

Boy Scouts of America

Twin River Council

OKPIK 2008

Saturday, January 5

8:45 am	Coffee is ready	Jim Lokenberg/George Scism
9:00(20)	Registration	Ted Brown
9:20(30)	Introduction-Purpose of Outdoor Program	Jim Burgess
	Importance of wise clothing use	
	Summary of schedule-Patrols	
9:50(10)	Setting up campsite: tents - cooking area - wind	Don Colosimo
10:00(10)	Kinds of tents, Ventilation, Winter pegs	Don Colosimo
10:10(10)	10 minute break	
10:20(25)	Cooking methods-lunch prep.	George Sogoian
10:45(15)	Fire lighting Demo	Ted Brown
11:00(40)	Go outside select campsites and pitch tents	Patrol Leader with Patrol
11:40(20)	Inspection of campsites – tents	Don Colosimo
NOON(60)	Get fire wood & make patrol fire for lunch	Each Patrol
	Cook lunch-eat-cleanup (Staff will join the patrols for lunch)	
1:00 (30)	Nutrition & Menus	Paul Gillespie
1:30 (10)	Food & Water Storage	Jim Farrington
1:40 (20)	Snowshoe Movie & slides	Larry & Maryde King
2:00 (45)	Snowshoe Hike	Larry & Maryde King
2:45 (20)	Emergency & snow shelters	Paul Gillespie
3:05 (10)	10 minute break	
3:15 (20)	Stoves for cold weather use	George Sogoian
3:35 (10)	Wind chill and Body Effects	Ted Brown
3:45 (15)	Insulation thickness vs. Activity level	Ted Brown
4:00 (20)	Rain protection	Jim Burgess
4:20 (60)	Clothing	Steve George
5:20 (10)	Boots and methods of drying Equipment	Steve George
5:30 (60)	SUPPER	
	with Chef Jim Lokenberg and Asst. Chef George Scism	
6:30 (30)	Sleeping Bags & Pads	Tom Davidheiser
7:00 (30)	Packs	Tom Davidheiser
7:30 (5)	Short break	
7:35 (10)	Day hikes-10 essentials	Ted Brown
7:45 (10)	Sources of reading material & gear	Ted Brown
7:55 (20)	Dehydration problems in Winter	Paul Gillespie
8:15 (45)	Evening Program (Dehydration/Hypothermia)	Paul Gillespie/George Sogoian
9:00 (60)	CRACKER BARREL – Open Discussion	
10:00	Turn in for the night	

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Sunday, January 6

7:00 am	Up and at'em	
7:30 (90)	Patrols: Cook & Eat Breakfast outside using Gas Stoves Clean up pots, pans & campsite. Pack up bedding & roll Tents	
9:00 (10)	Church service	Steve George
9:10 (60)	Care of injured in winter Hypothermia & Frostbite Winter sanitation-Giardia	Don Colosimo
10:10 (30)	Transport an injured person out of the woods	Ted Brown
10:40 (20)	Conservation considerations Low impact camping site	Paul Gillespie Paul Gillespie
11:00 (30)	Trip planning	Jim Farrington
11:30 (30)	DEC regulations	DEC Rangers
12:00	General wrap-up & Award Certificates	Jim Burgess/Ted Brown

Quick Lunch – Pack up - Head home

OKPIK STAFF

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