

# Klondike Derby Events

## Clothing Check at Chilkoot Pass

Proper clothing is one of the most important ways to ensure your survival on a winter outing. If you are well prepared you are warm and dry, but if unprepared your feet are wet and freezing and your body loses its heat dangerously fast. The survival rule: when the poorest equipped Scout becomes too cold or wet to continue, the whole Patrol must stop and care for him and return to base camp.

Prepare your Patrol by copying and distributing the checklist included in this brochure. Sometime before the Klondike Derby, conduct a "shakedown" inspection of your Patrol to make certain everyone has the proper clothing. When your Troop meets to leave for the Klondike, check them again.

**You should plan to assemble your Patrol in the staging area behind the Starting Line at least 30 minutes before your assigned start time. Staff will be judging your Derby Sledge and Patrol Flag at the same time that you are running final equipment and clothing checks for your Patrol. Once you are satisfied, introduce yourself to the Mayor (Territorial Constable) so that one of his Mounties can be assigned to conduct a clothing inspection for your Patrol before it's time for you to hit the Trail.**

When we check your Patrol's clothing at Chilkoot Pass, the following minimum requirements must be met by EACH member of the Patrol.

- Wearing insulated & waterproof boots,
- Wearing a warm hat that covers the ears,
- Wearing warm & waterproof mittens or gloves,
- Wearing warm, snow-resistant pants, and
- **NO COTTON CLOTHING**

If just one Scout is not adequately prepared to head out on the Derby Trail, your Patrol will not be allowed to start the event until he is properly dressed for the weather conditions. You will lose points; you will lose time; you may have to return to your campsite to obtain proper clothing; your Patrol might be

**disqualified! Patrol leaders, this is your responsibility - check your Patrol before you arrive!**

There is much discussion each year regarding "adequate" clothing. The staff at Chilkoot Pass have to consider the variety of clothing worn with respect to the rules, the weather conditions, and ultimately, the safety of the Scouts. The Clothing Checkers are the clothing experts at the Klondike Derby and they will set the standards against which each member of each Patrol will be measured on Derby Day. The rules above are only minimum requirements - the information below will help you understand the philosophy.

**"Cotton kills" is the first rule of the winter dress code.** Cotton jeans, sweat pants, sweatshirts, or long underwear are disqualifiers. Carhartt outerwear is made from cotton!! Cotton absorbs moisture, whether from the snow or from perspiration, and loses its ability to insulate. "Wicking" layers won't help if the moisture flows through them into an outer cotton layer.

**The second rule is "no sneakers."** Everyone needs to have waterproof and insulated footwear for any outdoor wintertime activity. Keep in mind that waterproof, insulated hiking shoes are unacceptable in snow deeper than the shoes, unless you also have gaiters. Remember, as well, that you will be judged as to whether your boots are waterproof. Waterproofing wears off. If we see the boots absorbing water, they may not be accepted.

**Third rule: Be Prepared - Exceed the minimum.** Here's how: Your boots are in contact with the frozen ground all day long. Keeping feet warm and dry is absolutely essential. If you or your Patrol members are going out to buy new boots, spend a little extra and get a good pair. You should also wear two pairs of socks (preferably polypropylene undersock and wool oversock) that will wick moisture away from perspiring feet. Do we need to remind you not to wear cotton socks? Rubber boots or boots with rubber bottoms and leather uppers are best. All-leather boots will leak eventually (even if religiously "waterproofed"). Carry an extra pair of socks and a couple foot-size

plastic bags in your daypack, so that if your feet do get wet you can change socks and then slip on the plastic bags to keep water from wet boots from getting the fresh socks wet.

Hats that protect your head and ears are essential for winter activities. No baseball caps. You need warm, wool or wool/poly hats that come down well over your ears. During the day, keep your hat on, even if rolled up for cooling off. Your hat is your thermostat; most body heat is lost from your head and neck. "If your feet get cold, put on your hat" is a good rule to remember.

Please make sure last year's mittens/gloves still fit, and leave cotton work gloves at home! Mittens work better than gloves because the fingers share heat. In colder weather, thick wool or wool/poly ones with water resistant overmitts are great. Fingerless gloves are useful for short periods during skill events - for tying knots or striking matches, for example - but should not be used for the entire day.

You shouldn't need us to remind you that if you're going to be in snow for hours, you'd like your pants to keep you warm and dry. Cotton jeans, dockers, and sweat pants are unacceptable even under nylon overpants or ski pants. Remember the caution about what is judged as "waterproof" - if we see it absorbing water, it will fail inspection! Ski pants over long underwear, snow pants and the like are adequate as long as the long underwear is non-cotton. Wool pants are fine, since they insulate well even when they are a little wet. Pants should be tucked into boots or covered by gaiters or otherwise worn to prevent snow from getting into boots when hiking in 12-15" of fresh powder.

The ideal way to cover your upper body is a layering approach to allow for adjustments in the thickness of insulation required for different activities. Polypropylene or wool/poly blend long underwear is the first layer. Then a poly fleece shirt or wool sweater is next. (Avoid cotton sweatshirts - they get wet, stay wet, and you get cold!) Over the shirt or sweater goes a light to medium weight jacket or "shell" depending on the weather conditions. The fourth layer (which may be in your day pack) is a rain coat or poncho to protect you from the elements. As you work harder, open up or remove layers; when you rest, zip back up or put layers back on.

Finally, consider what you carry inside your clothing. Many inexperienced Scouts are observed drinking "Gatorade slush" pulled from their packs,

then shivering uncontrollably. Powerbars can become hard as rock when frozen. Patrols should carry these items inside their layers.

### Trail Lunch

In the wintertime, it is necessary to be well fed or you will tire quickly. The body's premium fuel is complex carbohydrates such as bread, pasta or potatoes. To cook a hot lunch quickly over a wood fire is a good test of a Patrol's ability to feed itself and so to continue to operate at full strength. The specified ration of pasta will help you get through the afternoon's strenuous Derby activities and the hot soup will furnish warmth (belly and hands!) and necessary liquids to prevent dehydration.

At noon you will prepare a Patrol Lunch. If you are on your way to the next City, proceed to that City and check in with the Mayor. If you are ready to leave a City at noon or shortly before noon, stay there and cook lunch. Make certain that the Mayor knows that he is going to judge your Patrol in this event. No "safe arrival" coins are awarded for lunch.

You are to build a cooking fire using pre-cut firewood (tinder, kindling and fuel) that you have with you. Fire-starters are allowed. Liquid- or gas-fired stoves are NOT allowed. Points will be awarded for your success in getting a wood fire started.

For each Scout in the Patrol prepare a meal consisting at least of one serving of hot soup and one serving of hot pre-cooked pasta. Bring water with you and cooking utensils. Each Scout should carry his own cup and spoon. Soap up the outside of the pot you use for boiling water to make clean-up easier. Don't forget matches! And you might want to pack a garbage bag (pack it in; pack it out), grill, ladle, paper towels and a hot glove.

When everyone is finished with lunch pack up your gear, put the fire out properly, and clean up the area. Deposit charred wood where instructed by the lunch judge. Points are also awarded for leadership and teamwork.

Again, make sure that the Mayor knows that he is judging your fire and lunch preparation before you start. Then be sure to go back to him when you are finished and have him fill in your lunch score on the Patrol Route Card.

Opening a can of ravioli, spaghetti, spaghetti-O's, etc. and heating it over an open flame is a slow (and often amusing) process. The juices in

the bottom of the can boil and complex carbohydrates become food for the fire and sauce-speckled Scouts go hungry. And the quartermaster always forgets the can opener! Cooking pasta in a pot is a little better but then you have a utensil to clean that is a mess on both the inside and the outside! Boil-A-Bags to the rescue!!

Before you leave home, remove your favorite pre-cooked pasta from the can and heat-seal it in a plastic freezer bag using a seal-a-meal machine. These devices and the heavy-duty heat-sealable bags can be found in Wal-Mart and other fine stores. Check with some gardening Scout Moms who freeze vegetables. Someone is sure to have one that your Patrol can borrow. Keep your boil-a-bag meal cold until Derby lunch time and then place it in a pot of boiling water. In no time you will have a serving of hot pasta. Just tear open the bag and dig in! Cleanup is a breeze! And what a great hand-warmer on a cold January day!

Soup is conveniently prepared then by adding some of the already boiling water to a pre-measured portion of dehydrated soup such as Cup-a-Soup in individual cups. Each Scout can make his own since he is carrying his own cup and spoon.

Cup-O-Noodles has become a favorite Trail Lunch menu item: complex carbohydrates (noodles) and hot liquid in one Styrofoam container. This is an acceptable substitute for the individual soup and pasta servings described above. BUT, don't burn the Styrofoam cup! Put it in your garbage bag and dispose of it properly!

### Emergency Shelter

The necessity for an emergency shelter arises when an unexpected delay occurs during a day hike because of injury, disorientation or a sudden deterioration in the weather. You usually do not have full backpacking equipment on a day hike. However, in addition to each person's "Ten Essentials", the Patrol should have a few extra items that will help greatly when and if the situation requires it, especially during the fall and winter months. A suggested list includes: backpacking stove (NOT for actual use at the Derby, of course) and pot for boiling water; lightweight and weather tight tarp with guy ropes; six-foot foam pad; medium weight sleeping bag; folding saw; and space blanket. Over the years, the judges at this station have based their scoring on the following criteria:

Leadership & Cooperation: Is someone in charge? Is there a plan? Or is every-body going in different directions? Are those Patrol members not needed to set up the shelter gathering firewood or otherwise preparing for an overnight or several hour stay? Does the group cooperate and work together as a team?

The Shelter: The primary purpose of the shelter is to protect the Patrol from precipitation and wind. It should be off the ridgeline and natural windbreaks such as trees should be used where available. The shelter should be situated with its back to the wind and rigged to shed rain, sleet or snow. There are many acceptable configurations. A suggested shape is three-sided with a fire built to reflect heat into the open side that will provide warmth and a more cheerful atmosphere.

The interior of the shelter should not be so large as to waste heat but not so small that a four-man Patrol will be too cramped. Remember, at this time of year there are more than fourteen hours between sunset and sunrise. Insulation between you and the ground or snow is essential to prevent heat loss. Use anything that you have with you: foam pads, individual "sit-upons", pine boughs, logs, day packs, etc. A sleeping bag can be laid on a foam pad at the back of the shelter so the Patrol can take turns sleeping while the rest tend the fire, make hot tea or soup, munch their emergency rations and keep each other company until daylight or until the storm passes.

When planning, erecting and/or evaluating an emergency shelter, the main question throughout should be: "Will the shelter be adequate for a 4-man Patrol for a period of 12 hours under the existing weather conditions?"

The emergency shelter must be constructed from materials that you have with you and, if necessary, natural materials such as boughs. (Just keep the "Outdoor Code" in mind). Only tarps may be used; no tents or other tent-like shelters will be allowed in the competition. Shelter materials should probably be carried in the Patrol's day packs since it is not expected that the Patrol would have the sledge along on a day hike.

Historically, this Derby skill station tends to be one at which Patrols spend too much time. All too often, Patrol members have never built a shelter together and they waste time at the station planning (and arguing) rather than constructing. Plan ahead! Build a shelter together

BEFORE the Derby so that you can get the job done quickly and efficiently and move on to the next Derby station!

### First Aid

First aid problems in the winter woods are much tougher to contend with than they are in the summer. A person immobilized by an injury can lose body heat rapidly; shock and hypothermia tend to make every cold weather first aid problem much worse. This Derby event will present you with an accident situation that will challenge your Patrol to deal with a real winter emergency. It is to be expected that the patient may have to be transported out of the woods lying down on your sledge or a toboggan.

Judges at this station will give your Patrol a realistic first aid problem to solve. You can anticipate head injuries, broken bones, frostbite, cuts, bruises, and the like. You should respond to the assigned "emergency" in a realistic manner! Your score at this station will be determined by a number of factors including how you protect the safety of the first aider, how you protect the patient, your first aid skill, how well you are able to transport the patient, and overall teamwork.

Practice your winter first aid skills at fall meetings and outings. Make up some winter first aid situations, write them out on cards and give them to your Patrol to deal with. You may want to appoint a Patrol member to be the first aid expert and assign him to preparing your Patrol for winter emergencies and the Klondike Derby event.

### Sledge Race

The sledge race measures Patrol members on teamwork as well as their physical fitness to run in the snow for two to three minutes. The race also measures how well the sledge was designed to be lightweight yet sturdy. This is a team event in which all Patrol members must complete the course. Before the one-sledge-at-a-time race against the clock, each sledge is emptied of all Patrol gear and loaded with a 31-pound weight. The time clock stops when the last Patrol member crosses the finish line. An additional important challenge is to cover the course without getting Scouts' clothing soaked with perspiration that may lead to the onset of hypothermia later in the day. Layers may be taken off before starting the race in anticipation of doing some heat-generating work!! Skill points awarded in this event are based

on total elapsed time around the course. Although snow and weather conditions may change considerably during the day, the Mayor will make every effort to keep the playing field even for all Patrols.

### Firebuilding

Building a fire using only natural materials is easy in the summer, but in the winter it can be a very tough challenge. Yet it may be very necessary to provide warmth and a hot drink to a chilled hiker... and in a hurry! This survival situation will demonstrate your Patrol's teamwork and ability to find natural tinder, kindling and fuel in the area of the event and to produce a fire capable of boiling one cup of water.

Upon arriving at this station, the Mayor will assign you a fire-building site and a judge. He will instruct you to gather natural combustible materials found in the area of the event and to build a fire using only these materials. You will be given two matches only. If you need more, they may be purchased with Commemorative Coins.

This is a timed event. Time starts when you head into the woods to collect materials and stops when the "boiling judge" decides that your cup of water is boiling. Your Patrol's skill and ability to complete the task quickly and efficiently will determine how many skill points you will receive in this event.

You don't need to bring anything with you for this event except fire-building skill, leadership and good Patrol cooperation. Again, practice makes perfect. Assign small teams to collect specific types of wood: tinder, kindling and fuel. Assign one Patrol member to organize these into piles at the fire-building site, another to see to breaking the materials up into convenient sizes and another to direct the laying-up of the fire. All too often, everyone wants to light the match but no one wants to collect wood! Decide ahead of time what each Patrol member's job is going to be then stick to the plan!!

Again, except for matches provided by the judges, only natural materials found in the event site which are collected during the timed period may be used to start and maintain the water-boiling fire. Fire-starters may be provided to the Patrol by the Mayor if, in his opinion, weather conditions require their use. **DO NOT strip bark from standing birch or any other trees;**

**disqualification will surely result from breaking the Outdoor Code.**

### Ice Rescue

Even during the coldest of winters there are thin sections of ice on most bodies of water. These dangerous areas may be near the inlets and outlets of a lake or pond, or where water is running rapidly in a stream, or where someone cut a fishing hole the day before. Walking on frozen, snow-covered lakes and streams can be very inviting to winter hikers, but you should use these "easy" trails only if you are absolutely sure that the ice is safe. If your Patrol is not cautious when crossing lakes and streams in the wintertime, someone may end up in cold, icy water wearing heavy boots, several layers of winter clothing and a pack on his back!

This Klondike Derby event simulates a situation in which one of your Patrol members breaks through thin ice on a small lake and finds himself in ten feet of ice-cold water. The remaining Patrol members, under your direction, will then perform a quick, efficient and successful ice rescue of your buddy immediately followed by proper attention to his first aid needs. Remember! Getting your fellow Scout out of the water is only half the job!

Skill points will be awarded based on how long it takes the Patrol to rescue the Scout from the water, the effectiveness of the rescue technique you choose to use, how long it takes you to deal with his wet clothing, and your knowledge of post-rescue first aid for "immersion hypothermia."

Hypothermia and frostbite is discussed on pages 322-324 of the Boy Scout Handbook, 11th edition. Additional information on hypothermia may be found on page 218 of the Scout Fieldbook, 4th edition. Four (4) articles are attached to this brochure to aid in specific education of Hypothermia and frostbite. **Be sure to read the brochures:** Immersion Hypothermia, Inclement exposure, American Red Cross - Wilderness & Remote First Aid - Hypothermia and How to Succeed at Ice Rescue.

### Map and Compass

Finding trails in the wintertime is tough because most often they are hidden under a blanket of snow. In the mountains, above timberline, strong winds can easily blow the snow into a blizzard situation of zero visibility:

Whiteout! But your compass, map and Scout orienteering skills will help you find your way to a more sheltered position where you can safely wait until the storm passes or proceed to base camp.

At this Derby station, we will simulate such a "whiteout" situation. The judge will give you a topographical map and instruct you to select a safe route off the mountain. Then, using **required supplies** - pencil, two compasses (one is a spare) and a 12-inch ruler - you will actually demonstrate how you would find your way by plotting a course on the map. You will be in a "whiteout" situation so think about how you will keep your Patrol together when visibility is next to zero. Practice using map and compass together so that your Patrol is well versed in orienteering skills. Be able to take compass readings off a map and then orient yourselves to follow them. Know the difference between "true" north and "magnetic" north; understand "declination" and know what it is for our area. For information on map and compass skills, refer to the appropriate sections of your Scout Handbook.

### **The "Ten Essentials"**

Extra Food  
Extra Clothing  
Map  
Compass  
Matches  
Fire-starters  
Knife  
First Aid Kit  
Raingear  
Flashlight

**"Be Prepared for any old thing"**

- Sir Robert S. S. Baden-Powell