

**2014 NORTHSTAR KLONDIKE
REGISTRATION FORM**



COST CENTER: 6- 802

UNIT NUMBER: _____ UNIT TYPE: _____ (Troop/Team/Crew)

SCOUTMASTER or LEADER: _____

SECOND ADULT LEADER: _____

NUMBER OF SCOUTS: _____ X \$10 = \$ _____

NUMBER OF ADULTS: _____ X \$10 = \$ _____

TOTAL = \$ _____

(PATROLS SHOULD BE BETWEEN 4-8 SCOUTS)

PATROL NAME: _____ NUMBER OF SCOUTS: _____

PATROL NAME: _____ NUMBER OF SCOUTS: _____

PATROL NAME: _____ NUMBER OF SCOUTS: _____

STAYING OVERNIGHT (PLEASE CIRCLE YES OR NO FOR EACH DAY)

FRIDAY, FEBRUARY 21st: **YES / NO** SATURDAY, FEBRUARY 22nd: **YES / NO**

TOUR PLAN SUBMITTED ALONG WITH REGISTRATION FORM: **YES / NO**

REGISTRATION DEADLINE IS WEDNESDAY, FEBRUARY 14, 2014

Please return the completed form to the Nevada Area Council Office, and keep a copy for your records.

All fees are non-refundable due to the purchase of program supplies.

Event Check-in is between 4:00 & 7:00 p.m. Friday, Feb. 21 at the Sky Tavern Lodge
Event Check-out is between 4:00-4:30 and 5:00-5:30 for units leaving on Saturday, Feb 22.
Event Check-out is between 11:00-12:00 for units leaving on Sunday, Feb 23.

Mail To: Boy Scouts of America, C/O Northstar District,
500 Double Eagle Court, Reno, Nevada 89511



FEBRUARY 21, 22 & 23, 2014

Northstar District 2014 Klondike Derby

Start planning now for this year's best Cold-Weather Camping Event. That's right! It's the 2014 Northstar District Klondike Derby. It'll be February 21-23, 2014 at Sky Tavern Sky Resort.

Those who participate in the Klondike experience will have Scouting and Okpik (Cold-Weather Camping) skill competitions on Saturday morning. Saturday afternoon will be fun and team-building activities.

The District Commissioner's Recognition will be the standard for all units at the Klondike. From Tour plans to Camp cleanup, it's a way to recognize the best Scouting skills in action.

Awards and Recognitions will be at 4:30 Saturday afternoon after a great day of Scouting!

Those staying until Sunday will have a great campfire and brotherhood program in the Lodge on Saturday night.

Scout's Own Service and fun in the snow activities will fill Sunday morning.

Don't miss it because you'll miss out!



Contact Dr. Ritch at ray@ritch.net for questions

2014 Northstar District Klondike Derby Schedule

January 9 – Registration Begins ~ February 14 – Unit Registration Due

(Need a pretty solid number. One or two off on check-in is all right)

As always, the Scout uniform is always appropriate

Friday, February 21, 2013

4:00 – 7:00 p.m.

Check-in/Safety Brief/Commissioner
Assistance

8:30

Leader Briefing
& All Scout Cracker Barrel

9:30

Lights Out ~ All Quiet

Saturday, February 22, 2013

9:00 a.m.

Flag Ceremony
Welcome to the Klondike
Final Instructions

9:30 – 11:30

Scouting & Okpik Skills Competition
4 - 20 minute events
w/10 minute moving time

11:30 – 1:00

Lunch/Rest time/Prep Time

1:00 – 4:00

4 - 40 minute activities
w/5 minute moving time
Snow Fun and Cold-Weather Activities

4:30 – 5:00

Award & Recognition Ceremony

4:00 – 4:30/5:00-5:30

Check Out for units leaving on Saturday

5:00

Dinner

Saturday Evening

February 21, 2013

7:30 p.m.

Campfire in the Lodge
Sings-Skits-Stories
(Bring a 3 minute Unit Leader approved skit)

9:30

Lights Out ~ All Quiet

Sunday, February 23, 2013

9:00 a.m.

Flag Ceremony

9:15

Scout's Own Nondenominational Service

10:00

Snow fun
Snow Sculpture building contest
Sculpture judging at 10:45

11:00 – 12:00

Check Out

IMPORTANT INFORMATION

First Aid in Lodge

Check-in/Leader Brief/Cracker
Barrel/Campfire/Scout's own in Lodge

Event Contacts

Dr. Ritch C# - 527-7870

Mike Masterpool Cell # 742-1454

Jeff Felsted, S.D.E. Cell# 435-668-5650

Council Contact

Ambulance/E.M.S. 911

Washoe County Sheriff 911 for emergency
785-4629 non-emergency

2014 Northstar Klondike Derby District Commissioner's Award

Unit/Patrol/Team _____ # _____

A. Event Registration	10 points	_____	Administrative Total _____
i. Before due date	10 points	_____	
B. Tour Plan filed	10 points	_____	
i. Brought to event	10 points	_____	
C. Roster Check			
i. All scouts registered	10 points	_____	
ii. Registered before event	10 points	_____	
D. Check-in & Pick up Packet	50 points	_____	
E. Check-out	50 points	_____	

A. Unit Identification			Campsite Inspection Total _____
i. Patrol or Troop Flag posted	5 points	_____	
ii. Duty Roster posted	5 points	_____	
iii. Menu posted	5 points	_____	
iv. Event schedule posted	5 points	_____	
B. First Aid Kit	10 points	_____	
C. Campsite			
i. Clean	10 points	_____	
ii. Safe	10 points	_____	
iii. Gear stored & protected	10 points	_____	
D. Cooking area			
i. Clean	10 points	_____	
ii. Safe	10 points	_____	
iii. Sanitary	10 points	_____	
E. Fire Area			
i. Clean	10 points	_____	
ii. Safe	10 points	_____	
F. Sleeping Areas			
i. Clean	10 points	_____	
ii. Safe	10 points	_____	
G. Camp Improvements	25 points	_____	

A. Event Participation			Participation Total _____
i. Flag Ceremony	25 points	_____	
ii. Morning Events	25 points	_____	
iii. Afternoon Events	25 points	_____	
iv. Awards Ceremony	25 points	_____	

Unit/Patrol/Team _____ # _____ Commissioner's Award Total _____

Scout/Okpik Skill Competition Score Sheet

(Point Values listed are maximum available for event)

Unit/Patrol/Team Name: _____ Number: _____

Event 1 Cold-Weather Cooking (Timed Event)

Using materials provided:

Light fire tabs in container	5 points	_____
Heat water	10 points	_____
Cook Ramen® soup	10 points	_____
Eat soup	5 points	_____
Time	20 points	_____
Safety during event	10 points	_____
Clean up	10 points	_____

Event 1 Total _____

Event 2 First Aid (Timed Event)

Given a card with a scenario:

Choose appropriate First aid technique	10 points	_____
Perform first aid using provided materials	20 points	_____
Time	20 points	_____
Safety during event	10 points	_____
Clean up	10 points	_____

Event 2 Total _____

Event 3 Cold Weather Shelter Construction (Judged Event)

Using provided materials:

Construct a Cold-Weather Shelter	10 points	_____
Load bearing	10 points	_____
Anchors	10 points	_____
Vent &/or Vapor control	10 points	_____
Safe Occupancy	10 points	_____
Safety during event	10 points	_____
Clean up	10 points	_____

Event 3 Total _____

Event 4 Okpik C.O.L.D. Instruction & Kim's Game (Judged Event)

- Participants will receive a brief instruction in C.O.L.D. techniques

Using techniques from instruction, play Kim's Game

- Gather round a tarp covering items.
 - Top tarp is removed for 30 seconds so Scouts and observe items
 - Make a list of items from tarp
 - Which point of C.O.L.D. do items fit 25 points _____
 - Describe use of item 25 points _____
- Safety during event 10 points _____
Clean up 10 points _____

Event 4 Total _____

Unit/Team/Patrol _____ # _____ Scout/Okpik Skill Total _____

Afternoon Activities

Event A Snow Cave Building

Event B Klondike Sled Relay Race

Event C Snow Rescue Instruction and Challenge

Event D Snowshoe Thompson Experience

Awards & Recognitions

The Quiá Mi Wintook Chapter (Northstar's OA) will be making the awards and recognitions for the competitions and events. Examples are:

Hobo Stove Kit

Parachute Survival Bracelet

Walking Sticks

Been there – Done that Knots

Survival Shelter Kit

Neckerchief Slide/Woggle

Event Fobs

Certificates

Cold-Weather Camping Resources

Hobo stove construction plan

Important tip before you start: you can't really go wrong with it. It doesn't matter too much how you build it, just stick to the general guide lines.

1. **Get a can**, size doesn't matter. I guess a 16Oz can is the minimum.
2. **Make holes near the bottom** of the can. The holes should be around half an inch in diameter and approximately an inch apart from one another. It's not rocket science, the size and space between the holes can defer from stove to stove.
3. **Cut a window** on the side of the can. It should be big enough to feed the fire. I'd say at least 4 inches wide. You can make it as big as you want, as long as it doesn't harm the stove stability.
4. Top of the stove - Case A - in cases where the pot is bigger than the stove – **make some holes close to the top of the stove**. Another option is to cut the top edge of the can to allow the flame to get out. Cut it as seen in the picture.



Top of the stove - Case B – in cases where the pot is smaller than the stove. **Make small holes near the top of the stove** in such a manner that you could locate two metal pieces and get a pot holder (as seen in the picture)

Now, I'm sure you don't need explanations for using it, right? ;)

Bottom line

Hobo stove is a nice option for a DIY camp stove that runs on wood or fuel tabs.

Retrieved from www.campstovewizard.com

Edgar Davids

Cold Weather First Aid

All leaders should complete a basic first-aid course before taking a group camping in cold weather; Wilderness First Aid Basic is recommended. A good group first-aid kit is necessary, and individual kits for each camper should be encouraged. The best references for cold-weather first-aid care are the same as for mild-weather activities, with the addition of specialty manuals that cover cold-weather injuries. Check the resources section for some of the recommended ones.

The group first-aid kit is important. Refer to the *Boy Scout Handbook* and *First Aid* merit badge pamphlet for the best items to carry in your kit, in addition to supplies suited for the climate in which you're traveling.

Dehydration

The human body is 70 percent water, which is essential to maintain our body temperature. Vital organs like the brain and the kidneys will not function well without enough water. We lose water mostly by breathing, sweating, digestion, and urination. When we lose more water than we take in, we become *dehydrated*. Signals of mild dehydration include increased thirst, dry lips, and dark yellow urine. Signals of moderate to severe dehydration include severe thirst, dry mouth with little saliva, dry skin, weakness, dizziness, confusion, nausea, fainting, muscle cramps, loss of appetite, decreased sweating (even with exertion), decreased urine production, and less frequent and dark brown urine. **Note:** In winter climates, thirst is *not* a good indicator of early dehydration. A winter camper can be very well on the path to becoming dehydrated without being thirsty at all. Pay close attention to the other signals of dehydration, and above all, plan to avoid the illness by drinking 2 to 3 quarts of water a day while cold-weather camping.

Preventing Dehydration

To help prevent dehydration while winter camping, follow these guidelines.

- Instruct each crew member to drink at least 2 quarts of water a day (not including coffee).
- Increase fluid intake at the first sign of changes in urine color, i.e., darker yellow.
- In cold-weather survival situations, avoid dehydrating foods and fluids such as coffee and other caffeinated drinks, and foods high in protein.

Dehydration increases the danger of hypothermia and frostbite, so cold-weather travelers must be just as diligent about drinking fluids as they are when the weather is hot.

First Aid for Dehydration

To treat mild dehydration, drink plenty of water or a sports drink to replace fluids and minerals. Drink one to two quarts (or liters) of liquids over two to four hours. See a physician for moderate or severe dehydration. Severe dehydration requires emergency care; the victim will need intravenous fluids. Rest for 24 hours and continue drinking fluids. Avoid tiring physical activity. Although most people begin to feel better within a few hours, it takes about 36 hours to completely restore the fluids lost in dehydration.

Hypothermia

Hypothermia occurs when a person's body is losing more heat than it can generate. It is a danger for anyone who is not dressed warmly enough, although exposure to cold is seldom the only cause. Dehydration is a common contributing factor to hypothermia. Wind, rain, hunger, and exhaustion can further compound the danger. Temperatures do not need to be below freezing, either. A hiker caught out in a cool, windy rain shower without proper rain gear can be at great risk. A swimmer too far out in chilly water or a paddler who capsizes also is at risk for hypothermia.

Self-Testing for Hypothermia

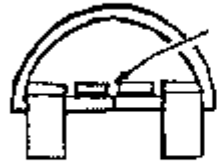
Test for hypothermia by touching the little finger and thumb together. If you can't do this, stop immediately and warm up.

Preventing Hypothermia

Remember these procedures to guard against the dangers of hypothermia.

- Get plenty of rest and maintain good nutrition before and during cold-weather camping.
- Consume plenty of high-energy food (particularly sugars) and water while camping.
- Use waterproof and windproof clothing, some of which should be wool.
- Make camp early in a storm, or if you become lost, injured, or tired.
- Exercise to keep up the body's heat function.
- Appoint an experienced person to watch the group for signals of hypothermia, and always adhere to that person's decisions.
- Carry proper clothing, footwear, and emergency (camping and shelter) equipment.
- Take immediate corrective action for signals of hypothermia.

Klondike Sled Plans

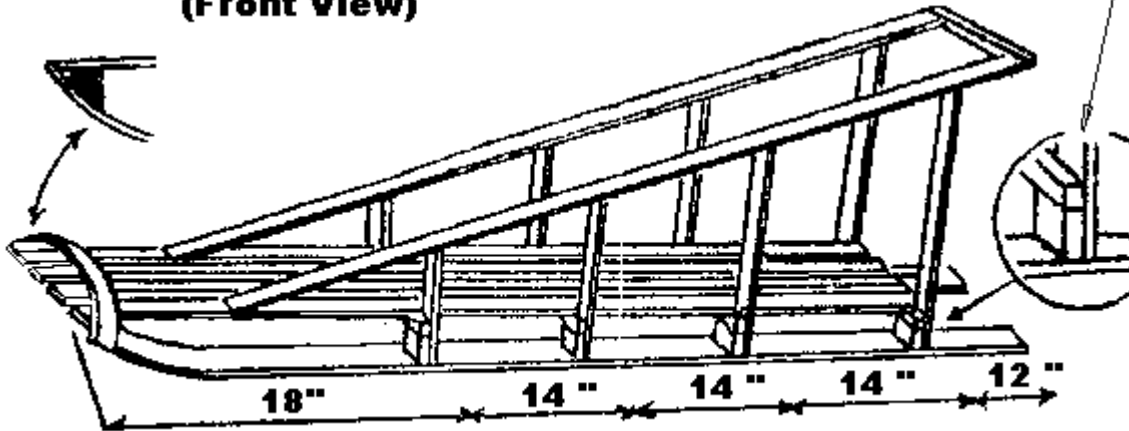


Drill 1/2" Dia. Hole
For Bridle

**Snow Shield
(Front View)**



Towing Bridle



Runner Detail