

# Troop 20

## Everett, WA



Troop 20 Calendar  
September 2005 - August 2006

DATE	TIME	ACTIVITY	LOCATION	REMARKS
<b>September</b>				
12	7:00 PM	Troop Meeting	Fire station	Elections, Pack Inspections, Dorothy Lake Planning
13	7:00 PM	PLC	Kevin's house	Patrol Leaders' Council meeting
17-18	8:00 AM	Outing	Dorothy Lake	2.5 mile backpack. Meet at Safeway parking lot
20	7:00 PM	Parent Meeting	Alfy's	
26	7:00 PM	Troop Meeting	Fire station	Speaker from B.I.K.E.S. to talk about cycling
<b>October</b>				
3	7:00 PM	Troop Meeting	Snohomish	Corn Maze
10	7:00 PM	Troop Meeting	Fire station	
11	7:00 PM	PLC		
15-16	8:00 AM	Outing	Monte Cristo	1 night, 8 miles round trip
17	7:00 PM	Troop Meeting	Fire station	Estes Rockets
18	7:00 PM	Parent Meeting	Alfy's	
24	7:00 PM	Troop Meeting	Fire station	Estes Rockets
<b>November</b>				
<b>Service Patrol - Cougars</b>				
7	7:00 PM	Troop Meeting	Fire station	Plan outing, Discuss Summer Camp and Trek ideas
8	7:00 PM	PLC		
12	8:00 AM-12:00 noon	Merit Badge Clinic	Lynnwood	LDS Lynnwood Stake Center - 17321 44th Ave W.
14	7:00 PM	Troop Meeting	Fire station	
15	7:00 PM	Parent Meeting	Alfy's	
19-20		Outing	LipsyLake/OtterFalls	1 night, 8 miles round trip
21	7:00 PM	Troop Meeting	Fire station	
28	7:00 PM	Troop Meeting	Fire station	
<b>December</b>				
<b>Service Patrol - Dynamites</b>				
5	7:00 PM	Troop Meeting	Fire station	Tree Recycle Flyer/Envelope Prep.
6	7:00 PM	PLC		
12	7:00 PM	Court of Honor	Old Country Buffet	Secret Santa Gift Exchange
13	7:00 PM	Parent Meeting	Alfy's	
16-19		Fund Raiser	Rest Area	Refreshments
17-18		Fund Raiser		Distribute Tree Recycle Fliers
19	7:00 PM	Troop Meeting	Fire station	Game night - everyone bring there favorite game to play.

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DATE	TIME	ACTIVITY	LOCATION	REMARKS
<b>January</b>				
7-8		Fund Raiser	Silver Lake Park	Service Patrol - Cougars Pick up and recycle x-mas Trees
9	7:00 PM	Troop Meeting	Fire station	
10	7:00 PM	PLC		
16	7:00 PM	Troop Meeting	Fire station	
17	7:00 PM	Parent Meeting	Alfy's	
20-22		Outing	Camp Sheppard	Friday-Sunday (Coordinator - Bob Dunbar)
23	7:00 PM	Troop Meeting	Fire station	
30	7:00 PM	Troop Meeting	Fire station	
<b>February</b>				
<b>Service Patrol - Dynamites</b>				
6	7:00 PM	Troop Meeting	Fire station	
7	7:00 PM	PLC		
13	7:00 PM	Troop Meeting	Fire station	
16	7:00 PM	Parent Meeting	Alfy's	
18-19		Outing	Paradise	Snow Caves (Coordinator - Jeff Case)
20	7:00 PM	Troop Meeting	Fire station	
27	7:00 PM	Troop Meeting	Fire station	
<b>March</b>				
<b>Service Patrol - Cougars</b>				
4		MB Extravaganza #1	Fire Mountain	
6	7:00 PM	Troop Meeting	Fire station	
13	7:00 PM	Troop Meeting	Fire station	
14	7:00 PM	PLC		
18-19		Outing	Lanham Lake	Snowshoe overnight (Coordinator - Rick Thoman)
20	7:00 PM	Troop Meeting	Fire station	
21	7:00 PM	Parent Meeting	Alfy's	
27	7:00 PM	Troop Meeting	Fire station	
29		Scout "O"	Fire Mountain	Orienteering Day at Camp Fire Mountain

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DATE	TIME	ACTIVITY	LOCATION	REMARKS
				<b>Service Patrol - Dynamites</b>
<b>April</b>				
3	7:00 PM	Troop Meeting	Fire station	
8		MB Extravaganza #2	Fire Mountain	
10	7:00 PM	Troop Meeting	Fire station	
11	7:00 PM	PLC		
17	7:00 PM	Troop Meeting	Fire station	
18	7:00 PM	Parent Meeting	Alfy's	
22-23		Outing		
24	7:00 PM	Troop Meeting	Fire station	
29	7:30 AM	Merit Badge Clinic	LDS Everett Ward	
				<b>Service Patrol - Cougars</b>
<b>May</b>				
1	7:00 PM	Troop Meeting	Fire station	
5-7		Camporee	Fire Mountain	
8	7:00 PM	Troop Meeting	Fire station	
9	7:00 PM	PLC		
13	11:00 AM	Scout Expo	Everett Mall	
15	7:00 PM	Troop Meeting	Fire station	
16	7:00 PM	Parent Meeting	Alfy's	
21-21		Outing		
22	7:00 PM	Troop Meeting	Fire station	
				<b>Service Patrol - Dynamites</b>
<b>June</b>				
5	7:00 PM	Troop Meeting	Fire station	
12	7:00 PM	Troop Meeting	Fire station	
13	7:00 PM	PLC		
10-11		Outing		
19	7:00 PM	Troop Meeting	Fire station	
20	7:00 PM	Parent Meeting	Alfy's	
26	7:00 PM	Troop Meeting	Fire station	

Troop 20 Calendar  
September 2005 - August 2006

DATE	TIME	ACTIVITY	LOCATION	REMARKS
<b>July</b>				<b>Service Patrol - Cougars</b>
10	7:00 PM	Troop Meeting	Fire station	
15-16		Outing		
17	7:00 PM	Troop Meeting	Fire station	
23-29		Summer Camp	Oregon	Camp Makualla
31	7:00 PM	Troop Meeting	Fire station	
<b>August</b>				<b>Service Patrol - Dynamites</b>
7	7:00 PM	Troop Meeting	Fire station	
8	7:00 PM	PLC		
14	7:00 PM	Troop Meeting	Fire station	
15	7:00 PM	Parent Meeting	Alfy's	
19-20		Outing		
21	7:00 PM	Troop Meeting	Fire station	
28	7:00 PM	Troop Meeting	Fire station	
<b>September</b>				<b>Service Patrol - Cougars</b>
4	Holiday	No Meeting		
11	7:00 PM	Troop Meeting	Fire station	
12	7:00 PM	PLC		
16-17		Outing		
18	7:00 PM	Troop Meeting	Fire station	
19	7:00 PM	Parent Meeting	Alfy's	
25	7:00 PM	Troop Meeting	Fire station	
<b>October</b>				<b>Service Patrol - Dynamites</b>
2	7:00 PM	Troop Meeting	Fire station	
9	7:00 PM	Troop Meeting	Fire station	
10	7:00 PM	PLC		
16	7:00 PM	Troop Meeting	Fire station	
17	7:00 PM	Parent Meeting	Alfy's	
21-22		Outing		
23	7:00 PM	Troop Meeting	Fire station	
30	7:00 PM	Troop Meeting	Fire station	

# Troop 20 Parent Handbook

*The leaders of troop 20 feel it is important to have a focus for our program. We support the BSA mission and encourage our scouts to follow the Scout Law, the Scout Oath, the Scout Slogan, the Scout Motto, and the Outdoor Code.*

## **BSA Mission Statement**

It is the mission of the Boy Scouts of America to serve others by helping to instill values in young people and, in other ways, to prepare them to make ethical choices over their lifetime in achieving their full potential. The values we strive to instill are based on those found in the Scout Oath, Scout Law, Outdoor Code, Scout Slogan and Motto:

### **Scout Oath**

On my honor I will do my best  
to do my duty to God and my Country  
and to obey the Scout Law;  
To help other people at all times;  
To keep myself physically strong,  
mentally awake and morally straight.

### **Outdoor Code**

As an American  
I will do my best to  
be clean in my outdoor manner  
be careful with fire  
be considerate in the outdoors  
and be conservation minded.

### **Scout Slogan**

Do a good turn daily.

### **Scout Law**

A Scout is:  
Trustworthy  
Loyal  
Helpful  
Friendly  
Courteous  
Kind  
Obedient  
Cheerful  
Thrifty  
Brave  
Clean  
Reverent

### **Scout Motto**

Be prepared

## **Troop 20 Mission**

To provide a program that teaches citizenship, leadership, and outdoor skills by utilizing the tools and guidelines of the Boy Scout program.

## **About Troop 20**

Troop 20 is a member of the Tillikum District of the Mt. Baker Council in Everett, Washington. We meet at the Hilton Lake Fire Station, 3525 108<sup>th</sup> Street SE, Everett WA, every Monday night from 7:00 PM to 8:30 PM. Troop 20 is chartered by the Silver Lake Kiwanis.

Troop 20 is a hiking/backpacking oriented troop, and generally schedules one overnight hike of 3-6 miles each way every month. To accommodate those families that may not be able to participate in the hiking activities but would still like to enjoy a camping experience with our troop, we typically schedule 1 or 2 "car camping" outings each year. Additional opportunities might include the annual Camporee and summer camp.

## **Troop Organization and Program**

The Troop is organized as follows:

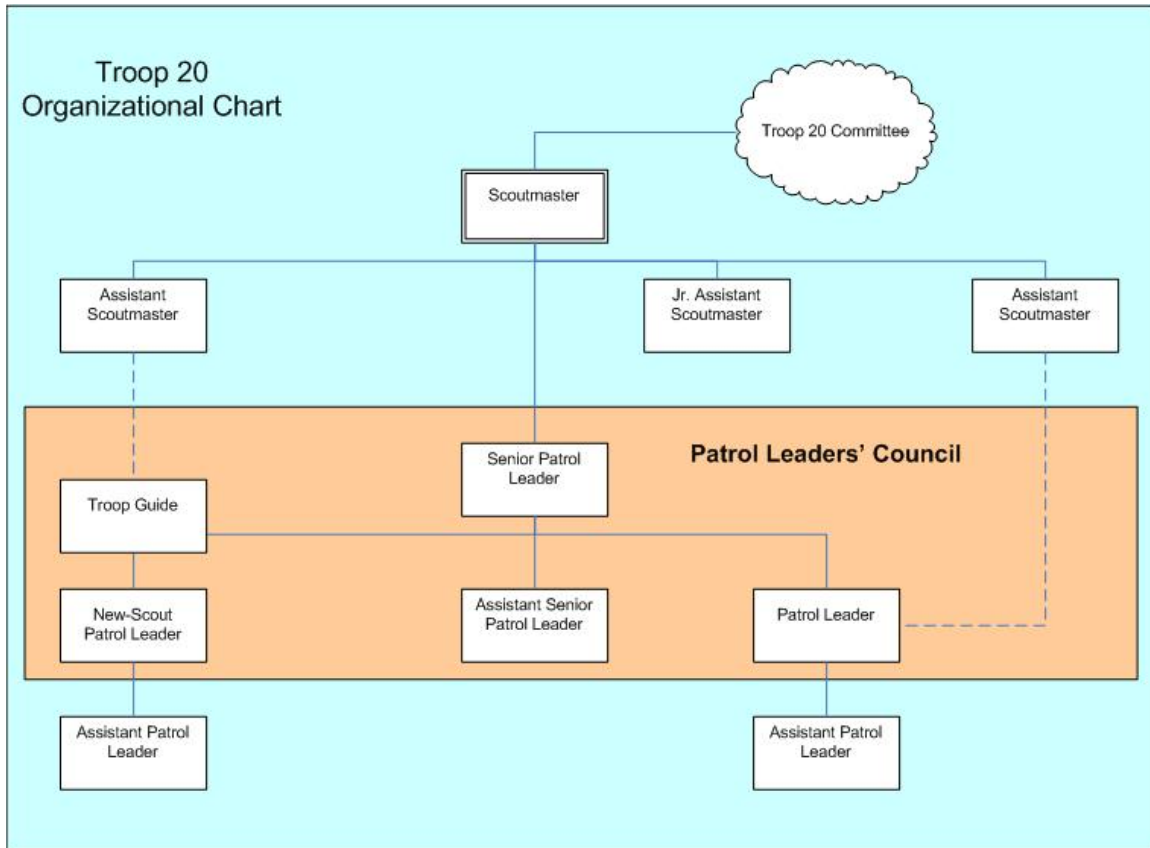
1. The Troop Committee – Registered parents and adults who set policy for the troop, organize fundraising activities, and support the program developed by Scouts and adult leaders.
2. The adult staff - Scoutmaster and assistants who implement the BSA program.
3. The Senior Patrol Leader and Patrol Leaders' Council (PLC) - Scouts who lead the troop in program planning and all troop activities.
4. Patrols – Groups of 5-8 boys working as a unit within the troop.

Troop 20 is a "boy run" troop. This means that with the guidance of the Scoutmaster and his assistant Scoutmasters, the Patrol Leaders' Council (PLC) plans the program, conducts troop meetings, and provides leadership among their peers. The troop committee supports the troop program by managing the record keeping and fundraisers, providing volunteers, and providing transportation. The Troop Committee Guide Book, available from the scout office, offers more information on the duties of the troop leaders and committee members. There are also educational opportunities for any adult who would like to become more involved.

## **The Patrol Method**

Troop 20 operates under the "Patrol Method" of scouting, as developed by Lord Robert Baden-Powell of Great Britain in 1907. This is one of the best methods for developing leadership and responsibility. A patrol should consist of five to eight members under the leadership of a scout who is elected by the patrol members. Through their patrol leader and the Patrol Leader's Council (PLC), chaired by the Senior Patrol Leader (SPL), all scouts have input into the program and are able to get the latest information on upcoming activities. The Patrol Method serves to ease communication within the troop and is of key importance on troop outings and events. When scouts travel, hike, eat, and compete, they operate together as a team.

## Troop Organizational Chart



### Meetings

Troop Meetings are held at:  
Hilton Lake Fire Station  
3525 108<sup>th</sup> Street SE  
Everett, Washington 98203

Troop meetings are held every Monday night from 7:00 PM to 8:30 PM.

The troop meetings are organized and operated by the Senior Patrol Leader (SPL) and the Patrol Leaders' Council (PLC).

## How to Join

We encourage boys interested in joining Troop 20 to attend several troop meetings first. To join, a boy needs to turn in a completed BSA registration form and Medical History/Treatment Form, and the registration fee. These forms are available from the Scoutmaster or the Committee Chairperson. Registration in Boy Scouts of America costs approximately \$22.00 per year. Registered scouts may transfer their current registration with a \$1.00 transfer fee, and a copy of their advancement record from their current unit. Boys' Life magazine is also offered, and is highly recommended. It is the policy of Troop 20 that all scouts purchase their own copy of the Boy Scout Handbook. Scouts of rank 1<sup>st</sup> class and below should bring their handbook to all meetings.

## Uniforms

Once a Scout joins the Troop, he should have a complete uniform as soon as possible. The complete, official Field Uniform consists of:

- BSA Shirt - long or short sleeved
- BSA Insignia - appropriate for shirt, described on the inside cover of the Boy Scout Handbook
- BSA Pants - long or short
- BSA Socks - red-topped, required with shorts
- BSA Belt
- BSA Cap
- Troop 20 Neckerchief - First one provided by the Troop. Scouts may purchase replacements from the scout office.
- Neckerchief Slide - official or hand made craft
- Merit Badge Sash - for displaying earned Merit Badges. A Scout only wears it to Boards of Review, Courts of Honor, and Troop ceremonies.
- Shoes - athletic shoes, hiking boots, or other appropriate closed-toe footwear.

Troop T-shirts are printed and distributed to each boy every summer. Replacements can be purchased through the Troop Committee. The troop T-shirt serves as a class "B" uniform for scout camp and various other activities.

Troop 20's uniform policy allows scouts to gradually obtain their complete uniform. As a Scout moves up in rank he is required to have the following pieces of the Scout uniform:

<b>RANK</b>	<b>UNIFORM</b>
Scout	Troop neckerchief, Scout handbook
Tenderfoot	BSA shirt with insignia, troop neckerchief, Scout handbook
Second Class	BSA shirt with insignia, pants or shorts, troop neckerchief, Scout handbook
First Class	BSA shirt with insignia, pants or shorts, belt, BSA cap or troop beret, troop neckerchief, Scout handbook
Star, Life, Eagle	BSA shirt with insignia, pants or shorts, belt, BSA cap or troop beret, troop neckerchief, merit badge sash, Scout handbook

Uniforms are to be worn at all troop meetings. Clean blue jeans can be worn in lieu of scout pants for regular meetings.

During our summer meetings, the Troop 20 T-shirt, or another scout related T-shirt, may be worn in place of the uniform as outlined above.

Full uniforms based on rank are to be worn for Scoutmaster Conferences, Board of Reviews and Courts of Honor, regardless of location. When uniforms are worn, they will be worn in the proper manner; buttons buttoned and shirt-tails tucked in. Uniforms are expected to be kept in a clean and neat condition.

**Uniforms are available at:**

Mt. Baker Council BSA Service Center: 1715 100th Place SE, Everett, WA  
(425) 338-0380

**Attendance**

One method of exhibiting "Scout Spirit" is attendance at all troop meetings, campouts, service projects, and other special scout activities. If a scout cannot attend an activity, he should inform his Patrol Leader. Scouts with leadership responsibilities must find someone to take their place if planning to be absent at an event. If for any reason a scout misses a particular meeting, it is the scout's responsibility to contact his Patrol Leader to get any information he may have missed and to "Be Prepared" for campouts.

## **Behavior and Discipline**

It is easy to become a Scout, but it is a challenge to be a good Scout. Scouting has rules that must be followed in order to be a member of the team. The rules of scouting are found in the Scout Oath, Scout Law, Scout Motto, Scout Slogan, and Outdoor Code. Scouts in troop 20 are expected to follow these rules. The spirit of scouting dictates high expectations for the behavior of members of our troop. Self-control and self-discipline are attributes expected from all scouts. There are, however, times that the Scoutmaster and/or other adult leaders must use disciplinary action to assure the health and safety of all troop members. Discipline may also be necessary for the effective operation of the troop program. Discipline and control must be treated on individual matters, realizing the best discipline is preventive in nature rather than regulatory and restrictive. Scouts will receive positive reinforcement (praise) when exhibiting appropriate behavior. The Scoutmaster will be ultimately responsible for the proper behavior of troop members and will, therefore, be expected to enforce a fair and consistent disciplinary plan.

Guidelines for behavior we expect from Scouts - at all times - are found in the:

- Scout Oath
- Scout Law
- Outdoor Code
- Troop 20 Code of Conduct

The following 5 step discipline plan will be used by troop 20 leadership:

### **1. Personal conference:**

This conference, between the Scoutmaster and the scout, will be the primary form of discipline indicating the acceptable behavior expected.

### **2. Letter to parents:**

A letter will be written to the parents including the following:

- Description of the inappropriate behavior
- Description of immediate disciplinary action taken
- Request for parents' cooperation
- Offer of a meeting for counsel with both the parents and the scout
- Notice to the parents of continued inappropriate behavior will invoke Step 3 of the discipline plan

### **3. Disciplinary Conference:**

Scoutmasters will meet with the parents and a member of the troop committee to determine the appropriate disciplinary action.

### **4. Termination Request:**

The Troop Committee's approval will be sought to ask the scout to reconsider his goals. The scout would be asked to no longer participate in troop activities.

### **5. Severe Clause:**

Any behavior that directly affects the health or safety of self or others will automatically place a Scout on Step 3 of this plan. These behaviors include the use of

alcohol, drugs, firearms, other weapons, destruction of property and the threat or use of physical violence to self or others.

### **Troop 20 Code of Conduct**

- 1) Each Scout will follow the Scout Oath and Law.
- 2) Each scout is expected to know and abide by these rules. Ignorance will not be considered an excuse for breaking the rules. Common sense will prevail in all situations and interpretations of these rules.
- 3) Scouts will respect other people's property and will not touch anything that is not their own without permission.
- 4) Troop and personal equipment will be respected. Equipment damaged or destroyed through carelessness or horseplay will be repaired or replaced by the offending individual(s). Vandalism will not be tolerated.
- 5) Stealing will not be tolerated. Any scout caught stealing will be sent home.
- 6) Uniforms are expected at each troop meeting.
- 7) Troop members will follow the directions of both adult and junior leaders.
- 8) Obscene language, obscene gestures, and subjects deemed inappropriate by adult leaders will not be tolerated.
- 9) Malicious teasing or put-downs will not be tolerated.
- 10) Fighting will not be tolerated.
- 11) Use of tobacco, alcohol, or drugs is strictly prohibited. Adult leaders, while strongly discouraged from doing so, may use tobacco away from the activity area.
- 12) A scout serves as an appropriate example for younger scouts. Scouts are subject to discipline for behavior that is unbecoming a Boy Scout. These rules are not meant to be all inclusive. Situations will be judged on a case by case basis.

## **Forbidden Equipment**

The following items are not allowed at troop meetings, scout campouts, or scouting events. These items will be confiscated by the Scoutmaster and may be returned after the event, at his discretion.

- Sheath Knife (solid blade) or butterfly knives
- Fireworks
- Alcohol and/or Drugs
- Tobacco
- Cell Phones, Boom boxes, CD players, iPod's and other electronic devices
- Other items, as deemed by the Scoutmaster
- If you have a question - ask!

## **Rank Advancement (the Trail to Eagle Scout)**

The trail to Eagle Scout consists of a series of ranks and badges. The Boy Scout Handbook describes the steps and requirements for each rank, as well as the requirements for merit badges. Address any questions about advancement to the Scoutmaster or the advancement Chairperson. Each rank includes the following requirements:

- Activity in troop and patrol
- Demonstration of Scout Spirit
- Skill requirements
- Scoutmaster Conference
- Board of Review

Parents may **NOT** sign off advancement or Merit Badge requirements for any scout unless serving as a registered Scoutmaster, Assistant Scoutmaster, or merit badge counselor. Scouts of Star rank and above are allowed and strongly encouraged to sign off advancement requirements for younger scouts up to First Class. Star, Life, and Eagle ranks involve additional requirements of service projects, active service in a leadership position and merit badges, and must be signed off by the Scoutmaster. The Eagle Scout service project is done outside the sphere of scouting and must have prior approval at the troop, district, and council levels. Scouts will be encouraged to advance, but will not be pushed to advance. Troop leaders are responsible to provide advancement opportunities, but are not responsible for ensuring a scout advances in rank. When a scout completes the requirements for rank advancement, he meets with the Scoutmaster to discuss his progress in scouting. After the Scoutmaster review, the scout requests a Board of Review from the Advancement Chairperson. The purpose of the Board is to determine the scout's attitude and acceptance of scouting ideals. During the review, questions from any of the scout's previous rank advancements may also be asked. We will award the scout his cloth badge as soon as possible at a troop meeting following approval.

Even though the Advancement Chairperson maintains records of each scout's advancement, it is each scout's responsibility to maintain written proof of his advancement. Scout Handbooks provide places to have requirements signed off and scouts will be given a signed card for each merit badge or rank advancement. Possession

of a patch is not considered proof. Eagle rank will not be granted without documented proof that all requirements have been completed.

### **Merit Badges**

The ranks for Star, Life, and Eagle require that Scouts earn Merit Badges. When a scout is ready to work toward a Merit Badge, the Scoutmaster will assist him in obtaining the name and phone number of an approved counselor, and will give him a signed merit badge card. The troop maintains a list of counselors within the troop. BSA does not permit a scout to work alone with an adult. Scouts are encouraged to work in pairs. Scouts must take another scout or parent to all counseling sessions. It is the scout's responsibility to contact the counselor and arrange for meetings. Once a Scout has completed the requirements towards earning a Merit Badge, he returns the filled out and signed merit badge card to the Advancement Chairperson.

### **Courts of Honor**

Our Troop holds a Court of Honor 3-4 times per year. A Court of Honor is a special troop meeting where all family members are invited. The meeting is held for the purpose of providing extra recognition to those scouts that have earned rank advancement, merit badges or other accomplishments. The whole family is encouraged to attend even if a scout has not earned any special recognition, because the meetings are also used to discuss the troop's accomplishments and future activities.

When a scout earns the Eagle Award, the Eagle Scout and his family have the privilege of planning his own Court of Honor.

## **Outings**

There is at least one scheduled outing each month, usually a 3-6 mile overnight backpacking trip. The PLC will select outings that reflect the interests of the scouts of the troop. Since most advancement requirements for First Class and below require an outdoor setting, scouts wishing to advance should attend.

## **Outing Requirements**

1. Meet with your patrol and be sure you understand what you need for a campout/hike/activity.
2. Be in good physical health and have a current medical form on file.
3. Have the proper equipment. See equipment list provided for outings.
4. Scoutmaster approval.

Before any outing, the troop will conduct a pack inspection for all scouts First Class and below. Scouts who do not participate in a pack inspection when required will not be allowed to participate in the activity. Each scout will present his portions of the food (a list is acceptable), tents, clothing, and equipment for the outing. Each scout will carry his share of his patrol's provisions. The reasons for these requirements are to assure leaders that a scout is ready for backpacking and can pull his own weight (and carry it, too!). An unprepared scout can cause hardship for himself as well as other Scouts, and a bad experience may ruin his desire for future trips.

## **Cooking**

Meals are a critical element in our outdoor adventures, be it recharging after a long day on the trail, or fuel for the journey ahead. One to two weeks before a campout, each patrol will develop their menu. For a typical weekend outing, the menu must include a hot dinner and breakfast, and be approved by the SPL and adult leadership. Each patrol is responsible for purchasing their own food, and preparing it within the unit. Patrol leaders and adult leaders will advise scouts of proper food preparation, cooking, cleanup and storage methods.

Should a scout commit to attending an outing and then does not go he will still be responsible for his share of the food money, usually around \$5.00, if already purchased by the patrol.

## Equipment

We expect each Scout to obtain the following camping equipment so he can attend troop activities:

- sleeping bag
- sleeping pad
- rain gear
- water container (quart size)
- Clothing\*
- eating utensils
- flashlight
- hiking boots or shoes
- personal first aid kit
- compass (liquid filled, 2 degrees divisions, orienteering type)
- backpack (external frame type is preferred, properly fitted)
- pocket knife (folding, 3 inches or less in length)
- Personal items (hat, gloves, camp chair, hygiene items, toilet paper, etc.).

\*Clothing should be made of synthetic materials such as nylon or polyester. **NO COTTON!**

Many of our adult leaders and senior scouts are very knowledgeable about the appropriate types of camping gear and clothing, and would be happy to answer any questions.

The troop has some loaner equipment available – All items will be returned after each outing in a clean condition. For more details ask the troop Quartermaster or Quartermaster Advisor.

The troop provides basic equipment for each patrol – tents, stoves, water filters, etc. For any damaged or lost equipment beyond normal wear and tear, financial responsibility will fall upon the patrol or responsible scout(s) for repair or replacement.

Scouts of Star rank and above may sleep in their own personal tents with Scoutmaster approval. A scout that brings his own personal tent will still be responsible for carrying his share of patrol equipment. The troop will not be held responsible for damage or loss of personal property.

## **Parental Support**

A key element in maintaining and improving the quality of troop 20's program is active parental support. To be really successful, scouting must become to a certain extent, a family program and activity. Ideally, parental support consists of more than just driving your son to a troop meeting and then picking him up.

Good parental support consists of the following:

- Make sure your son attends all meetings and activities, and is ready for them.
- Encourage your son in rank advancement.
- Take an active interest in all his scouting activities.
- Attend all Courts of Honor.
- Become active on or with the troop committee.
- Support troop 20's fundraisers.
- Become actively involved in the camping program. There's a lot to do!
- Provide transportation.
- Sit on Boards of Review.
- Become a merit badge counselor.

Contact the Scoutmaster or the Committee Chairperson for more information.

## **Insurance**

Troop 20 carries the standard BSA medical insurance policy, designed to supplement each individual family's coverage. It does cover minimal expenses for minor injuries like cuts and burns, which may be sustained during scout activities. This policy is not intended to replace the scout's family policy, but to serve as a supplement. Each scout will turn in a medical form, which identifies his family's health insurer and authorizes emergency medical treatment in the event his parent or guardian is not at a particular event.

## **Fundraisers**

The purpose of troop fundraisers is to help scouts earn money for summer camp and scouting equipment, and to provide funds for troop business. Funds from all fundraisers belong to the troop. Credits are given for participation and an account for these funds is maintained for each scout. This account is to be used to pay for summer camp and other scouting activities. If a scout leaves the troop for any reason, his funds will go into the troop 20 general funds. Scouts with siblings in the troop may have their funds transferred to the sibling if one chooses to leave the troop. All scouts are encouraged to participate in the fundraisers to support troop activities and show scout spirit.

Troop 20's leadership hopes that this Parent Handbook has been helpful to you. Please contact the Scoutmaster, Assistant Scoutmaster, or the Committee Chairperson for further information about Troop 20.

*Rev 09/05*

## Troop 20 Patrol Outing Planning Worksheet

**Patrol Name:** \_\_\_\_\_

**Destination:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Attending:**

PL: \_\_\_\_\_

APL: \_\_\_\_\_

3: \_\_\_\_\_

4: \_\_\_\_\_

5: \_\_\_\_\_

6: \_\_\_\_\_

7: \_\_\_\_\_

8: \_\_\_\_\_

Tent 1:									
Tent 2:									
Tent 3:									
Tent 4:									
Stove & Fuel 1:									
Stove & Fuel 2:									
Water Filter									
Water bucket and bladder									
Patrol Tarp(s)									
Cook Kit									
Food									

**Equipment:**

Tent 1:									
Tent 2:									
Tent 3:									
Tent 4:									
Stove & Fuel 1:									
Stove & Fuel 2:									
Water Filter									
Water bucket and bladder									
Patrol Tarp(s)									
Cook Kit									
Food									

*\*Two per tent with Troop 20 equipment. Star Scouts and above may use personal tents for sleeping alone, with Scoutmaster approval.*

<b>Menu:</b>	<b>Cooks</b>	<b>Cleaners</b>
Lunch:		
Dinner:		
Breakfast:		
Lunch:		
Shopper(s):		
Cost per person: \$		



# Parental Permission/Release Form

\_\_\_\_\_ has my permission to participate in the Troop 20 activity:  
\_\_\_\_\_ on (dates) \_\_\_\_\_, and the adult  
leaders of Troop 20 have my permission to sign any waiver of liability which may be  
required. In the case of injury or illness, the leaders of Troop 20 are authorized to render  
emergency first aid and/or seek all necessary medical attention. In such cases, I  
understand that I will be notified as soon as possible.

\_\_\_\_\_  
(Printed Name of Parent or Guardian)

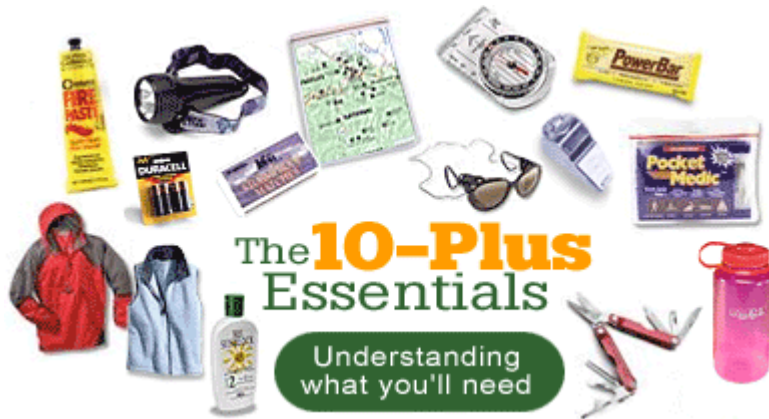
\_\_\_\_\_  
(Signature of Parent or Guardian)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
Cell Phone Number

\_\_\_\_\_  
Home Phone Number

## Understanding the 10-Plus Essentials



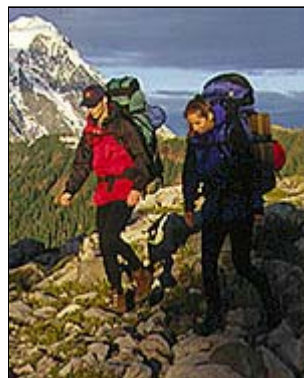
**T**he 10 Essentials are all about peace of mind. During a routine backcountry trip you may have no need for several of these items. But if something unexpected occurs, you don't want to be caught without them—they could even save your life. Here are the components of a one-stop emergency-preparedness kit every wilderness traveler should carry, even on short trips:

### QUICK READ

#### The 10-Plus Essentials

1. Map (in a watertight case)
2. Compass (plus an optional GPS receiver)
3. Extra clothing (men's, women's, kids')
4. Extra food and water
5. First-aid kit
6. Headlamp or flashlight (with extra batteries)
7. Matches (storm proof, or in a watertight container)
8. Fire starter
9. Knife (or multi-use camp tool)
10. Sunglasses
11. Sunscreen
12. Water filter (or other method of water treatment)
13. Whistle
14. Food storage device

The original "10 Essentials" list began appearing in mountaineering literature in the 1950s and '60s, but contemporary environmental factors have prompted the addition of sunscreen and a water filter. Our list now also includes a GPS receiver as an option to consider. In recent years GPS units have emerged as worthwhile navigational tools that complement (though do not replace) a map and compass.



We have also added a whistle, believing it is a crucial security item to keep handy when exploring unpredictable terrain. If you get in trouble (say you slide into a crevasse or ravine) and need to audibly signal someone, a whistle will last far longer than your vocal chords. Our last item, a food-storage device (such as a bear canister), is now

required in some western parks and wilderness areas and is very helpful in any area where animals are known to seek out human food.

**Tip:** Make a printout of this list and stash it with your gear. Use it as a checklist before you head out on any excursion on wild lands.

## Map

A topographic map should accompany you on any trip that involves anything more than an impossible-to-miss footpath or well-populated nature trail. Handout maps, the simplistic kind you pick up at visitor centers or entrance stations, do not show the kind of topographic details necessary for route finding. If you stray off the trail, or need to locate a water source, such one-dimensional maps are just about useless. In such situations, a topographic map is essential. You also need to understand how to interpret the information it presents.

For more details, please consult our guide [How to Choose a Map](#) or examine our product selection.

## Compass

It's easy to get disoriented in the backcountry. A compass, combined with map-reading skills, can help you stay on course. Will GPS receivers make compasses obsolete? Not likely. Standard GPS units cannot indicate which direction is north, and while some high-end GPS receivers now include electronic compasses, a traditional compass weighs next to nothing and does not rely on batteries. If you travel regularly in the wilderness, you should seriously consider taking a class to learn navigation techniques in detail.

Learn more about compasses in [How to Choose a Compass](#) or review REI's selection of compasses and GPS receivers.

## Extra Clothing

Conditions can abruptly turn wet, windy or frigid in the backcountry. It's important to carry an additional layer (or two) of clothing in your pack. If you're lost, extra clothing may get you through the night. A wool or fleece cap weighs little and is a fine heat-retainer on cold nights. Extra socks are a true blessing if your original pair become soaked. Depending on the conditions, consider carrying a fleece jacket or pile sweater, a waterproof shell or even a compressible parka. Cotton items, which become useless when wet, make poor backup items. Another idea: Pack an ultralight space blanket for emergencies.

Pick up additional tips in [How to Choose the Right Clothing](#).

## Extra Food and Water

Always pack at least one extra day's worth of food. It can be as simple as a freeze-dried meal, but it's even smarter to include no-cook items: extra energy bars, nuts, dried fruits and jerky. The process of digesting food helps keep your body warm, so on a cold night it's smart to munch some food before bunking down—but never leave animal-attracting leftovers in your tent.

## First-Aid Kit

Pre-assembled first-aid kits take the guesswork out of building a kit on your own, although most people "personalize" such kits to suit individual needs. Any kit should include moleskin (for blisters), adhesive bandages of various sizes, several gauze pads, adhesive tape, disinfecting ointment, over-the-counter pain medication, pen and paper. Latex gloves also deserve consideration.

Consult our first-aid supplies [How to Choose a First-Aid Kit](#).

## Headlamp or Flashlight

A good light source is invaluable in the backcountry. Picture yourself trying to hustle off a mountain in dwindling light, or trying to set up camp as the last bit of blue drains from the sky. It's smart to carry replacement bulbs and batteries, even a backup lamp or flashlight. Headlamps allow you to keep your hands free during any activity and are usually a backpacker's first choice for a light source. Keep your light in an easily accessible section of your pack; check it once in a while to see if it has become inadvertently switched on.

See what's available in flashlights and headlamps, and check out our guide to [flashlights/headlamps](#).

## Matches

Matches headed into the backcountry should be the waterproof variety, or they should be stored in a waterproof container. Take plenty and make an extra effort to keep them dry. Convenience-store matchbooks are often too flimsy and poorly constructed to be trusted for wilderness use. Save yourself some frustration and tote reliable matches on every trip. Don't rely only on mechanical lighters, which sometimes fail.

## Fire Starter

As the name implies, fire starter is an element that helps you jump-start a fire. The ideal fire starter ignites quickly and sustains heat for more than a few seconds. Possible candidates: dry tinder tucked away in a plastic bag; candles; priming paste; heat "nuggets" are convenient and reliable fire-starting products. Even lint trappings found in a clothes drier can work.

## Knife or Multi-Tool

Knives or multi-tools are handy for gear repair, food preparation, first aid, making kindling or other emergency needs. A basic knife should have at least one foldout blade (more likely two), one or two flathead screwdrivers, a can-opener and (though some people will call this a luxury) a pair of foldout scissors. The more complex your needs (if, for example, you are leading an inexperienced group), the more options you may want in your knife or tool. Read our tips for selecting [knives and tools](#).

## Sunglasses

Indispensable. Some medical studies suggest that sunlight and ultraviolet (UV) rays may play a role in cataract development. Yet protection is so simple: Put on a pair of protective glasses when spending large amounts of time outdoors, particularly above treeline, to reduce your exposure to UV light. Your goal: Select lenses that absorb 97-100% of UVA and UVB radiation. Wraparound lenses keep light from entering the corners of your eyes and are great choices for the high country. Glacier glasses are a must for mountaineers who run the risk of snowblindness on days of bright glare.

Find more suggestions in our [sunglasses clinic](#).

## Sunscreen

The Mayo Clinic recommends applying sunscreen with an SPF of 15 or higher 15 minutes before you go into the sun. The clinic also advises the use of sunscreen-fortified lip balm. If you swim or sweat a lot, use water-resistant sunscreens and reapply every 2 to 3 hours. Don't leave the trailhead without it. Pick up some pointers in our [guide to sunscreen](#).

## Water Filter/Purifier

Rushing streams and alpine lakes appear to contain the clearest, freshest water on earth. Yet sometimes they harbor microscopic pathogens that, if you ingest them, could leave you feeling nauseous for weeks. You have three defensive strategies: boiling, chemical treatment or straining the water through a mechanical filter or purifier. Filters and purifiers do the job with minimal fuss. Read our in-depth coverage of the topic in our [choosing a filter or purifier](#).

## Whistle

The sound of a whistle travels farther than your voice. Plus, blowing a whistle in an emergency won't exhaust your vocal chords. It's smart to attach a lanyard to your whistle, then tie it to a D-ring or some other portion of a shoulder strap on your pack. Thus if you fall (and perhaps pin one of your arms) you won't have to dig far to get it up to your mouth.

## Bear-Resistant Food Container

Black bears in some regions of the western United States, particularly the Sierra Nevada range in California, search out human food with remarkable vigor and persistence. In some areas use of a bear-resistant food container is mandatory. Even in areas where such containers are not required, wildlife managers often still recommend their use.

## Final Thought

You need to bring one other item—knowledge—in order to benefit from the gear on this list. Just having a compass in your pack or a map in your pocket will be of no value to you unless you **understand how to use them**. As one veteran search-and-rescue leader put it, "People talk about the 10 Essentials, but the most important essential is between your ears."

## Overnight Backpacking Checklist

(Choose items that match your trip plans and the expected weather conditions)

### The 10+ Essentials

- |  |   |
|--|---|
| <input type="checkbox"/> Extra clothing layer(s)                           | <input type="checkbox"/> Map of area (in waterproof case)                     |
| <input type="checkbox"/> Drinking water                                    | <input type="checkbox"/> Compass  |
| <input type="checkbox"/> Food  | <input type="checkbox"/> Headlamp or flashlight (with extra batteries/ bulbs) |
| <input type="checkbox"/> First-aid kit                                     | <input type="checkbox"/> Sunglasses (with retaining strap)                    |
| <input type="checkbox"/> Pocket knife                                      | <input type="checkbox"/> Sunscreen  |
| <input type="checkbox"/> Matches (in waterproof container) and firestarter |   |

### Hiking Clothing

- |  |   |
|--|---|
| <input type="checkbox"/> Quick-drying pants/shorts   | <input type="checkbox"/> Fleece jacket or wool sweater        |
| <input type="checkbox"/> Short-sleeved shirts        | <input type="checkbox"/> Wicking long underwear (top/bottoms) |
| <input type="checkbox"/> Long-sleeved shirts         | <input type="checkbox"/> Regular underwear                    |
| <input type="checkbox"/> Warm pants (fleece or wool) | <input type="checkbox"/> Quick-drying swimsuit                |
| <input type="checkbox"/> Fleece or wool vest         |   |

### Outerwear

- |  |  |
|--|--|
| <input type="checkbox"/> Rainwear (top/bottoms)    | <input type="checkbox"/> Fleece or wool gloves/mittens |
| <input type="checkbox"/> Wide-brimmed rain/sun hat | <input type="checkbox"/> Waterproof gloves/overmitts   |
| <input type="checkbox"/> Warm hat (fleece or wool) | <input type="checkbox"/> Bandanna                      |

### Footwear

- |  |                                      |
|--|--------------------------------------|
| <input type="checkbox"/> Hiking socks                              | <input type="checkbox"/> Extra laces |
| <input type="checkbox"/> Wicking liner socks                       | <input type="checkbox"/> Gaiters     |
| <input type="checkbox"/> Hiking boots/shoes that match the terrain |                                      |

### Camping Gear

- |  |   |
|--|---|
| <input type="checkbox"/> Backpack                                | <input type="checkbox"/> Funnel                     |
| <input type="checkbox"/> Day/summit pack                         | <input type="checkbox"/> Matches/lighter            |
| <input type="checkbox"/> Pack cover                              | <input type="checkbox"/> Cook set, dishes           |
| <input type="checkbox"/> Tent, tarp or bivy sack                 | <input type="checkbox"/> Cooking/eating utensils    |
| <input type="checkbox"/> Rainfly                                 | <input type="checkbox"/> Drinking cup               |
| <input type="checkbox"/> Tent stakes                             | <input type="checkbox"/> Pot grabber                |
| <input type="checkbox"/> Footprints                              | <input type="checkbox"/> Biodegradable soap         |
| <input type="checkbox"/> Tent broom                              | <input type="checkbox"/> Pot scrubber/dish towel    |
| <input type="checkbox"/> Sleeping bag (in waterproof stuff sack) | <input type="checkbox"/> Plastic garbage bags       |
| <input type="checkbox"/> Compression sack                        | <input type="checkbox"/> Resealable plastic bags    |
| <input type="checkbox"/> Sleeping pad                            | <input type="checkbox"/> Water filter/purifier      |
| <input type="checkbox"/> Sit pad or sleeping pad chair kit       | <input type="checkbox"/> Water-purification tablets |
| <input type="checkbox"/> Extra nylon stuff sacks                 | <input type="checkbox"/> Water bottle(s)            |

- Food (adequate supply for your trip)
- Collapsible water container
- Stove and fuel
- Lantern

**Personal Items**

- Toilet paper
- Lip balm (with sun protection)
- Toothbrush and toothpaste
- Insect repellent
- Small bath towel
- Head net
- Brush/comb
- Trowel
- Other personal toiletry items

**Other/Extras**

- Altimeter
- Repair/sewing kit
- Binoculars
- 100-foot accessory cord
- Field guides
- Axe/saw
- Camera and film
- Money
- Notebook and pencil
- Photo ID
- Travel games
- Camping/fire permits, if needed
- Watch/alarm clock
- Fishing license
- Weather radio
- Trip Plan (left with a responsible friend)
- Hiking poles

[Close](#)

## Snow Camping Checklist

(Select items that match your trip plans and the expected weather conditions)

### The 10+ Essentials

- Extra clothing layer(s)
- Drinking water
- Food
- First-aid kit
- Pocket knife
- Matches (in waterproof container) and firestarter
- Map of area (in waterproof case)
- Compass
- Headlamp or flashlight (with extra batteries/ bulbs)
- Sunglasses (with retaining strap)
- Sunscreen

### Clothing

- Regular underwear
- Wicking long underwear (top/bottoms)
- Quick-drying pants
- Long-sleeved shirts
- Warm pants (fleece or wool)
- Fleece or wool vest
- Fleece jacket/wool sweater

### Outerwear

- Outer shell jacket (or insulated parka)
- Outer shell pants (or insulated pants)
- Warm hat (fleece or wool)
- Waterproof gloves/overmitts
- Gloves/mittens (fleece or wool)
- Glove liners
- Neck gaiter
- Face mask/balaclava

### Footwear

- Hiking/mountaineering socks
- Wicking liner socks
- Hiking boots/shoes that match the terrain and conditions
- Insulated camp booties
- Extra laces
- Gaiters

### Camping Gear

- Backpack
- Day/summit pack
- Pack cover
- Tent, tarp or bivy sack
- Rainfly
- Tent stakes
- Snow stakes
- Ground cloth
- Tent broom
- Avalanche transceiver
- Altimeter
- Food (adequate supply for your trip)
- Stove
- Fuel (for cooking and melting snow)
- Funnel
- Matches/lighter
- Cook set, dishes
- Cooking/eating utensils

- Sleeping bag (in waterproof stuff sack)
- Compression sack
- Sleeping pad
- Sit pad or sleeping pad chair kit
- Extra nylon stuff sacks (for organizing gear)
- Extra plastic bags (for water-tight storage)
- Ice Axe
- Crampons
- Snow shovel
- Snow saw
- Snowshoes
- Skis, poles, boots
- Skins, wax
- Pot grabber
- Large pot for melting snow
- Drinking cup (insulated)
- Thermos
- Biodegradable soap
- Pot scrubber
- Plastic garbage bags
- Resealable plastic bags
- Water filter/purifier
- Water-purification tablets
- Water bottle(s)
- Collapsible water container
- Lantern

#### Personal Items

- Toilet paper
- Toothbrush and toothpaste
- Small bath towel
- Brush/comb
- Other personal toiletry items
- Lip balm (with sun protection)
- Insect repellent
- Trowel

#### Other/Extras

- Binoculars
- Field guides
- Camera and film
- Notebook and pencil
- Travel games
- Watch/alarm clock
- Weather radio
- Repair/sewing kit
- 100-foot accessory cord
- Axe/saw
- Money
- Trip Plan (left with a responsible friend)
- Photo ID

[Close](#)