

CAMP LOWDEN



PIONEER LIVING

Friday, July 21 – Sunday, July 23, 2023

Camp Lowden

4418 S. Scout Road, Oregon, IL

Friday CHECK IN: 5:30 pm - 7:00 pm
CRACKER BARREL AND EMERGENCY PROCEDURES: 8:00 pm @DINNING HALL
LIGHTS OUT 10:00 pm

Saturday

FLAGS/BREAKFAST: 7:45 am – 8:45 am (assemble at flag pole @ MAIN LODGE)

SESSIONS START: (rotation shifts)

9:00 am - 9:45 am

10:00 am – 10:45 am

11:00 am – 11:45 am

LUNCH/REST: 12:00 pm – 1:45 pm (Lunch in Dining Hall)

SESSIONS START:

2:00 pm – 2:45 pm

3:00 pm – 3:45 pm

4:00 pm – 4:45 pm

FLAG RETIREMENT/DINNER: 6:00 pm (assemble at flag pole @ MAIN LODGE)

CAMPFIRE: 7:30 pm – 8:00 pm (Council Fire Ring)

STAR HIKE: 8:15 pm @ PARKING LOT

LIGHTS OUT 10:00 pm

SUNDAY

BREAKFAST: 8:00 am SCOUTS OWN SERVICE: 8:45 am CHECK OUT: 9:30 pm

Suggested Packing List for Webelos/AOL Overnight Camp

- Cub Scout Six Essentials that should be carried with their daypack for all hikes and campouts:

1. First-aid kit: adhesive bandages, moleskin, gauze, antibiotic ointment, etc.
2. Water bottle: filled and large enough to last until it can be filled again
3. Flashlight: for emergency use only
4. Trail food: can be made as a den activity prior to hike or campout
5. Sun protection: sunscreen of SPF 30 or greater and a hat
6. Whistle: also for emergency use only

- Daypack

- BSA Field Uniform (1)

- Tent

- Campsite gear: camping chair, small table (optional), fire starters for campfire (optional)

- Sleeping Gear: sleeping bag/blankets, pillows, stuffed animals, etc.

- T-shirt: (3); you will receive one official Pioneer Living Camp Lowden shirt at check-in

- Long Sleeve Shirt/sweatshirt: temperatures tend to cool down in camp during the evenings

- Shorts/Swimwear: pool is not in operation but we have some aquatic activities planned

- Towel/showering supplies: showerhouse will be open

- Extra Pants (1)

- Scout Handbook

- Socks (4 pair)

- Insect Repellant

- Underwear (3-4)

- Toiletries

- Rain Gear (be prepared)

- Hiking Boots/ close toed shoes

- Hat

- Money for Trading Post

Adult Leaders

Adult supervision is required as a critical element for the success of the Tiger, Wolf, Bear Cub Scout overnight camp. At least 1 adult (age 21+) is required for each Tiger rank Scout. Similarly, a 1:1 ratio for Wolf-Bear rank Scouts to adult partner (age 21+) is recommended, however, a minimum of two registered adult leaders may bring up to eight Wolf-Bear Scouts, a 4:1 ratio.

Check In

Plan on arriving between 5:30pm – 7:00pm to check-in at the Main Lodge Office. We recommend that your Pack or Family coordinate arriving at Camp Lowden at the same time to streamline check-in and ensure that your entire unit/family can camp in the same area. For a smooth check-in, please have the following ready upon arrival:

- **BSA Annual Health and Medical Form, Parts A and B, for ALL individuals**
- **Copy of Attendance Roster:** if you are attending with multiple youth, please ensure they are all on one roster; if you are attending as a single youth/adult duo, please have your roster represent this.

Visitors

Overnight camp is a great place to see Scouting in action, but as always safety is a top priority. Upon arrival at the camp, visitors are required to check in at the main lodge office, pay for any meals they will be staying for, and receive a guest wrist band. Upon leaving, visitors will be required to sign out to ensure we have accurate knowledge of who is on camp property in the case of an emergency. Visitors not following these rules will be asked to leave.

Clothing

- **Footwear:** Closed-toe shoes should be worn in camp at all times except when in a tent or showering. This is for your safety and to prevent contracting poison ivy. Heelys, Crocs, and sandals are not appropriate footwear while at camp.
- **Uniforms:** We encourage each pack/family to adopt an appropriate uniform for outdoor activities during the day programs at camp. We encourage each pack to police its own rules regarding the wearing of the uniform. Scouts and leaders should wear the official BSA field uniform at morning and evening flag ceremonies, dinner and Scouts Own Service. Each registered youth and adult will receive an official Pioneer Living Camp Lowden shirt upon check-in. You may wear the shirt during the day/evening programs.

Health and Safety

The Boy Scouts of America Health forms PARTS A & B ONLY are required for each person in camp. You can find the health form at: www.scouting.org/health-and-safety/ahmr

To ensure a safe and healthy camping experience, all individuals attending camp are required to have a current, completed Annual Health and Medical Record on file with the camp. You are not allowed to attend camp without an official, signed BSA health form on file at camp.

Shortly after arrival at camp, the Health Officer will perform a medical recheck. The forms must be turned in to the Health Officer at this time. Forms will be returned at check out. Any forms not picked up will be destroyed. It is also important that the Camp Administrator and Health Officer be aware of any conditions which might require attention or pose problems while at camp. Please ask the parent of each camper if there are medical concerns before camp and make a list of them.

Qualified medical personnel will be at camp during the weekend. This Health Officer will handle minor scrapes and cuts and distribute medications (unless the parent of Scout is attending camp). If any serious emergency arises the camper will be taken to the local hospital for treatment.

Medications - National Camp Standards require the camp to store and administer all medications except for those necessary for immediate relief (i.e., inhalers, and epi pens).

Medications must be in the original container with clear dosing instructions and in a bag with the Scout's name, number of doses, and pack number. The camp Health Officer or parent/guardian will complete records of medication disbursement. These will be turned in at the end of camp and kept at council office for the required specific time.

Health Insurance - Each youth and adult leader is required to provide copies of their personal health insurance with their annual health and medical record form.

Trading Post

Be sure to bring some extra money for the camp trading post. From icy treats to cool beverages and trinkets, we have much to offer at the Camp Lowden Trading Post.

Campfires

Saturday evening will feature a camp-wide campfire program. Please do feel free to have your own fire at each campsite fire pits, but be sure to follow safe practices and be mindful of the other guests in your campsite. No fire is allowed to be left unattended and must be put out completely when finished.

Meals

Meals are provided during the event. You are welcome to bring your own items to cook or for snacks in your campsite. Please be mindful of your space and trash your trash. The camp cook staff will do their best to accommodate any dietary restrictions submitted with your registrations.

Tentative Menu:

Friday - <i>Cracker Barrel</i> Cookies Cheese Crackers Chips/Salsa	Saturday - <i>Breakfast</i> French Toast Casserole Bacon Oatmeal Fruit Dry Cereal	Saturday - <i>Lunch</i> Hot Dogs Mac & Cheese Apple Sauce Carrots Cookies
Saturday - <i>Dinner</i> Ravioli Casserole Garlic Bread Salad Jello Poke Cake	Sunday - <i>Breakfast</i> Oatmeal Dry Cereal Coffee Cake Fruit	