



Parent Guide

This section contains information that should be shared with the parents of Scouts attending camp. All of the following information has been adapted from the complete edition of the Leader's Guide



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. Ask your Scoutmaster if the Troop has arranged for physicals. If not, 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 age 39 and under bring a copy of a completed Class Two medical form. Leaders 40 and over must bring a copy of a Class 3 medical form. 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.

Parents 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>6:15 pm</i>
<i>Brownsea Patrol Demonstrations</i>	<i>7:15 pm</i>
<i>Parade of Flags</i>	<i>7:45 pm</i>
<i>OA Tapouts</i>	<i>8:05 pm</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:

	NAME TROOP # CAMP CONESTOGA 255 CONESTOGA CAMP RD. SOMERSET, PA 15501
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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.

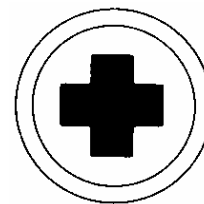
Medications

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 TO THE NEAREST DOCTOR AT HIS EXPENSE OR 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 BE RETURNED AT THE END OF THE WEEK!**

All Scouts must use Form #34414, which requires a medical examination by a licensed medical doctor once every three years. The form must include a doctor's signature and have sections one and two completed.

If your three-year limit has not expired on form #34414, and it has a physician's signature, you may use it until the time limit has expired. This is why it is important to photocopy your original (so it can be used again).

All adults in camp are also required to have a physical. Those Scouters age of 39 and under need only to have a physical once every three years; those ages of 40 and over are required to have a yearly physical signed by a medical doctor and recorded on form #4412A.

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 2008 Merit Badge Schedule

Area		Period 1 9:00-9:50 am	Period 2 10:00-10:50 am	Period 3 11:00-11:50 am	Period 4 1:30-2:20 pm	Period 5 2:30-3:20 pm	Period 6 3:30-4:20 pm	Period 7 4:30-5:20 pm
Aquatics	Pool	Swimming	Cub Instruction	Lifesaving	Pathfinder Program	Free Swim	Swimming	Free Swim
		BSA Lifeguard					Lifesaving	
	Lake	Canoeing		Cub Boating	Canoeing		Sailing	
		Rowing			Rowing			Open Boating
Fitness	Personal Fitness	Sports	Athletics	Sports	Athletics			
COPE	COPE Course	Project COPE						
	Climbing Tower				Climbing			
Field Sports	Archery Range	Archery	Open Archery		Archery	Archery	Open Archery	
	Shotgun Range	Shotgun	Shotgun					Open Shotgun
	Rifle Range				Rifle	Rifle	Open Rifle	
Handicraft	Pottery	Leatherwork	Basketry	Woodcarving	Pottery	Handicraft Director Presents	Art	
	Leatherwork	Art	Fingerprinting	Leatherwork	Leatherwork		Fingerprinting	
	Woodcarving			Basketry				
Nature	Environmental Science		Nature		Environmental Science		Forestry	Nature Director Presents
	Fish & Wildlife Management	Oceanography		Mammal Study	Space Exploration	Mammal Study	Reptile & Amphibian	
		Soil & Water		Astronomy	Geology		Weather	
Pathfinder	Pathfinder Program					First Aid	First Aid	Indian Lore
Scoutcraft	Pioneering	Camping	Scoutcraft Director Presents	Camping	Orienteering	Pioneering	Fishing	
	Backpacking	Orienteering		Wilderness Survival	Wilderness Survival	Fly Fishing		
Additional Opportunities		Computers	Photography		Emergency Preparedness	Communications	Communications	

2008 Evening Program Schedule

Area	Monday	Tuesday	Wednesday	Thursday
Pool	Free Swim		Family Night	Free Swim
Lake	Open Boating			
Scoutcraft	Leader Appreciation Night			Wilderness Survival Outpost
Handicraft		Patrol Flag Making		
Nature				To Be Announced
Shooting Sports	Shot Gun Shoot	Turkey Shoot		
Archery	Bow Construction	William Tell Shoot		
COPE		Leader Rappel		
Pathfinder		First Aid Meet		Pathfinder Outpost
Fitness	Sports Competition			Tri-Athalon
Central Camp	Vespers		Flag Ceremony Parade of Flags OA Tap-Outs	

**Monday Evening Programs
begin approximately 15 minutes after Vespers.**

**Evening Programs on Tuesday & Thursday
begin at approximately 7:30 pm**

**Central Camp Campfires
Sunday 9:00 pm
Friday 9:00 pm**

Camp Conestoga Merit Badge Program

The following is a list of all merit badges offered at Camp Conestoga. This list has been created to help the Scoutmaster and his Scout properly choose the merit badges that are right for them. All Scouts should be made aware of all pre-requisites and comments before choosing his merit badges. The Scoutmaster should also use his discretion when allowing his Scouts to choose their merit badges. Not all merit badges are suitable for all Scouts. The Scoutmasters should also be aware of that there changes that are new for 2008.

Difficulty Key

- 1 = “Easy”**- These Merit Badges are better suited for the First Year Scout with some or little experience.
- 2 = “Moderate”**- These Merit Badges are geared more for the First Class Scout that has attended camp before.
- 3 = “Difficult”**- These Merit Badges require Scouts to complete more tasks and are often challenging. The difficult Merit Badges are appropriate for older Scouts with a few years of camping experience.

Age Key

Recommended but not required (except where noted)

1 = Ages 11 & 12

2 = Ages 13-15

3 = Ages 16+

Camp Conestoga Merit Badge Outline

Badge Name	Difficulty Level	Prerequisites	Age Level	Comments
Archery	3		2 <i>Required Minimum</i>	Requires much time. Scouts must shoot for score. A cost of \$2.00 for arrow supplies.
Art	2	4		
Astronomy	3	5, 6	2	Weather dependent – if nights are cloudy, Scouts may only receive a partial.
Athletics	2	3, 5	3	
Backpacking	3	9, 10,	3	By Appointment Only
Basketry	1		1	Cost about \$17.00 for supplies
Bird Study	2	7	3	By Appointment Only Binoculars are needed
Camping	2	8c, 8d, 9	2	
Canoeing	2		2	
Climbing	3		3	Class time is 3 hours per day.
Communication	2	5	3	

Computers	2		2	
Emergency Preparedness	2	1, 2b	3	
Environmental Science	3	1	2	Requires much time. Class time is 2 hours per day.
Fingerprinting	1		1	
First-Aid	2		1	
Fish & Wildlife Management	2	5	2	
Fishing	1		2	Must have own fishing tackle. Must have PA fishing license if of age.
Fly Fishing	3		2	Must have own fishing tackle. Must have PA fishing license if of age.
Forestry	3	7	3	
Geology	3	4	2	
Hiking	3	5, 6, 7	3	By Appointment Only
Insect Study	3	3, 7, 9	3	
Leather Work	1		1	A cost of about \$7.00 for supplies
Lifesaving	3	1	3 <i>Must be 14 & up</i>	Long pants and button down shirt is required (NO SWEATPANTS). Scout must be Red, White, & Blue swimmer
Mammal Study	2		1	6-15 hrs of field study required
Nature	2	4a, 4d	2	
Oceanography	2	8	3	
Orienteering	2		2	Must have own compass
Personal Fitness	3	1,6,7,8	3	
Photography	2	5	2	Scouts must bring either a digital or film camera –or- 12 photos that he previously took.
Pioneering	2		3	
Pottery	1	7	1	A cost of about \$10.00 for supplies
Reptile/Amphibian Study	2	8	2	
Rifle Shooting	2	1f	3	Shooting is time consuming. Scouts must shoot for score to complete badge. There is NO COST.

Rowing	2		2	Scout MUST be a Red, White, and Blue swimmer. Class time is 2 hours per day
Shotgun Shooting	3	1f,	3	Shooting is time consuming. Scouts must shoot for score to complete badge. Cost is between \$20-30.00 per scout.
Small Boat Sailing	3	All Aquatics Merit Badges	3	Class size is limited. Scout must be a Red, White and Blue Swimmer.
Soil & Water Conservation	2		2	
Space Exploration	2		2	DO NOT bring model rockets to camp. Cost is about \$20.00 per scout.
Sports	3	4, 5	3	
Swimming	2		2	All scouts must have completed swimming requirements through First Class before beginning badge.
Weather	2	8a	2	
Wilderness Survival	2	5	2	Requires an overnight trip while at camp.
Woodcarving	2		1	A cost of about \$7.00 per scout

Merit Badge Recommendations

*It is recommended that all Scouts coming to camp 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 2008 REQUIREMENT BOOK**. This book will list the requirements, but it does not contain the specific information relating to each badge. Any person with questions concerning the prerequisites for specific merit badge should contact the Council Service Center, or a local merit badge counselor.*