Camp Alexander
Leader's Guide
2017
Includes Outback Guide & Parent Guide
Camp Alexander Welcomes You!

Dear Scout Leader and senior Patrol Leader,

I am excited that you have chosen Camp Alexander as your summer camp destination for 2017! Camp Alexander has over 70 years of serving units and scouts.

Here at Camp Alexander we have programs for all ages from your Handicraft activities to riding ATV’s. For those scouts who are seeking a little more adventure, we have our Outback program for scouts 14 and older. Activities include climbing Pikes Peak and white water rafting!

We are adding 2 new merit badges this year which are Photography and Moviemaking Merit Badges!

On behalf of myself and the Camp Alexander, we are excited to be serving you and your whole unit! Great ready for an awesome time in the Rockies!!

Cheers,

Cameron Ackley
Camping Director
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Camp Alexander Leadership Team
MISSION

Camp Alexander will provide a unique and steadily expanding “Colorado Mountain-Top Experience” emphasizing life skills and instilling Scouting values in Scouts, volunteers, and others throughout the Pikes Peak region and surrounding communities.

PROGRAM PHILOSOPHY

Boys should not be overburdened with work. Encouragement should be given to each Scout to have at least one merit badge period “off” each day, which will maximize enjoyment and minimize fatigue. Merit badge sessions at Camp Alexander are designed to be only part of the Scout’s day. Additionally, our program areas offer free/open time activities and special events throughout the week.

PIKE NATIONAL FOREST STATEMENT

Boy Scouts of America is an equal opportunity service provider. Boy Scouts of America operates under special permit by the USDA Forest Service.

CAMP ALEXANDER E-NEWSLETTER & FACEBOOK

You can sign up for the Camp Alexander e-newsletter at pikespeakbsa.org. Just click on “Signup for e-news” on the left hand side on the home page. For the latest information about Camp Alexander, please visit our Facebook page: http://www.facebook.com/CampAlexanderBSA
PROGRAM FEATURES & PHILOSOPHY

Camp Alexander recommends every boy should be signed up for a merit badge class/activity so you know where your scouts are at all times. However, we strongly recommended that you allow your scouts to do some fun merit badges/activities and to not just focus on Eagle required merit badges. Camp Alexander prides its self in doing merit badges that are unique to the outdoors to maximize a scout’s experience. Merit badge sessions are designed to only be a part of the scout’s day activities. In the evening, program areas will be open to all scouts with special events and activities in each area.

PROGRAM RECOMMENDATIONS

We promote an age appropriate camp program and have designed our merit badge and camp wide activities to ensure a Scout’s advancement goals are met while ensuring his enjoyment and excitement at camp. A counseling session prior to camp with the Scoutmaster and SPL will help a Scout achieve his advancement goal. It will also enable our staff to concentrate on the requirements that the Scout needs.

**First Year Camper Program Ideas:** First Class Center advancement, Art, Basketry, Leather Work, Pottery, Swimming, Cooking, First Aid, and Woodcarving Merit Badges. This program is designed for Scouts who have not yet achieved the rank of First Class.

**Second Year Camper Program Ideas:** Anything not earned on the First Year Camper list, Camping, Fish & Wildlife Management, Fishing, Geology, Indian Lore, Mammal Study and Rifle Shooting merit badges. This program places its emphasis on merit badge work. Camp Alexander provides the unique setting for completion of badges that can only be earned in the great outdoors.

MERIT BADGE REGISTRATION

Session registration will take place prior to your arrival at summer camp. Once your May 4th payment has been received and on May 2 at 5 p.m. (MST) your account will be activated to begin registering for Merit Badge sessions. Please make sure that your campers meet all of the age requirements for the various merit badges, advance planning is necessary. Some merit badges offered at Camp Alexander have prerequisites. Alert your Scouts to these prerequisites and make sure that these requirements are completed prior to camp. You can find a step by step guide on registration at the end of the program guide.

RESOURCES FOR SUCCESSFUL MERIT BADGE COMPLETION

Merit Badge Workbooks are not required but are tools that can help Scouts organize notes, listen actively, and document their work. Workbooks allow Merit Badge Counselors to offer group instruction but still “…test the Scout individually.” Please visit: www.meritbadge.org for a list of all workbooks available for the summer camp season. We strongly encourage the youth to print off a workbook for every merit badge he has to use in conjunction with the Merit Badge Pamphlet prior to camp.

RESTRICTED TO OLDER CAMPERS: The Merit Badges listed below take a great deal of time to earn and are geared toward older Scouts and thus are restricted to 13 years or older prior to arrival at camp; Environmental Science / Shotgun / Climbing / Kayaking / Emergency Preparedness / Fly Fishing / Search and Rescue / 14yrs ATV Rider Course

SCOUTS WILL NOT NEED TO PURCHASE ANY PROGRAM SUPPLIES FOR MERIT BADGES AT THE TRADING POST. SUPPLIES WILL BE AT THEIR PROGRAM AREA WHEN THEY ARRIVE.
MERIT BADGE CAMPER PROGRAM

MERIT BADGE RECORDS

We require Scouts completing pre-camp requirements for merit badges to get in contact with a registered BSA merit badge counselor prior to camp who will sign-off any requirements satisfactorily completed (issue a partial). Scoutmasters will receive signed rosters of completed requirements for each merit badge on Friday of the camp week. Blue cards are not used in camp. Blue cards with partials entered in and signed must be presented to the relevant Area Director on the first day of the Merit Badge session. If your unit uses blue cards, you will need to keep the rosters and put Camp Alexander on the blue card as the location where they received the badge. The Scoutmaster has the final approval on all merit badges and will sign off on the Blue Cards prior to your unit’s court of honor. Camp Alexander staff is unable to sign off on any work completed outside of the camp.

ONLINE REGISTRATION INFORMATION

1. Merit Badge registration will open at 5:00 PM on May 2nd. It will only open if you are paid in full.

2. Time Conflicts: Be sure to avoid scheduling your Scouts for more than one class in the same time period. The program will allow you to schedule any class you want - it is up to you to avoid conflicts.

3. Class Size Limits and Waiting Lists: When a class reaches its size limit, it will close. Your troop can change classes up to the Friday before your arrival. Some classes will be added due to higher demand. If your unit does not get a username and password email, please contact us at cameron.ackley@scouting.org
FIRST CLASS CENTER (FCC)

As Scoutmasters, you are strongly encouraged to emphasize the need for rank advancement to all Scouts, especially those who have not yet reached the rank of First Class.

Our staff will guide each Scout through the requirements he needs that are offered. Each Scout will be taught the subject matter and then demonstrate what they learned to a staff member. The Senior Patrol Leader, Patrol Leader or Scoutmaster should administer the final test and sign the Scout’s handbook.

The First Class Center is broken into two parts. One section is for those scouts who are new to the BSA program and are Tenderfoot and Second Class rank. This section will cover all the requirements between Tenderfoot to Second Class that can be done at camp. The second section is for those campers that are already Second Class rank and just need a few requirements to make First Class. Campers need only FIRST CLASS sign up for the double session in the afternoon or single session in the morning.

TENDERFOOT AND SECOND SESSION

First year campers who need Tenderfoot and Second Class requirements should sign up for the morning double session beginning at 9 a.m. and concluding at 11:45 a.m. Below is the list of requirements they will complete:

**TENDERFOOT:** 3a-d, 4a-d, 5a-c 7a-b, 8

**SECOND CLASS:** 2a-d, 2f-g, 3a-d, 4 5a-d, 6a-e

FIRST CLASS SCOUTS SESSION

Scouts needing to complete requirements only for First Class Rank should sign up for a single session at the First Class Center. There are a number of rank requirements that the Troop leadership can work on with each Scout in their respective campsites. Please see your Campsite Commissioner or Troop Guide for any additional equipment that you may require. Adult leaders interested in helping out at the First Class Center should contact the FCC Area Director. Leaders are encouraged to attend their Scout’s first session to help with the boys’ placement into the correct areas of instruction.

**FIRST CLASS:** 3a-d, 4a-b, 5a-d 6b-e, 7a-c
TOTIN’ CHIP SESSION

Totin’ Chip Session will only be offered on Monday - this will include the Scouts that require it to be able to participate in the Woodcarving and Archery merit badge. FCC campers will earn the certificate in the area during the week and do not need to attend this session.

SWIMMING SESSION

The swimming requirements can only be offered on Thursday afternoon, Scouts need to be at the First Class Center by 1:15PM (If any Scout is taking the Swimming Merit Badge they will cover the Requirements needed). Hiking and swimming requirements are offered and coordinated between the First Class Center, Hiking and Swimming departments respectively.

FIREMAN CHIT

The Firem’n Chit session is offered on Friday morning and covers requirements 2d and 2e for Second Class to attend this session.

AQUATICS

From learning to swim in our heated pool, to boating on the lake, the Aquatics staff is willing and ready to teach it all. Our Aquatics Department will offer the following merit badges and activities this summer:

KAYAKING

Kayaking provides an introduction to kayaking skills, safety procedures, and serves as a program opportunity for campers. Mastery of Kayaking skills is a first
**CANOEING**

Learn the skills needed to successfully pilot the canoe in a straight line and how to rescue a swamped canoe. This session is a great introductory badge for 2nd year scouts and is less difficult than rowing. It is highly recommended that CPR instruction (req 2) be completed prior to camp.

**SWIMMING**

An Eagle required Merit Badge, Swimming is a great badge for first year scouts. Please remember to bring the required clothing for each of the requirements, pants and long sleeve shirt that can get wet. It is highly recommended that CPR instruction (req. 2) be completed prior to camp.

**LIFESAVING**

Another Eagle required Merit Badge, Lifesaving is a physically demanding badge. Participants will need good stamina to complete the requirements and should bring pants & long sleeve button down shirt. It is highly recommended that CPR instruction (req. 2) be completed prior to camp.

**ROWING**

Rowing is a physically demanding merit badge that requires a good deal of stamina to complete the swamping drills. This badge is more technical than canoeing. We will offer the following activity sessions:

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**WE WILL OFFER THE FOLLOWING ACTIVITY SESSIONS:**

**SWIMMING LESSONS**

All Scouts should know how to swim. We offer instructional swimming for Scouts who are non-swimmers or for those that would simply like to improve their skills. Please make arrangements with the Aquatics Staff so that skill evaluations and scheduling may take place.

**SNORKELING BSA AWARD**

Snorkeling is not a merit badge but a BSA Award. The Snorkeling BSA requirements introduce campers to special skills, equipment, and safety precautions associated with snorkeling as well as encourage the development of aquatics skills that promote fitness and recreation and provide a foundation for those who later will participate in more advanced underwater activities. Scouts enrolling in Snorkeling BSA must have earned the Swimming merit badge for at least one year.
POLAR BEAR SWIM CHALLENGE

On Thursday, the Polar Bear plunge begins at 6:15 AM with a refreshing dip for those Scouts and Scouters who are brave enough to sample the chilly waters of Camp Alexander. Participants who successfully complete this cool dip may purchase a much sought after and well earned Polar Bear patch at the camp Trading Post. Warning: this program is not for the faint hearted.

MILE SWIM AWARD

Mile Swim is not a merit badge but a BSA Award. Scouts with very strong swimming skills may wish to earn the Mile Swim BSA award. To earn this award, a Scout must sign up for the mile swim award 4th session at 3:00 PM. Preconditioning will be Monday thru Wednesday with the full mile on Thursday.

AQUATIC SUPERVISION

In 2009 the BSA revised the Lifeguard class and replaced it with the new program Aquatic Supervision. Camp Alexander will be offering the course for Adults only. Adults that wish to participate will need to speak with the Aquatics Director.
Along with the First Class Center, the Handicraft Center at Camp Alexander makes up the hub of our first year camper program. Badge for badge, more Scouts earn Handicraft merit badges at Camp Alexander than at any other area. Each session will allow the scout to earn two Merit Badges; in which they will start one badge on Monday and then the second on Wednesday. Our Handicraft Center will offer the following merit badges this summer:

**Leatherwork**

Learn how to tool leather, plait, and lace leather pieces together to make useful items such as wallets, iPod holders, and more. A Merit Badge recommended for first year campers.

**ART**

This badge is great for first year scouts. Draw and paint your own logo and create stories through designs. It is recommended that requirement 4 (visit an Art exhibit) be completed prior to camp.

**BASKETRY**

Campers will need to purchase a Square, a Round, and a Campstool for this badge. Instruction will be given on methods to create baskets and identify the different types. This is a good badge for first year campers.

**POTTERY**

Great for a second year camper, Pottery Merit Badge will stretch the Imagination as you create a coil pot, a pinch pot, and a slab pot. Work with a potter’s wheel and make decorative sculptures while learning about career opportunities in pottery.

**WOODCARVING**

Learn the proper techniques to carve your hiking stick and create useful camp gadgets. Must complete two different carvings, round and low relief. Campers can earn the Totin’ Chip Monday morning at the First Class Center prior
Camp Alexander’s 300 acres provide a wonderful classroom for the exploration and studying of the great outdoors. The following merit badges will be offered this summer:

**ENVIRONMENTAL SCIENCE**—Environmental Science is an advanced, time consuming and demanding merit badge only for Scouts at least 13 years old. This merit badge is a double session, offered in the morning or afternoon. Keep in mind, the double sessions may conflict with other badges or camp and troop activities offered. Scouts should plan their schedules accordingly to avoid conflicts.

**FISH & WILDLIFE MANAGEMENT** Participants will get a depiction of methods used to manage wildlife to balance habitats. They will also work with fish identification and estimates per lake size or fish age.

**ASTRONOMY**—Take a gander at the stars and gain knowledge in constellations and planets identification. Evening sessions are required for this Merit Badge along with a recommended age of 13 years or older plus First Class Rank.

**FORESTRY**—Take an in-depth look at the plants, shrubs, and trees that make up the Pike National Forest. Become skilled at identifying 15 different species of trees and gain knowledge on healthy forest management.

**GEOLOGY**—Discuss rock formations and how they impact our earth. Participants will also learn about Energy, Mineral Resources or the Earth History as an option. Great for 1st year campers!

**MAMMAL STUDY**—Good for the 1st or 2nd year camper, Mammal Study will expose the participants to the vast array of wildlife and habitats the camp has to offer. Learn about the different animal kingdoms and classification of different mammals.

**NATURE**—This session is a great introductory to the natural world that surrounds us. Discover animals and plants in the camp’s backyard; learn to identify them, and what role they play in the food chain, yum!

**WEATHER**—Find out what causes rain, wind, hail, and lightning during this session. Scouts will make a rain gauge and keep a weekly log while learning to identify different types of clouds.
Are you ready to catch the biggest fish in the lake or river? Our fishing department is here to help with the regulations and show which spot is best! Our lake and river are stocked each summer with Brown, Rainbow and Cutthroat trout for camper enjoyment. Our Fishing Staff will offer the following merit badges this summer:

**Fishing Licenses**: Campers may fish in Lake Alexander, but must first have a Camp Alexander Fishing Permit. This permit is earned by attending an orientation on Sunday evening or visiting the main office to read the rules and regulations. In order to fish on the South Platte River, anyone over the age of 16 must first obtain a State of Colorado Fishing License along with a Camp “A” Fishing Permit. Colorado State Fishing licenses can be purchased in the town of, Lake George.

**FLY FISHING** - The Fly Fishing Merit Badge requires a $10.00 ticket for materials & equipment to be purchased at the Trading Post prior to the start of class. The Fly Fishing Merit Badge is for Scouts 13 years and older. It is a double session merit badge held Monday through Friday morning.

**FISHING** - Master your fishing skills by learning all the knots and casting techniques to land the big one. Gather an understanding of Leave No Trace and how it applies to fishing. Participants will need to bring their own equipment. Limited equipment is available for rent at the office.

### FISHING REGULATIONS

#### FISHING AT THE LAKE
- To fish at the lake, you must have an official Camp Alexander Fishing Permit.
- Catch and release only.
- Only flies and lures are to be used as bait.
- All hooks must be barbless or have the barb crimped down. Treble hooks are prohibited at Camp.
- All Scouts must have a buddy with them in order to fish. Fishing is only allowed during daylight hours.

#### FISHING AT OUR RIVER FRONTAGE
- You must check out at the Business Office before you go to the river where you will receive a river fishing permit.
- You must remain on Camp A property at all times.
- Scouts must be accompanied by an adult at all times. No “one on One” Permitted.
- You must have a Camp Alexander fishing permit, and if you are 16 or older, you will also need a Colorado State Fishing license.
- Catch and release only at the river.
- Barb less hooks, lures, and flies only. No power bait, salmon eggs, and no treble or double hooks are allowed.
The sheer exhilaration of self competition when an arrow, a bullet, or a shot reaches its mark, is second to none. Shooting sports disciplines the mind and body to concentrate, relax and enjoy. As with our other program areas and activities, the emphasis at our shooting ranges is safety. The rules may seem strict, but they are to ensure a safe, fun environment for all campers to come and test their abilities. Our Shooting Sports Staff will offer the following merit badges this summer:

**ARCHERY** - Archery requires a certain degree of strength and patience. Participants are required to have or obtain their Totin-n-Chip card prior to the first session.

**SPORTING ARROWS** - Sporting Arrows is much like sporting clays for shotguns except the discs are designed for archery. Scouts will purchase tickets at the trading post or at the Shooting Range. The cost is $1 per ticket which will give you 10 shots. This program takes place during evening activities.

**RIFLE** - Learn the techniques for proper gun safety and shooting. Participants will use a .22 caliber Henry single shot rifle to qualify for the requirements of marksmanship.

**SHOTGUN SHOOTING** - Scouts wishing to enroll in the Shotgun merit badge MUST be at least 13 years old. This merit badge is physically demanding that requires a lot of stamina.

Our advice is that Scouts begin with Rifle Shooting and then advance to the Archery merit badge. Scouts should avoid working on two Shooting Sports merit badges at the same time due to the large amount of time required to qualify for each merit badge.

*Please do not bring firearms, ammunition, bows or arrows to camp. BSA National Standards and insurance requirements prohibit their presence on the property. They cannot be stored in Campsites, vehicles or used on our ranges. Thank you for your cooperation in this very important matter.*
EMERGENCY PREPARDENESS—Scouts are often called upon to help because they know first aid and they know about the discipline and planning needed to react to an emergency situation. Earning this merit badge helps a Scout to be prepared by learning the actions that can be helpful and needed before, during, and after an emergency.

First Aid—caring for injured or ill persons until they can receive professional medical care—is an important skill for every Scout. With some knowledge of first aid, a Scout can provide immediate care and help to someone who is hurt or who becomes ill.

SEARCH & RESCUE—Scouts aiming to earn the Search and Rescue merit badge will first learn the important differences between a search or rescue. A search is an emergency situation requiring a team of trained searchers to locate, access, stabilize, and transport a lost person to safety. Learn what a rescue is in this session.

CAMPING— Set up for 2nd year campers, Camping Merit Badge is an introductory to the essentials of outdoor planning. This is a popular badge and 4 sessions are offered to accommodate all participants.

INDIAN LORE— Learn about Native American heritage through clothing, food, song, and games. This is great for a first time camper. An Indian Lore kit for making different decorative items is required and available from the Trading Post.

ORIENTEERING—Enjoy GPS? Then taking Orienteering Merit Badge will explain the roots of the origin of travels with compass and maps. Become skilled at reading a topographical map, compass, and how to setup a cross-country course.

PIONEERING—Gain knowledge in rope making and lashings to create a signal tower or monkey bridge during your week in Pioneering Merit Badge. This is a great session for 1st class Rank or higher scouts.

WILDERNESS SURVIVAL—Ever get lost? Find the basic skills to survive and signal for help in the event you were lost or stranded in the wilderness. Participants will stay in their natural shelter Thursday night. Experience has shown us that Pioneering and Wilderness Survival Merit Badges are strongly recommended for 3rd year campers, First Class or above. These badges may require extra time for projects outside the regular class schedule.

The fun of the outdoors combined with practical life-long skills make up Camp Alexander’s Outdoor Skills Area. Scouts will learn to find their way, build towers, and perfect their camping and survival skills. Our Outdoor Skills staff will offer the following merit badges this summer:
CLIMBING - Climbing is not a sport that requires tremendous muscular strength; it demands mental toughness and the willingness to practice hard to master a set of skills. The adventure of climbing can also provide a new way to enjoy the outdoors. Weather conditions at Camp Alexander may cause disruption to the climbing schedule, requiring an alternative climbing schedule throughout the week. Scouts will have the opportunity to register for an evening climb or rappelling session. There is no age requirement for the rappel or climbing evening activity. During the week Scouts may have the opportunity to complete a rappel which satisfies the Camping Merit Badge requirement.

ROCK CLIMBING - Concentration, a sense of adventure, and stamina are some of the requirements needed for rock climbing. Success is measured in part by big smiles, close teamwork, and the thrill of scaling rock faces in excess of 50 feet. At Camp Alexander the Climbing sessions will be available to Scouts who are 13 years or older. If any spots are available when your unit arrives at camp and they are under 13 years of age, they can sign up for the climbing merit badge.

ATV ACTIVITY Scouts and Adults will learn the proper handling of an All Terrain Vehicle. Safety and ATV maintenance will be taught along with the certification from the ATV Safety Institute as a driver. During each session there will be five slots for 14yrs and older scouts and 3 slots will be open for scouts 16yrs and older. An additional cost of $49 for the gas, maintenance, and use of the ATV. PIKE NATIONAL FOREST STATEMENT Boy Scouts of America is an equal opportunity service provider. Boy Scouts of America OPERATES UNDER SPECIAL PERMIT BY THE USDA Forest Service.

If your scout wishes to participate in the ATV Activity, they must bring the following items:

- Long Pants
- Long Sleeve Shirt
- Shoes/boots that cover the anklebone

Your scout will not able to participate if they are missing any of these items
HIKING - We will be offering the Hiking Merit Badge as a partial. Scouts will learn about hiking precautions and planning. First aid will also be covered and scouts will hike several trails throughout the camp.

CYCLING - Participants will learn about bike and trail maintenance. Several mountain bike rides will take place throughout the week and we recommend scouts be 13 years old for the physical difficulties of this badge.

MOUNTAIN BOARDING - For older scouts ready for a physical challenge! This mix between snowboarding and skateboarding is the latest craze across the nation. Scouts will learn about safety, turning, starting, stopping, and even some tricks during this activity session. This is an activity and no Merit Badge will be earned.

Geocaching MB - The word geocache is a combination of "geo," which means "earth," and "cache," which means "a hiding place." Geocaching describes a hiding place on planet Earth - a hiding place you can find using a GPS unit. A GPS (Global Positioning System) unit is an electronic tool that shows you where to go based on information it gets from satellites in space.
## Merit Badge Schedules

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<tr>
<th>Activity</th>
<th>Class Size/Sessions</th>
<th>Cost</th>
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<tr>
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<td>14 years and older</td>
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Movie Making MB—3rd and 4th session- $20
Photography MB—1st and 2nd session- $15
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<tr>
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Hiking Trails

Pike National Forest Statement

Boy Scouts of America is an equal opportunity service provider. Boy Scouts of America operates under special permit by the USDA Forest Service.

Our Hike and Bike staff maintain and oversee the trail systems throughout camp. Current camp trails are listed at camp and information/updates will be provided by the staff throughout the week. All units must register in advance to access the camp trails system. All trails begin by checking in with the staff at Business Office. Hikes vary in difficulty form moderate to extreme and from 1.5 mile to 5 miles. To become a “Hiker of Camp A” one must hike at least three trails, one of which must be hiked at night. In addition to hiking the applicant must assist with a minimum 1 hour building/repairing a section of the trail led by the staff. The “Hiker of Camp A” patch can be purchased at the Trading post during your week.

Available Hikes: Blue Mountain 5 Mile / Scenic Overlook 1.5 mile / Nature Hike 1 Mile / Eagle Eye Overlook

Polar Bear Swim

Prove you’re a real Polar Bear by jumping into the lake early on Thursday morning for this brisk splash. This is open to any and all campers regardless of swimming ability. Groups of 5 will jump in waist deep water and wade back to shore. The water is warm like a sauna- the real polar bear is getting out of the water into the chilly 30 degree temperatures. Grab the patch to let everyone know you braved the waters at Camp Alexander.

Whitewater Rafting Trip

For your adventuresome scouts we offer a rafting trip on the Arkansas River. Bighorn Sheep Canyon is a Whitewater Rafting Class II and III section of the Arkansas River which will provide your scouts with great excitement in a controlled environment. The trip will depart Friday morning at 7:30 AM. The cost per person is $82 which includes transportation, wet suit, spray jacket, rubber foot booties, guide, and an awesome adventure! Registration will be through pikespeakbsa.org.

Rafting Schedule:

- 7:15 AM Meet at Flag Poles
- 7:30 AM Load buses Raft and Lunch at Echo Canyon
- 3:30 PM Return to Camp Alexander

Echo Canyon Provides: Helmet, Spray jacket, Wetsuit, Booties, and PFD. Items to Bring Rafting: Water bottle, towel, sunscreen, $3 per person to tip the raft guide
CAMPFIRES

For well over sixty years, Camp Alexander’s opening campfire has entertained and energized the Scouts as they anticipate the week ahead. As campers and staff gather together at the Kiva on Monday evening, everyone will share together in songs, skits and traditions with a few serious moments mixed in as well. The Order of the Arrow provides a great Campfire Tuesday night for all campers. The closing campfire led by the elected Camp SPL and performed by the Scouts on Friday night, is the high point of the week.

SKIT AND SONG STANDARDS

The Pikes Peak Council and the Boy Scouts of America believe that Scouting is a character building organization, and that this concept should permeate our program to all levels, including skits and songs.

1. All acts (skits, songs, run-ons, etc.) must be screened by the unit leader and the person in charge of the event (campfire or song) prior to performance in front of a group.

2. Campfire programs are the place where the positive example is set.

3. No toilet humor - unless appropriate

4. No embarrassing an audience member without their prior knowledge and agreement to participate.

5. No racial put-downs, making fun of mental or physical abilities, religious groups, and others.

6. No portrayal of violent behavior.

7. Avoid anything that is not in keeping with the ideals of the Boy Scouts. 8. No performances with sexual overtones.

CAMP-WIDE CONSERVATION PROJECTS

Camp Alexander is always in need of service projects every week! If your unit is interested in doing a project, please talk to Tom Hopkins at the Scoutmaster SPL. meeting Sunday night or anytime on Monday to setup a

THEODORE ROOSEVELT CONSERVATION AWARD

This award, unique to Camp Alexander, is designed to promote conservation and to encourage Scouts to appreciate Mother Nature. A patch is available for each scout that earns this award. To earn the “Theodore Roosevelt” Conservation Award, campers must do all of the following during their week at camp:

1. Participate in one of the Blue Mountain Hikes

2. Take part in a Nature sponsored conservation project or Troop-sponsored conservation project during the weeks stay at Camp A. Times and days available at camp.

3. Earn 1 merit badge from the Nature area, Fly Fishing, or Fishing Merit Badges.
THE PEBBLE PATCH PROGRAM

It is on the honor system where scouts complete requirements to achieve a unique Pebble for their camp patch. You are eligible to purchase each patch in the Trading Post.

The Burning Spirit
1. Attend the Monday night campfire
2. Attend the OA campfire
3. Help your troop with a skit for the Friday night campfire

Climbing
1. Successfully complete a climb
2. Successfully complete a repel
3. Learn one climbing knot

International Scouting
1. Attend the International Presentation.
2. Talk to an international Scout
3. Learn the flags of five countries that have Scout organizations

Handi with the crafts
1. Make a Handcraft project
2. Brand something with the Camp A Logo
3. Make a lanyard

Hot Shot
1. Shoot a round of archery
2. Obey the range safety rules
3. Hit the yellow target at least once

Weekly Camper
1. Stay all week
2. Earn a merit badge
3. Live like a good scout

Outdoor Cooking
1. Cook food in your campsite
2. Invite a staff to join you
3. Eat what you've made

Iron Man
1. Compete in the Iron Man competition
2. Give it all you've got
3. Have fun

Year Pebble
1. Attend Camp for 5 yrs/10 yrs/20 yrs

First Aid
1. Learn a new first aid skill
2. Attend a health and safety merit badge, or CPR/First Aid training
3. Teach a first aid skill to another Scout

The Angler
1. Go fishing for at least a combined 30 min.
2. Catch and release one fish
3. Be Prepared

Order of the Arrow
1. Attend the Order of the Arrow Campfire.
2. Bring a buddy
3. Learn something new

Outdoorsman
1. Help make a pioneering project
2. Learn one lashing
3. Teach your scoutmaster that lashing

Kayaking
1. Go kayaking
2. Use all safety equipment
3. Follow all of the rules

Mountain Boarding
1. Go mountain boarding
2. Don't get hurt
3. Complete a J turn

Citizenship
1. Assist in raising/lowering the colors in your campsite or for camp
2. Demonstrate how to fold the American flag
3. Teach how to fold the flag

Mountain Biking
1. Take a mountain bike ride on the moderate course
2. Bring a buddy
3. Wear your helmet

Happy Feet
1. Complete an Official Camp A hike
2. Bring lots of water
3. Bring a buddy

Marksman
1. Participate in shooting a rifle or shotgun
2. Learn three rules for safe Gun handling
3. Get three shots in a quarter

Geocached
1. Complete an Official Camp A geocache
2. Sign the log sheet
3. Put it back where you found it

River Rat
1. Go White Water Rafting
2. Brave the rapids
3. Don't fall out

Naturalist
1. Use the "Leave No trace" policy
2. Go on a nature hike either Monday or Thursday
3. Do a Nature sponsored Conservation Project on Tuesday

The Aqua man
1. Complete the BSA swim test
2. Bring a towel to an aquatics event
3. Bring a buddy to the same event

The Duct Tape
1. Use duct tape to fix something
2. Make a survival roll of duct tape
3. Make a useful item out of duct tape
ORDER OF THE ARROW

The Order of the Arrow is a Scouting’s Honor Society chartered by the Boy Scouts of America. Its purpose is to recognize those Scouts who best exemplify the Scout Oath and Law in their daily lives and by such recognition cause others to conduct themselves in such a manner as to warrant similar recognition. Tuesday is Order of the Arrow day in camp with ceremonies and fellowship. The day will conclude with the OA campfire led by our Camp Staff. All Scouts and Scouters are welcome and encouraged to attend.

Any Scoutmaster from a Troop outside Pikes Peak Council, wishing to have Scouts or Scouters called out into the Order of the Arrow by Ha-Kin-Ski-A-Ki Lodge camp staff members must provide a letter from their home lodge identifying the names of those Scouts who have been elected by their fellow Scouts and the names of the Scouters who have been approved for membership. This signed letter from the Lodge Adviser or Chief authorizing our Lodge to call out their members must be presented to the OA Camp Chief on Sunday so the Scout and adult candidates may be called out. It is the policy of the HaKin-Skay-A-Ki Lodge NOT to hold elections at Camp Alexander for any Troop.

Thank you, Donald Bode, Lodge Chief

THE CAMP DIRECTORS AWARD

The “Camp Directors Award” will give each Troop the opportunity to select one boy as their “Top Camper” for the week. This award should go to the Scout who has displayed the most Scouting Spirit during the week, living up to and demonstrating the ideals of Scouting. This award is presented to the Scout at the end of the closing campfire by the Camp Director.

ADVANCEMENT RECOGNITION

The Program Director will present a certificate at the Friday closing assembly, to each Scout that has advanced a rank while at camp. Please be sure that they have completed all the requirements for the rank before recognizing them. If a scout advanced several ranks his top rank will be recognized.

SENIOR PATROL LEADER COUNCIL

The SPL from each Troop will make up the Camp Senior Patrol Leaders Council for the camp. This group will be working to coordinate the camp-wide activities as well as the Friday night Family Campfire. They will also elect the Camp Senior Patrol Leader. SPL’s will meet with the Program Director after morning assembly at breakfast Monday, Tuesday, Wednesday and Friday. It is very important your SPL attends these meetings as we try and disseminate all information through them using the Patrol Method.
**THEME DAYS**

Get your entire troop involved with these fun theme days!

**Monday** – Troop T-Shirt Day – wear your troop T-Shirt

**Tuesday** – OA Day – wear your OA sash with full field uniform

**Wednesday** – Pink T-Shirt Day

**Thursday** – Camp T-Shirt Day – wear your favorite Camp Alexander t-shirt

**Friday** – Floral Fridays – wear your favorite floral shirt

**FLAG CEREMONIES**

Camp-wide flag ceremonies are held twice a day. Announcements and awards will be presented at these times. Please make sure that your entire unit is present during these assemblies. It is a tradition at Camp Alexander that everyone in camp attends dinner and the evening flag ceremony in full Field uniform. We are also very happy to recognize birthdays at these ceremonies. Out of state troops are encouraged to bring their state flag for display in the campsite or parade ground.
Adult Leader Activities

Throughout the week a number of activities have been arranged for Adult Leaders. It should be noted that an adult’s primary function at camp is to look after, assist and counsel Scouts in their unit.

* Required

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<td>*Sunday</td>
<td>7:35 PM</td>
<td>Leader’s Meeting</td>
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<td>Monday</td>
<td>6:45 PM</td>
<td>Into Leave No Trace</td>
<td>Wooten Center</td>
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<td>Tuesday</td>
<td>10:30 AM</td>
<td>Trek safely</td>
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<td>*Wednesday</td>
<td>10:00 AM</td>
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<td>Thursday</td>
<td>10:00 AM</td>
<td>Hazardous Weather Training</td>
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<td>Thursday</td>
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<td>Leader’s Shotgun Shoot</td>
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<td>Friday</td>
<td>9:00 AM</td>
<td>Climb on Safely</td>
<td>Wooten center</td>
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<td>*Friday</td>
<td>3:30 PM</td>
<td>Merit Badge Review</td>
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<td>See Aquatics</td>
<td>Director</td>
<td>Aquatics Supervision</td>
<td>Lake &amp; Pool</td>
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JOIN THE TEAM *** SUMMER CAMP STAFF APPLICATION***

Know a great scout that would be an asset to the team? We want them to be a team member with us to provide a “Mountain-Top Experience” for an entire 9 weeks. Pay ranges from $900 to $3250 for the summer. Staff positions range from Aquatics to ATV director! We are always on the lookout for top notch leaders! Staff Application link: [https://www.pikespeakbsa.org/files/10301/2017-staff-application-pdf](https://www.pikespeakbsa.org/files/10301/2017-staff-application-pdf)
TROOP PHOTOS

Please plan to arrive in full field uniform (Class A). During the check-in process, your guide will take you by our photo spot and snap a great 8x10 for your Scouts parents back home. Photo orders must be placed on Sunday so that they can arrive before the end of your stay. Each troop will receive 1 complimentary photo if they have their photo taken Sunday.

TUESDAY NIGHT CARNIVAL & ADULT LEADER STEAK DINNER

On Wednesday night the Camp Alexander staff will be having a carnival for all scouts in the parade grounds. Burgers, ice cream, snow cones, and popcorn will be served along with music and games!

That same night while the scouts are enjoying the party, scoutmasters and adult leaders will be attending the scoutmaster steak dinner! A 12oz steak with caesar salad, baked potato, corn on the cob, and strawberry short cake will be served to all adults. Pikes Peak Council’s Scout Executive, Jim Machamer, will join the evening to share new and exciting details about camp and also ask for feedback on the leader’s Camp A experience. Every adult leader attending camp is invited to this dinner. Please remember that this dinner is for only those adults who are attending Camp Alexander as an adult leader for the week.

FLAG RETIREMENT CEREMONY

We collect flags to be retired from the community year-round and this allows us to present your troop with an opportunity to conduct a Flag retirement ceremony in your site during your troop time. You do not need to sign up for this program just stop by the office to pick up a flag for retirement. This activity may be restricted due to local fire bans.

FAMILY NIGHT

One of the highlights at Camp Alexander is Friday Family Night. Friends and family are welcome to join in the fun and spirit, Friday afternoon as the Scouts participate in Camp wide events. At 5:15 PM the camp will have its final assembly, with Scouts dressed in full field uniform. Awards and rank recognition’s will be presented at this time. Be sure to have cameras ready to capture the great moments.

Friday evening meal tickets are on sale at the Business Office and must be purchased prior to dining. There is no charge for the Scouts and leaders in attendance at camp during the week as the cost is already included in the camp fee. The closing campfire, performed by the Scouts, will begin at approximately 7:45 PM and should conclude by 9:30 PM. Guests will be required to park in the lower lot and make the 10 minute walk to the main camp.

Any parents wishing to pick up their child and leave after the campfire MUST checkout through the Scoutmaster and the camp office. Campers will only be released by the Scoutmaster to their parent/guardian or to a pre-approved person that is specified in writing by the parent or guardian.

Thank you for not bringing the family pets to camp - pets are NOT welcome! Parents and friends bringing their own evening meal to camp are asked not to eat in the dining hall due to space limitations.
Care Packages

Care Packages are a great way to surprise your scout while they are here at Camp Alexander! We even have packages for adult leaders at camp! Care Packages will be available in April. You can go to pikespeakbsa.org to order a package.

Camp A Epic Package

$50– Includes Camp A Hat, Camp A t-shirt, Camp A Sunglasses, Camp A Lanyard, Camp A wristband, bumper sticker, branding mug

Birthday Package

$30– Includes branding mug, box of Little Debbie Cakes, Camp A hat, Camp A lanyard, Camp A wristband, bumper sticker, card signed by Camp A staff.

Survival Package

$40– Includes Pocket knife, water bottle, knife sharpener, Camp A lanyard, Camp A wristband, bumper sticker, 5’ paracord

Scoutmaster Package

$25– Branding mug, Camp A hat, chap stick, sunblock, package of beef jerky
Sunday Check in Procedures

Camp Alexander opens at 1:00 PM the Sunday you arrive at camp. If you wish to arrive Monday morning, please be at Camp Alexander at 7:00 AM.

The first staff member you will meet is your Troop Guide. Your Troop Guide will be your liaison for the week. He/she will introduce themselves to your unit and will then take you to your campsite. Along the way, your Troop Guide will give you a tour of Camp Alexander and will stop at the Parade Grounds for a troop photo. When you arrive at your campsite, you will have time to start unpacking and get settled. At some point, the Camp A medical team will show up to your campsite to do medical checks. After medical checks, your Troop Guide will take you to the pool to do swim checks if you have not already done swim checks for your unit. After swim checks or if you have already completed swim checks, you will have dinner at a designated time assigned to your unit upon check in with the Camping Director. Check-In with the Camping Director (1-2 adults only)

While your Troop Guide is taking care of your unit, 2 scoutmasters are required to check in at the Business Office with the Camping Director. Here is the list of items the Camping Director will be asking for when you arrive. Every item listed must be a physical copy upon turn in:

- Completed Tour Plan
- A letter from your Order of the Arrow Lodge of candidates
- Adult Leader Reference Forms (3 are required for every adult)
- Youth Protection Certification for every adult
- Emergency Contact List
- Troop Photo order form
- ATV Waivers (only for scouts and adults participating in our ATV course)
- Completed Rafting waivers (only for those participating in white water rafting)

After all items have been turned in, you will receive:

- Hip Pocket Hand Book for every adult leader and SPL
- Camp Alexander map and merit badge schedule for every scout.
- Your assigned dinner meal for the evening The Camping Director will also be checking unit account’s for outstanding balances.

Saturday Checkout procedures will be given at the Wednesday morning Leader’s Meeting

HEALTH & MEDICAL RECORDS

The State of Colorado and Department of Social Services have strict rules that Camp Alexander must follow. Please read the following section carefully. All campers, scouts, and Scouters must have an Annual BSA Health and Medical Record within the past 12 months of arrival at Camp Alexander.

Please use the form: http://www.scouting.org/filestore/HealthSafety/pdf/680-001_ABC.pdf

The record must be completed and signed by a medical doctor, M.D., D.O., R.N.P. or P.A./C. These are the only signatures which the Colorado Department of Social Services will allow to sign the Health Form.” Chiropractic doctor, D.P.M. signatures are unacceptable under Colorado Department of Social Services requirements. On page 3 of the BSA medial form there is a section where medications are to be listed. Below that are two signature lines for a parent and a doctor. The State of Colorado requires both these signature lines be signed prior to coming to Camp Alexander. If the lines are not signed, we are not allowed to give that scout any form of medication including prescription and non-prescription medication such as Tylenol or Ibuprofen.

NO OTHER FORM WILL BE PERMITTED at camp. It will be the Scout’s parent’s responsibility to secure and pay for a local Health and Medical record prior to camp admittance. All Scouts and adult leaders are required to participate in a medical “re-check” with the Camp Alexander Medical Staff upon check-in. Scouts and adults without a completed and properly signed Medical Form as of 4:00 PM Monday must be picked up that evening by the parents, or taken home by the unit leaders. There is no refund.
MEDICATIONS

Under Colorado State Law, any Scouts bringing medication to camp, including herbal supplements and vitamins must adhere to the following procedures. All medication and herbal supplements must be checked in upon arrival to camp and will be made available by the Camp's medical staff through-out the week. This includes all over-the-counter medications. i.e. aspirin, Tylenol, etc. We ask however that you do not send these medications to camp as we have them available at the Health Lodge. Any adult bringing medication must secure and lock their medication in their campsite.

All prescription medication must come to camp in the original bottle from the pharmacy. The label must contain:

a. The camper’s name
b. Date of prescription
c. Doctor’s name and phone number
d. Correct Dosage

daily pill containers are not permitted under Colorado Law.

Please do not cover-up information and instructions on the medication. A letter or prescription from a licensed medical practitioner (MD, DO, PA-C or RNP) must accompany the vitamins or herbal remedies with the name of the camper, the type of vitamins or herbal remedies, the dosage and the times of dispensing. If these requirements are not met, the vitamins or herbal remedies will not be made available. They will be placed in a locked container in the Health Lodge and returned to the troop leader at the end of the week. No adult leader or parent will be allowed to dispense any medication, vitamins or herbal remedies to any camper without the approval of the Camp Health Officer. (CO Dept. of Human Services) The ONLY medications that will be allowed to remain with the camper, by law, are rescue inhalers, epi-pens or ana-kits for allergic reactions. The type of rescue inhalers will be determined by the camp medical staff. Medications and herbal supplements in pill boxes and non-original containers are considered contaminated and will be disposed of. Please send only enough medication for the week.

It is the responsibility of the adult leaders to ensure that Scouts are taking their medication during the week. Unit leaders must accompany their campers to the Health Lodge for their medications. Please try and bring all your Scouts taking medication at the same time. Additionally, it is the responsibility of the adult leaders, at departure from camp, to collect any medications or herbal supplements from the Health Lodge.

In order for speedy check-in please have each Scouts parent complete the Medication Log Form. This form is used to log the medication administered to each person. If no medications are administered then no log is needed.

Any camper, upon check-in, requiring treatment for a pre-existing condition (i.e., wound care) should bring a note from a doctor or parent, along with the sterile supplies necessary to perform the care, and instructions stating what ongoing treatment needs to be done. We are happy to assist so that treatment can take place in a clean environment. Our medical staff is not permitted by law to administer injections.

CAMP ALEXANDER IS REQUIRED TO KEEP ANY MEDICAL FORMS THAT ARE GIVEN ON FILE PER COLORADO STATE LAW. IT IS RECOMMENDED THAT UNITS BRING A SECOND COPY FOR THEIR OWN USE

MEDICAL CARE

Our Health Lodge is equipped with supplies to handle most injuries which could occur in camp. BSA approved medical personnel are in camp 24 hours a day to handle such emergencies. If injuries warrant a visit to a physician, we have made arrangements so that you can transport your Scouts and adults to medical facilities in Woodland Park or Colorado Springs. Camp Alexander reserves the right to refuse admittance to any Scout or Adult leader who, in the opinion of the Camp Health and Safety Director or Camp Director, may have any physical, mental, or medical problems which could present a hazard to that individual or others at Camp Alexander.
**MEDICATION TIMES**

The Camp’s medical staff will make medications available at the following times:

- 7:00 – 7:45AM Monday - Friday
- 8:00 - 8:45AM after flags Monday - Friday
- 12:00 - 1:30PM Monday - Friday
- 4:15 - 5:15PM Sunday - Friday
- 6:00 - 10:00PM Sunday - Friday

Special arrangements must be made with medical personnel to receive medications and herbal supplements.

CPAP’s Adults or youth needing a CPAP machine while sleeping will need to have a machine that runs on batteries. There is no electricity in campsites to power CPAP machines. We do have recharging locations located on property.

**EMERGENCY CARE**

Emergencies will be handled by local Emergency Medical Staff. Camp Alexander prides itself in having staff volunteer with the local Fire Department streamlining emergency response. With serious injuries or situations we require an adult and the injured to come to the Health Lodge if possible for medical treatment. If they cannot come or it is not safe the medical team will come to you using our Emergency transportation. The following procedures are followed:

- Parents or guardians will be notified by the attending medical staff or Scout leader of any serious illness or injury as soon as practical. If parents/guardians will not be at home during the week of camp, the camp needs to know how to reach them. Please indicate contact methods on the Camp Medical Form.

- In the event the parents or guardians are unavailable, the unit leader will be asked to make decisions in their place.

- It is the responsibility of the unit leadership to provide transportation for a unit member requiring non-emergency medical services away from camp.

- It is Mandatory that Units arriving by motor coach bring one vehicle to camp in case of a Unit emergency.

- Two adult leaders will accompany the Scout or leader requiring non-emergency medical services. The leaders must obtain a copy of the Scout’s medical form from the Health Lodge before leaving camp (the original form will stay in camp) and sign-out at the Camp Office. Adult leaders from another Troop or a commissioner may be used to provide the necessary two-deep leadership requirement. Please remember the two-deep leadership requirement must also be met in the campsite.

- Directions to medical facilities will be provided at the Health Lodge.

- In the event of serious medical emergency care, patient care will be handled by local emergency medical services.

- Obtaining emergency transportation will be the responsibility of the Camp Medical Staff and Camp Director (ambulance or helicopter). The cost associated will be on the injured party.
TROOP GUIDES

Troop Guides are assigned to each unit at camp. These exceptional Staff members are there to support your unit in making you feel at home while at Camp. Troop guides will meet your unit in the parking lot at checkin and be a liaison during your time at camp. Like the Camp Commissioners please use them as they are one of your most valuable resources at Camp.

ADULT LEADER & SPL HIP-POCKET HANDBOOK

At the Leaders Meeting on Sunday evening, each Adult Leader and SPL will receive a HANDBOOK for their use while at Camp. It includes a wealth of information from Campsite Duty Assignments to the week’s schedule of activities. Please use this resource to execute your planning process at camp.

VISITORS

All visitors must check-in and out with the Camp Office when arriving and leaving camp. There are no facilities or camping areas available at Camp Alexander for visitors or family members to stay. RV’s or travel trailers are permitted for daily visits but no overnight accommodations.

CAMP ALEXANDER

VISITING ADULT REQUIREMENTS

<table>
<thead>
<tr>
<th>LENGTH OF STAY</th>
<th>CATEGORY</th>
<th>REGISTERED BSA MEMEBER</th>
<th>BSA MEDICAL FORM</th>
<th>FEE</th>
<th>ADULT LEADER FORM</th>
<th>YPT TRAINED</th>
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<tr>
<td>LESS THAN 8 HOURS</td>
<td>VISITORS</td>
<td>NO</td>
<td>NO</td>
<td>MEALS</td>
<td>NO</td>
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<td>$55/NIGHT</td>
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<tr>
<td>including</td>
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## Food Menu for Camp Alexander 2017

All items are approved by a certified nutritionist. Menu items are subject to change for any reason.

### Weeks 1, 3, 5, 7 Menu

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biscuits</td>
<td>Scrambled Eggs</td>
<td>French Toast</td>
<td>Cheesy Scrambled Eggs, Tortillas, and Salsa</td>
<td>Maple Patty &amp; Egg Biscuit</td>
<td>Pancakes</td>
<td>Bagels</td>
</tr>
<tr>
<td>Hash Browns Patty</td>
<td>Sausage Links</td>
<td>Oatmeal Bar &amp; Yogurt</td>
<td>Cheesy Scrambled Eggs, Tortillas, and Salsa Bacon</td>
<td>Shredded Hash Browns Oatmeal Bar &amp; Yogurt</td>
<td>Sausage Links</td>
<td>Cinnamon Rolls</td>
</tr>
<tr>
<td>Sausage Patties, Oatmeal Bar &amp; Yogurt</td>
<td>Fresh Fruit</td>
<td>Oatmeal Bar &amp; Yogurt</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Oatmeal Bar &amp; Yogurt</td>
<td>Fresh Fruit</td>
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<td>Fresh Fruit</td>
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<td>Fresh Fruit, Cereal</td>
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<td>Cereal</td>
<td>Cereal</td>
<td>Cereal</td>
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<tr>
<td>Biscuits and Gravy</td>
<td>Scrambled Eggs</td>
<td>French Toast</td>
<td>Cheesy Scrambled Eggs, Tortillas, and Salsa</td>
<td>Maple Patty &amp; Egg Biscuit</td>
<td>Pancakes</td>
<td>Bagels</td>
</tr>
<tr>
<td>Shredded Hash Browns</td>
<td>Oatmeal Bar &amp; Yogurt</td>
<td>Oatmeal Bar &amp; Yogurt</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Oatmeal Bar &amp; Yogurt</td>
<td>Cinnamon Rolls</td>
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<td>Oatmeal Bar &amp; Yogurt</td>
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<td>Cereal</td>
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<td>Fresh Fruit, Cereal</td>
<td>Cereal</td>
<td>Cereal</td>
<td>Cereal</td>
<td>Cereal</td>
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<tr>
<td>Italian Sub</td>
<td>Waffle Fries</td>
<td>Chicken Tenders</td>
<td>Corn Dog</td>
<td>Pulled BBQ Chicken</td>
<td>Pizza</td>
<td>Italian Pasta Salad</td>
</tr>
<tr>
<td>Waffle Fries</td>
<td>Fruit &amp; Salad Bar</td>
<td>Spicy Fries</td>
<td>Mac N Cheese</td>
<td>Fries</td>
<td>Fries</td>
<td>Fries</td>
</tr>
<tr>
<td>Fruit &amp; Salad Bar</td>
<td>Oatmeal Bar &amp; Yogurt</td>
<td>Fruit &amp; Salad Bar</td>
<td>Fruit &amp; Salad Bar</td>
<td>Fruit &amp; Salad Bar</td>
<td>Fruit &amp; Salad Bar</td>
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<tr>
<td>Oatmeal Raisin</td>
<td>Oatmeal Bar &amp; Yogurt</td>
<td>Chocolate Pudding</td>
<td>Sugar Cookies</td>
<td>Chocolate Chip Cookie</td>
<td>Chocolate Chip Cookie</td>
<td>Brownie</td>
</tr>
<tr>
<td>Italian Sub</td>
<td>Waffle Fries</td>
<td>Chicken Tenders</td>
<td>Corn Dog</td>
<td>Pulled BBQ Chicken</td>
<td>Pizza</td>
<td>Italian Pasta Salad</td>
</tr>
<tr>
<td>Waffle Fries</td>
<td>Fruit &amp; Salad Bar</td>
<td>Spicy Fries</td>
<td>Mac N Cheese</td>
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<td>Fries</td>
<td>Fries</td>
</tr>
<tr>
<td>Fruit &amp; Salad Bar</td>
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<td>Fruit &amp; Salad Bar</td>
<td>Fruit &amp; Salad Bar</td>
<td>Fruit &amp; Salad Bar</td>
<td>Fruit &amp; Salad Bar</td>
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<td>Chocolate Chip Cookie</td>
<td>Chocolate Chip Cookie</td>
<td>Brownie</td>
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<tr>
<td>Chicken Carnita Taco</td>
<td>Spanish Rice</td>
<td>Hamburgers on Bun Corn Cobbottes</td>
<td>Jambalaya</td>
<td>Salisbury Steak</td>
<td>Brisket</td>
<td>Honey Cornbread</td>
</tr>
<tr>
<td>Spanish Rice</td>
<td>Chips and Salsa</td>
<td>Potato Salad</td>
<td>Southern Sweet Roll Peas</td>
<td>Mashed Potatoes</td>
<td>Baked Beans</td>
<td>Coleslaw</td>
</tr>
<tr>
<td>Chips and Salsa</td>
<td>Fruit &amp; Salad Bar</td>
<td>Ice Cream Sandwich</td>
<td>Fruit &amp; Salad Bar</td>
<td>Gravy</td>
<td>Veggie Tray</td>
<td>Veggie Tray</td>
</tr>
<tr>
<td>Fruit &amp; Salad Bar</td>
<td>Jello Cake</td>
<td>Punch, Milk &amp; Water Fruit Bowl</td>
<td>Rice &amp; Beans Bar</td>
<td>Carrots</td>
<td>Herb Dip</td>
<td>Herb Dip</td>
</tr>
<tr>
<td>Chicken Carnita Taco</td>
<td>Spanish Rice</td>
<td>Hamburgers on Bun Corn Cobbottes</td>
<td>Jambalaya</td>
<td>Salisbury Steak</td>
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<td>Honey Cornbread</td>
</tr>
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<td>Spanish Rice</td>
<td>Chips and Salsa</td>
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<td>Southern Sweet Roll Peas</td>
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<td>Ice Cream Sandwich</td>
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<td>Jello Cake</td>
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<td>Carrots</td>
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<tr>
<td>Jello Cake</td>
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<td>Rice &amp; Beans Bar</td>
<td>Chocolate Cake</td>
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<td>Brownie</td>
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</table>
| Week 2, 4, 6, 8 Menu

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
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<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maple Patty &amp; Egg Biscuit</td>
<td>Scrambled Eggs</td>
<td>French Toast</td>
<td>Breakfast Burritos</td>
<td>Pancakes</td>
<td>Bagels</td>
<td>Cinnamon Rolls</td>
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<tr>
<td>Shredded Hash Browns</td>
<td>Oatmeal Bar &amp; Yogurt</td>
<td>Sausage Links</td>
<td>Coffeecake</td>
<td>Bacon</td>
<td>Cinnamon Rolls</td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td>Oatmeal Bar &amp; Yogurt</td>
<td>Fresh Fruit</td>
<td>Oatmeal Bar &amp; Yogurt</td>
<td>Oatmeal Bar &amp; Yogurt</td>
<td>Oatmeal Bar &amp; Yogurt</td>
<td>Fresh Fruit</td>
<td>Cereal</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td></td>
<td>Fresh Fruit, Cereal</td>
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<td>Fresh Fruit</td>
<td>Cereal</td>
<td>Cereal</td>
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<tr>
<td>Pulled Pork on Bun</td>
<td>Italian Pasta Salad</td>
<td>Biscuits and Gravy</td>
<td>French Toast</td>
<td>Breakfast Burritos</td>
<td>Pancakes</td>
<td>Bagels</td>
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<td>Macaroni Salad</td>
<td>Pretzel</td>
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<td>Sugar Cookie</td>
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<td>Fresh Fruit, Cereal</td>
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<td>Cereal</td>
<td>Cereal</td>
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<tr>
<td>Country Fried Steak</td>
<td>Mashed Potatoes/Gravy</td>
<td>Chicken Alfredo Peas</td>
<td>Ziti with Meat Sauce</td>
<td>BBQ Chicken</td>
<td>Brisket</td>
<td>Honey Cornbread</td>
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<tr>
<td>Mashed Potatoes</td>
<td>Gravy</td>
<td>Garlic Bread</td>
<td>Broccoli</td>
<td>Augratin Potatoes</td>
<td>Baked Beans</td>
<td>Coleslaw</td>
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<tr>
<td>Green Beans</td>
<td>Roll/Bread</td>
<td>Fruit &amp; Salad Bar</td>
<td>Garlic Bread</td>
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<td>Veggie Tray</td>
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<td>Roll/Bread</td>
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<td>Peach Cobbler</td>
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<td>Rice Krispy Treat</td>
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<td>Brownie</td>
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<tr>
<td>Chicken Alfredo Peas</td>
<td>Garlic Bread</td>
<td>Hamburgeurs on Bun Corn Cobbottes</td>
<td>Ziti with Meat Sauce</td>
<td>BBQ Chicken</td>
<td>Brisket</td>
<td>Honey Cornbread</td>
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<tr>
<td>Garlic Bread</td>
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<td>Brocoli</td>
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<td>Coleslaw</td>
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<tr>
<td>Fruit &amp; Salad Bar</td>
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<td>Ice Cream Sandwich</td>
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<td>Veggie Tray</td>
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<td>Rice &amp; Beans Bar</td>
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<td>Southern Sweet Roll</td>
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<tr>
<td>Smaores</td>
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<td></td>
<td>Rice &amp; Bean Bar</td>
<td>Fruit &amp; Salad Bar</td>
<td>Fruit &amp; Salad Bar</td>
<td>Brownie</td>
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</table>
INDIVIDUAL VISITOR MEALS

Visitors may purchase individual meals at the Camp Office.

Breakfast—$6.00 Lunch—$8.00 Dinner—$10.00

Family Night Dinner—$10.00 for 7+ years and $5.00 for under 7

CAMPSITE EQUIPMENT RESOURCES

Camp Alexander’s 15 campsites come in all different shapes and sizes and are annually updated and improved. Noted below is a basic campsite inventory that your unit can expect upon its arrival.

- Tents per campsite maximum (3 people per tent, tents are 8' deep x 12' wide)
- Car Port (Replaced Dinning Fly's)
- Garden Hose
- Running Water
- Picnic Table (numbers vary depending on capacity of site)
- Flagpole
- Latrine
- Hand Wash Station
- Rake, Shovel & Broom

Campsites have no electricity. Campers are NOT allowed to run extension cords from nearby facilities with electricity. Fires are only allowed in the already established fire rings of the campsite. There is fire ring building.

CLEAN CAMPSITE

You will be expected to keep your campsite, latrine, and showers clean. If you have problems (leaky pipes, need supplies, etc.) please report to the Commissioner/ Ranger or business office. Campsites inspected by Troop guide.

DAMAGES TO EQUIPMENT/ CAMPSITE

All campsites and camp-owned equipment used by a unit will be inspected before the unit checks out. Any damages that occur will be assessed by the Camp Director and must be paid for, or arrangements made to pay, before the unit leaves camp.
## Camp Alexander

### Campsite Sizes

<table>
<thead>
<tr>
<th>Campsite</th>
<th>Campsite Maximum</th>
<th>Number of Tents</th>
<th>Dinning Fly/Tables</th>
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<tbody>
<tr>
<td>Anasazi</td>
<td>8</td>
<td>1</td>
<td>1/2</td>
</tr>
<tr>
<td>Apache</td>
<td>12</td>
<td>18</td>
<td>2/4</td>
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<tr>
<td>Arapahoe</td>
<td>36</td>
<td>12</td>
<td>2/6</td>
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<tr>
<td>Cherokee</td>
<td>42</td>
<td>14</td>
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<tr>
<td>Cheyenne</td>
<td>24</td>
<td>8</td>
<td>2/4</td>
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<tr>
<td>Comanche</td>
<td>30</td>
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<td>2/4</td>
</tr>
<tr>
<td>Crow</td>
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<td>2/4</td>
</tr>
<tr>
<td>Kiowa</td>
<td>15</td>
<td>5</td>
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<tr>
<td>Navajo</td>
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<td>16</td>
<td>2/6</td>
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<tr>
<td>Ogallala</td>
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<tr>
<td>Ute</td>
<td>33</td>
<td>11</td>
<td>2/4</td>
</tr>
</tbody>
</table>

If your unit is planning having more than the listed maximum number of youth and have not already made plans with Cameron Ackley the Camping Director, contact Cameron at cameron.ackley@scouting.org or at 719-219-2907 to make arrangements.
**Damage to Equipment & Facilities**

All campsites and camp owned equipment used by a unit will be inspected before the unit checks in and as the unit checks out. Any damages that occur will be assessed by the Camp Director and must be paid for, or arrangements made to pay, before the unit leaves camp. Damage could include breaking or losing equipment, defacing tables, latrines and buildings, cutting or tearing canvas.

Please report pre-existing damage immediately! Contact the Camp Director (or designee) by Noon of your first full day at camp to report pre-existing damage or issues. Each Scout and Unit is responsible for taking care of camp equipment that has been assigned for their use. In case of damage to this equipment, the individual or unit is responsible for payment or repairs or replacement.

Note: Aerosol spray cans used inside tents will remove waterproofing from tents.

The estimated charges for misuse of equipment are as follows:

- **Cots:** Canvas Replacement (rips, cuts, writing on canvas) $50.00
- **Cot Replacement** (When canvas & frame are damaged) $75.00
- **End Board Replacement** (Each) $15.00
- **Leg or Side Board Replacement** (Each) $18.00
- **Tents & Patrol Fly:** Rips, Cuts and Tears (Per inch) $5.00
- **Writing on Canvas** (Per panel) / or small Burn holes $20.00
- **If waterproofing is destroyed** – the cost is determined by the individual case.
- **Cut or missing tiebacks** (woven straps-each) $15.00
- **Total Wall Tent Replacement** $350.00
- **Total Patrol Fly Replacement** $200.00
- **Uprights - Wooden type** (Each) $25.00
- **Ridge Poles – Wooden type** $35.00
- **Tent Frames- Metal pipe** (Per damaged section/joint) $35.00
- **Tent Platforms:** New board replacement – the cost is determined by the individual case
- **Replace Entire Platform** (Permanent type) $500.00
- **Dutch Ovens:** Replacement Cost (significant damage or lost) $65.00
- **Re-seasoning/Cleaning** $20.00
- **Picnic Tables:** Replacement Cost (Metal – 2 leg per set) $110.00
- **Replacement Cost** (Per board) $20.00
- **Chef Kit:** Replacement Cost (significant damage or lost) $35.00
- **Replacement Cost** (per item) $5.00

*Remember, this is your camp and equipment. Please protect and preserve it!*
**RENTAL COTS**

There are NO cots or sleeping pads provided in your campsite. However Cots can be rented prior to your arrival and used during the week. Your selected number of cots will be delivered to your campsite on Sunday and picked up Saturday before your departure. We have a limited amount available and we rent on first come first serve. The cost is $22.00 per cot. Reservation can be made online prior to camp. Payment is required prior to your unit arrival. Your troop guide will inspect them after use for damages.

**QUARTERMASTER**

The camp quartermaster is available for your supply request or troop time activity boxes. The quartermaster location is on the first floor of Elks lodge, last door to the west. This staff member is a great resource for your unit if you need supplies such as; axe’s tent repair kit, shovels, stoves, patrol boxes, and more.

**CHECK-OUT**

All units are required to check-out and depart camp by 9:00AM Saturday. Please have all drivers arrive no later than 8:15AM in the lower parking lot as camp does not have accommodations after 9:00AM.

**EARLY CHECKOUT**

Units wishing to check-out Friday must do so between 1:15 PM and 4:00 PM. The program on Friday is our first priority and thus we do not permit vehicle use until after 8:00PM. Camp staff can assist with trucks for gear after 3:00PM. All gear must be loaded in vehicles and parked at the lower parking lot if units are departing after campfire. Units are asked NOT to return to their campsites once checked out by a staff member but are encouraged to participate in the Friday Family Night Dinner, the closing ceremonies, and the campfire.

**PHYSICALLY CHALLENGED PERSON(S)**

Handicap campsites are available for physically challenged persons at Camp Alexander. Please contact the Camp Director prior to your arrival regarding the availability of facilities and any special needs. It is our intention to do everything possible (within our ability) to assist those wanting to attend camp.
**ELKS LODGE DINING HALL**

Meals will be served cafeteria style in the Upper Elks Lodge Dining Hall. Units will be dismissed from the porch by the Camp Staff. It is our goal to vary the rotation selection for who is first for each meal. Peanut butter and Jelly will be available at every meal for those that need more. Seconds—At most meals, seconds will be called after a short delay from the time the last person was served. Please be respectful and responsible when lining up for seconds. We never expect anyone to go hungry at camp!

**TRADING POST**

Camp Alexander’s Trading Post is a store where every camper can find special program items, mementos or gifts. Located adjacent to Handicraft, the fully stocked trading post carries craft, apparel & food items. The trading post will be open briefly Saturday morning for picture sales and last minute memorabilia.

*Experience has shown us that campers should bring $80-$100 for t-shirts, gear and snacks.*

Camp Alexander logos and designs are intended solely for Camp Alexander use. Please do not copy, use logos, or designs on any personal, unit clothing, or equipment.

**EMERGENCY PHONE NUMBERS**

- Camp Alexander 719.748.3254
- Camp Alexander Fax# 719.352.3636
- Pikes Peak Council Service Center 719.634.1584
- Pikes Peak Council Service Center Fax 719.634.1436

**CELL PHONE / INTERNET SERVICES**

Camp Alexander is located in a valley surrounded by mountains. Cell phone coverage is very limited in our area; please do not rely on personal cell phones during your stay. We have limited wireless internet service available for use by adult leaders only. You must have your own computer or cell phone.
Evening Activities

Evening Activities are available Monday, Wednesday, and Thursday evenings. These activities are first come first serve so be sure to line up for the activity you want to do most. From 6:30-6:45 PM every section will be conducting a safety talk. You must attend the safety talk to do the activity. If you attended during MB Class, you do not need to attend once again.

Safety Talks: Rifle, Archery, Shotgun, Rock Climbing, Mountain Boarding, Biking

<table>
<thead>
<tr>
<th>Program Area</th>
<th>Activity</th>
<th>Capacity</th>
<th>Day</th>
</tr>
</thead>
</table>
| Archery               | Open Shoot     | 24       | M, W, Th
| Shooting Sports       | Sporting Arrows| None     | M, W, Th
| Biking                | Bike Ride      | 18       | M, W, Th
| Lake                  | Kayaking       | 12       | M, W, Th
| Lake                  | Canoeing       | 18       | M, W, Th
| Lake                  | Rowing         | 12       | M, W, Th
| Hike & Bike           | Mtn Boarding   | 12       | M, W, Th
| Pool                  | Swimming       | 40       | M, W, Th
| Rifle Range           | Open Shoot     | 32       | M, W, Th
| The Rock              | Rappelling     | 12       | M, W, Th
| The Rock              | Climbing       | 22       | M, W, Th
| Shotgun              | Open shoot     | 10       | M, W
| Shotgun              | Leaders Shoot  | None     | Thurs  |
**Dining Hall & Setting Schedule**

Meal times and settings below are the planned settings; however camp reserves the right to change meal settings to better serve the entire camp.

<table>
<thead>
<tr>
<th>“A” Campsites</th>
<th>“8” Campsites</th>
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<tbody>
<tr>
<td>Shawnee</td>
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<td>Cherokee</td>
<td>Sioux</td>
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<td>Arapaho</td>
<td>Osage</td>
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<td>Navajo</td>
<td>Ogallala</td>
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<td>Kiowa</td>
<td>Anasazi</td>
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<table>
<thead>
<tr>
<th>Meal Times</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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<tr>
<td>Sunday</td>
<td>None</td>
<td>None</td>
<td>By assigned times</td>
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<tr>
<td>Mon-Thurs</td>
<td>1st setting 7:10 AM</td>
<td>1st setting 12pm</td>
<td>1st setting 4:45 pm</td>
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<td>2nd setting 8:00 am</td>
<td>2nd setting 12:30</td>
<td>2nd setting 5:45</td>
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<td>1st setting 12pm</td>
<td>1st setting 4:45 pm</td>
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<td>2nd setting 5:45</td>
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<tr>
<td>Saturday</td>
<td>Continental</td>
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**Service Area Assignments**

**Morning and Evening Flag:**
1. Raise or Lower flags during either morning or evening flag ceremonies
2. Lead camp in a prayer or grace
3. Morning be at parade grounds by 7:40 AM, evening by 5:20 PM
4. Have flag crew in full uniform for both assemblies

**Though of the Day**
1. Provide “thought of the day” at the morning assembly
**Elk’s Lodge Area**

1. Empty all trash cans outside on Elk’s porch and replace liners between 4:30 PM to 6:30 PM
2. Sweep upstairs and downstairs porch areas. (see Quartermaster for supplies)

**Male Shower Rooms**

1. Clean both youth and adult male shower rooms
2. Cleaning to be conducted opposite your meal setting, the showers must remain open for use during cleaning.
3. Pick up and empty trash

**Wooten Center**

1. Sweep inside between 4:30 PM to 6:30 PM
2. Empty trash cans and replace liners
3. Wet mop entire floor
4. Police exterior of the building for trash

<table>
<thead>
<tr>
<th>Area</th>
<th>Monday</th>
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<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td>Morning Flag &amp;</td>
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<td>Shawnee</td>
<td>Ogallala</td>
<td>Crow</td>
<td>Kiowa</td>
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<tr>
<td>Wooten Center</td>
<td>Crow</td>
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<td>Sioux</td>
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</tbody>
</table>
**Serving Meals & Dinning Hall Duties**

1. Report to the Dinning Hall 15 minutes prior to start of a meal.
2. 14 Scouts and 2 adults will serve food and monitor trash.
3. Other scouts in troop may eat during first setting then switch for second setting. You will be serving both settings.
4. Servers are required to wash hands and put on gloves before serving.
5. Under direction of the dinning staff, remain after meal to clean up dinning hall.
6. Changes will be made if your unit will be gone for one of the meal settings.

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<th>Meal</th>
<th>Monday</th>
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<tr>
<td>Breakfast</td>
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<td>Sioux</td>
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<td>Apache/</td>
<td>Ogallala</td>
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<td>Lunch</td>
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<td>Osage</td>
<td>Pawnee/</td>
<td>Cheyenne</td>
<td>Navajo</td>
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<tr>
<td>Dinner</td>
<td>Ute</td>
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<td>Arapaho</td>
<td>Staff</td>
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**Appendix: See attached forms and resources**

- Camp A map
- Leader Reference Forms
- Emergency Contact
- Medication form
- Dietary needs
- ATV Hold Harmless
- Echo Canyon Rafting Release Form
- White Water Rafting Roster
- Photo Order Form
- Swim Test
### Medication: Zyrtec

**Dose/Comments:** 1 pill daily - AM  
**Route:** oral

**Purpose:** seasonal allergies  

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**Example:**

*Our staff will fill in times medication was administered*

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### Medication:

**Dose/Comments:**  

**Route:** oral

**Purpose:**

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### Medication:

**Dose/Comments:**  

**Route:** oral

**Purpose:**

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### Medication:

**Dose/Comments:**  

**Route:** oral

**Purpose:**

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### Medication:

**Dose/Comments:**  

**Route:** oral

**Purpose:**

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</table>
EVERY ADULT LEADER ATTENDING CAMP ALEXANDER SUMMER CAMP MUST COMPLETE THIS LEADERS REFERENCE FORM:

PURSUANT TO: COLORADO DEPARTMENT OF HUMAN SERVICES,
MINIMUM RULES AND REGULATIONS FOR CHILDREN'S CAMPS
GENERAL REQUIREMENTS FOR ALL PERSONNEL 7.711.310 & GENERAL RULES 7.711.55A

LEADERS NAME: __________________ TROOP NUMBER: _______
COUNCIL _______________ DATE ATTENDING CAMP: _____________

THIS FORM IS TO BE FILLED OUT BY ANY ADULT WHO WILL BE SPENDING A NIGHT AT CAMP ALEXANDER DURING OUR SUMMER CAMPING SEASON.

1 – ROLE OF THE UNIT LEADER/ADULT IN CAMP:
It is the role of the unit leader/adult to supervise and monitor the youth in their unit. Unit leaders shall not have any other duties that would detract from the responsibility of service as a leader.

2 – CHARGES OR CONVICTIONS:
Have you ever been charged with or convicted of any charge of child abuse or neglect, unlawful sexual offense, or any felony?

Circle one: YES NO

3 – UNDERSTANDING & REPORTING OF CHILD ABUSE:
Child abuse consists of a wide variety of different problems. Usually these are categorized as physical abuse, emotional abuse, sexual abuse and neglect. Physical abuse is the injury of the child by other than accidental means. Emotional abuse is the constant belittling, criticizing, yelling at and verbal tearing down of the child. Sexual abuse is any sexual activity between a child and an adult, or sexual activity involving children in which the age, size or other power factors between the participants is unequal. Child neglect is failure to provide necessary nurture when resources are available to do so.

Under the “Child Protection Act of 1987” (C.R.S. 18-3-301) in the Colorado Children's Code, leaders are required to report suspected child abuse or neglect. The law at 18-3-304 states that if a leader has "reasonable cause to know or suspect that a child has been subjected to abuse or neglect or who has observed the child being subjected to circumstances or conditions which would reasonably result in abuse or neglect shall immediately report" such information to the Camp Director. It is not the leader's role to investigate suspected abuse – only to report it. Persons who make a good faith report are immune from civil and criminal liability. Additionally, the law provides for the protection of the identity of the reporting party.

A leader who fails to report suspected child abuse or neglect commits a class 3 misdemeanor and will be punished as provided in section 18-1-108, C.R.S.

I have read and understand the above requirements concerning my responsibility regarding child abuse reporting, and my role of the unit leader/adult in Camp.

Signature ___________________________ Date __________
4 - CHARACTER REFERENCE #1:
This section to be completed by an individual who knows the adult and who can provide a frank evaluation of the adult's suitability in working with children during a week-long camp.

CIRCLE THE WORD THAT BEST DESCRIBES THE ADULT LEADER
ATTITUDE: Enthusiastic Positive Acceptable Negative
COMMON SENSE: Always Sound Usually Sound Needs Direction None
INTEGRITY: Trustworthy Usually Reliable Lacking

WOULD YOU TRUST THE CARE OF YOUR CHILD WITH THIS PERSON? YES NO
I RECOMMEND THIS PERSON AS AN ADULT LEADER: YES NO

Signature ____________________________ Date——— ____________
Printed Name ____________________________ Telephone: ____________

5 - CHARACTER REFERENCE #2:
This section to be completed by an individual who knows the adult and who can provide a frank evaluation of the adult's suitability in working with children during a week-long camp.

CIRCLE THE WORD THAT BEST DESCRIBES THE ADULT LEADER
ATTITUDE: Enthusiastic Positive Acceptable Negative
COMMON SENSE: Always Sound Usually Sound Needs Direction None
INTEGRITY: Trustworthy Usually Reliable Lacking

WOULD YOU TRUST THE CARE OF YOUR CHILD WITH THIS PERSON? YES NO
I RECOMMEND THIS PERSON AS AN ADULT LEADER: YES NO

Signature ____________________________ Date——— ____________
Printed Name ____________________________ Telephone: ____________

6 - CHARACTER REFERENCE #3:
This section to be completed by an individual who knows the adult and who can provide a frank evaluation of the adult's suitability in working with children during a week-long camp.

CIRCLE THE WORD THAT BEST DESCRIBES THE ADULT LEADER
ATTITUDE: Enthusiastic Positive Acceptable Negative
COMMON SENSE: Always Sound Usually Sound Needs Direction None
INTEGRITY: Trustworthy Usually Reliable Lacking

WOULD YOU TRUST THE CARE OF YOUR CHILD WITH THIS PERSON? YES NO
I RECOMMEND THIS PERSON AS AN ADULT LEADER: YES NO

Signature ____________________________ Date——— ____________
Printed Name ____________________________ Telephone: ____________
Feel free to create your own excel file with these categories

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<th>Troop Number</th>
<th>Scout First Name</th>
<th>Campsite</th>
<th>Scout Last Name</th>
<th>Parent Name</th>
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Dietary Needs Form Camp Alexander 2017

Camp Alexander Foodservice can make accommodations for many Special Dietary needs (i.e. Vegetarian, Kosher, etc.), but it is much easier to do this with advance notice. There are certain dietary requirements that are difficult to accommodate at camp. Please provide us with the most accurate information on each dietary request and contact information. If we will have difficulty accommodating your request, someone will be in contact with you before your trip to camp.

If your son has a food allergy, we will work to offer substitutions. We do not make modifications for food preference as we offer a variety of food options. Because we eat cafeteria style and offer a salad bar, it is camp’s expectation that by sending your son to camp, you are asserting to us that your child has the knowledge of their diet and can manage their food choices.

Camper Name: ___________________________ Troop Number: _______ Week Number: _______

Parent name: _____________________________ Phone Number: _________________________

E-Mail Address: _______________________________ Date: _____________

Please provide specific details of your child’s dietary needs:

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

After completing this form, submit to Kandle Dining’s Registered Dietician, Jara Bauer, at Jara@kandelierining.com or Cameron Ackley Camping Director at Cameron.ackley@scouting.org
All-Terrain Vehicle (ATV) Program
Participation and Hold-Harmless Agreement

Camp Alexander (adult/parent/guardian) from the Plains Peak Council will be conducting an ATV program at Camp Alexander. Scouts will be instructed how to ride and drive an ATV. Scouts will be taught ATV safety and will drive on a training course, then on an approved trail only. Scouts will be on the unit individually and in control of the power and brakes. Scouts will be required to wear a helmet, goggles, gloves, over-the-ankle boots, long-sleeve shirt, and long pants. Scouts are expected to abide by all safety rules and the instructions of the camp instructor(s).

I, the undersigned, give my child __________________________', permission to participate in this program. I understand that participation in the activity involves a certain degree of risk. I have carefully considered the risk involved and have given consent for my child to participate in the activity. I understand that participation in the activity is entirely voluntary and requires participants to abide by the rules and standards of conduct. I release the Boy Scouts of America, the ATV Safety Institute, the local council, the activity coordinator, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all claims or liability arising out of this participation.

For safety, my child and I agree that hazards will do the following or hazards will be removed from the program. Because space is limited, any additional cost associated with participation in this program will not be refunded.

1. Operate the ATV obey camp rules at Camp Alexander, Inc.

2. Wear all required safety gear at all times on or around the equipment.

3. Follow all safety rules provided in the training area.

4. Follow the instructions of the camp staff instructor(s).

5. Maintain control of the ATV at all times and remain within the speed determined to be safe by the camp instructor(s).

6. Be in full compliance with all local, state, and federal guidelines, including age restrictions and original equipment manufacturer standards.

7. Respond to the camp satisfaction survey from the Boy Scouts of America as it evaluates the ATV program.

Participant’s signature: __________________________ Date:________________________

Parent/guardian signature: __________________________ Date:________________________

Parent/guardian printed name: __________________________ Date:________________________

Home phone: __________________________ Cell phone: __________________________

Email address (for survey purposes only): __________________________

BOY SCOUTS OF AMERICA

449-048

2013 Printing
UNIT PHOTO ORDER FORM

UNIT # _______________ WEEK # _______________

This form must be turned in by Sunday’s Leaders meeting in order to receive printed photos prior to your unit’s departure. Any order received after Sunday will be mailed to the address on the form and an additional $5.00 per order will accrue.

8 X 10 UNIT PHOTO = $8.00

_____________ # OF 8 X 10 PHOTOS X $8.00 = _______________

CIRCLE ONE

PICK UP FREE (IF ORDERED BY SUNDAY) MAIL $5.00 PER ORDER

TOTAL ORDER COST $_____________________

NAME ________________________________

ADDRESS _______________________________________________________________________

CITY ___________________________ ST __________ ZIP ________________

EMAIL __________________________ PHONE __________________________

OFFICE USE

PAID ______________ METHOD ______________ DATE __________
# Whitewater Rafting Expedition

Use this worksheet to pre-plan your rafting trip. Be sure to make a copy of this document as we will need the original submitted.

**Trip Leader Name:** ___________________________  **Email:** ___________________________

<table>
<thead>
<tr>
<th>Name</th>
<th>Adult/Youth</th>
<th>Age</th>
<th>Signed Waiver</th>
<th>Swimming Ability</th>
<th>Paid</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
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</tbody>
</table>
# Unit Swim Classification Record

This is the individual's swim classification as of this date. Any change in status after this date (i.e., nonswimmer to beginner or beginner to swimmer) would require a reclassification test performed by an approved test administrator. Changes and corrections to the following chart should be initialed and dated by the test administrator.

**SPECIAL NOTE:** When swim tests are conducted away from camp, the camp aquatics director retains the right to review or retest any or all participants to ensure that standards have been maintained.

<table>
<thead>
<tr>
<th>Unit Number</th>
<th>Date of Swim Test</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Full Name (Print)</th>
<th>Medical Recheck</th>
<th>Swim Classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Draw lines through blank spaces.)</td>
<td>Nonswimmer</td>
<td>Beginner</td>
</tr>
<tr>
<td>1</td>
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<td>15</td>
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</tbody>
</table>

**NAME OF PERSON CONDUCTING THE TEST:**

<table>
<thead>
<tr>
<th>Print Name</th>
<th>Signature</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Qualification</th>
<th>Council/Agency (Red Cross, YMCA, etc.)</th>
</tr>
</thead>
</table>

**UNIT LEADER:**

<table>
<thead>
<tr>
<th>Print Name</th>
<th>Signature</th>
</tr>
</thead>
</table>
SWIM CLASSIFICATION PROCEDURES

The swim classification of individuals participating in a Boy Scouts of America activity is a key element in both Safe Swim Defense and Safety Afloat. The swim classification tests should be renewed annually, preferably at the beginning of each outdoor season. Traditionally, the swim classification test has only been conducted at a long-term summer camp. However, there is no restriction that this be the only place the test can be conducted. It may be more useful to conduct the swim classification prior to a unit going to summer camp.

All persons participating in BSA aquatics are classified according to swimming ability. The classification tests and test procedures have been developed and structured to demonstrate a skill level consistent with the circumstances in which the individual will be in the water (e.g., the swimmer’s test demonstrates the minimum level of swimming ability for recreational and instructional activity in a confined body of water with a maximum 12-foot depth).

ADMINISTRATION OF SWIM CLASSIFICATION TEST
(THE LOCAL COUNCIL CHOOSES ONE OF THESE OPTIONS):

OPTION A (at camp):

The swim classification test is completed the first day by camp aquatics personnel.

OPTION B (Council conducted/council controlled):

The council controls the swim classification process by predetermined dates, locations, and approved personnel to serve as test administrators. When the unit goes to summer camp, each individual will be issued a buddy tag under the direction of the camp aquatics director for use at the camp.

OPTION C (At unit level with council-approved aquatics resource people):

The swim classification test done at a unit level should be conducted by one of the following council-approved resource people: Aquatics Instructor, BSA; Aquatics Cub Supervisor; BSA Lifeguard; BSA Swimming & Water Rescue; or other lifeguard, swimming instructor, etc. When the unit goes to summer camp, each individual will be issued a buddy tag under the direction of the camp aquatics director for use at the camp.

TO THE TEST ADMINISTRATOR

The various components of each test evaluate the several skills essential to the minimum level of swimming ability. Each step of the test is important and should be followed as listed below:

SWIMMER’S TEST:
Jump feetfirst into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy resting backstroke. The 100 yards must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating.

BEGINNER’S TEST:
Jump feetfirst into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to starting place.
Camp Alexander

Merit Badge Registration

For questions, contact Cameron Ackley at 719-219-2907 or at Cameron.Ackley@scouting.org. You can also contact the Pikes Peak Council front desk at 719-634-1584.
On the home page for your unit, you will see information pertaining to your unit. This information contains the current number of registered participants, what week, campsite, and your total fees.

To add scouts to your roster, click the “Your Roster Tab.” It is highly recommended that you add the scouts to your roster before May 4th. This way, you do not have to spend extra time registering scouts for merit badges.
Before registering for classes, you need to add your scouts and adults to your roster. Click on the “+New” tab to add a scout to your roster.

Enter the scouts information. If there is a red star next to a box, that information is required before proceeding.

Click “Save” to save your scout to the roster. Once your scout has been saved, there name will come up in the “Event Registration” tab.
A To register for classes, click on the “Event Registration” tab.

B Click the “New Youth Registration” button. This will be where you add Youth session registrations for Summer Camp.

***Remember classes will not be available until May 2th at 5:00 PM and only if you have paid your registration fees in FULL***
Click the Participants Name and Participation Type. You will do these for each Scout registering for classes.

Make sure to click “Create Registration” to be taken to the screen where you will select the individual classes.

Double check that the scouts information is correct and click “Continue to Pick Classes”
Click the Classes Tab after you have selected the scout you wish to register for classes.

Once you have clicked the Classes tab, a list of Merit Badges will appear on the right hand side. Click on the Merit Badge you wish for the Scout to take and drag it to the section that says “Drag Classes Here.”

The system will not allow overlapping classes so, they will disappear if they conflict with a class in the current schedule.

After selecting the Merit Badges for your scout, hit the save button. This will lead you to a new page.
If you have additional scouts or adults to register for Merit Badges/classes, click on the “New Youth Registration” or “New Adult Registration” to continue registration for your Scouts.

Once you have completed registering your Scouts for their Merit Badge Classes, click on the checkout tab to finalize the classes. You can also proceed to check out by clicking on the “Cart” tab next to event registration.
When you are ready to submit your order, every Scout, along with the Merit Badges they are registered for, are listed under “Item.” It will also include any additional amount for select Merit Badges.

After you have looked over everything in the cart, you are ready to submit your order. You will need to put in your credit card information. After you have done that, click the “Submit My Order” button to finalize the Merit Badge Classes and payments. When you have completed this final step, you have officially registered your scouts for their Merit Badge classes.
REQUIREMENTS

Outback High Adventure and Camp Alexander abides by the national standards of the Boy Scouts of America for the High Adventure Programs.

All participants in units from within the United States must be currently registered with the Boy Scouts of America. Units from outside the United States must be registered with a nationally recognized Scouting organization.

Camp Alexander is an equal opportunity service provider and a permittee of Pike National Forest.

Scout must be 14 years old by the start of their trek.

Complete Annual BSA Health and Medical Form Part A-C,

HEIGHT AND WEIGHT STANDARD

All participants must be at or under the Max weight for their height. Each participant will be checked upon arrival and denied access on the trip if they are outside the limits. In the event, the participant does not meet the standard after they arrive at camp that person will be sent home with no fees refunded.

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<thead>
<tr>
<th>HEIGHT (F T)</th>
<th>WEIGHT (POUNDS)</th>
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<tr>
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<td>RECOMMENDED</td>
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<td>5' 0&quot;</td>
<td>97-138</td>
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<tr>
<td>5' 1&quot;</td>
<td>101-143</td>
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<td>107-152</td>
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<td>111-157</td>
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<td>114-162</td>
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<td>5' 6&quot;</td>
<td>118-167</td>
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<td>5' 7&quot;</td>
<td>121-172</td>
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<td>125-178</td>
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<td>132-188</td>
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<td>136-194</td>
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<td>140-199</td>
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<td>144-205</td>
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<td>148-210</td>
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<td>152-216</td>
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<td>6' 4&quot;</td>
<td>156-222</td>
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<td>160-228</td>
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<tr>
<td>6' 6&quot;</td>
<td>164-234</td>
</tr>
<tr>
<td>6' 7&quot;</td>
<td>170-240</td>
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</tbody>
</table>
Program

Outback Adventure Program is an off-camp experience that is designed to provide a taste of all the outdoor adventures Colorado has to offer. The program will include team building skills and leadership development in accordance with the aims and methods of the Boy Scouts of America, plus these great activities:

- Mountain Biking
- Hiking
- Whitewater Rafting
- Backpacking
- Rock Climbing

Leadership and Development

All activities are designed to reinforce the principles of the Scout Oath and Law.

Outback Adventure includes a number of activities designed to stretch participants outside of their usual comfort zone. Many of the activities involve an element of danger and all of them are physically demanding. In addition to these activities, the staff will lead Scouts in other personal development exercises. The principles of Leave No Trace and Trek Safely will also be reinforced during the entire adventure.

Week Long Plan/Schedule

Sample schedule of a typical week.

Sunday
- Meet Scouts at main parking lot
  - Take them to the Outback base.
  - Do medical checks
  - Shake down
  - Distribute food and climbing gear
  - Overview and set goals for the week
  - Short hike to first campsite
- Set up camp
- Dinner
- Lights out by 9pm

Monday
6AM - Wake up & Breakfast
9AM - Climb up Blue Mtn
NOON - Lunch
6PM - Dinner
Leave for Camp Alexander
9PM - Lights out

Tuesday
7AM - Wake up/breakfast
  - Drive to Garden of the Gods
  - Climb and rappel
NOON - Lunch
  - Climb, rappel
  - Clean up and collect all climbing gear
4PM - Drive to Pikes Peak Campground
6PM - Dinner and games
9PM - Lights out

Wednesday
4AM - Wake up/breakfast
5AM - Start hike up Pikes Peak
Noon - Summit no later than noon
3PM - Reach base camp
  - Relax rest of day
5:30PM - Dinner
- 9:30PM - Lights out

Thursday
7AM - Wake up/Breakfast
9AM - Mountain Biking Mueller State Park
NOON - Lunch
1:30PM - Continue Mountain Biking
5PM - Arrive at river campsite
6PM - Dinner
9PM - Lights out

Friday
7AM - Wake up/Breakfast
  - Break down camp
8:15AM - Load vans and head to Echo Canyon
  - Go rafting all day!
3:30PM - Load van and head back to camp
  - Outback surveys on drive
  - Pick up gear from outback area
  - Closing remarks hand out patches
  - Released to Troop and dinner.

Saturday
Leave with Troop
CLIMBING
Camp Alexander is partnered with Front Range Climbing to provide you an awesome climbing experience! Climbing/ rappelling will take place in Garden of the Gods.

WHITE WATER RAFTING
White Water Rafting will be done through Echo canyon. The trip will be a full day with lunch on the river. Scouts will be going down Big Horn Sheep Canyon with class 2 and 3 rapids.

SWIM TEST
Every participant must pass the BSA swim test prior to arriving at camp. One person is not able to skip the rafting section of the trip. Everyone is required to participate and be a confident swimmer.

FOOD
Your food for the week will be back packing food provided by Philmont. Each meal bag feeds 2 people. Meals will be pre-arranged. If a scout has any dietary needs, we need to know ahead of time to make arrangements. If we are unable to accommodate the scout, we may ask that they bring their own food.

PACKING LIST

<table>
<thead>
<tr>
<th>Clothing (No Cotton)</th>
<th>Camping Gear</th>
<th>Miscellaneous</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Swim trunks</td>
<td>• 4 Liter Hydration pack</td>
<td>• Flashlight</td>
</tr>
<tr>
<td>• 3-4 pairs of hiking socks</td>
<td>• 35 Liter backpack</td>
<td>• Extra Batteries</td>
</tr>
<tr>
<td>• 3-4 shirts</td>
<td>• 1 or 2 person backpacking tent</td>
<td>• Hygiene kit</td>
</tr>
<tr>
<td>• Shows comfortable for hiking</td>
<td>• Sleeping bag (15 degrees+)</td>
<td>• Bug Spray</td>
</tr>
<tr>
<td>• Rain gear</td>
<td>• Back Packing Stove</td>
<td>• Sunblock</td>
</tr>
<tr>
<td>• 1 pair of pants (no jeans)</td>
<td>• Spork/utensil</td>
<td>• Medical Form</td>
</tr>
<tr>
<td>• 1 pair of shorts</td>
<td>• Cooking pot</td>
<td>• Medications</td>
</tr>
<tr>
<td>• 3-4 pairs of underwear</td>
<td></td>
<td>Optional</td>
</tr>
<tr>
<td>• Sun hat</td>
<td></td>
<td>• Water filter</td>
</tr>
<tr>
<td>• Beanie</td>
<td></td>
<td>• Water shoes</td>
</tr>
<tr>
<td>• Wool sweater or fleece</td>
<td></td>
<td>• Camera</td>
</tr>
<tr>
<td>• Wind Breaker</td>
<td></td>
<td>• Bowl</td>
</tr>
</tbody>
</table>

Optional
• Pocket Knife
FOOTWEAR

Hiking boots are probably the most important piece of equipment you will choose for your trip. When shopping for new boots, consider the following guidelines: Buy a boot from a reputable outdoor store with a knowledgeable sales staff. Try on several models with the socks you plan to wear. Tell the salesperson what you plan to use them for and the kind of terrain you expect to encounter as well as the fact that you will be carrying a full pack. Take the boots home and wear them for a few hours inside. If they don’t fit then, they won’t get better on the trail. Take them back. Choose a boot that is designed for hiking. Work boots and hiking boot look-a-likes aren’t comfortable over the long haul and won’t hold up or give you the support you need. The trails are rocky and steep in many places, so choose a medium weight boot. Ultra-lite hiking boots won’t give enough ankle and arch support or protection from rocks underfoot. Heavy mountaineering boots are more weight than you need to carry on your feet. Remember the old adage, “a pound on the foot is equal to five on the back”. Both all-leather and combination nylon/leather boots are suitable for use on the trail. All-leather boots tend to be more waterproof, give more support and protection, and last longer. They are also heavier, hotter and take longer to dry. All-leather boots may take longer to break in than the combination boots. A Gore-Tex liner in the boot is a nice option for either type, if you can afford it. As with all of your gear, buy the best boot you can afford. Trying to save money on the initial purchase by buying poorly made products is false economy. Wear your boots on at least one shorter trip before you attempt a longer hike. Carry a full pack and try to find terrain similar to that found in Colorado. Thicker or thinner insoles can be added to the boot to customize the fit. Most established companies will repair or replace their product should any defects occur during this break-in period. Change of shoes: Lightweight sneakers or sandals are a real treat at the end of the day. They are also very useful in river crossings, and will save your boots from getting wet while providing traction and protection for the feet.
Socks

Socks deserve your close attention. They are one of the least expensive pieces of equipment that help protect a backpacker’s most important asset, their feet. Many excellent socks made specifically for hiking are now available. Frequent washings of the socks help keep your feet healthy and restore some of the cushioning the sock provides. The layering principle applies to socks as well. Sock liners: Inner layer. Thin polypropylene or Hydrofil liners. Designed to "wick" sweat away from your foot into a more absorbent outer layer. Socks: Outer layer. Combination wool blends and synthetic blends. 100% wool tends to wear poorly and is difficult to take care of. Look for no more than 85% wool content. The higher the wool content the warmer the sock, but the slower it dries; a real consideration if your clothes line is located on the top of your pack. Synthetic blends work well for those who don't like wool. Look for socks with plenty of padding, but not so bulky as to make your hiking boot tight.

Clothes - Inner Layer

Underwear: Try to avoid all cotton. Look for the cotton/poly blends; you'll appreciate the quicker drying time on rainy days as well as on hot sticky ones. A clean pair at night helps to keep your sleeping bag clean. Long underwear (bottom): Polypropylene, Capilene, Thermax and the like are all excellent. Wear under shorts or wind pants on chilly mornings or cool evenings. Also used to extend the temperature range of your sleeping bag on cold nights. Either lightweight or midweight are suitable for trail use in the summer. Long underwear (top): Tops come in a variety of different styles. Crew necks and button "Henley" style are the most versatile. Turtlenecks can be too warm in some situations.

Clothes - Middle Layer

Shorts: Most of your hike will be spent in shorts. Look for a tough, 100% synthetic in a length that's comfortable for you. Cotton shorts take much longer to dry. A draw string or built-in belt helps keep the shorts from riding too low. Shorts worn over long underwear can substitute for long pants in cooler weather. Look for shorts with cargo pockets. Shorts II:* A pair of lightweight cotton shorts can be a real treat to change into at the end of the day and to sleep in. Shirts: T-shirts are great for warm weather use. You can find cotton/polyester blends in T-shirts that dry quickly. Top insulation: Wool sweaters are the old standby and they work. The new generation of synthetic pile and fleece work even better. Polartec 200 and similar fabrics seem just about right for summer in the mountains. The material holds only a small percentage of its weight in water and therefore dries incredibly fast. It is warm, virtually indestructible and a real treat on a cool evening. A wool or fleece sweater, combined with a windproof/waterproof jacket provides more than adequate insulation for most of the weather you will encounter.

Clothes - Outer Layer

Headgear: Baseball caps can’t be beat in the summer. Bandannas work too. Keep the sun off your head and out of your eyes on sunny days especially when you travel above timberline. Headgear II:* A lightweight wool or fleece ski hat is nice for cool nights and mornings. It can also extend the comfort range of your sleeping bag. Raingear: Raingear serves two principle functions; 1) to keep body heat in and 2) to keep rain, snow and wind out. All well constructed raingear fulfills the first function. The second function is accomplished in basically two different ways. Waterproof / breathable fabrics such as Goretex, Entrant, etc. claim to allow body perspiration to escape while keeping rain out. Waterproof / non-breathable fabrics such as coated nylon, PVC etc. do just as good a job at keeping wind and rain out but tend to get damp inside from trapped perspiration. Breathable raingear is quite a bit more expensive, but many serious hikers consider it worth the investment. A built-in hood is recommended on either type of garment, as are zippered underarm pits, which aid in the ventilation process considerably. Ponchos do not provide adequate rain protection, especially in windy conditions. If you carry rain pants, they can do double duty as wind pants. No trash bags for rain suits! Long pants: If you plan on participating in rock climbing or C.O.P.E. events you will be required to wear long pants. A pair of pants with zip off leggings can work as your shorts too. Gaiters:* Gaiters are leggings that protect your lower legs from brush and wetness. They also add a surprising degree of warmth on windy days. Gore-tex gaiters are waterproof and breathable, but are somewhat more expensive than the nylon versions. Coated nylon gaiters, while waterproof, are less breathable and may feel "sticky" on hot days. Look for gaiters made specifically for hiking or backpacking, they are smaller and lighter.
COOKING GEAR

Gas stove: A compact backpacking. We strongly encourage the use of canister fuel stoves. A stove is also an important element in low impact camping. Butane and propane models are available but re-fill canisters are not easily available. We also recommend that you bring a repair kit. Camp Alexander suggests bringing MSR or Sigg aluminum bottle approved for backpacking and travel.

EATING AND DRINKING

Water bottles: Metal was out a long time ago, Nalgene (a kind of plastic) is in. Look for the wide-mouth design. They are easier to drink out of, easier to filter into, and have many uses other than carrying water. The most convenient size is 32 oz. (1000 ml). Plan on carrying two, one on each side of your pack to balance the weight. Drinking cup: A simple plastic cup, available in most camping stores, is usually adequate. Spoon: On the trail a fork is obsolete. Most things you end-up cooking can be eaten with a spoon. Consider a light weight, heavy-duty plastic (or Lexan) one. Knife: Small and lightweight is the key here. Mess kit: Usually all that is needed is a plastic bowl.

FOOD

Food bag: four nylon stuff sacks to carry your food and double as a bear bag in the evening are essential. Food: All meals are supplied by the camp. Snack items are the responsibility of the individual.

DO NOT BRING

Firearms / Mace / Large Knives / Ax / Hatchet / Saw / Cell Phone/ MP3 Players/ Radio / Large Lantern or Light.

Camp Medical Forms

Annual BSA Health and Medical Record Part A, B, C, and D are required to attend for any participant. Only a doctor may complete this form and is required to sign the document stating the correct information has been recorded.

All Campers, Scouts, Venturers and Scouters must have an Annual BSA Health and Medical Record within the past 12 months of arrival at Camp Alexander. Please use the form:


The record must be completed and signed by a medical doctor, M.D., D.O., R.N.P. or P.A./C. These are the only signatures which the Colorado Department of Social Services will allow to sign the Health Form. Chiropractic doctor, D.P.M. signatures are unacceptable under Colorado Department of Social Services requirements.

MEDICATION LOG FORM

Each and every Scout should have a Medications form completed prior to arrival at camp. This form is used to record any medications the Scout will need to take during the week they are here. Our staff will record the dates and times of medication administration.

MEDICATION

All medication, even vitamins, must be in the original container with a doctor’s prescription label. No weeklong pill containers are permitted. The Outback Adventure staff will collect all medications on Sunday and work with the youth to ensure proper dosage and frequency is achieved. Medical marijuana is not a permitted medical drug on Boy Scouts of America programs or property.
Parent Guide
Camp Alexander
Thank you for sending your scout to Camp Alexander!!!

Dear Parent/Guardian,

I would like to first thank you for sending your son to Camp Alexander to experience what we have to offer here in Colorado in the beautiful Rocky Mountains!

The camp you are about to send your scout to is my home camp and where is where I grew up in scouting. Camp Alexander is near and dear to my heart and I want to share it with anyone that attends!

I have been Camp Alexander for 4 years now and every year I hear about the amazing experience scouts have at camp. My staff and I are committed to ensuring your scout has a lifetime experience at this camp and will be able to come back to you with endless stories of the fun time they had.

I have created this guide to help prepare you and your scout for their week of camp. In it, you will see information regarding Merit Badges, Care Packages, and other important info.

Thank you again for allowing your scout to have an experience of a lifetime!

Cheers,

Cameron Ackley
Camping Director
**Packing List**

For a packing list for this summer, we ask that you reference your scouts Boy Scout hand book. The weather can be as high as 90 degrees during the day and can drop down to the 40s at night. We all experience a fair amount of rain in the afternoon as well. Remember, you can never pack too much underwear and socks!

**Medical Form and Medications**

Below is a picture of a section on part B of the BSA medical form. There is a section that requires 2 signatures, 1 is from you the parent/guardian and the other by a doctor. Per Colorado law, these two signatures are required to give your scout any prescription or non prescription medication. If your scout is not taking any medication, there may be a time where he will need to take over the counter medication given by our medical staff. **If they are not signed, we will notify you that we need those signatures in 24 hours or your scout will have to leave the property.**

Also in this guide is a medication form. If your scout is taking any medications, this form must be filled out to ensure we are giving them the correct medication at the right time and correct dose.

**Colorado Law requires medication must be in its original container! We are not allowed to give any medication that show up in any type of other container such as a zip lock bag or daily pill container.**

**Trading Post**

Experience has shown that scouts should bring $80-$100 to purchase t-shirts, hats, gear, and snacks throughout the week. We also sell several Care Packages that you can purchase online. If you purchase a care package for your scout, they will receive at camp during our flag ceremony.

**Emergency Care**

Camp Alexander takes pride in its medical team. This year we will have a registered nurse along with a licensed EMT for normal medical care and emergency care. If your scout is in need of emergency care, the closest hospital is in Woodland Park, 30 minutes from camp. We also have a volunteer fire department on call 24/7 less than 5 minutes away to assist us in any emergency.

**Dietary Needs**

If your scout has any dietary needs for the week they are at camp, we have a dietary need form you can fill out and send directly to our out sourced food company Kandle Dining. Kandle Dinning will work with you to ensure your scout is taken care of during the week.
### Merit Badge Schedules

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Movie Making MB—3rd and 4th session- $20
Photography MB–1st and 2nd session- $15
### Scout Information

- Scout: 
- Week #: 
- Date: 
- Campsite: 
- DOB: 
- Troop #: 
- Allergies: 

### Medication: Zyrtec

**Dose/Comments:** 1 pill daily - AM  
**Route:** oral  

**Purpose:** seasonal allergies  

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- **Our staff will fill in times medication was administered**  

### Medication: 

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Care Packages

Care Packages are a great way to surprise your scout while they are here at Camp Alexander! We even have packages for adult leaders at camp! Care Packages will be available in April. You can go to pikespeakbsa.org to order a package.

**Camp A Epic Package**

$50– Includes Camp A Hat, Camp A t-shirt, Camp A Sunglasses, Camp A Lanyard, Camp A wristband, bumper sticker, branding mug

**Birthday Package**

$30– Includes branding mug, box of Little Debbie Cakes, Camp A hat, Camp A lanyard, Camp A wristband, bumper sticker, card signed by Camp A staff.

**Survival Package**

$40– Includes Pocket knife, water bottle, knife sharpener, Camp A lanyard, Camp A wristband, bumper sticker, 5’ paracord

**Scoutmaster Package**

$25– Branding mug, Camp A hat, chap stick, sunblock, package of beef jerky
## Food Menu for Camp Alexander 2017

All items are approved by a certified nutritionist. Menu items are subject to change for any reason.

### Weeks 1, 3, 5, 7 Menu

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<th>Sunday</th>
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<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>Biscuits</td>
<td>Scrambled Eggs</td>
<td>French Toast</td>
<td>Cheesy Scrambled Eggs, Tortillas, and Salsa</td>
<td>Maple Patty &amp; Egg Biscuit</td>
<td>Pancakes</td>
<td>Bagels</td>
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<tr>
<td>Hash Browns Patty</td>
<td>Sausage Links</td>
<td>Sausage Links</td>
<td>Cheesy Scrambled Eggs, Tortillas, and Salsa Bacon</td>
<td>Shredded Hash Browns</td>
<td>Sausage Links</td>
<td>Cinnamon Rolls</td>
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<tr>
<td>Sausage Patties, Oatmeal Bar &amp; Yogurt</td>
<td>Oatmeal Bar &amp; Yogurt</td>
<td>Fresh Fruit, Cereal, Coffee Cake</td>
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Camp Alexander Foodservice can make accommodations for many Special Dietary needs (i.e. Vegetarian, Kosher, etc.), but it is much easier to do this with advance notice. There are certain dietary requirements that are difficult to accommodate at camp. Please provide us with the most accurate information on each dietary request and contact information. If we will have difficulty accommodating your request, someone will be in contact with you before your trip to camp.

If your son has a food allergy, we will work to offer substitutions. We do not make modifications for food preference as we offer a variety of food options. Because we eat cafeteria style and offer a salad bar, it is camp’s expectation that by sending your son to camp, you are asserting to us that your child has the knowledge of their diet and can manage their food choices.

Camper Name: __________________________ Troop Number: _______ Week Number: _______
Parent name: ___________________________ Phone Number: ___________________________
E-Mail Address: __________________________ Date: _______________

Please provide specific details of your child’s dietary needs:

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After completing this form, submit to Kandle Dining’s Registered Dietician, Jara Bauer, at Jara@kandledinning.com or Cameron Ackley Camping Director at Cameron.ackley@scouting.org