsite. Overflow from the frame tents will be assigned to 2-person 9'X7' wall tents. Campers will setup these tents upon arrival and strike their tents upon departure each week. Unused equipment should be brought back to Swift Lodge. Your Program Counselor will be present on your campsite to assist with check-in, campsite arrangement, and proper tent setup.

Occupants of each campsite are to set up a rotation schedule to take turns keeping the latrines, shower, and grounds clean.

More than one unit may share a campsite, depending on the number of units and campers in camp. Campsite preference will be taken into consideration but our staff will make final campsite assignments. Trek carts are located conveniently for carrying heavy luggage to/from campsites. Trek carts should be returned to the central area immediately after use. Your cooperation is necessary in allowing everyone to use these carts.

### ***FEES***

**\$220.00 per week.** A \$10.00 savings will apply if the full fee is paid by May 3. The reservation fee is \$5.00 per Scout and is not refundable after May 3. Unused reservation fees cannot be applied to any other camp expense and, if not used, will be forfeited. All camp fees should be paid 15 days before the troop goes to camp. A troop may make special arrangements on all-or-none basis to provide their own food for religious, dietary, or personal preferences. Call the Director of Camping for details.

One leader is free with three to 10 Scouts. One additional leader is free for each additional 10 Scouts or fraction thereof.

Additional leaders at S bar F, above the free- leader policy, will be charged only a **\$75.00** fee to cover food costs. Visiting leaders may also purchase individual meals. At the S bar F Ranch, these meals are served only at Astronauts' Hall. Visiting leaders also have the option of bringing their own food to supplement the patrol's rations. Prices and times, which may be different from suggested campsite meal times for visiting leader meals, are as follows:

	<b>Time</b>	<b>Price</b>
Breakfast	8 a.m.	\$5.00
Lunch	Noon	\$5.00
Supper	6 p.m.	\$5.00

Guest meals are to be paid for at the Rand Building (S-F Ranch Headquarters) at least 3 hours prior to meal time. Breakfast meals should be purchased the night before.

### **REFUNDS**

All requests for refunds must be made in writing, within 30 days of the unit's departure from camp. The maximum refund per Scout is \$95.00. Refunds are not available for those arriving in camp late or leaving early. No refunds will be made after September 30, 2008.

### ***TROOPS VISITING FROM OUTSIDE THE GREATER ST. LOUIS AREA COUNCIL***

Welcome to one of the finest camps in America. Our fees and programs are the same for you. We require two additional items from you upon arrival:

- Tour Permit
- Proof of unit insurance

### ***LEADERSHIP***

Coed units - Adult leadership must be provided by mature men and women who are 21 years of age or older, approved by the unit committee on behalf of the chartered partner. Where possible, they should be parents of Scouts and Explorers or married couples. They must be in

attendance at all times during camp. There must be at least one man and one woman. It is recommended that there be one couple for each 20 Explorers or Scouts.

All male or female units - Two leaders are required regardless of the number of youth campers attending of the same sex. Troops may share leadership as long as arrangements are made prior to the week of camp. Notify the Camp Director and the Business Manager prior to camp if units are sharing leadership.

### ***MAIL SERVICE***

The correct mailing address is: Scout's Name, Troop \_\_\_\_\_  
Swift Base  
S bar F Scout Ranch  
Knob Lick, MO 63651

### ***TELEPHONE SERVICE***

The phone number for S bar F Scout Ranch is **573-756-5738**. Ask to be connected to Swift Base. This phone number is for emergencies or leaving messages. If you need to contact a youth member or adult in an emergency, you can leave a message for him or her to return a call. It would be difficult for us to locate the person while you wait on the phone. Although our emergency phone is staffed 24 hours a day, please refrain from calling between the hours of 10:00 p.m. and 8:00 a.m., unless it is a true emergency.

### ***CAMP VISITING HOURS***

Parents who take their sons to camp on Sunday are welcome to inspect our facilities. Friends will not be allowed to visit. Only registered Boy Scouts and adults who are registered with a unit to attend Swift are allowed at Swift Base.

All adult participants at Swift Base will wear a colored wristband which will be provided during the check-in process.

### ***PETS***

Pets are not permitted at camp. Please inform parents that pets are not permitted when dropping off or picking up their son.

### ***MEDICAL EXAMINATIONS AND HEALTH CARE***

Every youth member and leader going to camp must, upon arrival, present a completed medical record signed by medical personnel licensed to practice medicine. Licensed medical personnel are limited to a doctor of medicine, a doctor of osteopathy, a physician's assistant, or a nurse practitioner. Each Scout or leader is given a recheck upon entering camp, but full examinations are not available. A Scout may use the same physical form for three years from the date signed by licensed medical personnel. All signatures on all medical forms must be dated no more than three years prior to the last day of camp. However, a new Health History (beige-colored form) signed by the parents must be current within one year.

## ***MEDICAL EXAMINATIONS AND HEALTH CARE (cont.)***

Leaders younger than 40 years of age are not required to have a yearly medical exam. Like the youth members, their physicals are acceptable for three years from date of signature by attaching the Health History (beige-colored form). Leaders 40 and older are required to have a yearly exam by licensed medical personnel and must use the Class 3 National Medical Form.

Medical forms may be downloaded from the council's web site, [www.stlbsa.org](http://www.stlbsa.org).

Unit leaders should collect and review all medical forms prior to camp. If the unit leader has any questions concerning a Scout's medical form, he or she should contact the parents of the youth member.

Adults who will spend less than 72 hours in camp are classified as visiting leaders and are not required to have the physician's statement. The adult must file with the camp office a current Health History (beige-colored form). **Note:** Visiting leaders may not swim, boat, rappel, rock climb, ride horses, or participate in the Ropes Course unless they have a physical signed by licensed medical personnel.

Swift Base has limited first aid supplies in the Camp Office and Aquatics Area.

The unit leader should provide all first aid of youths and adults. All medications will be kept locked up by and dispensed by the unit leader. Unit leaders should keep track of when, how much, the type, and by whom the medication was dispensed. When requested, the camp will hold medications requiring refrigeration or those that the camper and his leaders feel uncomfortable holding. If an injury or illness is beyond the knowledge of the unit leader, the Ranch Medical Staff will respond. The Ranch Medical Director holds sick call in the Program Hall each day. An adult unit leader must accompany a youth member to sick call. Contact the Swift Office for details concerning the times of sick call.

The Ranch Medical Director provides first aid treatment; the camp staff does not. Arrangements have been made with Parkland Hospital to accommodate cases needing attention beyond the scope of the Camp Medical Staff. However, the camp office must be notified if a youth member is being taken to a hospital, so that arrangements can be made for his or her admission. Parents of Scouts are responsible for the cost of any treatment that cannot be done in camp. Non-emergency transportation of a youth member or adult to a hospital is the responsibility of the unit. In case of an emergency, transportation will be provided by the local authorities. The adult leader or the parents of the youth member are responsible for any costs incurred for emergency transportation.

## ***CAMP SAFETY PROCEDURES***

- The buddy system should be used at all times.
- Fires should be put out when leaving your campsite. No fire should be left unattended. Fire Orders and Severe Weather Procedures are posted in each campsite and should be reviewed with the entire membership of the troop. Unit leaders need to appoint a fire marshal for their troop and review the responsibilities of that position with the selected youth member.
- Scouts are not to be transported in the cargo section of trucks.
- All buildings are smoke free. Smokers, please smoke outside in a safe manner away from youth members. It is unacceptable for anyone younger than age 18 to use tobacco products at camp.
- Shoes, boots, sandals, or appropriate footwear should be worn at all times while walking around camp.
- The camp setting offers a great opportunity to observe plant and animal wildlife in their natural surroundings. Please inform your Scouts and adults not to feed or try catching any wildlife. If there is a problem with any type of wildlife you should contact the Camp Office or Camp Staff Member immediately.
- Upon departure from camp, all youth members will leave with their unit leadership, parent, guardian, or an individual approved by the parent or guardian. When a youth member leaves camp with someone other than the above individual, written permission needs to be provided by the legal parent or guardian to the unit leadership. This process is intended to maintain accountability of all Scouts and provide for their safety.
- Camp staff under the guidance of their Camp Director will monitor the camp for unauthorized persons. All adult participants at Swift Base will wear a colored wristband which is provided during the check-in process. The central Ranch staff and the Camp Rangers will provide assistance. Any questions or concerns regarding unauthorized person will be referred to the Camp Director or the Ranch Director. Those persons found not to be official guests of S bar F Scout Ranch or registered campers will be asked to leave and escorted off the premises. Local law enforcement officers will be contacted in necessary. Any problems or safety concerns regarding unauthorized persons, needs to be referred to the Ranch Director or his designee.

## ***CAMPER ACCOUNTABILITY***

The following information should be shared with the unit before arriving at camp so that unit leadership and their youth members may clearly understand what course of action will be taken if camp rules are broken.

- The Scout Oath and Law are the rules in camp. They are all that are needed, and unit leadership is responsible for enforcing these rules and disciplining those youth members who break them.
- In the case of inter-unit conflicts or concerns, the unit leadership of the individual youth members involved is responsible for disciplining each of the individual Scouts.
- The camp administration, beginning with the Camp Director of any camp involved, is available and prepared to assist in establishing communication in the event of inter-unit concerns.

- If the camp administration determines further action is necessary from the unit leadership, they will request it. If it is not forthcoming, the chartered organization and/or the District Executive will be contacted.
- The camp administration reserves the right to take action, if necessary, including sending a youth or adult member home immediately who steals, vandalizes, possesses a controlled substance, or intentionally places himself/herself or another camper in danger of harm
- Hazing, “midnight raids,” or other such activities are not allowed at any time at camp. Such activities place campers at unnecessary risk of injury and may cause bigger problems to occur as a result of seemingly small rituals getting out of control.
- Youth members will be expected to be on their campsite by midnight. An adult leader or camp staff member must accompany any youth member who needs to be away from his campsite after midnight.
- Finally, it is expected that all youth members and adults camping at S bar F will live up to the principles and values of the Scout Oath and Law.

### ***EQUIPMENT***

All equipment needed for camping is provided at no additional cost. This is National Supply Service equipment. The equipment includes the following items: wall tents (two to three people), cots, 12’x16’ patrol fly, and picnic tables. The only equipment that Scouts and leaders must bring to camp is personal duffel. All other equipment is on the campsite waiting for your use. The campsites are equipped with a latrine, washstand, and shower. Youth members and leaders must not remove equipment from other campsites.

Troops may bring unit tentage if desired. Please inform the camp business office in advance if your troop will bring any such equipment so that we may avoid double handling of equipment.

### **RIFLES AND BOWS**

All of the equipment necessary for rifle shooting and archery will be provided by the camp. Do not bring personal equipment to camp.

### **WEEK NO. 1**

If you are attending camp the first week, June 15, you may want to take a gas-powered weed whip to knock down foliage on the fringes of your campsite.

### **COTS**

Our cots may not provide enough support for large leaders or leaders with bad backs. One of our leaders has suggested using a chaise lounge-style lawn chair that folds flat.

***VEHICLES IN CAMP***

All program and administration sites are within walking distance of each unit's campsite. No access roads to campsites are available by private vehicles. No vehicles are allowed on the Swift campsites. Ample parking areas are provided in the central area and all vehicles, including campers must be parked there. When parking your vehicle, do not block any gate, chain, or road. Any vehicle blocking a chain, road, or gate is subject to towing at the owner's expense. It is important to maintain access to all roads in case of an emergency. Restricted roads will be for use of the authorized and camp vehicles only.

No passengers should be transported in the cargo section of trucks.

Only adults older than 21 are allowed to drive while in camp.

It is expected that if a youth member drives a vehicle to camp, it will remain the parking lot until the individual departs for home. Youth members are expected to remain at Swift and not be running into town or to one of the Boy Scout camps. A youth member will be asked to leave camp if the Camp Director has a concern with that youth member's whereabouts.

***TROOP SIGNS***

Directional signs made out of cardboard or paper trash up the camp. Please do not use them. You may instead want to photocopy and distribute to your members or the parents of your Scouts the camp map from this manual.

***DAD & LAD WEEKENDS***

The Camping Service of the Greater St. Louis Area Council will conduct Dad & Lad Weekends at the S bar F Scout Ranch. This program enables Cub Scouts and their dads to enjoy a well planned program under the direction of a qualified staff. The weekends are as follows at Swift.

June 28-29

July 12-13

Check-in time is 1:00 p.m. on Saturday, and check-out is 11:30 a.m. on Sunday. Due to the nature of the program and lack of experience, tents are left standing for the Cub Scouts and their dads.

**RECOMMENDED ITEMS FOR TROOPS TO TAKE TO CAMP**

1. Lawn chairs for leaders.
2. Badminton or wiffle ball game for campsite.
3. First aid kit — include sunscreen and after-burn lotion such as aloe.
4. Water cooler.
5. Large battery-operated clock.
6. Cooler for ice, extra foodstuffs, and medicine storage — varmint proof.
7. Wax fire starters and newspapers.
8. Coffee, tea, and creamer.
9. Hose and nozzle.
10. Duct tape — lots of uses.
11. Clothesline and clothes pins.
12. Binders twine.
13. Sealable drywall buckets are great for tinder, “smellables” storage, or as a clothes washer.
14. Soft soap and dispenser for wash basin.
15. Dutch oven.
16. Citronella candle.
17. Large trash bags.
18. Cobbler mixings, peanut butter, etc.
19. Hand ax and bow saw.

**PERSONAL EQUIPMENT LIST FOR SUMMER CAMP AT SWIFT BASE**

1. Summer camp physical completed and signed by licensed medical personnel
2. Medications with directions — give to your unit leader for safekeeping at camp
3. Duffle bag or pack
4. Scout uniform
5. Sturdy shoes or boots suitable for hiking
6. Sandals
7. Work gloves
8. Ball glove
9. Cap or hat
10. Raincoat or poncho
11. Sweatshirt or jacket
12. Work gloves
13. Underwear
14. Socks (at least 1 pair for hiking), including Scout socks
15. Camp T-shirts
16. Handkerchiefs
17. Pajamas or sleeping attire
18. Extra changes of clothing
19. Blue jeans for Low Ropes Course and horseback riding
20. Ziploc bags to keep clothing items dry
21. Swim suit (pack on top of duffel)
22. Towels (pack on top of duffel)
23. Washcloth
24. Toothbrush and paste
25. Hand soap in container
26. Shampoo
27. Brush or comb
28. Sunscreen
29. Insect repellent (non aerosol only — see note below)
30. Personal first aid kit
31. Wristwatch
32. Flashlight and batteries
33. Pocketknife
34. Pen, pencil, and paper
35. Sleeping bag or blankets & sheets
36. Pillow (if desired)
37. Canteen or water bottle
38. Camp stool
39. Bible or prayer book
40. Spending money
41. Camera with extra film (disposable recommended)

**NOTES:**

- **Items not recommended** are electronic devices (game boys, radios, cell phones), items of value, extra food that might attract animals.
- **Items prohibited** are firearms or ammunition, alcohol, fireworks.
- Mark all of your equipment and clothing with your name.
- If you bring insect repellent, bring lotion as bug spray removes the waterproofing from canvas tents.
- A Scout is welcome in camp, whether or not he or she owns a Scout uniform.

## PROGRAM

### ***IN GENERAL***

Camp is probably the greatest experience that the troop will have during the year. You'll get tremendous satisfaction out of seeing the following:

- Each Scout has fun in the great outdoors.
- Each troop leader becomes more responsible.
- Each troop functions as a team.

Your troop will improve as a result of camp. The opportunity to get to know and understand your Scouts will never be better. Get your troop's summer camp program ready by taking these simple steps:

- Set your goals.
- Find out what the Scouts want!
- Involve the PLC.
- Outline your program.

### ***PROGRAM SUPPORT***

The camp program and the scheduling of the troop's part in the camp program are the responsibility of the Camp Director and the Camp Staff. The primary responsibility of the Camp Staff is to see that each unit has a great camping experience. The daily or weekly schedule is not the program — it is a tool for planning and the administration of the program. It is a timetable for certain formal activities and a checklist of opportunities.

Adventure is one of our goals, and it is not found at exactly 9:30 a.m. or 4:15 p.m. It often just happens, or results from, other activities. You will have planned activities, and the camp will have planned special events. Both of these should be and will be placed on the schedule, but things may happen that are not on the schedule and yet will be program.

### **PROGRAM DIRECTOR**

The Program Director will help you plan your troop's schedule. He will assist you in developing and carrying out a full and balanced camping program. If you need help with a hike, rock climbing, mountain biking, or Ranger Award, please see the Program Director.

### **PROGRAM COUNSELORS**

The Program Counselor will come to your campsite daily to visit with the Scouts, review the camp program, or address concerns. They will assist with check-in and check-out.

## **ACTIVITIES**

**Aquatics** — Includes swimming, tubing, canoeing, rowing, sailing, kayaking, Huck’s Cove, water-skiing, and instruction in all of these areas.

**Sports** — Includes archery, basketball, fishing, football, horseback riding, horseshoes, shotgun shooting, rifle shooting, soccer, volleyball, and beach volleyball.

**Indoor activities** — Includes card games, checkers, chess, music, various board games, listening to music, movies, and dancing.

**Outdoor high-adventure activities** — Hiking, backpacking, mountain biking, nature, rock climbing, rappelling, camp wide games, and ropes course. Campers going mountain biking, rock climbing, and rappelling must use camp equipment and the methods prescribed by the Swift staff.

## **ACTIVITY SCHEDULING**

Your Program Counselor will explain and conduct the scheduling during Sunday check-in.

All of the daytime activities, except water-skiing, run for three-hour blocks of time. This includes rappelling, rock climbing, high-challenge and low-challenge courses, and horseback riding. These four activities are scheduled from 9:00 a.m. to noon. Water-skiing and tubing are scheduled three people per hour per boat from 9:00 a.m. to noon.

**NOTE:** For each of the daytime activities except water-skiing and tubing, a leader should participate or attend with the unit. Leaders who are certified in Rocks or Challenge Courses are more than welcome to assist with these programs. Interested leaders should contact the Program Director.

## **WHERE TO MEET**

**Rappelling, rock climbing, and high- and low-challenge courses** — Meet at 8:45 a.m. under the Swift Pavilion. Campers should bring water and recommend clothing is closed-toe tie-able shoe. Low-ropes course participants are required to wear long pants and bring a long-sleeved shirt. Please keep all jewelry and wallets on a campsite with a leader or locked in a vehicle.

**Horseback riding** — Meet at 8:45 a.m. at the corral gate. Individuals will need to wear long pants, preferably blue jeans, and closed-toe tie-able shoe. No hats.

**Water-skiing and tubing** — Meet 15 minutes before your scheduled hour at the aquatics area. Report to the Aquatics Director.

**All unscheduled activities, such as rifle shooting, archery, and sailing** — Show up at any time during scheduled open hours.

## ***SCHEDULED CAMP PROGRAM***

Your troop is a vital part of the camp community. Certain activities, such as campfires, religious worship services, flag ceremonies, etc., are set for the entire camp community. Your troop will want to use the opportunity to participate in these activities:

### **FLAG CEREMONIES**

Flag raising is held at 7:55 a.m. and a retreat ceremony at 6:25 p.m. daily at the Swift Lodge flagpoles. Scouts who have uniforms should wear them to the evening retreat ceremony.

### **REST PERIOD**

Following lunch is a rest hour from 1:00 to 2:00 p.m. This a good time for napping, writing postcards, or just stretching out and gazing at the sky.

### **CAMPWIDE ACTIVITIES**

- **Opening Campfires:** The Opening Campfire is held in the Council Ring on Sunday night. Assemble at the Swift Lodge flagpoles at 8:15 p.m.
- **Archery & Rifle:** Contests in these areas are held for the best archer and marksman, and awards for winners are presented at the Closing Campfire. Check with your Program Director or the Field Sports Director on when these contests will occur. Information will be posted at the ranges and in Swift Lodge.
- **A camp-wide activity** is held on Monday evening. Meet at the Swift Lodge flagpoles. Details will be posted in Swift Lodge.
- **Huck's Cove:** The entire camp has the opportunity to use Huck's Cove on Tuesday evening. Supper will be served at Huck's Cove.
- **OA Call-out Ceremony:** On Thursday evening your troop will participate in the Order of the Arrow Call-out ceremony. You will be assigned to go to one of the Scout camps for the Call-out and Pre-Ordeal ceremonies.
- **A Closing Campfire** is held on Friday night at the Council Ring. Assemble at the Swift Lodge flagpoles at 8:15 p.m. Songs, skits, awards, and recognitions are the highlights of the Closing Campfire.

### **FIELD SPORTS**

The Field Sports Area is open Monday through Friday for recreational periods various times throughout the week.

Shotguns are available for use at a cost of \$5.00 per shooting period.

### **HIKING AND OUTPOST CAMPING**

Trails are available for Scouts to hike at the 5,200-acre S bar F Scout Ranch. You may spend a night away from the camp and hike back the next morning. A morning or afternoon hike to Castle Rock is recommended. Please consult with the Program Director before taking a hike. Proper adult leadership is required with any hike.

### **ADULT LEADER TRAINING**

Unit leaders will have the opportunity to participate in several adult leader training programs while at Swift.

- **Pressurized Fuel Training** for adults is held on the porch of the lodge at 2:00 p.m. on Monday. Please bring your equipment with you to the training.
- **Youth Protection Training** is held on Tuesdays at 2:00 p.m. in the lodge.
- **Trek Safely Training** is held at 9:00 a.m. on Wednesday in the Lodge. A listing of high-adventure information will be distributed at the training.
- **Safe Swim and Safety Afloat** instruction is held in the Aquatics Area on Wednesday at 10:30 a.m.

### **HORSE CAMP**

The 2008 long-term horse program is a seven-day, adventure-filled experience. Features include horseback riding, swimming, skeet shooting, water slides at Huck's Cove, rappelling, kayaking, canoeing, campfires, and much more. A horse show will be the grand finale on the seventh day. To be a part of this exciting program, you must be a registered Venturer or Explorer and 14 years of age by June 1, 2008. The dates for the Horse Camp are June 1 through June 7, 2008. Maximum number of participants is 40. The cost is \$195.00, which includes meals, lodging, and program materials. A nonrefundable reservation fee of \$25.00 will hold your spot. All fees must be paid in full by May 1, 2008. Leadership is provided by the Council Trail Guide Committee. A registration form is in Forms section of this guide.

### **MEETINGS**

Meetings for Senior Patrol Leaders and Scoutmasters will be held several times during the week to provide program and scheduling information. The meetings will be held at the Swift pavilion.

- Sunday                    5:00 p.m.
- Tuesday                 11:30 a.m.

**TROOP PROGRAM**

In addition to the many opportunities already outlined here, there are activities that the troop can develop into their program. Some ideas are:

- Daybreak Hike or Fishing Outing
- Horseshoe or Basketball Contest
- Barbeque
- Venture of the Day
- Troop Scavenger/Treasure Hunt
- The Sky's the Limit at Camp!

Finally, there are many good programs that are not mentioned here because we haven't thought of them yet! But if your troop does, you can plan and carry them out.

*Seems like there's just too much to do in one week?*

*That's the way we like it — to keep your Scouts and you coming back year after year!*

## AQUATIC SAFETY AND FUN

The Camping Committee has set the following procedures in concert with our National Boy Scouts of America policies, recognizing our responsibility to parents and leaders for their sons, daughters, Scouts, Venturers, and Explorers.

Although most of these procedures and rules fall under the “common sense” category, it is important that all acknowledge and understand them. The Camp Director, through his Aquatic Director, will be the final authority in any question of safety, policy, or procedure.

Please keep valuables – jewelry, wallets, cameras, etc. – at your campsite during your swim times.

Scouts and adults should use sun block and wear shirts at the waterfront to avoid sunburns.

Inappropriate swimming attire is unacceptable.

In order to swim, each camper must submit a physical examination record and evidence of swimming ability through testing by qualified examiners. Campers will be qualified according to their swimming ability as Swimmers, Beginners, or Learners.

**Learners** — No test

**Beginners** — Swim 50 feet as follows: Jump feet first into water over your head, come to the surface, level off, swim 25 feet, turn sharply, and return to the starting point.

**Swimmers** — Swim 100 yards as follows: Enter water feet first, swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; swim 25 yards on the back, using a resting stroke; rest by floating or if non buoyant, with just enough motion to stay afloat.

The Aquatics Director should be given special notice of campers who are not able to swim well.

### **PROGRAM**

- Troops will be able to swim each day.
- Troop leaders will have the opportunity for instruction in the Safe Swim Defense Plan and Safety Afloat on Wednesday at 10:30 a.m. at the Aquatics Area.
- Recreational canoeing, kayaking, sailing, and rowing are available. Times will be posted in the Aquatics Area.
- BSA Lifeguard — The Aquatics Director will offer instruction for the BSA Lifeguard certification at designated times. BSA Lifeguard instruction is open to leaders as well

as Scouts. Earning BSA Lifeguard takes personal initiative and a large amount of time. Daily minimum is one hour giving instruction; one hour guarding; one hour receiving instruction. A BSA Lifeguard application can be found in this guide.

- Huck’s Cove — Huck’s Cove consists of two water slides, a zip line, rope swings, and more. Learners and Beginners are welcome but restricted to shallow areas. Beginners may slide wearing life jackets. Leaders must assist as guards at Huck’s Cove.

### **BOATING, CANOEING, ROWING, AND SAILING**

- Waterfront activities on Nims Lake will take place in authorized areas under the strict supervision of the Aquatics Staff. Anyone violating this rule may be dismissed from camp immediately. Wading outside the swim areas is not permitted.
- The Buddy Plan will be in use at all times, including boating.
- The use of any watercraft is restricted to daylight hours from one-half hour before sunrise to one-half hour after sunset.
- Coast Guard-approved personal flotation device (PFD) for each person aboard a watercraft will be worn at all times except in closely supervised situations as determined by the Aquatics Director.
- Craft are to remain within sight of the waterfront area in the area designated by the Aquatics Director except when under staff escort for special programs.
- In the event of any swamping or capsizing, campers should remain with the craft, which will float, and not attempt to swim to shore or another craft.
- Always check in and out through the Boating Buddy Board.

### **WHO MAY BOAT**

- Only qualified Swimmers may use the rowboats, canoes, or power boats for waterskiing and tubing. According to National Council policy, Beginners or Learners are not permitted in these types of crafts.
- There should be at least two but no more than three campers in a craft.
- Leaders bringing their own craft — sailboat, canoe, rowboat, or fishing boat — to camp must have the approval of the Camp Director, have the craft checked by the Aquatics Director, and follow the procedures as outlined in the policy of the council. Electric trolling motors are permitted; no other motors are allowed. Private craft must be docked at the camp boating area and must abide by all council boating regulations.

The following are not permitted in the aquatics or boating areas:

- Running or horseplay
- Sitting or walking on beached craft
- Food, drink, or any type of glass container
- Standing up in the craft except sculling practice for BSA Lifeguard
- Changing positions in a craft offshore
- Ramming, splashing, or capsizing

### **FISHERMEN**

Wading is not permitted. Do not fish near any swim area including Huck’s Cove. When you lose a lure, a person’s foot generally finds it!

#### **General Information**

- Anyone between the ages of 16 and 65 must hold a current Missouri Fishing License.
- Live minnows may not be used in the lake at any time.
- Fishing is not permitted in any waterfront, Huck’s Cove, or boating area. Lines should not be cast toward swimming area ropes, mile swim lines, or any type of floating device anchored for marking safety or direction.

#### **Rules Regarding the Use of Camp Boats By Adults for Fishing**

- Rowboats may be used, canoes as available. Required minimum of two craft and minimum two Scouters.
- Hours for the use of the boats by adults are 5:30 to 7:45 a.m. and 7:30 to 8:30 p.m.
- The craft are not to be taken out under adverse weather conditions.
- The camp boating regulations apply at all times except where they conflict with this policy.
- Craft must be left clean, oars and PFDs returned as instructed, and all trash removed from the area.
- The Aquatics Director must be informed when the craft are used for fishing purposes.

Personal craft are subject to these same rules. Personal craft may be used from 5:30 a.m. to 8:30 p.m. The Aquatics Director must be informed of when a personal craft will be out on the water.

## FOOD SERVICE

### ***GENERAL INFORMATION***

The camp fee includes 17 meals. They are served cafeteria style in the Swift Lodge. The schedule for meals is as follows:

Breakfast	8:00 a.m.
Lunch	12:30 p.m.
Supper	6:30 p.m.

Please meet at the Swift Lodge flagpoles five minutes before each meal. Food will not be available other than established meal times. Campers are asked to help with food serving and clean-up. Specific assignments for each unit will be made and posted in the lodge on Monday morning. Each unit will work service troop for three meals, reporting to the dining hall one-half hour before each meal and at 11:00 p.m. to help close the lodge.

### ***EXTRA MEALS***

Meals for additional leaders can be obtained at Swift, providing 24-hour notice is given to the camp and Ranch office. Costs are \$4.00 for breakfast, \$4.00 for lunch, and \$5.00 for supper.

### ***GARBAGE AND TRASH DISPOSAL***

Trash bags are provided for transporting garbage to the disposal area located adjacent to the Swift Lodge. Garbage should be disposed of on a regular basis.

### ***EATING EQUIPMENT***

Plates, cups, and silverware are furnished at each meal.

### ***ICE***

Ice will be available for purchase from the trading post.

### ***SPECIAL DIETS***

Occasionally, an individual may have varying dietary needs for religious, personal, or health reasons. The camp menu listed on the following page will assist unit leaders in planning for that individual's needs.

**Note:** It is the responsibility of the individual and unit to bring any necessary supplements to the menu.

### ***USDA SUMMER MILK PROGRAM***

Greater St. Louis Area Council–BSA camps participate in the USDA Summer Milk Program and the USDA Surplus Commodities Program through the Missouri Division of Family Service. Program benefits and services are available to all children without regard to race, color, sex, handicap, age, or national origin. If you feel you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, DC 20250.”

**2010 TENTATIVE MENU**  
**SWIFT BASE**

**BREAKFAST****Monday**

Oranges  
Fruit Loops with Milk  
Scrambled Eggs  
Bacon  
Bread & Butter  
Jelly

**Tuesday**

Juice  
Apple Cinnamon Toasted Oats  
with Milk  
French Toast  
Sausage Links  
Syrup  
Butter

**Wednesday**

Juice  
Peaches  
Buttermilk pancakes with syrup  
Sausage links  
Milk

**Thursday**

Juice  
Cereal  
Pop tarts  
Bagels  
Fruit salad  
Milk

**Friday**

Cereal  
Scrambled eggs  
Diced bacon  
Bread and butter  
Milk

**Saturday**

Juice  
Frosted Flakes with Milk  
Bagel and sweet Rolls

**LUNCH**

Cold Cuts & Cheese  
Potato Chips  
Lettuce & Tomatoes  
Hoagie Sandwich Bread  
Mustard-Mayo  
Nutty Bar  
Punch

Roast Beef Sandwich  
Tater tots  
Catsup & Mustard  
Potato Salad  
Cookies  
Pink Lemonade

Beef tacos  
Lettuce & Tomatoes  
Nacho Chips  
Applesauce  
Donut stix  
Punch

Hot ham and cheese croissants  
Tater tots  
Oranges  
Brownies  
Cherry drink

Chicken patty on bun  
Cheese  
Chips  
Pasta salad  
Cookies  
Punch

**DINNER**

Roast Turkey with dressing  
Mashed potatoes with gravy  
Buttered carrots  
Bread and butter  
Cake  
Chocolate milk

Hamburger  
Lettuce, tomato, onions  
Catsup & Mustard  
Chips  
Cookies  
Kool-Aid

Sirloin steak  
Hash browns  
Baked beans  
Bread and butter  
Chocolate pudding  
Chocolate milk

Mostaccoli and meat sauce  
Green beans  
Salad  
Garlic toast  
Ice cream  
Milk

BBQ pork steaks  
Buttered corn  
Salad  
French bread  
Cake  
Chocolate Milk

For its nutritional value, we substitute turkey meat products where possible.

## GRACE AT MEALS IN CAMPS

The graces listed below are only suggestions. Scouts may use them, or the grace they say at home.

### Morning Graces

1. Gracious Giver of all good, Thee we thank for rest and food. Grant that all we do or say, in Thy service be this day.
2. Our Father, we thank Thee, for this new day and for Thy loving care. Help us to be mindful of Thee in these happy, sunlit hours.
3. Heavenly Father, we thank Thee for Thy care through the night and for this new day. Guide us by Thy spirit, and at the close of this day may we not be ashamed before Thee.

### Noon Graces

1. Father, for this noonday meal, we would speak the praise we feel. Health and strength we have from Thee, help us Lord to faithful be.
2. Heavenly Father, help us to see the beautiful things in earth and sky which be tokens of Thy love. Walk with us in the days we spend together here. May the food we eat and all thy blessing help us to better serve Thee.
3. Our Father in Heaven, as the day leads on, let us not forget our obligation to honor and serve Thee. We thank Thee for these gifts of Thy bounty. Bless them to our use and our lives to Thy service.

### Evening Graces

1. Tireless Guardian on our way, Thou hast kept us well this day. While we thank Thee, we request care continued, pardon, and rest.
2. Heavenly Father, we thank Thee for this day and for Thy presence in it. Forgive us if we have not made it a better day and help us to be tomorrow what we failed to be today.
3. Our Father God, we thank Thee for this evening meal. As Thou hast been mindful of us, so help us to be mindful of Thee, that we may know and do Thy will.
4. Our Father in Heaven, Thou hast given us all things richly to enjoy. We bring our thanks to Thee at this evening meal. Bless us as we partake of this food, and keep us mindful of the needs of others.

### Graces suitable for any meal

1. For health and strength and daily food, we give Thee thanks, O Lord.
2. For this and all Thy mercies, Lord, make us duly grateful.
3. For food and health and friendship, we give Thee thanks, O Lord.
4. We thank Thee, our heavenly Father, for this food. Bless us as we partake of it that it may strengthen us for Thy service.

### Scout Benediction

May the Great Master of all Scouts be with us 'til we meet again, Amen.

## **S bar F Ranch Grace**

For the gifts of food and freedom  
And hills to roam  
For crimson sunsets  
For the earth, our home  
For the stars at night  
And gentle wind in trees  
Thank you, Great Spirit,  
For all of these.  
- Amen

## **Camp Lewallen Grace**

Beneath the stars above Logan,  
by the river as it winds,  
Looking over old Potashnik,  
and sheltered by the towering pines,  
We thank you Lord for these blessings –  
this food, this fellowship, and this day.  
And ask your continued grace and mercy  
as we carry on the Scouting way.

## **Philmont Grace**

For food, for raiment,  
For life, for opportunity,  
For friendship and fellowship,  
We thank Thee, O Lord.  
- Amen

## **Florida Sea Base - The Keys Blessing**

Bless the creatures of the sea,  
Bless this person I call me.  
Bless the Keys you made so grand,  
Bless the sun that warms the land.  
Bless the fellow-ship we feel,  
As we gather for this meal.  
- Amen.

## **Northern Tier Wilderness Grace**

For food, for raiment,  
For life and opportunity,  
For sun and rain,  
For water and portage trails,  
For friendship and fellowship,  
We thank Thee, O Lord.  
- Amen.

## SWIFT BASE CAMP CHECK-IN PROCEDURE

**SPECIAL NOTE:** A camp staff member will be present to work with you and your unit to plan the layout of the campsite.

- A. **CHECK-IN:** Check-in time is between 1:00 and 2:30 p.m. on Sunday. Please make every effort to arrive during this period. The first meal served is the Sunday evening meal.
- B. **REPORT TO THE SWIFT LODGE** where we will direct you to your campsite. Please have the following information ready when you arrive at the Swift Lodge:
1. Camp roster with names, addresses, ages, and phone numbers.
  2. All receipts for camp fees paid at Council Office.  
A Program Counselor will meet you on your campsite.
- C. **MEDICAL RECHECKS:** A medical recheck will be given to every youth member and adult staying in camp. The medical recheck will be conducted on the campsite by your Program Counselor.
- D. **SWIM QUALIFICATION AND WATERFRONT ORIENTATION:** After going to your campsite to change clothes, your unit will report to the waterfront for swim qualification. Everyone wears a swimsuit and shoes. Please leave valuables back at your campsite.
- E. **CAMPSITE:** Following swim qualification, your unit will want to go back to your site and check these:
- \_\_\_\_\_ TENTS IN ORDER
  - \_\_\_\_\_ BEDS MADE
  - \_\_\_\_\_ SITE IN ORDER
  - \_\_\_\_\_ CHECK EQUIPMENT FOR  
DAMAGES
  - \_\_\_\_\_ EQUIPMENT NEEDS SECURED  
FROM THE CAMP SUPPLY  
ROOM.
- F. **ENJOY THE CAMP:** Once everything is set up on your site – come down to the lodge to checkout sports equipment or explore Swift.
- G. **RETREAT:** On Sunday evening, at 6:25 p.m., the entire camp will attend flag lowering in uniform.

Greater St. Louis Area Council

Boy Scouts of America

## **CAMPING SERVICE**

### **SUNDAY SCHEDULE – SWIFT EXPLORER BASE**

- 1:30 – 2:30 p.m.      Check-in at Swift Lodge for unit leaders
1.      Advisors check-in with Business Manager - please have: unit roster, receipts – fees due and medical forms.
- 1:30 – 3:00 p.m.      1.      Take gear to site.
2.      Check-in with program counselor on campsite.
  3.      Medical re-check – on your campsite – all members of unit in swimming suits.
  4.      Swim tests
- 5:00 p.m.              Senior Patrol Leader and Scoutmaster meeting in front of lodge
- 6:25 p.m.              Retreat – announcements – troop in uniform please
- Dinner
- 8:15 p.m.              Opening campfire – meet at flagpoles
- Lodge and trading post opens after campfire
- 11:00 p.m.             Lodge closes
- 12:00 midnight        CURFEW – all campers on their own campsite

Greater St. Louis Area Council

Boy Scouts of America

**SWIFT BASE  
CAMP CHECK-OUT SHEET**

Crew, Post, Troop No. \_\_\_\_\_ Campsite \_\_\_\_\_  
Saturday is checkout day. We hope you've enjoyed your week. To help get your unit on its way, please help us by completing the following checkout by 10:30 a.m.

1. Wait until you Program Counselor arrives at your campsite before you take down any equipment.

\_\_\_\_\_ Stack duffel, sleeping bags, etc., in a central location.

\_\_\_\_\_ Clean up your campsite thoroughly. Put all trash in the garbage bags and bring to the garbage dumpster behind the lodge.

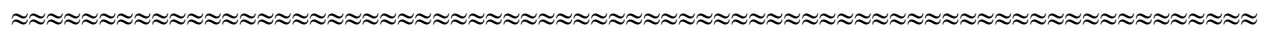
\_\_\_\_\_ Take down any equipment designated by your Program Counselor.

\_\_\_\_\_ Be sure your latrine is as clean as you would like to find it if you were coming into camp even if it was not clean when you came into camp.

When all this has been done, the Program Director or Camp Director will check your campsite.

Signed \_\_\_\_\_

Program Director or Camp Director



2. This is your last step. Item 1 must have been completed before this step can be taken. Bring this form to the camp office and complete the checkout procedure.

\_\_\_\_\_ All damages paid

\_\_\_\_\_ Medical exam forms picked up

\_\_\_\_\_ Lost and found articles reclaimed

\_\_\_\_\_ Mail picked up

\_\_\_\_\_ Appraisal turned in

\_\_\_\_\_ Buddy tags picked up

THANK YOU, AND WE WILL BE LOOKING FOR YOU IN CAMP NEXT YEAR!

\_\_\_\_\_  
Business Manager

\_\_\_\_\_  
Leader

Greater St. Louis Area Council

Boy Scouts of America

### SWIFT SUPERSTAR EMBLEM

Camper or Leader \_\_\_\_\_ Unit No. \_\_\_\_\_

1. Participate in any 4 evening camp activities.

ACTIVITY	LEADER'S SIGNATURE
Sunday _____	_____
Monday _____	_____
Tuesday _____	_____
Wednesday _____	_____
Thursday _____	_____
Friday _____	_____

2. Complete an approved project to benefit Swift Base. \_\_\_\_\_

3. Complete 7 of the following:

STAFF SIGNATURE

- |   |       |
|---|-------|
| A. Go rappelling and tie harness properly           | _____ |
| B. Go rock climbing and tie harness properly        | _____ |
| C. Participate in the low ropes course              | _____ |
| D. Participate in the high ropes course             | _____ |
| E. Go horseback riding and show proper saddling     | _____ |
| F. Shoot a score of 25 at the rifle range           | _____ |
| G. Score a 20 at the archery range                  | _____ |
| H. Go water skiing or tubing                        | _____ |
| I. Take out a sailboat and follow proper procedures | _____ |
| J. Participate at Huck's Cove                       | _____ |
| K. Complete a craft project                         | _____ |
| L. Kayak, canoe, or rowboat                         | _____ |

When complete, turn in your card at the camp store and pay the emblem fee.

Greater St. Louis Area Council

Boy Scouts of America

**APPLICATION FOR JOHN S. SWIFT BASE CAMPING AWARD**

Crew, Post, or Troop \_\_\_\_\_ Cluster, District, or Area \_\_\_\_\_

Week \_\_\_\_\_ Campsite \_\_\_\_\_

Our unit has earned the John S. Swift Base Camping Award by satisfying all of the following requirements:

- \_\_\_\_\_ 1. At least 25% of our members earned the Superstar Award.
- \_\_\_\_\_ 2. Our unit participated in at least 4 out of the 6 daytime activities - horseback riding, high ropes course, low ropes course, rock climbing, rappelling, and water-skiing.
- \_\_\_\_\_ 3. At least 60% of our membership attended 4 of the 6 evening programs.
- \_\_\_\_\_ 4. Our unit went to Huck’s Cove.
- \_\_\_\_\_ 5. Our unit participated in the closing campfire.
- \_\_\_\_\_ 6. Our unit did an approved service project while in camp in addition to the service project for the Superstar Award.

Describe: \_\_\_\_\_  
\_\_\_\_\_

Signed: \_\_\_\_\_  
Crew or Post President or Senior Patrol Leader

Signed: \_\_\_\_\_  
Advisor or Scoutmaster

---

**FOR OFFICE USE ONLY**

Award was made on \_\_\_\_\_  
Date

Signed \_\_\_\_\_  
Camp Director



**PARENTS INFORMATION SHEET**  
**2009 Summer Camp**  
**S bar F Scout Ranch**

Troop\_\_\_\_\_ will be in camp the week of \_\_\_\_\_.

We are on \_\_\_\_\_ campsite at Swift Base.

The emergency phone number is **573-756-5738**.

This phone number is for emergencies or leaving messages. If you need to contact a Scout or Scouter in an emergency, leave a message for him to return a call. It would be difficult for us to locate him while you waited on the phone. Although our emergency phone is manned 24 hours a day, when possible please refrain from calling between the hours of 10:00 p.m. and 8:00 a.m.

The mailing address for the troop: Scout's name, Troop\_\_\_\_\_  
Swift Base, Campsite\_\_\_\_\_  
S bar F Scout Ranch  
Knob Lick, MO 63651

**Parent's Night**  
**Thursday Evening**

You are invited to visit camp on Thursday night. You may tour the campsite and attend the Order of the Arrow ceremony.

Please do not arrive before 5:00 p.m. Bring a lawn chair and a flashlight. If you would like to bring a picnic dinner, you may do so. Our Scouts will be having a picnic-style dinner on the campsite at 6:30 p.m. The trading post will be open to purchase snacks or merchandise.

No pets or alcoholic beverages are permitted in camp.

You should bring an insect repellent.

**Please note:** You will be attending a camp facility, so be prepared to do some walking. We recommend you wear good walking shoes, not sandals. Parking is permitted in designated areas only.

Greater St. Louis Area Council

Boy Scouts of America

**CAMP ROSTER**

EVENT \_\_\_\_\_ DATES: FROM \_\_\_\_\_ TO \_\_\_\_\_

Camp \_\_\_\_\_ Site \_\_\_\_\_

Unit No. \_\_\_\_\_ District \_\_\_\_\_

*Please list Scouts by Patrols, Cubs by Dens:*

Name of Cub, Scout, or Explorer	Address	Phone	Rank	Gender	Age
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					
Adult Leaders (2 minimum)	Address	Phone	Pos.	Gender	Period in Camp

**SENIOR PATROL LEADER AND SCOUTMASTER  
INFORMATION SHEET**

This information should be conveyed to your troop:

\_\_\_\_\_Mark all personal gear with their name.

\_\_\_\_\_Bring water bottle.

\_\_\_\_\_No visitors allowed in camp.

\_\_\_\_\_No personal firearms or bows are allowed in camp.

\_\_\_\_\_Please stay out of program areas when they are closed.

\_\_\_\_\_Please stay away from staff quarters.

\_\_\_\_\_Curfew is 10:00 p.m. Be on your campsite at this time and quiet.

\_\_\_\_\_Report all accidents to the office.

\_\_\_\_\_No one under 21 is permitted to leave camp.

\_\_\_\_\_Pressurized fuel lanterns and stoves are allowed only through trained leaders.

\_\_\_\_\_Please do not spray insect repellent or other aerosols in the tents.

\_\_\_\_\_Missouri State fishing licenses are required if between the ages of 16 and 65.

\_\_\_\_\_Smoking is not permitted in or around the Swift Lodge or program areas. Smoking is permitted on a campsite around a fire ring. No smoking in tents. It is unacceptable for individuals under the age of 18 to be smoking at camp.

Please remember our four unacceptables: fireworks, alcoholic beverages, and drugs – nonprescription or prescription drugs used incorrectly.