



**TWIN RIVERS COUNCIL**  
**SIR WILLIAM JOHNSON DISTRICT**  
**Troop 7**

***RICH SZUMOWSKI***

**16 FIRST AVE, GLOVERSVILLE, NY. 12078**  
**TEL : 518/725-9774 FAX : 518/725-7296**



Welcome Scout;

You are about to undertake a valuable and exciting experience. The weekend of Feb. 13-15 will be one you will recount to your friends and fellow scouts for years to come. You will be joining a group of scouts that have proven themselves to be the most qualified campers in the Twin Rivers District. This training program will take place at Woodworth Lake Scout Reservation. Directions are included in this packet.

It will not be cancelled. The total cost will not be refunded.

Enclosed in this packet is everything you will need to have and to know for a successful experience.

Our staff of winter proven youth and adults is eagerly awaiting your arrival. If you should need any further information please feel free to call.

Rich Szumowski  
Scoutmaster

I, \_\_\_\_\_, the undersigned parent/guardian of \_\_\_\_\_, do hereby grant permission for him to attend:

I understand that it is my responsibility to provide or arrange for transportation to and from Camp Woodworth Lake. Therefore, my son will be transported to and picked up from Camp Woodworth Lake by \_\_\_\_\_ (car-pooling amongst Scout parents is recommended, leaders have limited seating available, check with them first, don't assume). I also give permission to the leaders, \_\_\_\_\_, or his designee, to seek any necessary, emergency medical treatment for my son.

Signed: \_\_\_\_\_ Phone

Number(s): \_\_\_\_\_

Another Responsible Party:

Relationship: \_\_\_\_\_ Their Phone

#: \_\_\_\_\_

Payment Amount: \$ \_\_\_\_\_ Paid by  Cash (Preferred)  Check (due 2 weeks BEFORE Campout)

Take from Troop Account of \_\_\_\_\_ (due 2 weeks BEFORE Campout)

## TO WOODWORTH LAKE SCOUT RESERVATION (518) 725-6221

From I-90 (NY State Thruway), take Exit 28 to Fonda-Fultonville and follow 30A North to Groversville. Continue to the north end of town. At the intersection of East State Street (also Rte 349) with Rte 30A, turn left (west) onto East State Street. You will encounter a traffic light and hospital sign pointing left at this intersection. Follow East State Street through one traffic light at Kingsboro Avenue and one stop sign at North Main Street to a stop sign at Rte 309. Turn right onto Rte 309 (north) and follow this road up the mountain about 4 miles until you see Woodworth Lake Road on the right. (Camp sign is visible.) Turn right onto Woodworth Lake Road and follow to the end. The ranger's home will be at the entrance to camp.

From I-87 (Northway), take Exit 14 through Saratoga Springs and follow Rte 29 West to Vail Mills where it intersects with Rte 30. Turn right (north) onto Rte 30 and follow to Mayfield where Rte 30 intersects with Rte 30A. Turn left (south) onto Rte 30A and follow for about 100 yards. Take first right (west) onto Riceville Road. Follow Riceville Road about 8 miles until it intersects with Rte 309. Turn right onto Rte 309 (north) and follow this road up the mountain about 4 miles until you see Woodworth Lake Road on the right. (Camp sign is visible.) Turn right onto Woodworth Lake Road and follow to the end. The ranger's home will be at the entrance to camp.

WINTER CAMPING EQUIPMENT & CLOTHING  
CHECK LIST

- SNOW PANTS (preferred) to wear to campout, with non-cotton "Polar Fleece" Sweat Pants under.
  - BACKPACK (and/or large Sports Equipment Bag, and/or Duffel Bag). Line your Pack with a Lawn Bag first, to keep contents dry
  - 100% POLYPROPYLENE LONG UNDERWEAR (wear to campout): Tops (wear directly against skin), and Bottoms.
  - 2 pair BRIEFS or BOXERS (if desired)
  - 2 LONG SLEEVE SHIRTS, No Cotton! (Wool or synthetic fiber for good insulating quality and quick drying -- about \$3 at thrift stores)
  - 2 HEAVY WOOL SWEATERS, or POLAR FLEECE SWEATSHIRTS, No Cotton! (about \$3 at Thrift Stores)
  - 1 extra pair SNOW PANTS, No Cotton! (or extra Troop Activity Pants, Nylon Cargo Pants, or Nylon Shell Pants -- about \$3 at thrift stores)
  - 2-3 pair POLYPRO INNER SOCK LINERS, No Cotton! (prevent blisters and keep your feet cool in the summer)
  - 3 pair HEAVY-DUTY SYNTHETIC or WOOL HIKING SOCKS, No Cotton! (For year-around use. Make sure boots are NOT TIGHT!)
  - STURDY, INSULATED, NON-LEATHER WINTER BOOTS (Rubber is much better than leather. Leather will likely freeze at night)
  - PLASTIC BAGS (to go under socks in case of wet boots—newspaper "rain" wrappers, bread wrappers, or regular plastic grocery bags)
  - WINTER GLOVES or MITTENS (As many as you own and can borrow!)
  - PLASTIC or RUBBER GLOVES (food handling, examination, or dish washing gloves—to go under regular gloves if they all get wet).
  - WARM JACKET, SCARF, No Cotton!
  - 2 WARM HATS (One for Sleeping ONLY—Sleeping hat should be designed to stay on at night).
  - WINTER SLEEPING BAG (or 2 Summer Sleeping Bags stuffed one inside the other, or Summer Sleeping Bag AND three (3) extra Blankets)
  - ADDITIONAL SWEAT PANTS & SWEAT SHIRT (for sleeping only! Change all your clothes inside your sleeping bag when you go to bed)
  - TWO (2) CLOSED-CELL FOAM SLEEPING PADS ("Camp Pad," \$7 from Wal-Mart – Absolutely NO air mattresses)
  - WATERPROOF "BLUE" TARP -- 5'X7' (\$2.88 Wal-Mart, or other heavy plastic Ground Sheet)
  - SIX (6) additional LARGE heavy-duty plastic LAWN BAGS (Important! To keep your stuff dry in Emergencies! Clear plastic preferred)
  - BOY SCOUT HANDBOOK , in a Zip-Lock bag.
  - GOOD QUALITY WHISTLE on neck chain (Do NOT buy a cheap Whistle, Try Eastern Mountain Sports, \$2.70)
  - POCKETKNIFE, small enough to wear around neck (a SMALL Swiss Army Knife, \$13. Never buy a knife made in China!)
  - MESS-KIT (BOWL, CUP, FORK, SPOON, PLATE -- heavy-duty plastic or metal)
  - 2 ONE-QUART WATER BOTTLES, filled (Wide-Mouth "Nalgene" Bottles can be filled with hot water for inside sleeping bag at night)
  - FLASHLIGHT, & EXTRA BATTERIES (Can be any style, but a headlamp enables use of both hands -- \$7.47 at Wal-Mart)
  - SMALL FIRST AID KIT (You can make your own: BSA Handbook, Page 289).
  - PEN, PENCIL & PAPER, SMALL NOTEBOOK (No, you can't borrow ours)
  - 50 FEET NYLON PARACHUTE CORD (50 foot "Camo-Cord," \$1.46 at Wal-Mart)
  - COMPASS with a BASEPLATE, in a Zip-Lock bag (with map, if you have one)
  - MATCHES, LIGHTERS, in a Zip-Lock bag. (and/or "HOT SPARK" -- \$1.60 at Scout Shop)
  - CLEAN-UP KIT (Small Hand Soap, Small Toothpaste, Toothbrush, Comb, Floss, Fast-Drying Camp Towel)
  - TOILET PAPER (Half a roll in a Zip-Lock bag).
- OPTIONAL EQUIPMENT
- SMALL DOME TENT (WE NEED THEM! (Caution: outer Rain Cover should come all the way down to the ground—about \$50)
  - SIX (6) or more 2-GALLON HEAVY-DUTY ZIP-LOCK BAGS  
(To keep your clothes and gear organized and dry)

- RUNNING SHOES, MOCCASINS, and/or WATER SHOES
- REPAIR KIT (Small Duct Tape, Needle & Thread, Safety Pins, Batteries, Extra Buckles & Straps, Parts for your Equipment.)
- SUN GLASSES (UV-Proof required for winter camping -- prevents snow blindness).
- OLD WORK GLOVES (For working with trees & tools, and hot pots & pans)
- OPTIONAL EXTRA SET OF DRY CLOTHES TO LEAVE IN CAR (In an extra bag)
- BANDANNAS (A million uses)
- COMPRESSION STUFF SACKS (Reduces size of sleeping bag or other bulky things -- Can be home-made)
- FISHING OR BACKPACKING VEST (Best way to be sure that you always have your 10 Essentials and Survival Gear with you.)
- SMALL LIGHTWEIGHT GAS STOVE (Gasoline, not propane, not butane—see BSA Handbook, page 253)
- EXTRA BAG FOR HEAVY ACCESSORIES (May be left in car) Camera & Film, Magnifying Glass, Nature Identification Books, Binoculars, Duct Tape, Prayer Book or Bible, More ExtraBatteries

**Twin Rivers Council, Boy Scouts of America**  
**Okpik 2008**  
**Winter Camping School**  
**at Woodworth Lake Scout Reservation**

**Friday Night**

- 6:00 – 8:00 P.M.**      Arrival and Registration  
Collect Medical Forms  
Assign cabins & stow gear
- 8:00-9:30**              Welcome Campers  
Report weather conditions for weekend  
Discuss and handout GAWSA schedules  
Discuss First Aid and Hypothermia action plan...dehydration  
problem.
- Topic 1... Cold... Secret to keeping warm--  
Keep clean--avoid overheating--wear layers--  
stay dry
- Topic 2... Clothing discussion
- Topic 3... Sleeping bags and pads
- 9:30-10:00**              Cracker Barrel / drink / assign crew member
- 10:00-10:30**              Turn in at the cabins & lights out

**Saturday** - SUNRISE 6:30 A.M. \* SUNSET 6:00 P.M.

- 7:00**                      Revielle
- 7:30-8:45**              Prepare breakfast, eat & clean-up, pack gear to travel to wilderness camp,  
pick up food for the Crew / Announcements & Questions.
- 8:45-9:00**              Travel to wilderness camp
- 9:00-11:00**              Set up camp (Discuss types of winter shelters)
- 11:00-11:30**              Importance of Nutrition, selecting the right foods; safe stove handling,  
cooking methods, water and food storage; sanitation
- 11:30-12:00**              Flag Ceremony / Crew planning time / fire building
- 12:00-12:45**              Lunch – prepare...eat...clean up

**CONTINUED**

12:45-1:00	Personal time
1:00-1:30	Hands on discussion of packs, sleds and snow travel methods (snowshoes & cross country skis)
1:30-2:30	Hike, Discussion on winter footwear, clothing & sleeping with regard to perspiration and ventilation
2:30-4:00	Hike or game
4:00-5:00	Prepare dinner meal... eat... clean up
5:00-6:00	Campfire
6:00 --	Free time / lights out

**Sunday - SUNRISE 6:30 A.M.**

7:00	Reveille... Check condition of the crews (advisors)
7:15-9:00	Start cook stoves..cook...eat... clean up... pack up
9:00-9:30	Assemble crews for Religious Service at Chapel
9:30-10:00	Retire the Flag / Travel back to Hinds Pond
10:00-10:30	@ cabin / parade field... distribute handouts / award certificates
10:30	Close & Dismiss

**===SAFE TRIP HOME===**