

WHAT TO SEND TO CAMP

Your Scout will receive a list of items to pack from his Scoutmaster. Be sure to send enough clothes and shoes to get him through the week comfortably, but do not over-pack. Our Trading Post is available to provide sanitary items, refreshments, Merit Badge books, T-shirts, and some Scouting equipment. Your Scout should bring enough spending money to make it through the week. The amount that you send is up to you and the Scout. It is the responsibility of the Scout to be Thrifty with his money. This can be a learning experience for your son- try to treat it as such. Some Merit Badges, especially those offered in Handicraft, may incur a small fee. Ask your Scoutmaster for details.

THE FOLLOWING ITEMS SHOULD NOT BE SENT TO CAMP

Electronic Games, iPods, Radios, Computers, etc. -These items are generally expensive and sensitive to weather conditions. It is recommended that these items be left at home to avoid the potential damage or theft of the items. Some Troops have specific policies that prohibit these items on camping trips. The camp is not responsible for lost or stolen items.

Sheath Knives, Fireworks of any kind, Snuff or Tobacco, Cigarettes, Alcohol and Drugs- Possession of any of these items while in camp could result in your Scout being sent home from camp. Most are against the law for any minor to possess; the remainders are against Boy Scout and Camp Conestoga policy.

MEDICATION POLICY

Medication sent to camp will be kept locked in the Health Lodge. Exception to this policy is medication such as asthma inhalers, or bee sting allergy kits that need to be with the Scout. ***Boys are responsible for visiting the Health Lodge to take medication at the prescribed times.*** Please send only the amount of medication needed for the stay in camp. Include explicit instructions on dosage, times, etc. so that the medication is dispensed properly. It is the responsibility of the Scout to pick up any remaining medication at the end of the week. We are required to dispose of any medication left at camp at the end of each week.

A wide variety of over-the-counter pain relievers, antacids, cough drops, etc. are kept in the Health Lodge. It is not necessary or recommended that Scouts bring these items to camp.

PHYSICAL FORMS

Medical forms are available at the service center and in the Leader's Guide. It is your responsibility to make sure that your Scout has an up to date and complete medical form. Please send only a copy of your medical form. We will return the copy at the end of the week. BSA requires that each camper and adult bring a copy of a completed Medical form.#34605 Scouts coming to camp without a physical form will not be able to participate in any activities until one is produced. If one is not produced after 24 hours the Scout will be sent home.

Parent's Night Schedule

Parent's Night will be held on Wednesday Night.
The schedule for the evening is as follows:

<i>Dinner (Cafeteria Style)*</i>	<i>5:00-6:00 pm</i>
<i>Triathlon</i>	<i>6:00 pm</i>
<i>Parade of Flags</i>	<i>7:30 pm</i>
<i>OA Calling out Ceremony</i>	<i>7:45 pm</i>
<i>Campfire</i>	<i>Immediately following ceremony</i>

**Any family members who plans on eating dinner in the Dining Hall will be charged \$5.00 per person. These fees are payable Wednesday night at the door. No reservation is necessary.*

Parent's Night Parking Procedures

On Parents Night, all area gates will be attended by a Staff member to help direct you. Weather permitting, vehicles will be allowed to proceed to the campsite. Once vehicles are unloaded, the vehicle must return to one of the two parking areas.

Visitors with physical handicaps or disabilities must report to the camp office for a parking pass. This will allow them to leave their vehicle in the campsite area. Please use caution when driving in camp. Our roads are dirt and contain potholes.

Late Arrivals and Early Departures

Anyone -- Scout or Leader-- leaving camp must first check out at the camp office and check in upon return. Scouts are not permitted to leave without direct adult or staff supervision and the camp sign in/out book has been signed. This includes trips to the local store.

Leaders leaving for home during the week are also required to sign out before departing and sign back in upon return. A Scout is not to leave for home without his leader first clearing it with the Camp Director and the Scout's parents. Anyone arriving after the opening day of the week should immediately check in at the camp office. Early departure forms should be turned into the camp office when checking in on Sunday. Early Departure forms can be found in the Camping Forms section of this manual.

Valuables

The camp is not responsible for personal items. All valuables such as money, cameras, watches, etc. should be carefully stored in a locked receptacle furnished by the Scout or Scouter. If a Scout reports stolen items, in most cases they have just been misplaced. Even so, the Scout can check with lost and found in the camp office to see if the items have been found.

Lost and Found


This service is located at the camp office. All lost and found items should be reported there. Leaders are urged to have all Scouts label their belongings with their name and unit number. Remember, a Scout is Thrifty!

Mail

Mail arrives in camp once a day. Outgoing mail is picked up once a day. Outgoing mail should be brought to the camp office by 12 noon. Stamps, envelopes, and postcards are available at the Trading Post. Some thoughtful parents have made a practice of sending advance postcards to their children at camp so there will be a personalized “touch of home” when they arrive.

Parents are urged not to mention in their letters how much they miss their children, or that the dog and cat miss them. Instead parents should assure them that they know they’re going to have a great time and express enthusiasm for the camps’ activities. As an experienced Camp Director noted, “We don’t have any homesick kids, but we have homesick parents by the dozens....” Having that Scout in camp all week will be a major accomplishment for him.

Please address all mail to Scouts in the following fashion:

	<p>NAME TROOP # CAMP CONESTOGA 255 CONESTOGA CAMP RD. SOMERSET, PA 15501</p>
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Visitors

Visitors are welcome in camp, however, to ensure the safety of our charges, **ALL VISITORS MUST FIRST CHECK IN WITH THE CAMP OFFICE**. We need to rely on you, the Camp Leader to help enforce this policy. On Family Night, a roster of Parents attending will be sufficient notification. Please provide this roster by dinner.

Emergency Phone Number

A camp phone is available for business and emergency use only. If you must call camp, it will take some time to reach your son or spouse. We will take a message and have the call returned. The camp phone number is 814-445-2018

Camp Conestoga Health & Safety Guidelines

All Campers must abide by these standards as set forth by the Boy Scouts of America and State of Pennsylvania. *These rules and regulations are set forth to provide all Scouts with the safest environment possible.*

For Safety

1. Always hike with a buddy or buddies. Be sure to get permission from your leader. Inform him of your route and your estimated returning time.
2. Aquatic activities (swimming, canoeing, and boating) are conducted under adult supervision and following the minimum standards of the BSA.
3. No Scout leader or Scout leaves camp without checking out at the main office in Rohrbacher Lodge.
4. Shoes and socks are worn at all times to prevent cuts and bruises. No open toe shoes, sandals. Even if you are going to the pool, you must wear shoes and socks while walking there.
5. Fireworks are not permitted. (**PROHIBITED BY PENNSYLVANIA STATE LAW**)
6. Each troop makes a visual check for attendance at meals and at taps.
7. Determine the location of natural hazards.
8. Do not use liquid fuel to start fires. (“Boy Scout Water” is not an acceptable fire starter!)
9. Drink from an approved water supply; do not drink from springs as they may be contaminated.
10. No alcoholic beverages are permitted on camp property.
11. Keep the shower houses clean! Instances of graffiti or intentional destruction will NOT be tolerated. A shower house cleaning schedule will be established at the Senior Patrol Leader’s Meeting on Sunday evening.
12. Place garbage in proper area for pickup. (Do not bury garbage).
13. No pets allowed in camp.
14. No passengers transported in the cargo section of pickups or trucks. **NO EXCEPTIONS, YOUTH OR ADULTS.** Every passenger must have a seatbelt.

Camp Conestoga Health Lodge Procedures

All Troops must report to the Health Lodge with medications and health forms in hand.

All health forms must be:

- ✓ CURRENT
- ✓ SIGNED BY A PHYSICIAN
- ✓ UP TO DATE AND COMPLETE WITH CURRENT EMERGENCY PHONE NUMBERS HMO POLICY NUMBERS, ETC.

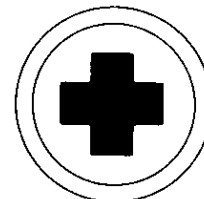
Medications

All medications must be turned into the Health Officer at check-in. Medication that must remain with the Scout i.e. inhalers, bee sting kits, etc must be shown to the Health Officer. These medications will remain in the Scouts possession. It is the responsibility of the Scout and the Scout Master to see that the Scout reports to the Health Lodge to receive his medication. IT IS NOT THE RESPONSIBILITY OF THE RESERVATION HEALTH OFFICER. **ALL MEDICATIONS LEFT AT CAMP WILL BE DISPOSED OF AFTER ALL TROOPS HAVE CHECKED OUT.**

Medical Requirements

Each Scout and Adult Leader attending camp must submit a medical form upon arrival during the medical check-in.

Be sure your troop number and campsite are on each Physical Form in the upper corner block!



**ANY PERSON COMING TO CAMP WITHOUT
A COMPLETED MEDICAL FORM WILL BE
SENT HOME!**

Once you have all physical forms completed, copy the original and **BRING ONLY THE PHOTOCOPY TO CAMP. THESE FORMS ARE REQUIRED TO BE KEPT ON FILE FOR THE WEEK AND WILL NOT BE RETURNED AT THE END OF THE WEEK!**

All Scouts must use Form #34605, which requires a medical examination by a licensed medical doctor once every three years. The form must include a doctor's signature.

All adults in camp are also required to have a physical. All Adults are required to have a yearly physical signed by a medical doctor and recorded on form #34605.

Rest

SLEEP can mean the difference between a great or poor week. Each person needs a certain number of hours each night to function properly the next day. The Scoutmaster should see that from 10:00 PM until 6:00 AM the camp is quiet to permit those who wish to sleep may do so.

Footwear

NO SANDALS, OPEN-TOED SHOES, OR BOAT SHOES ARE TO BE WORN IN CAMP. You may wear these types of shoes at the pool or in the shower house, but only in those areas. This does not include travel to and from those places. Any camper found wearing illegal footwear, will be sent back to his campsite to change.

Camp Conestoga is staffed 24 hours a day 7 days a week, by a fully certified medical officer, to render emergency care to anyone one in camp.



Camp Conestoga Daily Schedule

(please note: subject to change. Use supplement schedules for Sunday check-in, Wednesday Family Night, and Saturday check-out)

Reveille	6:45 am
Run for Your Life & Polar Bear Swim	7:00 am
(Waiter's Call)	7:35 am
Camp Wide Colors	7:50 am
Breakfast	8:00 am
Program Areas Open	9:00 am
Skill Summit #1	9:00- 9:50 am
Skill Summit #2	10:00-10:50 am
Skill Summit #3	11:00- 11:50 am
(Waiter's Call)	12:05 pm
Lunch	12:30 pm
Skill Summit #4	1:30-2:20 pm
Skill Summit #5	2:30- 3:20 pm
Skill Summit #6	3:30- 4:20 pm
Skill Summit #7	4:30- 5:20 pm
(Waiter's Call)	5:35 pm
Dinner	6:00 pm
Camp Wide Colors	6:45 pm
Evening Programs	7:30 pm
Program Areas Close	10:30 pm
Lights Out	11:00 pm

2010 Camp Conestoga Merit Badge Program

Camp Conestoga is a terrific place to participate in fun activities, learn new skills, and conquer amazing challenges, all the while earning rank advancements and Merit Badges! While Camp is so much more than Merit Badges, more than likely you'll be working to earn a few new Badges this summer, and this Guide is designed to help you understand all the ins and outs of the newly revamped Camp Conestoga Merit Badge "Skills Summit" Program.

Skill Summits

In 2010, "Skill Summits" have replaced the mundane and boring Merit Badge 'Sessions,' 'Classes,' and 'Periods' of years' past. Camp Conestoga is not school; we are a summer camp where Scouts can get outside and have fun!

Scouts can enroll in the Skill Summit corresponding to the Merit Badge they wish to explore more about and develop proficiency in. During the week, Scouts will have fun learning and working towards the requirements found in the Merit Badge Pamphlets.

- 🪵 All Merit Badge Skill Summits will run on a five day schedule. All Skill Summits will run 50 minutes in length, giving Scouts time to walk between Program Areas.
- 🪵 Environmental Science, Climbing, Canoeing, Rowing, Sailing, and Swimming Merit Badge Skill Summits take additional time for Scouts to complete. These Skill Summits fill 2 time slots (Climbing fills 3).
- 🪵 Some Merit Badges require Scouts to devote long hours to obtain needed scores and observations. Please review the "Merit Badge Outline" for additional details.
- 🪵 Hiking and Bird Study Merit Badges will be by appointment only. All Scouts wishing to participate in these Merit Badges should set up a time that is convenient for both the Area Director and the Scout.
- 🪵 Leaders who wish to independently offer an additional Merit Badge during their week at Camp should notify the Program Director at the Sunday Leaders Meeting.

Schedule Submission Prior to Camp

Scoutmasters must submit a tentative schedule of each Scouts' selected Merit Badge and/or Activity Skill Summits to the Council Service Center between May 19th and June 6th, 2009. Forms for this can be found in the "Camp Forms" section of this Leader's Guide.

Merit Badge Dean

Each Program Area is under the direction of a highly trained, nationally certified Area Director. However, when issues arise, the Program Director serves as the Merit Badge Dean while at Camp. Any and all questions concerning requirements, special needs exceptions, interpretation, and other questions involving official protocol should be brought to the attention of the Program Director. Ultimately, the current edition of the Boy Scout Requirements Book, Merit Badge pamphlets, and Boy Scout Handbook will serve to interpret uncertainty, along with the Camp Key 3 and Council Executive.

When outside of Camp during the "off-season," the Conestoga Staff is NOT permitted to sign any Merit Badge Applications (blue cards) unless recognized as Merit Badge Councilors in their local District. This includes all Instructors, Area Directors, and the Program Director.

Camp Conestoga Merit Badge FAQ

Merit Badges are the thrilling program centered activities Scouts look forward to each summer! In order to ensure each Scout has a fun time earning his Badges, here are a several Frequently Asked Questions about our Merit Badge Program at Camp Conestoga.

“How many badges should I choose?”

Each Scout that is not participating in the COPE or Pathfinder Program should choose 3 or 4 Merit Badges and be ready for the fun that ensues. Scouts *can* choose to partake in more than 4 Merit Badges, however it is not necessarily recommended.

“What do I do before Camp?”

All Scouts coming to camp should obtain a copy of the most current Merit Badge pamphlet for the merit badges in which he will be participating. All requirements are listed in these pamphlets. If no current editions of these pamphlets are available, he should then check the BOY SCOUT 2010 REQUIREMENT BOOK. This book will list the requirements, but it does not contain the specific information relating to each badge. It is the responsibility of the individual Scout to see that he comes into camp with all the necessary items that he might need to complete the badges of his choice (i.e.: extra money, special clothes, etc.).

“What is a Prerequisite?”

A prerequisite is a requirement for a Merit Badge that must be completed prior to the Scout arriving at camp. Simply put, if a Scout does not have the requirements for a prerequisite completed, the Scout will not receive the badge. Any person with questions concerning the prerequisites for specific Merit Badge should contact the Council Service Center, the Camp Program Director, or a local Merit Badge counselor.

“What is a partial?”

A partial is a badge that was not found to be successfully completed by the Scout. Once the Scout has arrived at camp, it will be his responsibility to attend the program sessions on a daily basis, and to complete all assignments as set forth by the program staff. All Scouts must participate actively during Merit Badge sessions. Partial badges never expire. That means that a Scout can either find a counselor at home, or return to camp next year and pick up right where he left off. All Merit Badge records are kept on file at camp until the end of the camping season. After the season has ended, all Merit Badge records can be obtained by contacting the Council Service Center.

“What is the Camp Conestoga ‘blue card’ Policy?”

All Scouts will be required to turn in a ‘blue card’ to their instructor on the first day of program. Please ensure all Scouts have a properly filled out ‘blue card’ including a signature from the Scoutmaster proving that the Scout has approval to participate in the program for that badge. All ‘blue cards’ are returned to the Scoutmaster following the Closing Campfire. Troops can obtain ‘blue cards’ at Camp by visiting the Camp Office.

Camp Conestoga Merit Badge Outline

The following is a list of all Merit Badges offered at Camp Conestoga. This list has been created in order to help the Scoutmaster and his Scout to properly choose the Merit Badges that are right for them. The Scoutmaster should use his discretion when allowing his Scouts to choose their Merit Badge; not all Merit Badges are suitable for all Scouts. All Scouts should be made aware of all prerequisites and comments before choosing his Merit Badge.

Difficulty Key

1 = "Easy" - These Merit Badges are better suited for first or second year scouts with some or little experience. Ages 11 - 12. Scouts will be able to earn this badge at camp with some simplicity.

2 = "Moderate" - These Merit Badges are geared more for First Class Scouts that have attended camp before. Ages 13-14. With proper preparation and enthusiasm, these badges are earned with ease.

3 = "Difficult" - These Merit Badges require Scouts to complete more difficult and complicated tasks and are often time consuming. Ages 14-15. Scouts must commit extra time to gain the full experience of the badge. The difficult Merit Badges are only appropriate for older Scouts with a few years of camping experience.

4 = "Challenging" - These Merit Badges are for the strongest and most experienced Scouts. Ages 16+. Some Scouts may not be able to complete the requirements during one week of camp without full dedication. The counselor may suggest a Scout is not ready to participate in this badge, with Scoutmaster approval.

5-P = "Prerequisite" - These Merit Badges require the Scout prepares and brings to camp all necessary and proper pre-required work in order to fully complete the badge. Many of these requirements must be started at least 3 months in advance of camp. Scouts who do not complete the prerequisites will not receive the badge.

Merit Badges in the following outline are arranged according to difficulty ranking, with Badges requiring prerequisite work listed last.

Merit Badges below with an asterisk (*) denotes an updated Requirements list for 2010.

Additional Merit Badges not found on the list below may be offered without prior announcement.

Camp Conestoga Merit Badges

Badge Name	Difficulty Level	Prerequisites	Comments
Basketry	1		Cost about \$15.00 for supplies
Leatherwork	1		Cost about \$8-\$10 for supplies
Mammal Study	1		

Archery	2		Shooting is time consuming. Scouts must shoot for score to complete badge. Cost of \$2 for arrow supplies
Canoeing	2		Class time is 2 hours per day. RWB Swimmer
Fire Safety*	2		All Scouts will travel to local fire station while at camp
First-Aid	2		
Fishing*	2		Must provide fishing tackle. Must have PA fishing license if of age.
Geology*	2		
Orienteering	2		Must have own compass
Rifle Shooting	2		Shooting is time consuming. Scouts must shoot for score to complete badge.
Rowing	2		Class time is 2 hours per day. RWB Swimmer
Soil and Water Conservation	2		Must complete pre-approved conservation project while at camp
Space Exploration	2		DO NOT bring model rockets to camp. Cost about \$6.00.
Swimming	2	First Class	RWB Swimmer
Woodcarving	2	Totin' Chip	Cost about \$7.00

Environmental Science	3		Requires much time. Class time is 2 hours per day.
Fly Fishing*	3		Must provide fishing tackle. Must have PA fishing license if of age.
Forestry	3		
Pottery	3		Cost about \$8.00 for supplies. Class size is limited.
Shotgun Shooting	3		Shooting is time consuming. Scouts must shoot for score to complete badge. Cost \$1 per 5 shots.

Bird Study	4		Not a scheduled badge. Available by appointment only. Must have binoculars.
Climbing	4		Class time is 3 hours per day.
Fish and Wildlife Management	4		
Nature	4		
Pioneering	4		
Small Boat Sailing	4		Class size is limited. RWB Swimmer
Woodwork	4	Totin' Chip	Cost about \$25.00

Art	5-P	4	
Astronomy	5-P	6	Weather dependent - if nights are cloudy, Scouts may only receive a partial.
Athletics	5-P	3, 5, 6b	athletic attire required
Backpacking	5-P	10, 11	
Camping	5-P	8c, 8d, 9	
Emergency Preparedness	5-P	1, 2c	
Hiking	5-P	5, 6, 7	Not a scheduled badge. Available by appointment only.
Lifesaving	5-P	1	Long pants and button down shirt required (NO SWEATPANTS). RWB Swimmer
Oceanography	5-P	8	
Personal Fitness*	5-P	1, 6, 7, 8	
Reptile and Amphibian Study	5-P	8	
Sports	5-P	4, 5	athletic attire required
Weather	5-P	8	
Wilderness Survival	5-P	5	Scouts will build shelters which they must stay in overnight while at camp



2010 Merit Badge Schedule

Area		9:00-9:50 am	10:00-10:50 am	11:00-11:50 am	1:30-2:20 pm	2:30-3:20 pm	3:30-4:20 pm	4:30-5:20 pm
Aquatics	Pool	Swimming		Lifesaving	Pathfinder Swim	Swimming		Free Swim
		BSA LifeGuard	BSALG Guard Time*	BSALG In Water	Unit Leader Training		Lifesaving	BSALG Guard Time*
		Mile Swim	Cub Instruction					
	Lake	Canoeing		Cub Boating	Canoeing		Small Boat Sailing	
		Rowing			Rowing		Open Boating	
Woodcraft	Environmental Science		Mammal Study	Environmental Science		Forestry	Astronomy	
	Reptile & Amphibian	Fish & Wildlife Mgt	Space Exploration	Geology	Mammal Study	Weather	Oceanography	
		Soil & Water	Nature		Astronomy		Soil & Water	
	Open Program							
Campcraft	Camping	Pioneering		Camping	Orienteering	Pioneering		
	Fishing	Orienteering	Wilderness Survival	Backpacking	Wilderness Survival	Fly Fishing	Fishing	
	First Aid	Emergency Preparedness	LNT	Fire Safety	LNT	Emergency Preparedness	First Aid	
	Open Program							
Handicraft	Pottery	Leatherwork	Basketry	Woodcarving	Pottery	Basketry	Art	
	Leatherwork	Art	Wordwork	Leatherwork	Leatherwork	Woodcarving	Pottery	
	Open Program							
Fitness	Personal Fitness	Sports			Sports	Athletics	Open Program	
Shooting Sports	Archery Range	Archery				Archery		Open Archery
	Shotgun Range					Open Shotgun	Shotgun Shooting	Shotgun Shooting
	Rifle Range	Rifle Shooting	Rifle Shooting	Open Rifle				
COPE	Climbing					COPE		
Pathfinder	Pathfinder Program			Pathfinder Swim				

2010 Evening Program Schedule

Area		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		9pm - 10:30pm	7:45pm - 10pm	7:30pm - 10pm	5pm - 10pm	7:30pm - 10pm	7:30pm - 8:45pm
Aquatics	Pool	Opening Campfire	Free Swim		Family Night Tri-Athalon 100 Years of Scouting Celebration Parade of Flags OA Call-Out Ceremony Campfire	Free Swim	Water Polo*
	Lake		Open Boating			Open Boating	<i>All Merit Badge work must be submitted before dinner</i>
Woodcraft			Night Hike			Open Program	
Campcraft			Leaders Event			Outpost	
Handicraft			Open Program	Open Program			
Fitness			Games	Games			
Shooting Sports	Archery Range		William Tell Shoot			"Cook in Your Campsite"	
	Shotgun Range		Shotgun Shoot				
	Rifle Range			Turkey Shoot			
COPE	Climbing Tower			Rappelling*			
Pathfinder		Open Program	Open Program				
Campwide		Vespers (7pm)			Closing Campfire (9pm)		