



# January Freeeeze Out!



For those of stout heart! Join us for our annual Freeze Out at Camp Whiting. The theme for this campout will be STAYING WARM AND EATING WELL... Scouts will be sleeping in the Adirondack Shelters. Saturday will be spent doing advancement and Saturday Lunch will be a competitive feast with Webelos invited to join in the preparation and enjoyment! Depart Sunday AM. If you want to come just for the day on Saturday that is fine too. All patrols should plan to have a quality meal on Saturday for lunch – this will be the time to show off your skills, and you will be judged on how well you plan, prepare, and how good it is!



Please dress warmly, it will be **COOL**... For cold weather tips please see attached.

- Date: Friday January 13<sup>th</sup> – Sunday January 15<sup>th</sup>.
- Meet at Camp Whiting at 7 pm Friday night
- Don't forget Scout Book and compass!
- Pickup at camp Sunday 9:00 AM Sharp!
- Cost \$10 per scout. Make check payable to Troop 63 and give to Mr. Recalde by Monday Jan 9th.



**Rugged Mountain Men Persons (Moms & Dads) needed**

January Freezeout 1.13.12

Scout \_\_\_\_\_ has my permission to attend this campout. Camping Fee: \$10 \_\_\_\_\_

Parent \_\_\_\_\_ will attend Camping Fee: \$10 \_\_\_\_\_

**Informed Consent Agreement:** I understand that participation in the above described activity involves a certain degree of risk. I have carefully considered the risk involved and have given my permission to my son \_\_\_\_\_ to participate. I give permission to the leaders of Troop 63 to render First Aid, should the need arise. In the event of an emergency, I also give permission to the physician, selected by the adult leader in charge, to hospitalize, secure proper anesthesia, order injection, or secure other medical treatment, as needed. I further agree to hold Troop 63 and its leaders harmless for any accidents that might occur during this outing. In an emergency, I can be reached at \_\_\_\_\_ or \_\_\_\_\_. If I cannot be reached, please call \_\_\_\_\_ at \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent or Guardian)

Print Name: \_\_\_\_\_

Scouts must read and sign below to attend this event!

I am familiar with the event guidelines of Troop 63 and realize that if I have any items deemed inappropriate, illegal or prohibited by the Troop such as sheath knives, lighters, or flammable fluids, my parents will be called to pick me up and I will face suspension from the Troop.

Signed: \_\_\_\_\_ Boy Scout, Troop 63

## Cold (Freeze out) Weather Camping Tips

This can be rugged campout weather wise. "If you can camp in the Cold and Wet, you can do anything in Life" W. Churchill...

### Sleeping

- Use **Two (2) sleeping bags** one inside the other. If you don't have two then use a heavy blanket or fleece inside your bag.
- Skull Cap (beanie) for sleeping at night. (**Remember** 87.47% of your body heat escapes through your head at night. This of course depends on the temperature differential between your body and the outside temperature. It's basically an isothermal equation based on the RATE of heat loss through the combination of convection as well as black body radiation. You do lose heat due to conduction but this is minimal if you use a pillow and ground pad. These obviously increase the static thermal "R" value and slow the rate of heat loss to the ambient air. Naturally since the temperature at night does not stay constant but decreases to some minimum and then rises toward morning, the rate of heat loss therefore is a rate function reaching it's highest loss value as the ambient temperature approaches it's minimum. This obviously assumes that we hold constant for body temperature (98.6). If the body temps drop then of course the temperature differential is lower). **This is why you need to wear a hat a night....**
- Long Johns (poly propylene are best) and socks if you like.
- Ground Pad
- Pillow

### Around Camp

- Warm clothes. Fleece is great here. NO COTTON!!!!
- Extra socks.
- Hat, gloves.
- Extra pair of boots. Waterproof boots if rainy/snowy.
- Chap stick
- Winter jacket
- Flashlight/head lamp or Electric lantern
- Mess Kit
- Toilet kit
- Scout Book for those working on advancement for Tenderfoot, Second Class, or first Class.
- Pocket Knife and fire starting kit ( matches, kindling, etc)
- BRING A COMPASS IF YOU HAVE ONE.....(you better have one!)