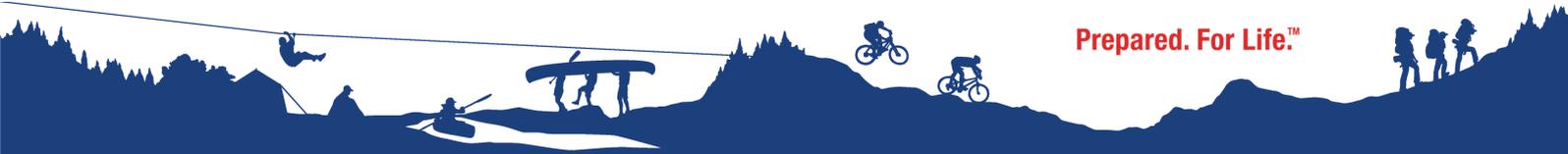


# 2015 LDS 11-Year Old Overnighter Guide

Updated: May 19, 2015



BOY SCOUTS OF AMERICA®  
CASCADE PACIFIC COUNCIL



**Prepared. For Life.™**

The Cascade Pacific Council is home to one of the best camping programs in the entire country. It is also home to a large concentration of members of the Church of Jesus Christ of Latter Day Saints. In an effort to have both complement each other, LDS Eleven-Year-Old Overnighers have been created to use the resources of the council's camping program to meet the needs and requirements of the LDS church. The following is a guide to help your Young Mens' and Primary programs prepare your troops and your Eleven-Year-Old Scouts for the overnighers that will take place on Wednesday and Thursday of all sessions at every Boy Scout camp in the council.

The overnighers are an opportunity for the oldest Primary boys in your Ward to begin to participate in outdoor Scouting activities with the Young Men of their troop. Eleven-Year-Olds who cannot attend a camp overnigher at the same time and place as their ward's troop can still attend an overnigher by attending with a ward that shares the same meeting building; another ward in their stake; a ward that may have relatives or other family friends that the youth may know; or by themselves. If any boys are planning on attending an Eleven-Year-Old Overnigher with a ward other than his own, please make sure the other ward is aware that he will be joining them. If an Eleven-Year-Old Scout needs to attend an overnigher independent of a ward he is familiar with, camp will work to pair the Scout up with a ward that is willing to host him. A parent of the Eleven-Year-Old Scout will be required to attend and stay at camp the entire time their son is there.

In addition to the opportunity to participate in all the great activities at camp, each camp will also put on the Trail to First Class advancement program described in this guide. We want your Eleven-Year-Old Scouts to get a taste of all of the great activities at camp, to have some time interacting with their troops, and to complete many of the Trail to First Class requirements – all in two short days at camp. All of this is offered to your Eleven-Year Old Scouts at the low price of \$50; \$25 for accompanying adults. Visit [www.cpcbsa.org/lds](http://www.cpcbsa.org/lds) to sign up for this great program as well as find other great resources specifically for leaders of the LDS Church.



## Arrival and Departure

Arrival at camp should happen at or prior to 7am on Wednesday. Arrival on time will ensure that the Scouts will not fall behind schedule early on in this tightly packed program. Check-in will occur at the camp office. At Camps Cooper and Pioneer, please park in the parking lot and walk to the camp office. At Camps Baldwin and Meriwether to expedite the check-in process, you can drive to the office and unload your Scouts and gear there for check-in. Speed limit on camp roads is 5MPH and all vehicles will need to be returned to the main parking lot by 9AM Wednesday morning. Camp staff will work to get your Eleven-Year-Old Scouts checked in, through medical checks, a brief orientation, breakfast, and finally connected with the rest of their ward. Prompt check-in of your entire group at 7am will ensure that all Scouts have the opportunity to complete a proper check-in and get settled in before program starts at 9AM. Please coordinate arrival times with the other Scout leaders in the ward troop to ensure that the Eleven-Year-Old Scouts are met by a Scout leader from their troop upon arrival.

Departure from camp can occur any time after 6PM on Thursday. Some camps may have special programming happening after dinner on Thursday that Eleven-Year-Old Scouts are welcome to participate in. Please check the regular camp Leader Guide for your camp for a list of program activities that are occurring at your camp.

A day at camp can be an exhausting experience. For the safety of the Scouts, please do not drive home too late if you are tired or drowsy. The camp will be happy to accommodate another night's stay in order for you to have a rested drive home first thing in the morning departing by 7AM if necessary.

## Medical Forms, Medication and Special Needs

Medical Form parts A and B are required for any Scout outing. Although not required for outings under 72 hours, part C is strongly recommended and may be required for Scouts wishing to participate in high risk activities during free time such as climbing or horseback riding. Part C requires a physical examination from a medical professional and is good for slightly over a year. For more information on BSA medical forms and their requirements, please visit [www.cpcbsa.org/medical](http://www.cpcbsa.org/medical).

By Oregon State Law, all medications for anyone under the age of 18 need to be securely stored in the medical lodge. Upon check-in please direct a unit leader to have a discussion with the health officer about any medications for any Scouts you have, their doses and frequencies. The Scout will have to go to the medical lodge to take their medication and should be accompanied by an adult from the unit to ensure that the right dosage is given. Medications will be checked back out to the unit leader driving the Scouts home on Thursday during dinner.

If a Scout has a special accommodation that camp should be made aware of like asthma, allergies, or special diets, please visit [www.cpcbsa.org/download-forms](http://www.cpcbsa.org/download-forms) to find a Special Needs Form under the Camping section. Completion and prior submission of this form will communicate the special need to the camp and help them prepare to accommodate your Scout prior to arrival.

## Schedule

The schedule below is an outline that each camp will follow for the Eleven-Year-Old program in order to maximize Trail to First Class requirement instruction and time for open program choices like handicraft merit badges, swimming or shooting sports. Minor schedule changes may occur due to the resources and overall program schedule for each individual camp. Camps will do their best to follow the outlined schedule because it is created to flow progressively, with tasks and skills building on previous ones. Program descriptions for each italicized item can be found later in the guide.

<b>Wednesday</b>	
7AM – 9AM	Arrival, Check-in and Breakfast
9AM – 11AM	<i>Campcraft</i>
11AM – 12PM	<i>Nature</i>
12PM – 2PM	Lunch
2PM – 3PM	<i>Aquatics</i>
3PM – 4PM	<i>Orienteering</i>
4PM – 5PM	<i>Open Program</i>
5PM – 7PM	Dinner
7PM – 9PM	<i>Open Program</i>
10PM	Lights Out
<b>Thursday</b>	
7AM – 9AM	Breakfast
9AM – 12PM	<i>First Aid</i>
12PM – 2PM	Lunch
2PM – 5PM	Five-Mile Hike (starts at 12PM at Baldwin)*
5PM – 7PM	Dinner
7PM – 9PM	Evening Camp Program

\* *The Five-Mile Hike is an optional program. If a Scout chooses not to go on the hike he may participate in open program activities instead.*



*Mt. Hood as seen from the Five Mile Hike at Camp Baldwin*

## Advancement Opportunities

Tenderfoot, First Class and Second Class requirements that will be covered in each camp skill area are listed below. The goal will be to try and complete all the requirements listed for each program area in the allotted time. Every possible requirement for each grouping is listed. A Scout's ability to complete all the requirements will depend on several factors, including Eleven-Year-Old group size, experience level, and assistance from Eleven-Year-Old leaders. Instructors will work to teach to the skill level of the Scouts in the class. If there is not enough time to complete all of the requirements in a program grouping, instructors will make every effort to complete all the Tenderfoot requirements first, followed by the Second Class requirements and finally the requirements for First Class.

Although instructors will be teaching the necessary skills for each requirement, BSA policy is that requirements are not signed off by camp staff but by the unit; either a leader or older Scout with a leader's approval. Open program would be an ideal time for the Scouts to demonstrate what they have learned to their unit leaders in order to sign off requirements. Program areas will all be open and program equipment available for Scouts to demonstrate their skills to their leaders.

The program area that is an exception is aquatics. A unit leader should be present at the waterfront to witness the Scouts' participation in the aquatic requirements and completion of the BSA swimmer test in order to sign off completion of the requirements.

### Campcraft – Wednesday 9AM – 11AM

Campcraft and Trail to First Class areas in camps will have the program equipment necessary to demonstrate the skills necessary to complete these requirements (ropes, lashing poles, saws, axes, sharpening tools).

#### **Tenderfoot**

- 4a. Demonstrate how to whip and fuse the ends of a rope.
- 4b. Demonstrate that you know how to tie the following knots and tell what their uses are: two half hitches and the taut-line hitch.
- 4c. Using the EDGE method, teach another person how to tie the square knot

#### **Second Class**

Totin' Chip

- 3c. Demonstrate proper care, sharpening, and use of the knife, saw and ax, and describe when they should be used.

#### **First Class**

- 7a. Discuss when you should and should not use lashings. Then demonstrate tying the timber hitch and clove hitch and their use in square, shear, and diagonal lashings by joining two or more poles or staves together.
- 7b. Use lashing to make a useful camp gadget.
- 8a. Demonstrate tying the bowline knot and describe several ways it can be used.

### **Nature – Wednesday 11AM – 12PM**

Every camp has a Nature area that has a marked nature trail which can be used for demonstration of the nature requirements.

#### **Tenderfoot**

11. Identify local poisonous plants; tell how to treat for exposure to them.

#### **Second Class**

6. Identify or show evidence of at least 10 kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community.

#### **First Class**

6. Identify or show evidence of at least 10 kinds of native plants found in your community.

### **Aquatics – Wednesday 2PM – 3PM**

Please make sure an adult leader is present at the waterfront to witness the instruction of the aquatic requirements. BSA policy requires that an adult leader be present when their youth are taking the BSA swimmer test. In addition, the adult leader will be able to witness the skills in the aquatics area. It is a good idea to review the skills verbally and what the Scout has learned from performing them prior to signing off the requirements.

#### **Second Class**

8a. Tell what precautions must be taken for a safe swim.

8b. Demonstrate your ability to jump feet-first into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.\*

8c. Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim.

#### **First Class**

9a. Tell what precautions must be taken for a safe trip afloat.

9b. Successfully complete the BSA swimmer test.

9c. With a helper and practice victim, show a line rescue both as tender and as rescuer. (The practice victim should be approximately 30 feet from shore in deep water.)

*\* Successful completion of the BSA swimmer test will satisfy both Second Class requirement 8b and First Class requirement 9b.*

**Orienteering – Wednesday 3PM – 4PM** Orienteering is an optional camp skill area. Inquire with your camp director when you arrive about where they will be teaching the requirements below. The two orienteering requirements should not take more than a few minutes of instruction from camp staff. The 1-mile orienteering course instructions will be made available after the instruction and will be a self-completing journey (Adult supervision recommended). If there is a desire to complete the orienteering course without the other requirements you can either inquire at the Campcraft or Trail to First Class program areas for the course instructions.

**Second Class**

1a. Demonstrate how a compass works and how to orient a map. Explain what map symbols mean.

**First Class**

1. Demonstrate how to find directions during the day and at night without using a compass.
2. Using a map and compass, complete an orienteering course that covers at least one mile and requires measuring the height and/or width of designated items (tree, tower, canyon, ditch, etc.).

**First Aid – Thursday 9AM – 12PM**

**Tenderfoot**

12a. Demonstrate how to care for someone who is choking.

12b. Show first aid for the following:

- Simple cuts and scrapes
- Blisters on the hand and foot
- Minor (thermal/heat) burns or scalds (superficial, or first-degree)
- Bites or stings of insects and ticks
- Venomous snakebite
- Nosebleed
- Frostbite and sunburn

**Second Class**

7a. Show what to do for “hurry” cases of stopped breathing, serious bleeding, and ingested poisoning.

7b. Prepare a personal first-aid kit to take with you on a hike.

7c. Demonstrate first aid for the following:

- Object in the eye
- Bite of a suspected rabid animal
- Puncture wounds from a splinter, nail, and fishhook
- Serious burns (partial thickness, or second-degree)
- Heat exhaustion
- Shock
- Heatstroke, dehydration, hypothermia, and hyper-ventilation

### **First Class**

8b. Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collar bone.

8c. Show how to transport by yourself, and with one other person, a person

- From a smoke-filled room
- With a sprained ankle, for at least 25 yards

8d. Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).



*The sun sets behind Cape Lookout as seen from the beach at Camp Meriwether*

### **Requirements to Complete During Open Program/Campsite**

Although camp is a great setting to work on the requirements below, they do not fit very well into a program schedule and are best completed in the campsite during a Scout's free time with their unit leaders. If looking to complete requirement 2 for Tenderfoot or requirement 3b for Second Class (sleeping overnight in a tent the Scout helped pitch), make sure that a tent is packed and brought to camp for the Scout. Camp sleeping areas are already prepared for them when they arrive, and camp will not have a tent available for the Scout to pitch.

All camps will have a campsite meal scheduled during the Eleven-Year-Old Scouts' stay. Although there are cooking requirements for every rank, only the Tenderfoot rank requirement for cooking can be completed at camp. Second and First Class requirements that require the Scout to plan the meals cannot be completed at camp because the meals at camp are already planned by the staff and therefore do not meet the requirement. In order for a Scout to reach First Class they are required to participate in other troop outings in which these other cooking requirements can be completed.

For Flag etiquette requirements, you can use the flag pole in your campsite. You can either provide your own 3x5 American flag or ask camp leadership to check one out from camp. If you choose to do the Totin' Chip and the related Second Class requirement you can also check out saws and axes to use.

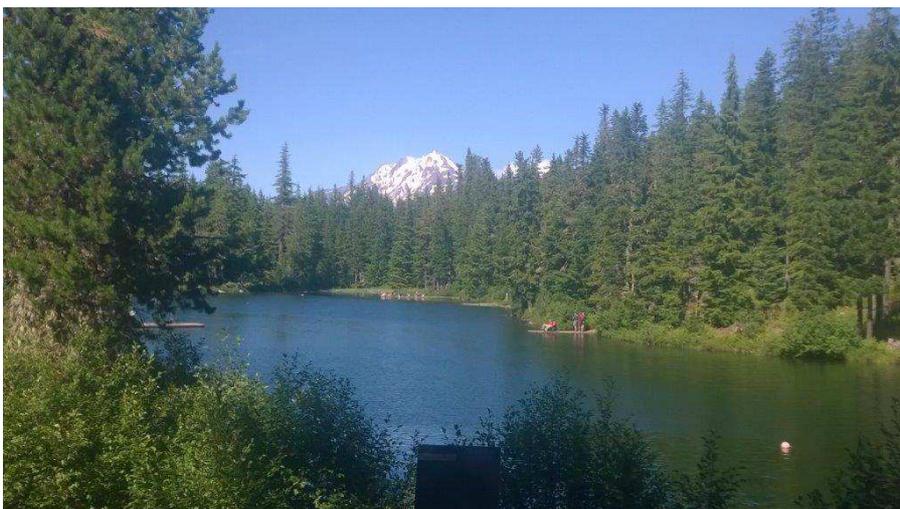
A stove will be needed to complete requirement 3f, but camp will not be able to provide one. Please make sure that the troop has packed a stove if there is a Scout that wants to complete this requirement while at camp.

### **Tenderfoot**

2. Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch.
3. On the campout, assist in preparing and cooking one of your patrol's meals. Tell why it is important for each patrol member to share in meal preparation and cleanup, and explain the importance of eating together.
5. Explain the rules of safe hiking, both on the highway and cross-country, during the day and night. Explain what to do if you are lost.
6. Demonstrate how to display, raise, lower, and fold the American flag.

### **Second Class**

2. Discuss the principles of Leave No Trace.
- 3b. On one of these campouts, select your patrol site and sleep in a tent that you pitched. Explain what factors you should consider when choosing a patrol site and where to pitch a tent.
- 3d. Use the tools listed in requirement 3c to prepare tinder, kindling, and fuel for a cooking fire.
- 3e. Explain when it is appropriate to use a cooking fire. At an approved outdoor location and at an appropriate time, and using the tinder, kindling and fuel wood from requirement 3d, demonstrate how to build a fire; light the fire, unless prohibited by local fire restrictions. After allowing the flames to burn safely for at least two minutes, safely extinguish the flames with minimal impact to the fire site.
- 3f. Explain when it is appropriate to use a lightweight stove or propane stove. Set up a light weight stove or propane stove, light the stove, unless prohibited by local fire restrictions. Describe the safety procedures for using these types of stoves.
4. Participate in a flag ceremony for your school, religious institution, chartered organization, community, or troop activity. Explain to your leader what respect is due the flag of the United States.
5. Participate in approved (minimum of one hour) service project(s).



*Mt. Jefferson as seen from the chapel at Camp Pioneer from across Pine Ridge Lake*

## Requirements Not Covered At Camp

There are some requirements that are just not suitable for the camp setting. They may be completed either prior to or following camp. The requirements listed below will not be covered. Reference the Boy Scout Handbook or the 2015 Boy Scout Requirements book for more information on the listed requirements.

<b>Tenderfoot</b>	<b>Second Class</b>	<b>First Class</b>
1	3 a & g	3
7	9 a & b	4 a, b, c, d & e
8	10	5
9	11	10
10 a & b	12	11
13	13	12
14		13

## Merit Badge Opportunities

Scouts may use their open program time to work on some merit badges at camp that are offered during open program times. Easy merit badges like Basketry, Leatherworking and Woodcarving are perfect for first year Scouts and allow Eleven-Year-Old Scouts to work on merit badges outside of the Trail To First Class requirements. The above listed merit badges all have an associated cost that varies from camp to camp based on the available projects found in the camp at the trading post. Be sure to send your Scout with the money they need to purchase any projects they would like for these merit badges, as well as any other snacks or camp souvenirs they may want to take home with them from camp. Please check out the camp specific general Leader Guide at [www.cpcbsa.org/download-forms](http://www.cpcbsa.org/download-forms) under the Camping section for more detailed information on these merit badges and their costs for your Scout's specific camp.

## Other Open Program Activities

The schedule is very tight for the Eleven-Year-Old Overnights and we have tried to pack as many advancement opportunities as possible into the short stay. The camp experience, however, is about a lot more than just completing requirements and we would like all of the boys to have a fun camp experience. A Scout should plan to balance their limited time at camp with a healthy mix of advancement opportunities and other fun camp activities like boating, free swimming, shooting sports and general play time with their fellow Scouts. Please check out the camp specific general Leader Guide at [www.cpcbsa.org/download-forms](http://www.cpcbsa.org/download-forms) under the Camping section for a more detailed schedule of camp specific open program opportunities and costs for activities like shooting sports for your Scout's camp.