

# Melakwa 2011 Leader's Guide



Oregon Trail Council  
Boy Scouts of America



# Camp Melakwa Leader's Guide 2011

Sixty Years of Tradition

Troops that come to Camp Melakwa have made the decision to have a “high adventure” summer camp experience. Your summer camp experience will be more enjoyable by a little advance preparation and planning, and this guide is intended to help you do that.

Before camp, hold a patrol leaders council and plan your week. Brief the troop on the first day's schedule and camp rules. Before your troop comes to camp, every Scout, through his Scoutmaster, patrol leader and patrol, should plan what he wants and needs to accomplish in camp, including advancement, fun, and adventure activities. The patrol leader brings this information to the PLC where the troops' camping program is planned to meet the needs of the troop. Remember to plan time for troop, patrol, and individual activities. Perhaps tell your Scouts to block out a certain time period each day for troop and patrol planned and led activities.

**Healthcare preparedness:** Because Melakwa is a “wilderness” camp, it is important that Scouts and Scouters are certified fit by their healthcare provider before coming to camp and need a physical exam signed by a physician. The physical health history needs to be updated annually. The consent to treat must be signed and the immunization history must be current.

Without a proper physical, Scouts and Scouters may stay in camp no longer than 72 hours and may not participate in any active activities. A copy of the medical form is in the camp packet or online at [www.otcbsa.org](http://www.otcbsa.org).

**The main emphasis at Camp Melakwa is outdoor skills.** Merit badges are only part of the overall program we offer. Remember where you are—in the High Cascades! Take a troop hike up Scott Mountain, a patrol swim at Benson Lake, or you could climb Black Crater, or even the Middle Sister. Rope down inside the throat of Little Belknap, an extinct (???) volcano. See the Dee Wright observatory and enjoy many other things while you are in our **playground**.

There are a few merit badges that require a great deal of physical endurance and coordination. Examples would be lifesaving, rowing and climbing. Try to complete any written work at home. Camp is not the place to do written work, and the prepared Scout will come with written work already completed. Scouts should try something new at Camp Melakwa and get a well-rounded experience. Try a handicraft badge, snorkeling around the pristine lake, or work on the Trail To First Class requirements in our Scout Skills area.

## ***Why Summer Camp?***

You can't take the outing out of Scouting. The outdoor program is one of the features about Scouting that most appeals to youth. A week at summer camp is the highlight of their year. Consider this:

- Not all Scout camps are alike, but then not all Scout units are alike either. Review the needs of your troop, team, or post, and the features and benefits of Camp Melakwa.
- An enthusiastic, well-trained staff is available to help the unit with its program, whether for fun or for advancement. The responsibility of planning your program rests with your unit and its leadership, but planning guides and counselors are available. The camp, its facilities and its staff stand ready to assist you in meeting your program needs. Incidentally, Melakwa has one of the highest staff to camper ratios of camps. Please don't hesitate to involve a camp ranger to help with your planning before you come to camp.
- The program at Camp Melakwa is unique and can't be duplicated by a unit on its own. Camp offers a variety of programs to match your own unit's needs and desires.
- Strict health and safety standards are maintained at all times. Emergency facilities are available; EMTs or RNs are available twenty-four hours a day during the times you are in camp. Medical rechecks are given by trained adults and national standards are strictly followed.

## ***Your Camp Home***

Your campsite is your home for a week and you should make it as comfortable as possible by bringing your troop flag, your American flag, extra camp furniture, such as folding chairs and any other items to make camp feel like home. Attached at the end of this guide is a list of troop camping items you may want. You should schedule time for rest every day. That's right! Too often, we don't take the time to sit and enjoy the natural beauty of the camp around us, the trees, the stars, the lakes, nature and the fresh air. Watching an osprey or eagle drop down to pick a fish out of the lake is an experience no camper will ever forget.

Good units show Scout spirit. Units that come to camp with a positive and friendly attitude will enhance the experience for themselves and others. Keep in mind there are about 200 Scouts in our playground and a Scout is cheerful, friendly and courteous. We need to practice the Scout Law in camp when dealing with others

Please tell staff if you have some special need or want something to do that is not mentioned in our program; we will give it our best effort. We want to make your experience in camp the greatest, so if you have suggestions, please let us know.

## ***Your First Day in Camp***

Upon arrival at Camp Melakwa, a camp ranger will meet you at the Irish Camp Lake drop off for the hike into camp. Scouts backpack their personal gear into camp proper, but bulky troop gear may be driven into camp. All vehicles must be parked in the parking lot after unloading. The Forest Service does not allow parking in the dry lake bed and cars parked there are subject to fine.

While your ranger is hiking your troop into your campsite, your adult leader in charge will be directed to the A-frame to turn in your final roster of Scouts attending camp. Senior camp staff will be on hand to answer questions. Please bring:

- Your unit roster (two copies please)
- Proof of insurance (If you're an out-of-council troop)
- Your unit checkbook. Be prepared to settle any outstanding debt your unit may owe.

When your Scouts arrive at their campsite, they need to change into their swimming suits, grab their towels and go with the ranger to the waterfront for swim and medical checks. Their medical forms must be with them. Please ensure this happens as quickly as possible so we can have all campers medical rechecks done the first day. Even if you don't intend to swim, you must go through medical rechecks—both Scouts and all adults.

Generally, your ranger will give a playground tour. This tour acquaints you with the camp boundaries, activity areas, hazard sites, and historic sites.

Upon return to your campsite, have your SPL set your camp layout with tent sites by patrol, dining area set up, tarps up, flags up and the amenities of camp in place. Your troop will need:

1. Two or three large tarps to cover your dining and living areas.
2. Rope or twine to pitch the flies
3. Tent pegs
4. Tent poles just in case there's not a tree where you want it
5. Troop axe in axe yard
6. Vinyl tablecloths
7. Grub boxes with cooking, cleaning and eating gear. Use of charcoal or open fires is highly dependant on the weather. Troops should not plan on being able to use them.
8. Garbage bags
9. Water containers
10. Ice chests
11. Lawn chairs (optional but nice)
12. Lanterns and fuel. (fuels must be stored in the fuel dump for safety)
13. Flagging for guy lines
14. Tents for all and a special tent for food and supplies
15. Ground cloths for tents. Hint! Don't let the edges of the ground cloth extend beyond the edges of the tents. Some "waterproof" tent flies need a little help from a plastic tarp. Most years we only have a couple of days of rain during the two week camping season, but the mountain makes it's own weather. Rule 1: **The sun always shines at Melakwa** but sometimes it shines only above the clouds.

There will be a Scoutmaster/SPL meeting at the A-frame after swim checks. Please attend.

Sunday evening will feature merit badge sign-ups in the dry lake bed. Scouts will need signed "blue cards" from their unit leaders to register for a merit badge class<sup>1</sup>. Area directors will be on site to form the merit badge classes and other troop activities. After sign-up, there will be a welcoming campfire on Council Bluffs put on by staff. Your ranger will pick you up in plenty of time and guide you to the campfire site.

LDS units who check in Monday morning are encouraged to be in camp as soon as possible. After dropping their gear in their campsite, change into swimsuits, towels and closed toe shoes and report to the health lodge, medical forms in hand, for medical rechecks. All adults should accompany the youth for medical rechecks. Swim checks will follow. The camp director or the program director will be at the A-frame for final paperwork. Please let us know in advance of required slots in merit badge classes and/or advancement. We will try to accommodate you.

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<sup>1</sup> LDS units who will arrive on Monday can pre-register for badges before coming to camp. We will try to accommodate your schedules

## ***A Note on Unit Leadership***

You may not think of yourself as a method, yet your role as a friend, coach and counselor to Scouts is one of the most valuable parts of the program.

In his quest for a role model, every boy needs contact with adults he can emulate. Boys copy whatever models are available to them. Let's try to be really good ones.

Just by your example, you are carrying out one of the methods of Scouting. What you do and who you are may be worth a thousand lectures and sermons.

Where do you find your camp leadership? This should not be a problem if approached early. Sources of leadership include your regular Scoutmaster, assistants, troop/team committee members, members of your chartering organization and interested, responsible adults in your community. Your person in charge must be at least 21 years of age and a registered member of the Boy Scouts of America. A second leader may be 18 or older. There must be two adults with the unit at all times. Avoid rotating leadership as much as possible. Units with a different leader every day don't do as well as those with more stable leadership. A leader who is unable to show up creates problems for everyone.

## ***A Note on Uniforming***

Why do Boy Scouts have a uniform? It gives a standard to be met, promotes group spirit, and designates equality among the members of the group. Please have your Scouts bring and wear as full a uniform as they own. You, especially, should set the example as a fully uniformed leader. At Camp Melakwa, a T-shirt or official uniform is appropriate dress anytime during the week except at Vespers, evening flags and to the opening and closing campfires. Please wear full uniform during those times.

## ***Standards for Physicals***

In 2008, the BSA changed the requirements for Scout physicals to better serve the health and safety of all summer camp participants. In order to participate in summer camp activities, all Scouts and leaders need to comply with the up-to-date requirements. You can download the new form at [www.otcbsa.org](http://www.otcbsa.org).

### **Common Questions:**

1. **Can a youth use his school sports physical?** Yes, but it must be accompanied by the annually updated health history, and the annually updated parental consent to treat.
2. **What about auxiliary leaders who come to camp in the middle of the week?** They must meet the same standards as everyone else. Without a physical, they may remain 72 hours but may not participate in any active camp activities. As these individuals tend to be adults, they are at greater risk of an adverse medical event. The physical requirement is for their own safety.
3. **What if a parent or guardian does not know a Scout's immunization history?** This information is available from your physician's office, school records, or Oregon's Immalert.org web site (available to medical personnel). Without this important item of history, an injured camper may be required to leave camp to obtain immunization. This can seriously disrupt a troops camping program.
4. **Should the troop bring the original forms to camp?** Gosh no!!! Bring two sets of copies. One set for the camp and one set in your troop first aid kit for your own use. Camp will re-

turn their copies at the end of camp. Please insure that the forms have a legible name and troop number.

**Policy Statement:** Communication to and from Melakwa is limited and potentially expensive. Cell phone service is iffy. Your unit may be asked to pay for phone calls made to clear up missing or incomplete medical forms. Please make sure that everyone has a valid medical form at camp and participates in the medical recheck on Sunday.

### ***The In-Camp Program***

Camp Melakwa operates under a semi-open program concept. What we aim for is flexibility so your unit can achieve its objectives for unit improvement and development at camp. The program areas are open for Scouts to earn merit badges, learn a new skill, or just hang out.

Sunday evening, the area directors will be in the Dry Lake bed to sign up Scouts for program. Scouts should have leader-signed Blue Cards to enroll in a merit badge class. Generally, there are no limits to merit badge class sizes except those imposed by equipment limitations. If possible, we will try to open new sessions to accommodate Scouts who find a class closed.

Each troop's program will be unique because of the needs and interests of its Scouts. Review these five general program types when planning your troop's week:

1. **Camp-wide activities:** With the exception of the opening and closing campfires, all camp-wide activities will be planned and run by the troop SPLs of the camp. The SPL council will meet several times in the week to determine activities.
2. **Troop Activities:** Planned and run by the troop PLC. We encourage your troop PLC to meet daily and plan the evening's activities.
3. **Patrol Activities:** Planned and run by each patrol in camp (meals, games, yells, "happening" events)
4. **Activities planned by a few Scouts** ( a boy and his buddies), usually informal fun activities.
5. **Individual Activities:** The things a Scout may want to pursue on his own. Please remember the buddy system.



The SPL council is made up of SPLs from each troop in camp. It functions much like the PLC in the troop and will meet frequently. Among other things, troops will sign up to do the camp-wide flag

ceremonies and are responsible for planning the camp-wide programs in which all troops in camp participate in. These activities may include, but not limited to, games, skits, campfires, songfests, Olympics and relay races.

It is important that each unit establish its own identity and gain experience in administering its own camping program so that these experiences can be used throughout the year.

## **Food**

At Camp Melakwa, your unit brings and cooks its own food. This is a great opportunity for your unit. It allows the patrol to learn patrol method by doing. Many troop meetings can be dedicated to this task. Consider the **Five E's** when planning a menu.

1. **Economical:** Troops can spend as little or as much per eater as they want yet still have an excellent menu. The secret is shopping for what's on sale, clipping coupons, and good portion planning.
2. **Easy to store:** Fresh foods are best early in the week while canned and dried are used at the end of the week. Some troops allow for a mid-week food delivery.
3. **Easy to cook:** There are menus and cooking menus that require little preparation and should be planned for. Time is precious. Let your Scouts do the cooking so they learn. Having adults as the cooking crew deprives the Scouts of the opportunity to learn leadership, cooperation and patrol method.
4. **Easy to clean up after:** Again, make it quick and easy. Pancakes are great when you have lots of time to clean up after but there are much quicker breakfast menus available.
5. **Everybody likes it:** 'Nuff said!



Bring ice chests. Besides keeping things cold, they make excellent dry food storage boxes. The insulation should keep foods cool and critters out.

Consider inviting staff to eat with you. They will always be excused from staff meals to enjoy a meal with a unit. It's a great honor for a staffer to be asked to eat with a unit. Utilize them as a resource. Have them say grace, sing a song, or ask questions of them.

Be mindful of allergies or other food restrictions in your troop. Make sure this information is on the Scout or Scouter's medical form and our health officer is aware of the situation.

Make allowances for hikes. If you are planning a hike or overnight, plan appropriate food for the event.

Depending on weather, fire restrictions may be in effect. Be prepared to cook with propane or liquid fuel stoves. BSA regulations require that liquid fuels be stored in the camp fuel locker under lock and key. Please cooperate in enforcing this regulation.

Because of the remote location of Melakwa, garbage service is not available. Be prepared to pack out what you brought it. Consider this in planning your menu.

## LEAVE NO TRACE PLANNING CONSIDERATIONS

### General

Camp Melakwa is land leased from the Forest Service and is located adjacent to two wilderness areas. There is no wastewater treatment in camp; all water filters through the ground back into the lakes around. For these reasons, it is especially important to use Leave No Trace practices in camp.

### Food

Bring a sieve or a strainer. All dishwater should be strained before pouring in the sumps in your campsite. Please use your own strainer and not the one wired to the top of the sump. That one is a backup, failsafe filter. If you get food particles in it, please remove the strainer, clean it and replace it. The food particles should go into your garbage. Scraps left in the strainer will attract insects and animals into your campsite.

Consider pre-cooking greasy foods such as bacon and hamburger. You'll have less garbage to deal with, your scraps will be less likely to attract bees and you'll use less fuel cooking. If you are unable to precook, consider bagging and hanging garbage sacks daily. A hang rope can be set up in trees far enough away from your site to keep rodents and other creatures out of your camp.

Do not allow food, snacks or other "smellables" to be kept in tents where you sleep. A separate quartermaster tent is recommended as are "tote boxes".

Plan the eating area around the fire barrel and existing picnic tables and not in or near individual tents or patrol/group sleeping areas. This way dropped food scraps are concentrated and easier to clean up.

Plan your cooking to only cook what you will eat at one meal. If you eat all you cook, there will be less waste. Remember, you have to haul out all your garbage. The less you produce, the less you'll have to deal with.

### Pertinent LNT Principles

- Plan ahead and prepare – bring proper cleaning equipment
- Properly dispose of waste – bring sufficient garbage sacks and twine
- Respect wildlife – proper containers for food and trash
- Outdoor code – conservation minded

### Cleaning

Make sure all dishwashing soap and all personal soap used by Scouts is "phosphate free" and/or bio-degradable. Read the label before you bring the soap to camp. Many brands of soap are phosphate free but only say so on the label.

Wipe all pots and pans as clean as possible before you wash them. This will keep the dishwasher cleaner and minimize the amount of soap and water you need to use. It will also minimize fuel needs. Use a minimal amount of soap when you clean. Dish pan order is wash, rinse with water as hot as you can stand, and water with bleach. See the Boy Scout Field Book for exact details.

Use a minimum amount of toothpaste when you brush. Any tooth paste you spit out ends out in the lake. If you choose to swallow the toothpaste, use a non-fluorinated brand.

Adults – consider using a battery powered shaver or go without shaving during the week. Remember every bit of soap ends up in the lake.

### Fires:

The fire barrel (half-barrel in you campsite) is intended for wood fires only. It is not a trash incinerator. Please remove all ashes, trash, and debris from the fire barrel as you clean up camp and

pack them out with the garbage. No one wants to see your campfire ashes dumped into the campsite or nearby trees.

Firewood is provided at your campsite. Split the wood into smaller pieces and you will be more likely to have flames instead of smoke. Neighboring campsites will appreciate not having to breathe your smoke and you will be able to burn the fire down to ashes instead of having large chunks left.

**Pertinent LNT Principles:**

- Properly Dispose of Waste: (food, cans and plastic go into trash, not the fire)
- Minimize Campfire Impacts: (pack out the ashes and trash from fire barrel)
- Scout Law: Thrifty (wise use of resources, in this case firewood and air quality)
- Outdoor Code: (Careful with fire, outdoor manners, conservation minded)

**Preserving Water Quality in Lake Melakwa**

Everything you put in the lake stays in the lake. Bug spray, deodorant and other body dirt and chemicals get added to the lake when you go in. Showering before swimming would really help the water quality by keeping foreign chemicals out of the lake. (The shower house is the only facility in camp with a septic tank system).

The drinking water at camp is treated with chlorine. Adding chlorinated water to the lake can affect the pH balance in the lake. For this reason, it is important to use water sparingly and to report all water line leaks promptly.

**Pertinent LNT Principles:**

- Properly Dispose of Waste: (chlorinated water)
- Scout Law: thrifty (wise use of resources, in this case water)
- Outdoor Code: (outdoor manners, conservation minded)

**The Three Rules of Melakwa**

1. The sun always shines! (Sometimes above the clouds) but it shines.
2. The water is warm (Compared to Benson Lake). Seriously, our water is often warmer than other lakes due to its clearness. The sun heats the bottom which retains the heat.)
3. There's not a single mosquito! (They are all married and have many children.)

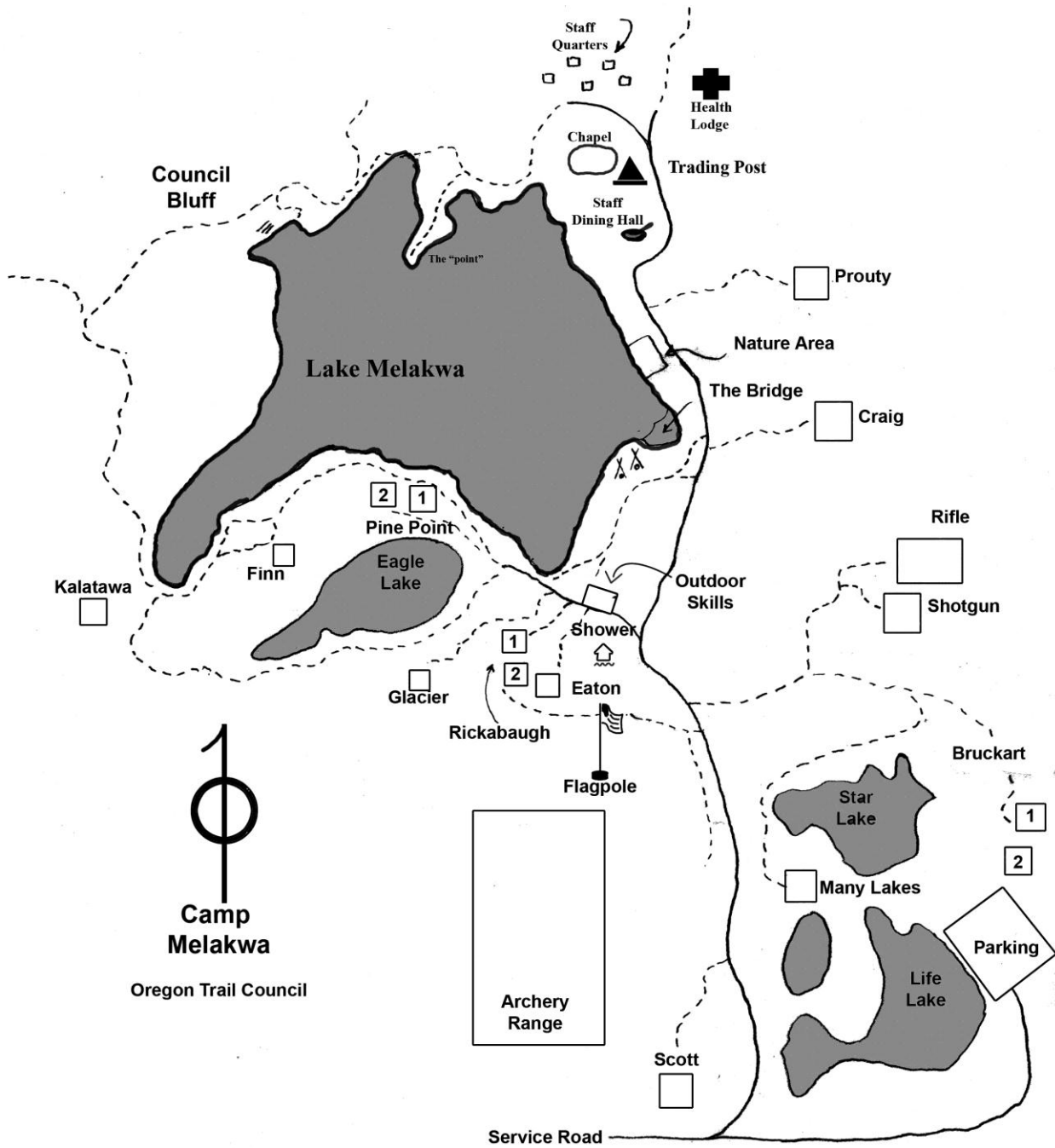
## What's in Our Playground?

<p style="text-align: center;"><b>Waterfront</b></p> <p>Swimming, Snorkeling Canoeing, Rowing Lifesaving, BSA lifeguard Training in Safe Swim Defense</p>	<p style="text-align: center;"><b>Outdoor Program</b></p> <p>Hiking to Benson Lake, Texas Lakes, Hand Lake, Scott Lake, Middle Sister climb. Rock climbing and rappelling on “Trust Me” and Council Bluff, Climb down into the throat of Little Belknap, an “extinct” volcano. Climb on Safely program</p>	<p style="text-align: center;"><b>Handicraft</b></p> <p>Woodcarving, Basketry, Art, Leatherworking, Indian Lore</p> <hr/> <p style="text-align: center;"><b>Shooting Sports</b></p> <p>What would camp be like without a rifle and archery range? NRA qualified instructors and good equipment make every shot a bullseye.</p>
<p style="text-align: center;"><b>Nature</b></p> <p>Environmental science Mammals, Ecology</p>	<p style="text-align: center;"><b>Scoutcraft</b></p> <p>Cooking, Camping Trail to First Class</p>	<p style="text-align: center;"><b>OA activities,</b></p> <p>Especially on Wednesday. Bring your sash.</p>
<p style="text-align: center;"><b>Trading Post</b></p> <p>Scout supplies Drinks and edibles to fill in the cracks Books and program materials</p>	<p style="text-align: center;"><b>Shower house</b></p> <p>Hot water to stay clean. Hours posted for youth, adults and women</p>	<p style="text-align: center;"><b>Chapel</b></p> <p>Interdenominational services Wednesday evening. Plan to attend and participate.</p>
<p style="text-align: center;"><b>Campfire programs</b></p> <p>Opening campfire Sunday night, Weanie Roast and sing-a-long Tuesday night “The Happening” Thursday night where the troops entertain the staff. Western theme, Bring yer ten-gallon hat! Camp-wide games on Friday Closing Campfire on Friday night</p>		



## Schedule Planner





	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 am	Check-in Swim checks Set-up	Lunch Preparation					Leave Camp
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm	Dinner Preparation						
Evening	Campfire			Chapel OA rededication	The Happening 7:00	Closing Campfire	

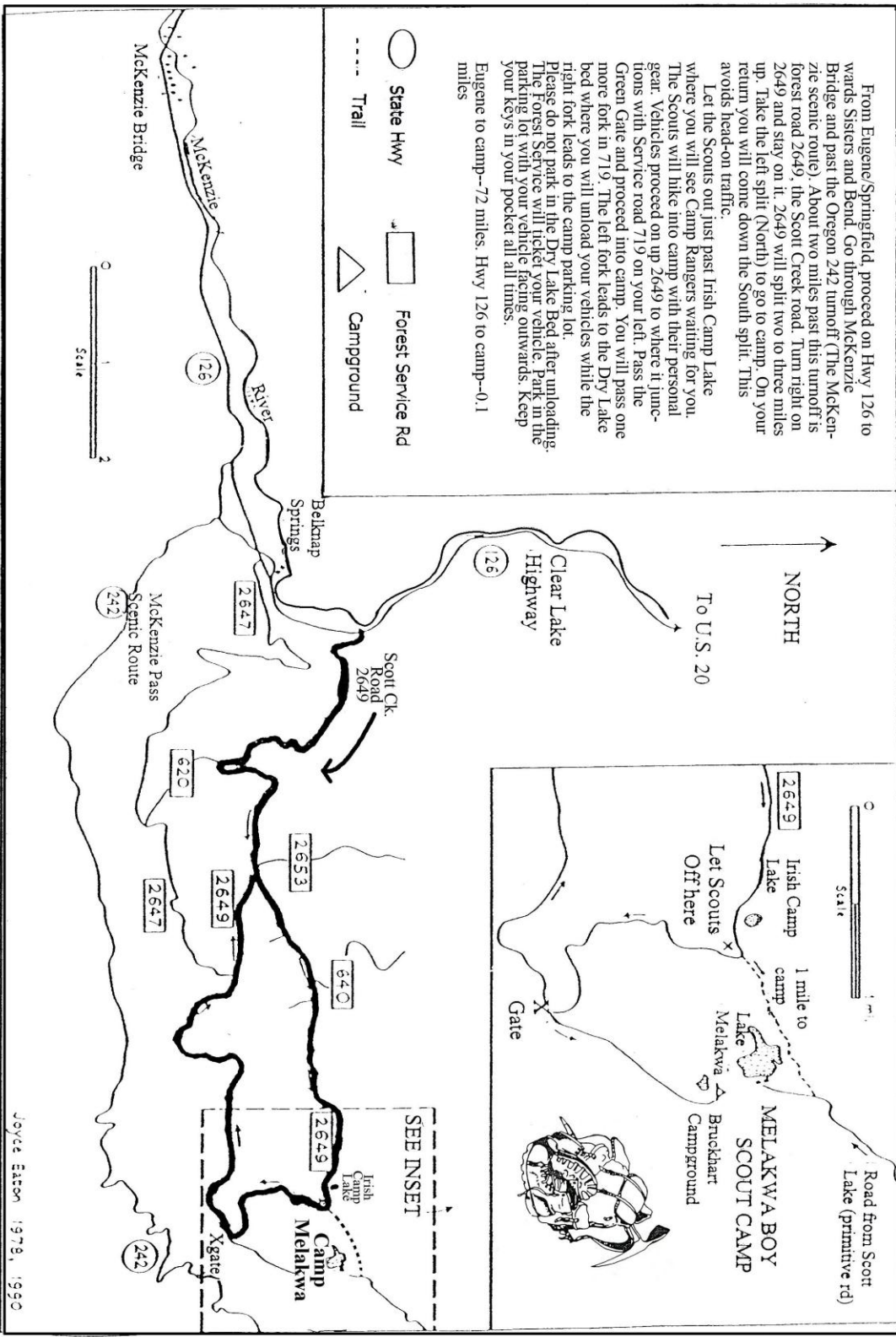


  
**Camp Melakwa**  
 Oregon Trail Council

From Eugene/Springfield, proceed on Hwy 126 towards Sisters and Bend. Go through McKenzie Bridge and past the Oregon 242 turnoff (The McKenzie scenic route). About two miles past this turnoff is forest road 2649, the Scott Creek road. Turn right on 2649 and stay on it. 2649 will split two to three miles up. Take the left split (North) to go to camp. On your return you will come down the South split. This avoids head-on traffic.

Let the Scouts out just past Irish Camp Lake where you will see Camp Rangers waiting for you. The Scouts will hike into camp with their personal gear. Vehicles proceed on up 2649 to where it junctions with Service road 719 on your left. Pass the Green Gate and proceed into camp. You will pass one more fork in 719. The left fork leads to the Dry Lake bed where you will unload your vehicles while the right fork leads to the camp parking lot. Please do not park in the Dry Lake Bed after unloading. The Forest Service will ticket your vehicle in the parking lot with your vehicle facing outwards. Keep your keys in your pocket all all times.

-  State Hwy
-  Forest Service Rd
-  Trail
-  Campground



\*NOTE: Road 2649 is labeled Scott Creek Road, Narrow Road, Log trucks weekdays.

Joyce Eaton 1979, 1990

## Suggested Equipment List for Middle Sister Climb

Courtesy of Troop 106, SM Dan Howells

Equipment Item	Quantity	Description/Comments	Check
<b>Hiking Layer</b>			
Hiking boots	1 pr	Sturdy backpacking boots with good ankle support and lug soles.	
Heavy Socks	2 pr	Heavy ragg wool or heavy wool/polypropylene blend. Bring an extra pair in case they get wet coming down the glaciers.	
Liner Socks	2 pr	Lightweight “wick dry” socks. Polypropylene, Capilene work great. You will need at least 2 pairs if you wear them in combination with heavy socks for hiking.	
Underwear	1 spare pr	Polypropylene or Capilene preferred over cotton.	
Hiking Shorts or Convertible Pants	1 pr		
Camp Shoes	1 pr	Running, tennis, or athletic shoes.	
T-shirt	2	Cotton or lightweight polyester.	
Hat or Cap	1	A flexible or wide brimmed hat is recommended for protection from the sun.	
<b>Insulating Layers – Cold, Wet, and Windy</b>			
Rain Gear	1 pr	Ponchos are NOT recommended. A sturdy, waterproof jacket with a hood is recommended. Both coated nylon as well as breathable fabrics (Gortex®) is acceptable. Rain pants will be used to protect you when glissading down glaciers.	
Mid Weight Polypro long sleeved top	1pr	Mid weight top preferred. Second top can be used for sleeping top if weather is colder.	
Mid Weight Polypro bottoms	1 pr	Can be worn under hiking shorts on cold days or in conjunction with convertible pants.	
Long sleeved shirt or sweater	1	Wool or fleece recommended.	
Insulating Vest or Top	1	Polartec® 200 weight preferred, but down will also work if kept dry. Recommend bringing either a vest or jacket, but not both unless you are a cold blooded person.	
Wool or Fleece hat	1	A warm hat to be worn on cold mornings or to sleep in at night.	
Gloves/Mittens	1 pr	1 pr light weight liners (polypro) and/or wool gloves or mittens	

<b>Packs and Packing</b>			
Backpack with padded hip belt	1	External frames need to be ~ 4,000 cubic inches and internal frames need to be ~ 5,000 cubic inches.	
Waterproof Pack Cover	1	Waterproof, sized to fit your pack when loaded. Large garbage sacks work great !	
Lash Straps	1-2 pr	Recommend straps at least 24" long for lashing additional gear to packs	
Small Stuff Sacks or Zip Lock Bags		Stuff sacks can be used to organize clothing and other equipment in your backpack. Zip-locs (1 gallon size) can also be used.	
Plastic Trash Bags	1-2	Heavy-duty lawn and garden bags (33 gallon size) for additional waterproofing as well as extra protection inside bear bags.	
Day Pack	1	Either a small daypack or Camelback™ (~ 400-750 cubic inches) for summit day. Sufficient to carry spare clothing, food, water, and camera.	
<b>Sleeping Equipment</b>			
Sleeping bag	1	Sleeping bag with stuff sack rated to a temperature to 15°F recommended. Down bags OK but will need to be kept dry.	
Sleeping pad	1	Full length or three quarter length closed cell pad recommended for insulation.	
Ground Cloth	1	A waterproof sheet/layer to go between your sleeping pad and the tent floor. Sportsman blankets work well.	
Whistle	1	Emergency signal device	
Tent	Optional	Light-weight backpacking tent or trail tarp. Mountains make their own weather. Don't assume it will stay sunny.	
<b>Cooking, Eating</b>			
Insulated Mug	1	12 oz to 20oz capacity with a lid preferred.	
Bowl	1	Plastic or Lexan® preferred.	
Spoon	1	Lexan® preferred.	
Water Bottles	2 +	2 one-quart capacity water bottles. Collapsible containers like platypuses are OK, but at least one container needs to be hard shelled.	
Camp Stoves	At least 1	At least one stove for every 4-5 participants	
Fuel		Whatever fuel your stove uses, bring sufficient fuel.	
Water Purification		Required – either a filter or purification tablets	
Food		Plan food for 2 lunches, one dinner, one cold breakfast, and plenty of trail snacks per person.	
Cooking Pots & Gear	At least 1	At least one pot sufficient to boil water.	

<b>Personal, Miscellaneous, and Optional Items</b>			
Small Pocket knife	1	Small, 1 or 2 bladed knife.	
Flashlight/Headlamp	1	Durable and lightweight. Bring your own spare batteries and/or bulb as this will be used for predawn hiking.	
Bandannas	2		
Gaiters, optional but very useful	1 pr	Knee high and durable. Work especially well in the snow for keeping your feet dry when glissading down the glaciers & keeping gravel out of your socks.	
Lip Balm/Chapstick	1	Stick or tube with at least SPF 25.	
Mosquito Repellant		Recommend pump spray type (non aerosol) and mosquito head net as well if the bugs are really bad.	
Individual 1 <sup>st</sup> Aid Kit	1	Camp Melakwa will provide a crew 1 <sup>st</sup> Aid Kit, so bring whatever individual items you need – meds, moleskin, band aids, aspirin, etc.	
Repair Kit	1	One per crew that includes a sewing kit, duct tape, zip ties, etc.	
Rope/cord	1	Approximately 50' of 1/8" nylon/parachute cord.	
Disposable lighters & matches		Carry in a waterproof container.	
Toilet Articles		Toothbrush, toothpaste, comb, small towel, deodorant, toilet paper, tampons (if female), biodegradable soap. Each person to bring their own.	
Sunglasses, glasses, contacts & case.	1 pr	Sunglasses should block out UV. Bring a spare pair of glasses or contacts if needed.	
Watch		Not necessary although at least one person in the crew should have one that has an alarm feature.	
Notebook and <u>pencil</u> ( <u>not pens</u> )	1	A small, lightweight pad is OK. "Rite in the Rain"™ paper is great.	
Camera and film		Expensive cameras are discouraged.	
Sun protection lotion	1	One per two or three climbers. A sunburn is no fun and there's a lot of light coming off the snow.	
Iceaxe and Crampons	Optional	Very nice to have but don't go out and buy them unless: (1.) your 'rents are wealthy and/or (2.) You are sure the weather will let you climb. (3.) Consider renting.  "Melakwa's climbing routes are chosen for Scouts without such equipment" says Pat.	