

Golden West District Camporall

October 8th - 10th, 2021

Oso Lake Scout Camp

21131 Los Alisos Blvd, Rancho Santa Margarita, CA 92688

PACK EVENT INFORMATION

Event Objective:

This weekend will allow the Webelos or Arrow of Light Scout and his or her parent to experience camping Scouts BSA style. They will set up camp with a division between the Boy Webelos, Girl Webelos, and the adults. For the purpose of this document, we will refer to Arrow of Light Scouts and Webelos collectively as Webelos.

1. Webelos sleep in a tent with another Webelos Scout of the same gender.
2. Webelos cook meals and clean-up afterwards.
3. Webelos keep their tents organized.
4. Webelos keep their part of the camp-site clear and organized.
5. Webelos take responsible for themselves with the adult overseeing.
6. Parents may (if they wish) have a separate menu and do their own cooking in a separate location in the camp site.
7. Parents will be able to observe GWD Troops in action
8. Parents can attend an informal Scouts BSA 101 Seminar (How it is different from Cubs)

Cost & Registration Information: Register on <https://scoutingevent.com/039-GoldenWestCamporall2021>. The cost is \$30 per Scout or Scouter until 9/30/2021. This includes a group dinner on Friday evening BUT DOES NOT INCLUDE meals on Saturday. After 9/30/2021 the registration fee is \$40 per Scout/Scouter. You can register multiple scouts and adults at a time or they can register on their own.

Required Paperwork: There is some BSA paperwork that will be required for you to bring to Camporall, the BSA Medical Forms parts A & B. These do not require a doctor's signature, but they do require the adult to sit down and fill them out. Make sure to bring 2 copies of these important forms. They should be in the possession of the adult leader of the Pack/Den.

In addition to this form, a COVID-19 Symptom Screening Form will also be required to be filled out for each attendee.

Activities: This weekend will provide the Webelos the opportunity to finish many requirements toward earning numerous Adventure Pins.

Webelos and AOL Adventures:

NOTE: The grey highlighted sections indicate items that must be prepared/planned in advance by the den.

Webelos Core Adventures

There are 5 Core (Required) Adventures in the Webelos program, 4 of which could be worked on at Camporall:

Webelos Core Adventure - Cast Iron Chef: By planning a menu, preparing and cooking a meal for the family or den, and then learning fire starting with the Troops, the boys will earn this pin. Troop 660 will be running the Fire Starting portions of this Adventure.

Complete Requirements 1 and 2 below. Requirement 3 is optional.

1. Plan a menu for a balanced meal for your den or family. Determine the budget for the meal. If possible, shop for the items on your menu. Stay within your budget.
2. Prepare a balanced meal for your den or family. If possible, use one of these methods for preparation of part of the meal: camp stove, Dutch oven, box oven, solar oven, open campfire, or charcoal grill. Demonstrate an understanding of food safety practices while preparing the meal.
3. Use tinder, kindling, and fuel wood to demonstrate how to build a fire in an appropriate outdoor location. If circumstances permit and there is no local restriction on fires, show how to safely light the fire, under the supervision of an adult. After allowing the fire to burn safely, safely extinguish the flames with minimal impact to the fire site

Webelos Core Adventure - First Responder: By learning specific topics in First Aid with Troop members, the boys will complete requirements 1 through 5 for this pin. Bringing their First Aid kit would cover requirement 6 as well. Troop 440 will be assisting with this adventure.

Complete 1 and at least five others.

1. Explain what first aid is. Tell what you should do after an accident.
2. Show what to do for hurry cases of first aid: Serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning
3. Show how to help a choking victim.
4. Show how to treat for shock.
5. Demonstrate how to treat at least five of the following:
 - A. Cuts and scratches
 - B. Burns and scalds
 - C. Sunburn
 - D. Blisters on the hand or foot
 - E. Tick bites
 - F. Bites and stings of other insects
 - G. Venomous snakebites
 - H. Nosebleed
 - I. Frostbite

6. Put together a simple home first-aid kit. Explain what you included and how to use each item correctly.

8. Visit with a first responder or health care professional.

Webelos Core Adventure - Stronger, Faster, Higher: By learning about proper warm-ups and doing some physical fitness activities with the one of the troops, the boys will complete requirements 1, 2 & 4 for this pin. Troop 642 will be assisting with this adventure.

Complete Requirements 1-3 and at least one other.

1. Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down.

2. Do these activities and record your results: 20 yard dash, vertical jump, lifting a 5 pound weight, push-ups, curls, jumping rope.

4. Try a new sport that you have never tried before.

Webelos Core Adventure - Webelos Walkabout: Our Nature Hike will cover requirements 1, 3, 4 & 5, the boys should bring their First Aid kit for requirement 2, so most the boys will earn this pin. Troop 642 will be assisting with this adventure.

Complete Requirements 1-4 and at least one other.

1. Plan a hike or outdoor activity.

2. Assemble a first aid kit suitable for your hike or activity.

3. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them on your Webelos adventures.

4. With your Webelos den or with a family member, hike 3 miles. Before your hike, plan and prepare a nutritious lunch or snack. Enjoy it on your hike, and clean up afterward.

5. Describe and identify from photos any poisonous plants and dangerous animals and insects you might encounter on your hike or activity.

6. Perform one of the following leadership roles during your hike: trail leader, first aid leader, or lunch or snack leader.

Arrow of Light Adventures

There are 4 Core (Required) Adventures in the Arrow of Light program, 3 of which could be worked on at Camporall:

AOL Core Adventure – Building a Better World: Troop 295 will run this and the scouts could complete requirements 1 – 4 and 6 a, d, e.

1. Explain the history of the United States flag. Show how to properly display the flag in public, and help lead a flag ceremony.

2. Learn about and describe your rights and duties as a citizen, and explain what it means to be loyal to your country.

3. Discuss in your Webelos den the term “rule of law,” and talk about how it applies to you in your everyday life.

4. Meet with a government or community leader, and learn about his or her role in your community. Discuss with the leader an important issue facing your community.

5. Show that you are an active leader by planning an activity for your den without your den leader’s help. Ask your den leader for approval first.

6. Do at least one of these:

- A. Learn about Scouting in another part of the world. With the help of your parent, guardian, or den leader, pick one country where Scouting exists, and research its Scouting program.
- D. Learn about energy use in your community and in other parts of the world.
- E. Identify one energy problem in your community, and find out what has caused it.

AOL Core Adventure – Outdoor Adventurer: By participating in the campout and participating in a discussion about extreme weather events, learning the bowline, and knowing the Outdoor Code, the scouts can complete all the requirements for Option A or Option B for this pin (only one option is required.) Troop 670 & 658 have volunteered for one option.

• **Option A**

1. With the help of your den leader or family, plan and participate in a campout.
2. On arrival at the campout, with your den and den leader or family, determine where to set up your tent. Demonstrate knowledge of what makes a good tent site and what makes a bad one. Set up your tent without help from an adult.
3. Once your tents are set up, discuss with your den and den leader or family what actions you should take in the case of the following extreme weather events:
 - A. Severe rainstorm causing flooding
 - B. Severe thunderstorm with lightning or tornadoes
 - C. Fire, earthquake, or other disaster that will require evacuation. Discuss what you have done to minimize as much danger as possible.
4. Show how to tie a bowline. Explain when this knot should be used and why. Teach it to another Scout who is not a Webelos Scout.
5. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them while you are working on your Arrow of Light. After one outing, list the things you did to follow the Outdoor Code and Leave No Trace.

• **Option B**

1. With the help of your den leader or family, plan and participate in an outdoor activity.
2. Discuss with your den or family what actions you should take in the case of the following extreme weather events:
 - A. Severe rainstorm causing flooding
 - B. Severe thunderstorm with lightning or tornadoes
 - C. Fire, earthquake, or other disaster that will require evacuation. Discuss what you have done to minimize as much danger as possible.
3. Show how to tie a bowline. Explain when this knot should be used and why. Teach it to another Scout who is not a Webelos Scout.
4. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them while you are working on your Arrow of Light. After one outing, list the things you did to follow the Outdoor Code and Leave No Trace.

AOL Core Adventure – Scouting Adventure: Scouts can complete requirements 1a, b, c, d, e, 2a, b, c, d, 4, 5a, 5b, & 6 for this pin. Troops 642, 658, and 671 will be assisting with this adventure.

1. Prepare yourself to join a troop by completing at least a-c below:

- A. Repeat from memory the Scout Oath, Scout Law, Scout motto, and Scout slogan. In your own words, explain their meanings to your den leader, parent, or guardian.
 - B. Explain what Scout spirit is. Describe for your den leader, parent, or guardian some ways you have shown Scout spirit by conducting yourself according to the Scout Oath, Scout Law, Scout motto, and Scout slogan.
 - C. Give the Scout sign, salute, and handshake. Explain when to use each.
 - D. Describe the First Class Scout badge, and tell what each part stands for. Explain the significance of the First Class Scout badge.
 - E. Repeat from memory the Pledge of Allegiance. In your own words, explain its meaning
2. Visit a troop meeting with your parent or guardian and, if possible, with your den members and leaders. After the meeting, do the following:
- A. Describe how the Scouts in the troop provide its leadership.
 - B. Describe the four steps of Scout advancement.
 - C. Describe ranks in Scouting and how they are earned.
 - D. Describe what merit badges are and how they are earned.
4. With your Webelos den leader, parent, or guardian, participate in a troop's campout or other outdoor activity. Use the patrol method while on the outing.
5. Do the following:
- A. Show how to tie a square knot, two half hitches, and a taut-line hitch. Explain how each knot is used.
 - B. Show the proper care of a rope by learning how to whip and fuse the ends of different kinds of rope.
6. Demonstrate your knowledge of the pocketknife safety rules and the pocketknife pledge. If you have not already done so, earn your Whittling Chip card.

AOL/Webelos Elective Adventures which can be worked on at Camporall:

Elective Adventure - Castaway: By *carefully* planning a menu, preparing and cooking **two** meals for the family or den, and then learning outdoor survival and leadership with the Troops, the boys will earn this pin. Troops 660, 657 & 642 will be assisting with this adventure.

Complete the following requirements.

1. Complete A. and your choice of B. or C.
 - A. On a campout or outdoor activity with your den or family, cook two different recipes that do not require pots and pans.
 - B. With the help of an adult, demonstrate one way to light a fire without using matches.
2. Do all of the following.
 - A. Learn what items should be in an outdoor survival kit that you can carry in a small bag or box in a day pack. Assemble your own small survival kit, and explain to your den leader why the items you chose are important for survival.
 - B. With your den, demonstrate two ways to treat drinking water to remove impurities.
 - C. Discuss what to do if you become lost in the woods. Tell what the letters "S-T- O- P" stand for. Tell what the universal emergency signal is. Describe three ways to signal for help. Demonstrate one of them. Describe what you can do to help rescuers find you.
 - D. Make a list of four qualities you think a leader should have in an emergency and why they are important to have. Pick two of them, and act them out for your den.

Describe how each relates to a point of the Scout Law. Describe how working on this adventure gave you a better understanding of the Scout motto, "Be Prepared."

Elective Adventure - Into the Wild: By participating in the Nature Hike and visiting the El Dorado Park Nature Center, identifying insects, birds, reptiles, or other wild animals common to our area, the boys will earn requirements 4-9 for this pin, satisfying the requirement for earning it. Troop 642 will be assisting with this adventure.

Complete at least six of the following requirements.

4. Learn about the bird flyways closest to your home. Find out which birds use these flyways.
5. Watch at least four wild creatures (reptiles, amphibians, arachnids, fish, insects, or mammals) in the wild. Describe the kind of place (forest, field, marsh, yard, or park) where you saw them. Tell what they were doing.
6. Identify an insect, reptile, bird, or other wild animal that is found only in your area of the country. Tell why it survives in your area.
7. Give examples of at least two of the following:
 - A. A producer, a consumer, and a decomposer in the food chain of an ecosystem
 - B. One way humans have changed the balance of nature
 - C. How you can help protect the balance of nature
8. Learn about aquatic ecosystems and wetlands in your area. Talk with your Webelos den leader or family about the important role aquatic ecosystems and wetlands play in supporting life cycles of wildlife and humans, and list three ways you can help.
9. Do ONE of the following:
 - A. Visit a museum of natural history, a nature center, or a zoo with your family, Webelos den, or pack. Tell what you saw.

Elective Adventure - Into the Woods: By participating in the Nature Hike and identifying trees and plants common to our area and what animals use them for, the boys will earn requirements 1-3 & 7 for this pin, leaving only requirement 4 to be completed (grow a plant). Troop 642 will be assisting with this adventure.

Complete Requirements 1-4 and one other.

1. Identify two different groups of trees and the parts of a tree.
2. Identify four trees common to the area where you live. Tell whether they are native to your area. Tell how both wildlife and humans use them.
3. Identify four plants common to the area where you live. Tell which animals use them and for what purpose.
4. Develop a plan to care for and then plant at least one plant or tree, either indoors in a pot or outdoors. Tell how this plant or tree helps the environment in which it is planted and what the plant or tree will be used for.
6. Explain how the growth rings of a tree trunk tell its life story. Describe different types of tree bark and explain what the bark does for the tree.
7. Visit a nature center, nursery, tree farm, or park, and speak with someone knowledgeable about trees and plants that are native to your area. Explain how plants and trees are important to our ecosystem and how they improve our environment.

Elective Adventure - Sports: By participating in two sports and engaging in discussion about sportsmanship, the scouts can complete requirements 1-3 for this pin. Troop 642 will be running this.

Complete the following requirements.

1. Show the signals used by officials in one of these sports: football, basketball, baseball, soccer, or hockey.
2. Participate in two sports, either as an individual or part of a team.
3. Complete the following requirements:
 - A. Explain what good sportsmanship means.
 - B. Role-play a situation that demonstrates good sportsmanship.
 - C. Give an example of a time when you experienced or saw someone showing good sportsmanship.

Please obey all Oso Lake camping rules (available online)

No electronics (games, etc.) Please keep cell phone usage at a minimum

Hours: 4:00 pm Friday to 11:00 am on Sunday. All formal activities will conclude Saturday evening at dinner for those who wish to depart that evening. There will be an opportunity to participate in an Interfaith Worship Service Sunday morning.

Location: Our event this year will be taking place at Oso Lake Scout Camp. The address is 21131 Los Alisos Blvd, Rancho Santa Margarita, CA 92688. A map of the site is available on the website.

Parking: You will not be able to pull your vehicle into your camping site other than to unload *briefly*. Please don't even let the thought enter your mind to leave your car there for longer than absolutely necessary. Park (nose-out) in the designated parking lot to the north of the Camporall site and hand carry in your equipment if directed by the greeters. (4-wheeled wagons are helpful for this task.)

Camping Equipment: You will need to bring all of your own equipment, tents, propane cooking gear, perimeter markers (not rope), Pack flag, den flags, lanterns, batteries, food, water, etc. *Please let us know if you need more gear and we'll check with Troops to see if they have gear to loan (tents, Patrol Boxes for cooking, etc).*

Bring a mess kit (plate and utensils) for the group dinner Friday night, food for Saturday breakfast, lunch, dinner and breakfast for Sunday (if you are spending the night). Snack and drinks as needed. Water is available but limited at the campground, and for sure not as tasty as store bought drinking water. There are portable restrooms near all the camping sites. We will be designating some for

female use only and we would ask you to remind all adults and scouts to respect that signage. Bring large trash bags for your individual campsites as we are expected to pack our trash out to the facility dumpsters before we leave.

Personal Equipment: For the Webelos, similar for the adults

Sleeping bag or blankets and pillow (plan for 50-60 degrees during the night)

Clothing: Scout uniform, Pack or den t-shirt, shorts/long pants, socks, closed-toed shoes (NO sandals), sweatshirt or light jacket, underwear, PJ's, toiletries

Scout Basic Essentials (see list below)

- Small back pack to carry the essentials in (for the hike)
- Medication, if any
- Camping chairs for each attendee
- Flashlights (headlamps ideally) and extra batteries
- Insect repellent
- Sun glasses
- Hat for sun protection

Cub Scout Basic Essentials (part of the Outdoor Adventure requirement)

1. Small personal first-aid kit (Part of First Responder and Webelos Walkabout Adventures)
2. Filled water bottle
3. Flashlight (headlamps are great for this)
4. Trail Food (aka snacks)
5. Sunscreen
6. Whistle
7. Map and Compass
8. Rain gear (a poncho is sufficient)

2021 Golden West District Camporall Schedule

Friday, Oct 8

3 pm – 5 pm	Check-in (at check-in table)
3 pm – 5:30 pm	Games, Events, Activities (located in the troop areas)
5 pm – 8 pm	Group Dinner (prepared by Troops) please RSVP headcount
9 pm – 9:30 pm	Leader Meeting (Leaders only)
9:30 pm	ALL QUIET
10 pm	Lights Out

Saturday, Oct 9

6:30 am – 8 am	Breakfast
8 am – 8:30 am	Opening Assembly (Scout Uniform) and Scouts Own
9 am – 11 am	Morning Webelos/AOL Events (located in the troop areas)
9 am – 11 am	Nature hike 1 (bring scout essentials) requirement for Webelos
11 am – 12 pm	Lunch in camp site
12 pm – 2 pm	Nature hike 2 (bring scout essentials) requirement for AOL's
12 pm – 5 pm	Afternoon Webelos/AOL Events (located in the troop areas) & Games
5 pm	Check-out for families not spending Sunday night
5 pm – 7 pm	Dinner
7 pm	Serpentine (Order of the Arrow will take your pack to the campfire)
7 pm – 8:30 pm	Campfire, Mass Flag Retirement, (Scout Uniform) bring chairs!
9:30 pm	ALL QUIET
10 pm	Lights Out

Sunday, Oct 10

7 am – 8:30 am	Breakfast and Camp Breakdown
9 am – 9:45 am	Interfaith Worship Service
10 am – 10:30 am	Closing Assembly
8:30 am	Check-out starts

Boy Scout Troop Skills Demonstration/Adventure schedule

Troops bring skills Demonstration Equipment needed.

Webelos Adventures

- Cast Iron Chef (Fire Starting, Fire Starting, Cooking): Troops 660 & 657
- First Responder (First Aid): Troop 440
- Stronger, Faster, Higher (Physical Fitness Testing & Sports demo): Troop 642
- Webelos Walkabout (Nature Hike, Leave No Trace): Troop 642

AOL Adventures

- Building a Better World (U.S. Flag History, Flag Ceremony, Citizenship, “Rule of Law,” Energy use in your community): Troops 295, 671
- Outdoor Adventurer (Knots, Weather Preparedness, Outdoor Code & Leave No Trace): Troop 658, 670, 440
- Scouting Adventure (Scout Rank Requirements, knots, Whip & Fuse rope, Whittling Chip): Troops 658, 671, 658

Elective Adventures

- Castaway (Fire Building, Outdoor Survival, Water purification, S-T-O-P, Emergency Preparedness): Troops 671, 670
- Into the Wild Troop (Nature Hike, Creatures, Wetlands, Leave No Trace): Troop 642
- Into the Woods (Nature Hike, Trees): Troop 642
- Sports (Soccer, Flag Football, Sportsmanship): Troop 642

Reference:

<https://scoutingevent.com/039-GoldenWestCamporall2021>

<https://www.osolake.org/>