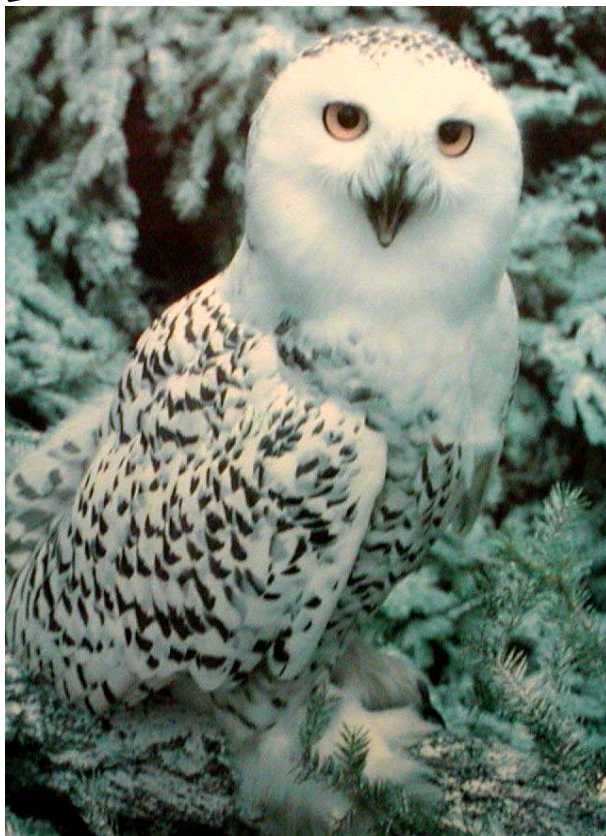


OKPIK MAINE



ADVISOR'S PACKET

Pine Tree Council, Boy Scouts of America
131 Johnson Rd.

Portland, Maine 04102

www.pinetreebsa.org

scoutinfo@pinetreebsa.org

OKPIK MAINE

**PINE TREE COUNCIL, BSA
131 JOHNSON RD.
PORTLAND, ME 04102
1-207-797-5252 X 14
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Greetings from OKPIK, Maine:

Your Okpik winter camping experience will take place at Camp William Hinds in Raymond, Maine on the shores of Panther Pond. Registration begins at 6:00 on Friday evening and ends at 7:30. Your OKPIK guide and staff will be here to meet you. Programs begin promptly at 8:00 p.m.

Please have supper before you arrive. There are many restaurants of all kinds on Route 302 in the town of North Windham (about 15 minutes from here) which is right on your way to camp. This first evening we will have some talks, demonstrations, equipment checks, and program planning. This is a busy evening: do your best to be on time.

Saturday morning will start with a big breakfast in the lodge. After which you'll finish preparing for your trek, then head out to your outpost with one of our experienced Okpik guides. Saturday afternoon will be spent building shelters, learning to ski, snowshoe, or simply exploring the scenic winter wonderland. On Sunday, you will return to the lodge for a friendly get together, a great luncheon meal accompanied by desert and closing ceremony. Departure time is usually around noon.

Details about what to bring, and what is available here are listed in the enclosed advisors Packet. Also enclosed are a map and directions, which start at the Maine Turnpike. If you have any questions about the program or if there is anything we can help you with, feel free to call the Pine Tree Council camping department at the number above. We look forward to making OKPIK your best winter camping experience ever, and thank you for your continued support.

See you at OKPIK ~ Paul Fisher, OKPIK Director

2006 OKPIK DATES

OKPIK – Weekend 1 Jan. 20 - 22

OKPIK – Weekend 2 Jan. 27 - 29

OKPIK – Weekend 3 Feb. 3 – 5

OKPIK – Weekend 4 Feb. 10 - 12

OKPIK MAINE

ADVISOR PACKET

WHAT TO BRING

For your winter camping experience OKPIK provides the necessary camping, cooking equipment, food, skis, snowshoes, and sleds. Boots and other supplemental outer clothing are available for those who need them. Everyone is required to bring a sleeping bag to use on Friday night in the lodge.

We provide OKPIK participants with supplemental clothing but we can't provide everything. Therefore, it important that you plan carefully, using the equipment lists as a guide. Some items are required; other items are recommended if you have them available. If you have something not on the list but are comfortable with it, or want to try it out, bring it along. The OKPIK staff will instruct you in how best to use what you brought, and will outfit you with the supplemental clothing you need.

To help prepare yourself and your crews, additional information and ideas on winter camping can be found in the Boy Scout Field Book. It has several really good chapters on winter camping, equipment and snow activities. The Venture booklet Snow Camping has more winter camping information and several planning and training outlines to help with preparation.

Okpik: Cold Weather Camping (BSA catalog number 73017634040 I) is the handbook for the Okpik program, and is available through your council office or store.

As you prepare for OKPIK, there are several important points to remember about insulation and how to stay warm. Refer to the details included below as you make decisions about what to bring.

Briefly, some of the more important points to remember are:

1. Wool is a better insulator than cotton. Even when wet, it retains much of its insulating value.
2. Down, even though a good insulator is difficult to use in a field-type situation. Once it's wet, it has no insulating value and is difficult to dry. Use down as an insulator only if you're familiar with how to handle it.
3. Synthetic fibers and fabrics are excellent insulators. Polypropylene, Polarfleece, Hollofil, Quallofil or Thinsulate are several examples of the many appropriate synthetic fibers.
4. Wear clothing loose and in layers. Remember to bring and wear your clothing following the **THREE W'S of LAYERING (Wicking, Warmth, and Wind protection.)**

The Key to Keeping Warm is ~ COLD

Keep C-O-L-D to stay warm. COLD may not seem like the key to keeping warm, but it is if you look at it this way:

- C** - Keep Clean
- O** - Avoid Overheating
- L** - Wear Layers
- D** - Stay Dry

Remember this key; it will help you learn techniques for staying warm while camping in cold weather.

PERSONAL EQUIPMENT LIST

- Sleeping bag. If you have a cold weather camping sleeping bag, bring it!
- Fleece sleeping bag liner- available at camp if you need one!
- Backpack to carry personal gear- camp has limited amount available to borrow!
- 2 winter stocking caps, -one spare - facemask type is best
- 2 -3 pairs of mittens with outer weather shell (mittens are warmer than gloves)
- 2 -3 Sweaters and/or shirts, preferably wool or polar fleece. No Cotton
- 1 winter jacket, preferably hooded
- 1 -2 pair of long underwear tops (synthetic such as capilene or polypropylene) (no cotton long underwear)
- 2 pair of long underwear bottoms (synthetic such as capilene or polypropylene) (no cotton long underwear)
- 2 pair of pants, 1 pair preferably wool or an insulated snowpant. Do not bring blue jeans.
- 2 or more pairs of light liner socks (preferably synthetic, i.e. polypropylene -not cotton)
- 2 or more pairs of heavy insulating socks (preferably wool or synthetic, -not cotton)
- Toiletry articles (toothbrush, toothpaste, soap, towel, comb, etc.)
- All plastic or lexan (remember plastic can become brittle at extreme low temperatures)
- Pee bottle -Large mouth plastic 1-quart bottle w/ a leak proof cap to be used at night when nature calls

RECOMMENDED ITEMS:

These items are optional, depending on personal preference and what you have available.

- Insulated vest -Extra socks
- Scarf or neck gaiter
- Warm boots such as Sorels, "moon boots," shoe packs (preferably with removable liners)
- Closed cell foam pad
- Pocketknife, matches, bandana, and other items you normally carry while camping.
- Sunscreen, Chapstick, foot powder, sunglasses
- Pocket flashlight or headlamp or candles
- X-country Skis or snowshoes -Camera and film
- Small package baby wipes for personal cleanliness (keep in pocket near the body to keep thawed)

CREWS EQUIPMENT LIST

CORD -We suggests several 50-foot lengths of lightweight nylon "parachute" cord.

REPAIR KIT -Pliers and other simple tools (such as *A Leatherman* or similar multipurpose tool) always come in handy on camping trips.

LIGHTWEIGHT, WATERPROOF GROUND CLOTHS -You will need two plastic ground cloths (30" x 72") for each person in your crew to use under their ground pad and sleeping bag to protect from melting snow and water.

OKPIK PROVIDED ITEMS:

If you own any of these items & would like to use them, you are encouraged to bring them.

- **Supplemental outer clothing & wind clothing**
- **Cross country skis and poles -Snow shoes**
- **Water bottle and water bottle bag w/strap**
- **Gear sleds and harnesses**
- **Sleeping bags rated for extreme cold**
- **Closed Cell foam pads**

ADDITIONAL INFORMATION

For your arrival on Friday the Scout Uniform is always appropriate. Casual wear is acceptable. There are bathrooms with showers. You will need to bring your own toilet kit, towel, etc.

POLYPROPYLENE, OR EQUIVALENT LONG UNDERWEAR IS STRONGLY SUGGESTED FOR EVERYONE. Good **RUBBER BOTTOM PACK BOOTS** and extra socks (no cotton) will permit frequent changing to keep feet dry and warm. Because of variations in temperature and activities, a back-up set of outdoor clothing is needed.

Each crew will be issued a sled (or two) for hauling the crew gear. These sleds are not for general sledding but you may bring your own sleds or toboggans for recreational use. Backpacks are needed to carry personal gear in- camp has a limited amount available for use.

PRICES AND PAYMENT SCHEDULE

Reservation for OKPIK programs should be made as early as possible. You make a "temporary" reservation by phone. This reservation will be held for two weeks and is secured when your deposit is paid. Your reservation is subject to cancellation after the deposit deadline date.

All deposits and payments are non-refundable after their due date. Individual participant fees are non-refundable after the final payment date. In rare instances, we may determine that conditions do not allow us to present the OKPIK program. In this instance, you will be notified and all fees will be refunded or transferred to the following year.

If the number of spaces that you have reserved for your OKPIK weekend change, please notify Pine Tree Council ASAP.

Payment Schedule:

Deposit - \$100.00 per crew required within two weeks of phone reservation. Deposit is refundable up to the final payment date.

Final Payment -Remainder of fees is due 3 weeks prior to trek. Failure to make final payment by the due date will result in the cancellation of the reservation.

The cost of an OKPIK weekend is \$75.00 for Pine Tree Council participant and \$90.00 for out of council participants (youth and adult). Any adults wishing to stay over in the lodge may do so provided that all leadership requirements are met for the crew and will be charged only \$50.00.

P.T.C. Refund Policy:

Individuals or groups that cancel a program reservation 30 days prior to the date of the event will receive a refund of fees paid less a 15% administration charge. No refunds will be made after the 30-day cancellation deadline. In rare instances, we may determine that conditions do not allow us to present the OKPIK program. In this instance, you will be notified and all fees will be refunded or transferred to the following year.

Age Restrictions:

Minimum age for all programs is 13 by day of arrival.

OKPIK Crew Sizes:

Minimum crew size is 6 people; maximum crew size is 12 people. If you have more than 12 people, you will be divided into more than one crew.

HELPFUL HINTS TO CHECK, AND DOUBLE CHECK BEFORE LEAVING

1. Adults and youth must have a completed HEALTH FORMS on file.
2. Registration with BSA for all youth and at least 1 adult
3. Approved Tour Permit w/ required certifications, CPR, youth Protection
4. Required Medicines. Have two supplies of required medicines held by users and a leader in case loss (Example, two inhalers or two epi-kits)
5. Adequate personal gear
6. Financial needs (cash, credit cards, checks, traveler's checks, etc.)
7. Filled out Participant Roster for each crew
8. Any balance of payment due.

OKPIK Medical Form -We require a Class 1 & 2 BSA Health Form, which requires a doctor's examination within 36 months of your OKPIK trip, for all participants. Parents or legal guardians for youth under age 18 must update the Class 1 section of the health form with permission to treat and emergency contact information every year! You will receive these medical forms with your *OKPIK Advisor Packet*. This measure is to ensure the safety of OKPIK participants.

Please notify your guide of any dietary or medical/physical restrictions or concerns for members of your group.

PHYSICAL CONDITIONING AND TRAINING

To ensure a successful, safe, and enjoyable trip at OKPIK, each crewmember should be physically fit. Each crewmember should do a training regimen (walking or skiing) for a few weeks before your OKPIK weekend to prepare them physically and mentally. Winter travel will require you to use different muscles than you would use walking on cleared streets. Muscle pain can occur following cross-country skiing, snowshoeing, or shoveling snow onto a winter shelter. It is important that participants know how to train before their trip to avoid painful muscles.

RISK ADVISORY

Okpik strives to minimize risks to participants by presenting pre-trek training, providing proper equipment and supplemental clothing and sending a trained staff member with each crew. Each participant and crew is expected to follow these safety measures and to accept responsibility for the health and safety of each of its members.

Okpik, Maine has had an excellent safety record for over 14 years. Most participants at Okpik programs do not experience injuries because they are prepared, are conscious of risks, and take safety cautions. If you decide to attend OKPIK, you should be physically fit, have proper clothing and equipment, be willing to follow instructions, work as a team with your crew, and take responsibility for your own health and safety.

Like any high adventure activity, the OKPIK program is not risk free. Some specific risk factors of OKPIK include the possibility of extreme cold temperatures, frostbite, hypothermia, falling through lake ice, traveling on slippery surfaces, and dehydration.

You must be prepared to listen to safety instructions carefully, follow directions, and take appropriate steps to safeguard yourself and others. Crewmembers need to travel together at all times. Emergency communications via radio, and/or evacuation can be hampered by weather, terrain, distance and other factors, and is not a substitute for taking appropriate precautions and having adequate first aid knowledge and equipment. The OKPIK staff is trained in basic first aid and accident prevention, and will provide assistance to the adult advisor. The adult advisor has primary responsibility for management of emergency situations.

We also strongly recommend that no participant be less than 100 lbs. in weight. Extremely small participants will have a very difficult time staying warm.

Looking forward to seeing you at OKPIK!

Pine Tree Council

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