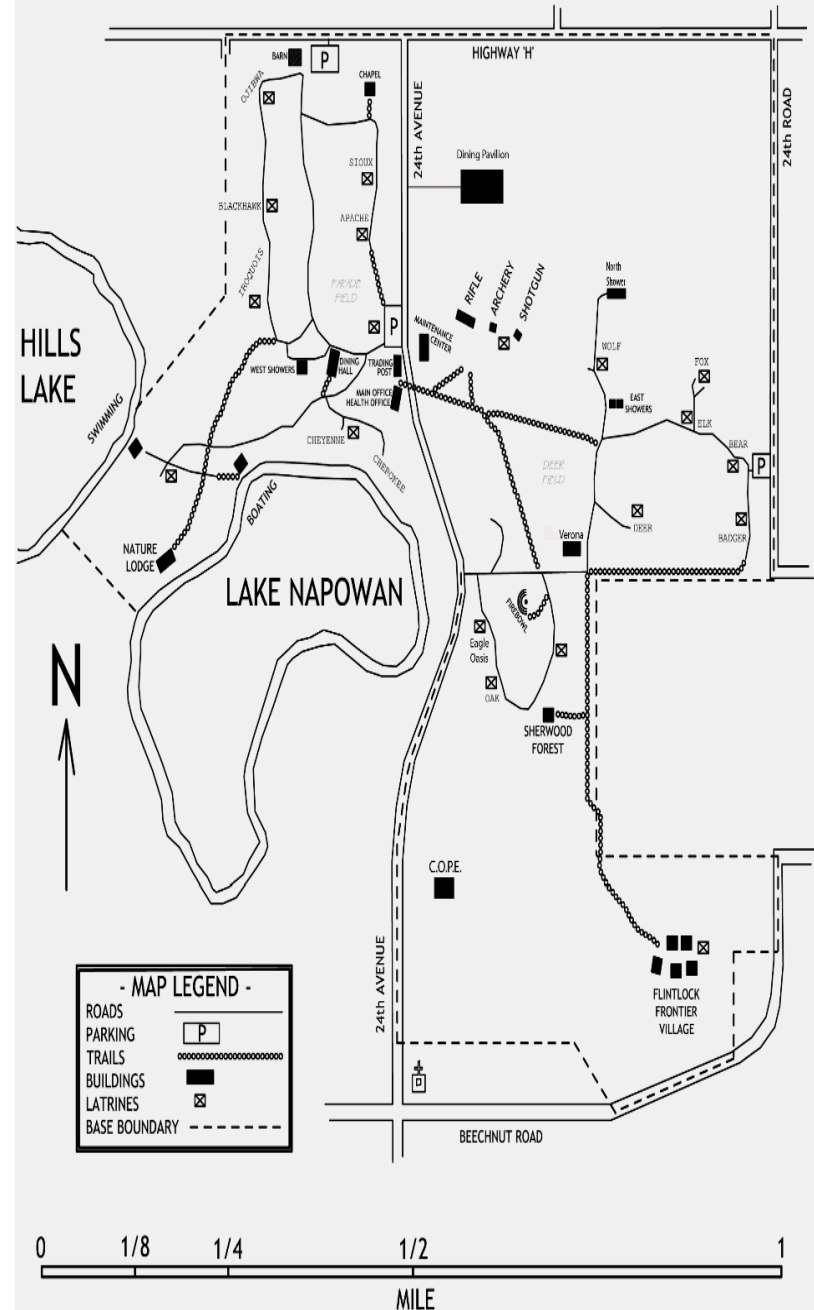


NAPOWAN ADVENTURE BASE

Wild Rose, WI



INTRODUCTION

Welcome to Camp Napowan and your first year at resident scout camp. This guide is here to help you through your week of Scouting at Camp Napowan. Keep this guide handy throughout the week as it is helpful tool for scheduling, rank advancements, CAP, and more. So if you are ready for an awesome time at scout camp simply fill in your information below and hit the trails for a fun filled adventure here at Camp Napowan.

TRAVELER INFORMATION

NAME: _____

TROOP#: _____

CAMPSITE: _____

DATE: ___ / ___ / ___

My Camp Journal

My Favorite
area: _____

My Favorite Staff
member: _____

What I enjoyed the most about
Camp Napowan:

My Schedule

7:30AM.....Flags/Breakfast

8:45AM: _____

10:00AM: _____

10:30 AM: _____

11:15AM: _____

12:45PM.....Flags/Lunch

2:00PM: _____

3:00PM: _____

4:00PM: _____

5:50PM.....Flags/Dinner

7:00PM.....Evening Programs

Hoppers

Meal Hopping Instructions

1. Arrive at Dining Pavilion at least 15 minutes prior to meal.
2. Wash your hands and sit at your troop's assigned table.
3. Wait for the Meal Coordinator to give further instructions.
4. Clean up tables after instructed to do so by the Meal Coordinator.

Meals that I am a Hopper

1. S M Tue W TR F B L D
2. S M Tue W TR F B L D
3. S M Tue W TR F B L D
4. S M Tue W TR F B L D
5. S M Tue W TR F B L D
6. S M Tue W TR F B L D

SHERWOOD: Minimum 2

- 1: _____
- 2: _____
- 3: _____
- 4: _____
- 5: _____
- 6: _____

Nature: Minimum 2

- 1: _____
- 2: _____
- 3: _____
- 4: _____
- 5: _____

FLINTLOCK & HANDICRAFTS: Minimum 3

- | | |
|----------|----------|
| 1: _____ | 5: _____ |
| 2: _____ | 6: _____ |
| 3: _____ | 7: _____ |
| 4: _____ | 8: _____ |

SHOOTING SPORTS: Minimum 1

- 1: _____
- 2: _____

AQUATICS: Complete All

- 1: _____
- 2: _____

VERONA: Minimum 1

- 1: _____
- 2: _____
- 3: _____
- 4: _____

TROOP: Complete All

- 1: _____
- 2: _____

AQUATICS (Afternoon & Evening Only)

Complete the following:

1. Take the swim check and be assigned to an ability group.
2. Participate in one aquatics activity:
 - a. Swim for at least thirty minutes.
Snorkel for 30 minutes.
Participate in the volleyball competition at the Waterfront Wednesday night.
Participate in PIRATE NIGHT!
Take out a boat for at least thirty minutes.

NATURE

Complete two of the following:

1. Participate in an approved conservation project
2. Get the "dime tour" of the Nature Lodge.
3. Bring an edible plant growing on camp to the Nature Lodge for a nature staff member
4. Identify an invasive plant on camp and bring a sample of it to the Nature Lodge
Complete a nature merit badge.

SHOOTING SPORTS

(Afternoon & Evening Only)

Complete one of the following:

1. Shoot 5 shots at the Rifle Range**
2. Shoot a flight of arrows at the Archery Range.
**5 shots costs 1 wooden nickel

TROOP CAMPSITE

Complete the following:

1. Take a shower.
2. Participate in one campsite activity:
 - a. Participate in a skit at a campfire in your campsite.
 - b. Make a camp gadget approved by your Senior Patrol Leader.
 - c. Plan and run a troop flag ceremony.
 - d. Participate in cooking an outpost meal at your campsite.

Tenderfoot Requirements

Tenderfoot Requirements

___ **4a-** Demonstrate how to whip and fuse ends of rope

___ **4b-** Tie two half hitches and the taut-line knots.
Explain Uses

___ **5-** Explain the rules of safe hiking, both on the highway and cross-country, during the day and at night. Explain what to do if you are lost.

___ ****10a-** Record your best in the following tests:

Current Results: ___ / ___ / ___

Push- ups ___

Pull- ups ___

Sit- ups ___

Standing long jump (___ ft. ___ in.)

1/4 – mile walk/run _____

___ **11-** Identify local poisonous plants: how to treat for exposure

___ **12a-** Demonstrate the Heimlich maneuver; Tell when to use it

___ **12b-** Show first aid for: simple cuts and scratches, blisters hand and foot, minor burns or scalds (first degree), bites or stings of insect and ticks, venomous snake bite, nosebleeds, frostbite, and sunburn

Second Class Requirements

Second Class Requirement

___ **1a-** Demonstrate how a compass works and how to orient a map. Explain map symbols.

___ **1b-** Using a compass and map together, take a five-mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian.

___ **2e-** Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss safety procedures for both.

___ **2f-** Demonstrate how to light a fire and a lightweight stove

___ **4-** Service Project (minimum 1 hour)

___ **5-** Identify or show evidence of at least 10 kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in community.

___ **6a-** Show what to do for “hurry cases” of stopped breathing, serious bleeding and internal poisoning

SHERWOOD FOREST

Successfully complete two of the following activities:

1. Learn how to tie three useful camp knots.
 2. Demonstrate how to find directions without a compass.
 3. Learn fire safety.
 4. Earn your Totin’ Chip.
 5. Complete a Scoutcraft Merit Badge.
- Participate in the “Eagle Expedition” hike to get a thorough tour of camp.

FLINTLOCK & HANDICRAFTS

Complete two of the following:

1. Complete an approved project at the Blacksmith Shop.
2. Make a candle.
3. Throw a tomahawk.
4. Participate in one evening program.
5. Make a lanyard.
6. Weave a basket.
7. Carve something out of wood.
8. Complete a handicraft merit badge (basketry, leatherwork, or wood carving).

VERONA

Complete one of the following:

1. Make an animal out of clay.
2. Give an impromptu speech.
3. Sing a song with a staff member.
4. Display an item of art at the exposition.

Napowan Adventure Base



C.A.P. Camper Activity Program

What is C.A.P.?

A fun way for new scouts to learn about Camp Napowan.

Why Participate?

Have fun.
Learn your way around camp.
Earn a few requirements.

Win the coveted C.A.P. cap!

Who Should Participate?

All first time Napowan Scouts and Scouters

How Do I Participate?

Directions are on the form on the backside of this pamphlet.
Bring this with you wherever you go.

As soon as you finish, take this completed form to the Office.
You will get your CAP right then!

Second Class Requirements

___6b- Prepare a personal first aid kit

___6c- Demonstrate first aid for: object in the eye, bite of a suspected rabid animal, puncture wounds for a nail, splinter, and fishhook; heat exhaustion, shock, heatstroke, dehydration, hypothermia, and hyperventilation.

___7a- Tell what precautions must be taken for a safe swim

___7b- Demonstrate ability to jump feet first in water over head in depth, level off and swim 25 feet on surface stop, turn sharply, resume swimming, then return to starting place.

___7c- Demonstrate water rescue methods by reaching with arm or leg, reaching with a suitable object, or throwing a line or object

First Class Requirements

First Class Requirements

___**1-** Demonstrate how to find directions without using a compass.

___**2-** Using a compass, complete an orienteering course that covers at least one mile and requires measuring height and/or width of designated items.

___**6-** Identify or show evidence of at least 10 kinds of plants found in the community.

___**7c-** Discuss when you should and should not use lashings.

___**7b-** Demonstrate tying the timber hitch and clove hitch and their use in square, shear and diagonal lashings by joining two or more poles or staves together.

___**8a-** Demonstrate tying the bowline knot and describe how it can be used.

___**8b-** Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.

___**8c-** Show how to transport by yourself, and with one other person, a person from a smoke filled room, with a sprained ankle for at least 25 yards.

First Class Requirements

___**8d-** Tell the five most common signs of a heart attack. Explain steps (procedures) of CPR.

___**9a-** Tell precautions for a safe trip afloat

___**9b-** Successfully complete BSA swimmer test

___**9c-** With a helper and practice victim, show a line rescue both as tender and as rescuer

NOTES _____
