

## PREPARING FOR CAMP

### POLAR CUBS

We're so excited to welcome you to Polar Cubs at Gamehaven Scout Camp! Polar Cubs is one of our oldest programs offered by Gamehaven Council, and is always one of our biggest programs. Here is some information you should know before arriving:

### PACKING LIST:

#### WHAT TO WEAR

It's best to dress in three layers for maximum winter warmth: the Wicking Layer, Warmth Layer, and Wind and Wet Layer.

##### Wicking Layer

- Long Underwear
- Wicking T-Shirt\*

##### Warmth Layer

- Sweatshirt\*
- Pants\*
- Mittens
- Stocking Cap / Balaclava
- Warm socks\*

##### Wind and Wet Layer

- Winter Jacket
- Snowpants
- Winter boots

#### WHAT TO BRING

- Day pack or bag
- Water bottle
- Sunglasses (Recommended)
- Cardboard Sled (Recommended, see below)
- Snack (optional)
- Money for Trading Post (optional)
- Helmet (if sledding)
- HEALTH FORMS (see below)**

**\*COTTON IS ROTTEN:** Cotton clothing will absorb and hold moisture, which will be cold and sometimes even freeze onto your skin. Dress in polyester or wool – avoid all cotton clothing like jeans, t-shirts, etc.

### HEALTH AND SAFETY FAQ

#### WHO NEEDS HEALTH FORMS?

- Youth (ages 17 and under) attending the event
- Adults (ages 18 and over) who are either A) spending a night at camp, or B) participating in shooting sports or aquatics activities

#### WHAT HEALTH FORMS ARE NEEDED?

- You can either bring the BSA Annual Health and Medical Record (“AHMR”) parts A and B. This will be returned to you at the end of the event.
- OR – you can sign and bring a Gamehaven Scout Camp Waiver. This will be kept on file.

## I COMPLETED HEALTH INFORMATION ONLINE. DO I STILL NEED A HEALTH FORM?

- Yes. Online information is to help us plan (i.e. food allergies, etc.), while on-hand paperwork is kept to be used in the event of an emergency.

## HOW ARE MEDICATIONS HANDLED?

- Adult guardians are expected to be responsible for keeping and administering medications. If a medication needs refrigeration or special storage, we can accommodate that given notice prior to the event beginning.

## CAN I TENT IF I NEED A CPAP MACHINE (or other medical electrical need)?

- Yes! You can ask to be tented in our Staff City campsite, which features numerous outlets. Please give us prior notice if this will be needed.

## Cardboard Sled Race

The cardboard sled race is an annual tradition of Polar Cubs. Families are invited to work and create the fasted cardboard sled and race it down our sledding hill. Materials are not provided at camp – everyone must bring one which was built prior to camp beginning. Helmets are required when sledding at Gamehaven Scout Camp. As we have limited helmets to share, campers are encouraged to bring their own.

## Typical Schedule

EVENTS DIFFER BY YEAR. Please check your registration to see if start or end times are different.

- SATURDAY -	
9:00 – 9:30 AM	Registration / Cardboard Sled Races
9:45 AM	Opening Assembly
10:00 AM	Activities
12:00 PM	Break, Lunch, Crafts and Trading Post
1:00 PM	Activities resume
4:30 PM	Activities end
4:45 PM	Closing Assembly

## Camp Contacts:

### Gamehaven Scout Camp

5015 Simpson Rd. SE, Rochester MN 55904

### Camp Director | Brady Geary

(507) 361-5345 (Weekday) | (651) 341-0007 (Weekend) | [brady.geary@scouting.org](mailto:brady.geary@scouting.org)

### Camp Caretaker | John Destazio

(507) 261-8307 | [john.destazio@scouting.org](mailto:john.destazio@scouting.org)

### Council Service Center

(507) 287-1410 (Weekday) | 607 E Center St., Rochester MN 55904