



WELCOME TO: THE ORDER OF THE ARROW'S ArrowCorps⁵ George Washington and Jefferson National Forest Service Project

1. GENERAL INFORMATION

Introduction

Welcome to the George Washington and Jefferson National Forest Service Project, a component of the Order of the Arrow's Arrow Corps⁵ (AC⁵) national service project. This guide is your key to becoming familiar with your roles and responsibilities in supporting the AC⁵ project at the George Washington and Jefferson National Forest site. Take the time to read this guide thoroughly to ensure you understand its contents. Doing so will make your contribution to AC⁵ both productive and enjoyable. Welcome aboard!

Arrival and Check-in

All participants will report to the Goshen Scout Reservation for check-in at which time their completed ArrowCorps5 Medical form will be collected, their qualifications verified, and their crew assignment made. The completed AC5 Medical form (available at www.oa.bsa.org) must be dated by the examining physician NOT EARLIER THAN June 28, 2007.

Before leaving home, make sure that the medical form has been completed and signed by the examiner as well as the parent, guardian or adult Scouter (as appropriate). **Be sure to make copies for your records as medical forms will not be returned.** During registration, everyone will undergo a medical screening during which their medical form will be reviewed. Any person arriving at Goshen without a properly completed medical form will not be allowed to register. Their only option at that point will be to have a completed form faxed to camp (a fax machine will be on site), or they will have to arrange a physical locally on your own. *It is highly recommended that contingent leaders collect all completed physical exam forms prior to departure from home to ensure all are accounted for.*

Four Camps

We will be camping at four primary sites:

- Camp Olmstead at Goshen Scout Reservation will be our Base Camp as well as house the Incident Command Post, the main Medical Clinic and the majority of the staff
- Camp Ross and Camp PMI, also on the Goshen Scout Reservation, will house the majority of the work crews (Goshen Scout Reservation surrounds the 450-acre Lake Merriweather, 15 miles north of Lexington, VA)
- Sugar Ridge Camp on the shores of 2500 acre Lake Moomaw, 19 miles north of Covington, VA.

All participants will camp at Goshen Scout Reservation the first night and receive site training at Goshen the following day. Once training is completed, those participants assigned to Sugar Ridge Camp will be transported to that site the afternoon of Day 2.

General Discipline

Discipline and conduct of all participants (youth and adult) is the responsibility of each participant. As OA members we are all expected to conduct ourselves in accordance with the twelve points of the Scout Law. Staff is assigned primarily for safety, security and project oversight. Staff members are empowered to take

action should disciplinary problems develop. In such cases, the likely outcome will be the removal of any participant whose conduct is inconsistent with the above standards. Should such action be necessary, adults will be escorted off the site and youth will be sent home at their own expense.

The Staff is organized into two primary components:

- Operational support staff members will provide oversight and guidance at all work areas. Their primary responsibility is to ensure the safety of all participants while completing assigned work projects.
- Support staff will provide oversight of personnel support, logistical coordination and recreational activities. Commissioners will be assigned to each camping area for overall oversight and support. A member of the medical staff will be present in each camp site whenever there are staff members or participants present. A chaplain will also be available in each site. Support staff members will also coordinate all feeding, housing, and camp support activities. Support staff members will be ready and willing to assist at any time with problems that might arise.

Early Departures

Anyone—**youth or adult**—leaving their assigned encampment for other than a programmed activity must checkout at the camp headquarters at Camp Olmstead and check-in again upon return. Youth are not permitted to leave without direct adult or staff supervision. The camp sign-in/out book must be signed. A youth is not to leave for home without his contingent leader first clearing it with the Incident Commander and the youth's parents. Anyone arriving after the opening day of the week should immediately check-in at the Camp Office.

Off Limit Areas

For safety reasons certain areas of camp are OFF LIMITS. These include the area above the upstream bridge; the islands in Lake Merriweather; the dam; its spillway and the adjoining embankments; and the Family Beach (near Camp Olmsted).

- Persons using boats or canoes should stay away from the floating logs near the dam spillways.
- Short cutting through other camps and campsites is not allowed.
- Staff areas are off limits.
- All campers should be in their encampment areas by 9:30 p m.
- Fishing is not permitted off the dam, embankments (both sides), or the upstream bridge. Fishing is allowed at the family swimming area at Camp Olmsted but not at any camp's waterfront area.
- The caves and other campgrounds located north of the Goshen Scout Reservation on Route 601 are off limits to all camp staff, leaders, and campers. This is private property and any campers found trespassing will be subject to civil penalties subject to local civil officials.

2. STANDARDS OF CONDUCT

Boy Scouts of America Policy

Preventing child abuse has been adopted as a critical objective of the Boy Scouts of America. Guidelines for children and parents have been published in *Child Abuse, Let's Talk About It*, a booklet available both within Scouting and to the general public. Youth protection training must have been completed within two years of your arrival on site for all participants who will be 18 years of age and older at any time during the AC5 program period. Training is available at www.scouting.org.

The concerned assistance of every Scouter is essential to success. On the other hand, few of us have ever given much thought to the subject. The guidelines listed below are designed to protect Scouts against child abuse and Scouters against misinterpretation of their intentions. Anyone who has questions should consult with a Unit Commissioner, District Commissioner, or a District Executive. If faced with difficulty in complying with the guidelines, and no advice is available, use common sense and the principles of the Scout Oath and Scout Law.

Definition of Terms

Scouters is understood to mean all registered adult leaders at least 21 years of age.

Adult Leader is understood to mean all registered leaders at least 18 years of age, but not yet 21 years of age and unregistered adults at least 18 years of age, but not registered with the Boy Scouts of America.

Junior Leaders (including Venturing and Exploring Officers) is understood to mean persons under 21 years of age, not registered as a Scouter, and holding office in a unit.
Scout is understood to mean **all youth** members.

Guidelines for Scouters

Scouters must endeavor to protect Scouts from (1) physical abuse, which is understood to mean the sustaining of physical injury as the result of cruel and inhumane treatment or as the result of a malicious act and, (2) sexual abuse, *i.e.*, any act involving sexual molestation or exploitation of a Scout, by any person who has permanent or temporary care, custody or responsibility for the supervision of Scouts or a Scout.

Adults in camp, regardless of capacity, must understand their responsibilities and the limitations placed on their relationship with Scouts.

1. Scouters and Scouts never sleep in the same tent.
2. Scouters must always shower separately from Scouts.
3. Scouters, Adult Leaders, Junior Leaders and other activity leaders must not permit activities involving group nudity, such as skinny-dipping.
4. Scouters must avoid unnecessary contact with Scouts, such as placing hands on the legs and patting backsides.
5. Scouts must always have at least one tent mate.
6. In accordance with National Council policy, **a minimum of two Scouters** must be present during group activities.
7. Scouters must never tell off-color stories to boys. A Scouter, as well as a Scout, is clean in mind and body.
8. Scouters must hold conferences with Scouts in open settings, where they may be seen (but not heard, if discussion is confidential). Avoid rooms with closed doors, closed tents or other secluded locations.
9. If a Scout complains or comments about an experience he or she has had with an adult that may suggest physical abuse or sexual molestation or an invitation to molestation, take him or her seriously. Remember that the Scout is not likely to articulate his or her complaint in an adult manner. It may take the form of declining to associate with a particular leader for no apparent reason or abruptly leaving the unit.
10. A Scouter who observes another Scouter or Leader relate to a Scout in a manner that is not clearly objectionable, but which might be misconstrued as leading to child abuse, should warn the person so observed to avoid conduct that may be misunderstood.

Reporting Child Abuse

If you suspect that a Scout is a victim of child abuse, report this to the Incident Commander immediately. Virginia law requires that all childcare providers, including Scout leaders, must report any incidence of child abuse to child protective authorities. The Virginia State Child Abuse and Neglect hotline is 1-800-552-7096. All discussion, both at camp and over the hotline will be kept confidential.

ArrowCorps⁵ Policy on Smoking

ArrowCorps⁵ has been designated as a non-smoking event. All participants will be expected to refrain from smoking throughout the program period.

3. CAMP SERVICES

Your Camp Commissioner

Camp Commissioners are the main link between you and the camp support staff. They will be on site in their assigned camp every day and will be ready to hear your concerns, problems, or suggestions.

Camp Chaplain

A Camp Chaplain will be available in each camp. The Chaplains provide counseling, religious services, and visitation for the sick. They are there to be that "friendly ear" when personal problems arise. The Chaplains are also there to be fully approachable to all in camp who may have difficulties or questions. We all participants to approach the Chaplains when an emergency arises. The Chaplains are on twenty-four hour call. We also hope and expect all participants to practice the 12th point of the Scout Law. Arrangements will

be made for participants to have access to either an appropriate denominational service or to join in the non-denominational services offered by the Chaplains.

First Aid

Each camp will have a trained First Aider available. A 24-hour watch will also be maintained at the Medical Headquarters building at Camp Olmstead. A licensed physician will be available on site at all times throughout the period of our project. Each person should bring with them any required medication. A personal first aid kit is also highly recommended.

Campsite Inspection

Your commissioner will inspect your campsite once a day. Cleanliness, safety and sanitation will be the primary focus of these inspections.

Camp Quartermaster

Various tools and supplies, toilet paper, trash bags, etc., are available from the Quartermaster located at the camp service building. Equipment for projects may be borrowed.

Quartermaster hours will be posted at the service building.

Night Assistance

If problems arise during the night that you cannot handle alone, contact your Camp Commissioner. He/she can handle most problems or can get help. Their location is provided when you check-in at your camp. For FIRST AID help, the First Aid stations in each camp are staffed 24 hours a day. The staff member there may be asleep. Don't be afraid to wake him or her. In case of an emergency such as a fire, get all Scouts out of the area near the fire and go to the Administration Building in your camp area.

Valuables/Lost & Found

Neither the camp nor the Order of the Arrow and its leadership are responsible for personal items. All valuables, such as money, cameras, watches, etc. should be carefully secured. A lost and found locker will be maintained in the Administration Building of each camp. It is recommended that all items brought to camp are labeled with the Scout's name and unit number.

Camp Duty Rosters

[Will be provided on side]

Mail

Mail arrives at camp once a day. Outgoing mail is picked up once a day. Outgoing mail should be placed in the mailbox at the camp administration building by 12 noon. An adult leader may pick up incoming mail from the Administration Building in each camp 4 p.m. Stamps, envelopes, and postcards are available at the Trading Post. The use of either airmail or special delivery does not speed delivery to Goshen. Mail should be addressed as shown below.

Name _____
Camp _____
Goshen Scout Reservation
340 Millard Burke Memorial Highway
Goshen, VA. 24439

Showers

A schedule is posted for hot showers for Scouts and adults. Scouts should adhere to the showering schedule set by the Camp Commissioner. Per our youth protection policy, adults must ensure youth member privacy and may not be in the shower area while Scouts are showering. *Scouts and leaders never shower together.*

Pets

Absolutely No Pets may be brought to camp.

Camp Phones

In case of emergency, parents should call the main office at Camp Post.

The telephone number is (540) 997-5773

Parents may contact the camp, but should be advised that the nature of our work will have participants widely dispersed at any given point and it may take several hours for an individual to be reached and for them to return a phone call. The primary source of communication is mail. **Participants will be allowed to call home ONLY in case of emergency.** If a youth participant needs to make an emergency call, an adult leader must accompany the Scout (remember youth protection guideline requirements).

Recreation Program

An extensive recreation program will be operated in conjunction with our George Washington and Jefferson National Forest Arrow Corps⁵ project. The program will have two components: evening recreation and fellowship opportunities, and day-long recreation programs run throughout the week to provide participants one “day-off” during their Arrow Corps⁵ experience.

Daily Recreation: Daily recreation will be available in all camps. Included in the daily recreation options will be such activities as volleyball, horseshoes, Frisbee, board games, etc. In addition, a fellowship opportunity will be available every evening.

Day-Long Recreation Programs: Each participant will indicate a preference for one day-long recreation event during the week of our project. This will occur as part of the registration process. The specific day and activity each participant will experience will not be known until they arrive on site. The specific day-off will depend on the work crew to which each individual is assigned. While every effort will be made to provide each participant their preferred recreation program, space limitations may dictate that in some cases it may become necessary to schedule an individual for their alternative choice. The following program options are being provided:

- **Lake Activities** – An aquatic options program including swimming, canoeing, kayaking, sailing, fishing, and waterskiing. Participants choosing lake activities could take advantage of as many of these activities as they wish, which could range from relaxing to physically demanding. Swim checks will be required.
- **Hiking** – Choose a hike originating in the 4500-acre Goshen Scout Reservation. Each day’s hiking group will choose their hikes, based upon level of difficulty. At least one “guide” will accompany each group, and we can have several groups out each day if the demand is high.
- **Climbing** – Learn to climb or improve your climbing skills. The morning will be spent training and doing some low climbing, and the afternoon will be spent rock climbing.
- **Mountain Biking** – The Goshen Scout Reservation has plenty of mountain bike trails to explore. Participants will be able to spend an entire day biking with the degree of difficulty based upon skill levels. At least one “guide” will accompany each group.
- **Local Tour** – The local tourism office in Lexington will provide guides for tours of Lexington and the surrounding area. The morning will be spent in Lexington on a walking tour of the Virginia Military Institute, George C. Marshall Museum, Washington & Lee University, Lee Chapel and other historic sites. In the afternoon the group will travel by bus visiting attractions around the countryside such as Natural Bridge and Natural Bridge Caverns.
- **River Canoeing/Kayaking/Tubing** – Take a relaxing river trip by canoe, kayak or inner tube. No training is required for this trip since it will not involve white water.

- Whitewater Rafting – Take a rapid white water raft trip in the New River Gorge. Seats will be limited on this trip. A full day on the rapids with other Arrowmen from around the nation, guided by a local professional outfitter.
- Fly Fishing – Take a lesson and spend time practicing your fly fishing on one of Virginia’s trout rivers.

Swimming Requirements

All Scouts and adults must complete a swim check and will be classified as learner, beginner, or swimmer. These tests are those listed in the latest edition of *Guide to Safe Scouting*. These classifications must be renewed annually.

SWIMMER - Jump feet first into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes; sidestroke, breaststroke, trudgeon, or crawl. Then swim 25 yards using an easy, resting backstroke. The 100 yards must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating.

BEGINNER - Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to starting place.

LEARNER:- Any person who cannot meet either the swimmer or beginner requirements.

Participants with valid swim check cards from other BSA camps, may use them as proof of qualification at Goshen.

Safety Afloat and Safe Swim Defense

The complete BSA Safety Afloat and Safe Swim Defense policies from the *Guide to Safe Scouting* will be followed at camp. All leaders should become familiar with them. Copies will be furnished and reviewed at camp.

The most important aspects concerning Safety Afloat are qualified supervision, physical fitness and swimming ability. It is highly recommended that all adult and youth leaders become very familiar with all safety requirements given in the *Guide to Safe Scouting* before coming to summer camp. Safe Swim Defense and Safety Afloat training will be offered at camp.

Canoe and Boat Trips

Canoe trips on Lake Merriweather may be arranged through your Recreation Coordinator. Early morning trips with or without food are possible. Early morning rowboat fishing trips may likewise be arranged. Participants planning to go on boating trips must comply with the requirements for such activities as are given in *Guide to Safe Scouting*. Boating before sunrise and after sunset is prohibited.

Other Opportunities and Program Features

Climbing: A climbing tower is located at Camp Post. Scouts from all three Boy Scout camps will have the opportunity for recreational climbing or rappelling.

Hiking: Group hikes may be arranged. Goshen Scout Reservation and the adjoining State Game Lands contain many miles of trails with varying degrees of difficulty. A Geological Survey map, which may be purchased at the Trading Post, is a necessary Guide for the trails.

Trading Post

A trading post will be operated at each of the three camping areas within the Goshen Scout Reservation. A wide range of supplies, including toiletries, Scouting equipment, camp T-shirts, patches, ArrowCorp⁵ memorabilia, sodas, and snack food will be available. The trading post is open every morning and afternoon and on several evenings during the week. Bait for fishing as well as inexpensive fishing items are available.

4. FOOD SERVICE

Special Dietary Needs

Special dietary needs must be identified before coming to camp as part of each participants registration. DO NOT expect special need arrangements to be made on site. If you require special food that you must bring with you, arrangements can be made with the food service contractor to store these foods in coolers if required.

Meal Service

Meals will be served cafeteria style with participants responsible for bussing their own dishes to the scullery area when their meal is complete. Meal hours will be posted at each dining hall. Meal hours are strictly enforced. Participants are encouraged to eat as early as possible to avoid any last minute rush at the end of the meal hour.

Since cafeteria style will be used for serving, participants are individually responsible for grace in accordance with the personal religious beliefs.

5. HEALTH AND SAFETY

Firearms, Ammunition, Illegal Drugs, Alcoholic Beverages, and Fireworks

Boy Scouts of America policy states that all of these items are prohibited in Camp. If found in the possession of any participant, adult or youth, those involved will be dismissed from camp and reported to appropriate authorities. These items are also prohibited items on U.S. Forest Service land and could result in arrest and federal prosecution if in possession of an individual on federal property.

Other Restricted Items

Sheath knives longer than four (4) inches, aerosol bug sprays, archery arrows, and compound bows are not permitted in camp.

Chemical Fuels

The use of chemical fuels in lanterns and stoves is acceptable under the following conditions:

1. A knowledgeable adult must provide supervision over the storage, transport, and usage of the fuel.
2. The storage of liquid fuels must be in a safe and secure place approved by the Camp Commissioner
3. BY LAW,-- NO pressurized L.P. gas cylinders are allowed on buses.
4. BY LAW,-- NO liquid fuels (e.g., Coleman) are allowed on buses.

Personal Protective Equipment (PPE)

Skin Protection:

- **All Scouts and leaders are required to wear closed toed shoes at all times except when involved in waterfront activities.** Neither shower clogs nor sandals are acceptable for wear in camp as footwear, but may be worn while showering.
- Sturdy boots with good ankle support are required at work sites.
- Gloves will be required to be used during the work projects. These need to be brought with you.
- Insect repellent and sun protection also need to be brought with you.

Head, Ear and Eye Protection: While at the work sites all participants and staff are required to wear hard hat head protection, hearing conservation and protection devices, and eye protection devices (goggles and safety glasses). All these devices will be provided at the site. It is also recommended that you bring sun glasses to be worn during various activities where goggles are not required.

Medical Treatment

In the event that a participant requires first aid, you will find a first aider in the camp administration building at each camp. This service is available whenever AC5 staff or participants are in the individual camps. All first aid and minor medical problems must be handled there and not in your unit campsite. All first aid cases must be reported to the camp Medical Staff.

The project site's Medical Clinic and Headquarters will be open 24 hours a day to address anyone's needs. This office will be located in the Camp Post Health Center and a licensed physician or nurse will always be available.

If a participant requires medical treatment to the extent that he is admitted to either the Health Lodge or to an area hospital, the Medical Director will be responsible for notifying parents and remaining current of the patient's status.

If a participant has any special medical problems (diabetes, severe allergies, etc) or requires the use of prescription medications, such requirements must be noted on the participant's medical form and highlighted to the medical officer at check-in. Each participant should refer to the FORM C information sheet to see if his/her medical conditions may restrict them from participating at AC5. **Medical Waivers, as previously provided for NOAC activities WILL NOT be given for back country activities.**

Anyone with a history of allergic reactions to insect bites, plants, or other outdoor triggers needs to bring an epi-pen with them to this event.

Water

Water at base camps is tested regularly and is safe to drink. Spring water should not be consumed due to microorganisms from sources such as animals. If circumstances lead to a situation where spring water is the only source of water, it should be boiled for at least 15 minutes before use.

Tick Alert

There are more than 800 kinds of ticks. They are found in every part of the United States. They live on the blood of animals and humans. Some can make you sick. Hard ticks prefer woods, bushy areas and open spaces. Ticks don't hop and they don't fly. They crawl. When ticks bite, their curved teeth cling to the skin and they can hang on for days sucking blood. When their bodies are swollen to more than ten times their normal size, they may drop off.

The bite of a deer tick can transmit disease. The most common disease they transmit in the United States is Lyme disease. It occurs mostly in the Northeast, upper Middle West and Pacific Coast states. Another disease carried by ticks is Rocky Mountain spotted fever. Despite its name, it is most common in the Southeast and East Coast states.



Ticks are most active in the spring and summer, and they are found in all AC5 work and recreation areas. Here are some tips for reducing tick exposures and bites:

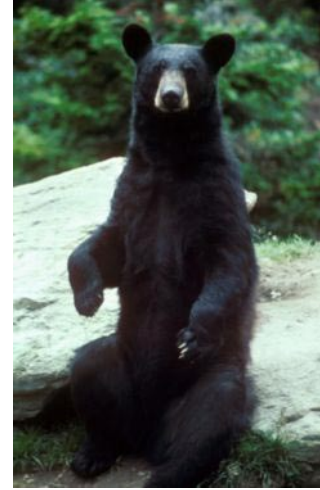
- Avoid wooded, bushy and grassy areas. If you do go into tick-infested areas, wear light-colored clothing to make it easier to see ticks. Wear long-sleeved shirts and long pants tucked into boots. You also can tape the bottoms of the pant legs to your socks.
- Two types of repellents fight ticks. You can apply DEET (available in such products as Cutter repellents and Deep Woods OFF!) onto your skin. The DEET content must be at least 25 to 30 percent to be effective. Even more effective is PERMETHRIN (available in Coulston's Permethrin Tick Repellent and Coulston's Duranon Tick Repellent). Spray it on clothes and shoes, not on your skin.
- Regularly check your clothes for ticks before you go into your tent and again after you remove your clothes.
- Not all ticks carry disease and most tick-borne diseases can be treated medically.
- If you find you have a tick bite, report to the Medical staff so they can remove it safely and monitor the site for infection or other complications.

Bear Alert

Black bears are present in the areas within which we will be working and camping. Black bears are shy and normally avoid humans unless you do something to attract them. The vast majority of bears are attracted because they smell food. With rare exceptions, bears, which have an exceptional sense of smell, will investigate potential food sources because they smell them first, often from miles away.

During the summer when bears are feeding on ripe berries and other fruit, yearling bears leave their mother's home ranges as the sows enter their breeding cycle in June. Both younger and older male bears wander widely during the breeding season from mid-June to mid-August and can cause problems. Here are some precautions that will minimize the likelihood you will attract a bear to your camping area:

- Bears are attracted to fruit trees and garbage sources. Avoid camping near fruit bearing trees. If fruit is on the ground in the vicinity of your campsite, remove it.
- Odors attract bears, so avoid carrying or cooking odorous foods. Keep a clean camp; do not cook or store food in your tent. All food, garbage, or other odorous items used for preparing or cooking food must be secured in designated areas.
- Never spray "bear spray" on your tent or surrounding area. In testing, bears were attracted to items sprayed with "bear spray".
- Treat all odorous products such as soap, deodorant, or other toiletries (especially toothpaste) in the same manner as food.
- Keep your sleeping gear clean and free of food odor. Don't sleep in the same clothes worn while cooking and eating; seal clothing worn while cooking and eating in plastic bags.
- If you are involved in a conflict with a bear, regardless of how minor, report it to a Camp Headquarters.



Snake Alert

Two poisonous snakes count the area within which we will be working as part of their natural habitat, Timber rattlesnakes and Copperheads:

Timber Rattlesnakes: The timber rattlesnake is a heavy-bodied snake with a broad head that is distinct from its narrow neck. The top of the head is unmarked and usually yellow to light gold in color. Adult timber rattlers average 35 to 50 inches in total length. They have a yellow, brown, rust-orange, or in rare cases gray ground color with black or dark brown crossbands extending along the back. There is a dark brown stripe behind each eye, and there may be a rust-colored middorsal stripe from the neck to the tail. The tail is short and thick, all black, and tipped with a tan rattle. Juvenile timber rattlers are marked like the adults.



During the summer, timber rattlers inhabit deciduous forests and open valleys. They are both diurnal (active during the day) and nocturnal (active after dark) in the summer. They are experts at climbing along rocky ledges and scaling steep bluffs, and are also able to swim. They typically crawl with the tip of their tail and rattle held perpendicular to the ground. They are primarily sedentary feeders, preferring to wait for prey to come to them. They often coil alongside fallen logs (natural travel corridors for small mammals) and wait for prey to come into range.

Timber rattlesnakes are not a major threat to humans and livestock. This snake has a secretive nature and prefers those areas that are mostly unused by humans. They prefer to remain quiet, relying on their cryptic coloration to go unnoticed. They often are reluctant to rattle, preferring not to call attention to themselves. This rattlesnake is notably docile unless provoked or unless going through a molting cycle, which impairs their vision. They can be defensive if disturbed and will bite.

Humans are the dominant predators of adult timber rattlesnakes, although raptors, turkeys, badgers, skunks and raccoons also prey on them. Death due to a rattlesnake bite is unlikely. Rattlesnakes can

control the injection of venom when biting; up to 60% of all poisonous snake bites to humans are "dry," containing no venom.

The timber rattlesnake was listed as a "Protected Wild Animal" in 1998. This designation makes it illegal to take or kill this species except under an immediate life-threatening situation involving human life or domestic animals. This species or its parts may not be possessed.

Copperhead: The Copperhead is the most common venomous snake found in the eastern US. It is also known by the name "Highland Moccasin." As a species, it belongs to the genus "*Agkistrodon*" which also includes the Cottonmouth, also known as the "Water Moccasin".

Copperheads are usually colorful and strikingly patterned snakes. They derive their name from the copper-like coloring of the head. The background color of the back and sides is tan to pinkish. There are darker, chestnut colored bands across the back and sides. Each band is of varying width, often described as hour-glass shaped. Newborn Copperheads are colored and patterned like adults, excepting the last inch of so of the tail which will be a bright, sulfur yellow color.



Adult Copperheads are usually in the range of 24 to 36 inches in length, although specimens of greater than 42 inches are not rare. They give live birth to young and eat small rodents, birds, lizards, snakes, amphibians, and insects.

Copperheads are venomous, pit vipers and account for more cases of venomous snake bites than any of our other species. Fortunately, their venom is the least toxic of our species. Bites from Copperheads are very seldom fatal; however, a bite may still produce serious consequences.

Copperheads can be found in most all habitats, although they often prefer to be near streams and other waterways. They may be found on hilltops or lowlands. It is not unusual for Copperheads to be found in forested or undeveloped areas within and near suburban developments. The Copperhead is one of the most successful of our larger snake species. It is usually not difficult to find a Copperhead crossing a road on a warm summer night. Because of their habit of freezing at the approach of danger, many are killed by vehicle traffic.

Copperheads prefer habitats with lots of vines, vegetation and/or debris. Their coloration and patterning is very effective for camouflage in dead leaves on the forest floor. Copperheads rely upon camouflage and cover for safety. When danger is perceived, Copperheads will usually freeze in place and remain motionless for the threat to pass. This strategy works well in their natural habitat. Unless a person steps on them, grasps them, or otherwise comes very, very close to them, Copperheads will not usually bite. However, the bite will be readily used as a last defense. An agitated Copperhead will vibrate its tail rapidly. The relative abundance of Copperheads and their occurrences near human habitations is the reason bites from Copperheads are at the top of venomous snake bite statistics in the eastern US.

If you should come across a rattlesnake, do not try to capture or disturb it. Admire the snake from a distance only. Remember, they are not aggressive. They will usually hide or keep quiet while you go by. Most are reluctant to rattle unless they are in a shedding cycle where their vision is impaired. Staying on the trail and wearing hiking boots can greatly reduce your chances of being bitten by a rattlesnake.

If you are bitten, staying calm can lessen the effects of the bite. Do not cut the skin or apply cold compresses. Do not attempt to suck the venom from the bite with your mouth. Leave the arm or leg lower than the rest of the body and apply a loose band around the limb. Make sure you can still feel the pulse in the hand or foot.

If not, then loosen the band until the pulse is easily felt. Keep the bite victim and those around him calm and transport the victim to medical care as soon as possible.

Do NOT attempt to capture or kill the snake

Spider Alert

As you would expect, spiders also share the forests of southern Virginia. Two species you should be alert to: the Black Widow and the Brown Recluse.

Black Widow:

Widow spiders (Genus *Latrodectus*) are the best known and largest of the Cobweb Weavers (Family *Therididae*). All widows are venomous, though not all can cause injury to humans. Black Widows comprise about six species and inhabit most of the warmer regions of the world to a latitude of about 45 degrees N. The female black widow spider, though it is the most venomous spider in North America, seldom causes death as it injects a very small amount of poison when it bites. Reports indicate human mortality at well less than 1% from black widow spider bites.

The female Black Widow is shiny black, usually with a reddish hourglass shape on the underside of her spherical abdomen. Her body is about .5 inches long, 1.5 inches when the legs are spread. Adult males are harmless to humans, about half the female's size, with smaller bodies, and longer legs and usually have



yellow and red bands and spots over the back as do the immature stages.

Newly hatched spiderlings are predominately white or yellowish-white, gradually acquiring more black and varying amounts of red and white with each molt. Juveniles of both sexes resemble the male and are harmless to humans.

Both Western and Eastern Black Widows spin webs that lack shape and form. Their webs are erratic in appearance, and the silk is stronger than almost all other arachnids. The black widow spider is shy and nocturnal in habit, usually staying hidden in her web, hanging belly upward. Although not aggressive, she may rush out and bite when her web is disturbed or when accidentally trapped in clothing or shoes.

Black widows habitat centers on the underside of ledges, rocks, plants and debris, wherever a web can be strung. Cold weather and drought may drive these spiders into buildings.

Be very careful when working around areas where black widow spiders may be established. Take proper precautions - wear gloves and pay attention to where you are working. The reaction to a Black Widow bite can be painful. The victim should go to the doctor immediately for treatment.

To control the black widow, carefully remove all materials where they might hide. They can be cleaned out of an area simply by knocking down the webs, spiders, and round, tan egg sacs with a stick and crushing them underfoot. Removal or destruction of the egg sacs may help control the population. This spider is resistant to many insecticides

The venom of the female black widow spider is 15 times as toxic as the venom of the Prairie Rattlesnake. Only a minute amount of the toxin is injected in a single bite by the spider however, so they are rarely fatal. The bite itself is often not painful and may go unnoticed. But the poison injected by the Black Widow bite can cause abdominal pain similar to appendicitis as well as pain to muscles or the soles of the feet. Other symptoms include alternating salivation and dry-mouth, paralysis of the diaphragm, profuse sweating and swollen eyelids.

If you are bitten, staying calm can lessen the effects of the bite. Do not cut the skin or apply cold

compresses. Do not attempt to suck the venom from the bite with your mouth. Leave the arm or leg lower than the rest of the body and apply a loose band around the limb. Make sure you can still feel the pulse in the hand or foot. If not, then loosen the band until the pulse is easily felt. Keep the bite victim and those around him calm and transport to medical care as soon as possible.

Brown Recluse:

The brown recluse belongs to a group of spiders that is officially known as the "recluse spiders" in the genus *Loxosceles* (pronounced lox-sos-a-leez). These spiders are also commonly referred to as "fiddleback" spiders or "violin" spiders because of the violin-shaped marking on the top surface of the cephalothorax (fused head and thorax). However, this feature can be very faint depending on the species of recluse spider, particularly those in the southwestern U.S., or how recently the spider has molted.

The common name, brown recluse spider, pertains to only one species, *Loxosceles reclusa*. The name refers to its color and habits. It is a reclusive creature that seeks and prefers seclusion.

In the mature brown recluse spider as well as some other species of recluse spiders, the dark violin marking is well defined, with the neck of the violin pointing toward the bulbous abdomen. The abdomen is uniformly colored, although the coloration can range from light tan to dark brown, and is covered with numerous fine hairs that provide a velvety appearance. The long, thin, brown legs also are covered with fine hairs, but not spines. Adult brown recluse spiders have a leg span about the size of a quarter. Their body is about 3/8 inches long and about 3/16 inches wide. Males are slightly smaller in body length than females, but males have proportionally longer legs. Both sexes are venomous. The immature stages closely resemble the adults except for size and a slightly lighter color. Whereas most spiders have eight eyes, recluse spiders have six eyes.



not actual size

Recluse spiders have six eyes that are arranged in pairs.

The brown recluse spider spins a loose, irregular web of very sticky, off-white to grayish threads. This web serves as the spider's daytime retreat, and it often is constructed in an undisturbed corner. This spider roams at night searching for insect prey. Recent research at the University of Kansas indicates that the brown recluse spider is largely a scavenger, preferring dead insects. Mature males also roam in search of females.

Brown recluse spiders generally occupy dark, undisturbed sites, and they can occur indoors or outdoors. In favorable habitats, their populations are usually dense. They thrive in human-altered environments. Indoors, they may be found in attics, basements, crawl spaces, cellars, closets, and ductwork or registers. They may seek shelter in storage boxes, shoes, clothing, folded linens, and behind furniture. They also may be found in outbuildings such as barns, storage sheds, and garages. Outdoors, brown recluse spiders may be found underneath logs, loose stones in rock piles, and stacks of lumber.

The brown recluse spider is not aggressive, and it normally bites only when crushed, handled or disturbed. Some people have been bitten in bed after inadvertently rolling over onto the spider. Others have been bitten after accidentally touching the spider when cleaning storage areas. Some bites occur when people put on seldom used clothing or shoes inhabited by a brown recluse.

The following precautions should be observed when working in areas where spiders are likely:

- Shake out clothing and shoes before getting dressed.
- Inspect bedding and towels before use.
- Wear gloves when handling firewood, lumber, and rocks (be sure to inspect the gloves for spiders before putting them on).
- Exercise care when handling cardboard boxes (recluse spiders often are found in the space under folded cardboard flaps).

The physical reaction to a brown recluse spider bite depends on the amount of venom injected and an individual's sensitivity to it. Some people are unaffected by a bite, whereas others experience immediate or delayed effects as the venom kills the tissues (necrosis) at the site of the bite. Many brown recluse bites cause just a little red mark that heals without event. The vast majority of brown recluse bites heal without severe scarring (<http://spiders.ucr.edu/avoidbites.html>).

Initially, the bite may feel like a pinprick or go unnoticed. Some may not be aware of the bite for 2 to 8 hours. Others feel a stinging sensation followed by intense pain. Infrequently, some victims experience general systemic reactions that may include restlessness, generalized itching, fever, chills, nausea, vomiting, or shock. A small white blister usually initially rises at the bite site surrounded by a swollen area.

If someone suspects that they may have been bitten by a brown recluse or another spider, seek immediate medical attention. Keep the area clean and dry. Remain calm and DO NOT attempt to cut or puncture the blister or sore.

Bee Alert

Bees share the forests within which we will be working. The normal reaction to a bee sting is a bit of temporary pain at the location of the sting, some itching and some swelling.

Bee stings are harmless for most people. Unlike hornets and wasps, bees usually leave a visible stinger in the wound that should be removed by brushing or scraping it off as soon as possible to minimize the amount of venom received. Removing the stinger as quickly as possible reduces the amount of the venom injected and reduces the effects. Do not use tweezers or your fingers to pinch the stinger. It should be scraped off or just brushed off with a piece of paper or cloth, speed is the most important factor in minimizing the effects of a sting.

It is important to stay calm. Most of the ill effects from normal stinging incidents come from panic in the person being stung and bystanders. Panic and anxiety multiplies the pain, and can result in serious secondary accidents. Panic by the person stung or those around him/her can produce a systemic reaction in itself.

The actual puncture point where the stinger penetrated the skin sometimes festers a little bit and a small pimple on the site is not unusual. This clears up by itself and is normally no cause for concern.

Individuals with allergies to bee stings must make clear the degree of their allergy in the medical form reviewed by their physician and brought to camp. In severe cases, allergies can be so severe that a bee sting can be life threatening. If any participant suspects they are witnessing a crisis situation resulting from a bee sting, no time should be wasted. Call 9-1-1 and get to the nearest medical treatment facility as quickly as possible. Although most such scares are false alarms, if there is a real anaphylactic reaction, death can occur in a matter of minutes. **Reactions that are cause for concern** and for which *immediate* medical assistance should be sought are any that:

- Cause difficulty breathing, either due to a systemic reaction or swelling of the airways;
- Where the reaction to the sting occurs elsewhere on the body than at the sting site; or
- Any which cause nausea or general feelings of illness.

Poison ivy

Poison ivy is one of many plants that produce a resin called an *urushiol* that can cause an allergic rash. This condition can be quite unpleasant, but does not pose serious health risks. Prevention is better than treatment, but it's often hard to achieve. More than half the population can react to the poison ivy resin if they are exposed to it.

The poison ivy rash usually starts one or two days after exposure, though the delay between contact and onset can be longer, up to several days. This may lead to confusion over where exposure took place. The first signs of the rash are curved lines of red, itchy bumps or blisters. These continue to appear for many days, depending on how much resin touched the skin at a given point. This makes it seem as though the rash is

"spreading," although the fluid in blisters is just part of the allergic reaction and contains no chemicals or bacteria. It also makes it appear that there may still be poison ivy in clothes and on pets. Although this is theoretically possible, repeated washing of these often produces no improvement.





Although it is often recommended that people learn to recognize the poison ivy plant ("Leaves of three, leave them be"), in practice, this is hard to do, since poison ivy and its relatives are often mixed in with other vegetation and not noticed until after the rash has begun. Keeping the skin covered in situations when exposure is hard to avoid is the best way to prevent exposure to poison ivy. Some commercial preparations such as "Ivy Block" may help to reduce or limit the reaction to Poison Ivy.



If exposed to Poison Ivy, the immediate treatment is to wash the affected areas with warm soapy water. Once that is completed, report to the Medical Staff so they may examine the area and address any further needs or concerns.

Heat conditions

Although less likely in Southern Virginia during the month in which we will be working, there is always a possibility of high heat conditions that require special precautions. We will be using the heat condition flag system used by federal activities throughout the execution of our project. The appropriate flag will be flown at all camp. Changes in conditions that occur during the day will be communicated to work crews through our communication system.

-  **Green Flag (WBGTI of 80 to 84.9 degrees F):** Heavy exercises, for unacclimatized personnel, will be conducted with caution and under constant supervision.
-  **Yellow Flag (WBGTI of 85 to 87.9 degrees F):** Strenuous exercises or physical labor will be curtailed for unacclimatized, newly assigned Marines and Civilian Marines in their first 3 weeks. Avoid outdoor classes or work in the sun.
-  **Red Flag (WBGTI of 88 to 89 degrees F):** All PT or very strenuous work will be curtailed for those not thoroughly acclimatized by at least 3 weeks. Personnel not thoroughly acclimatized may carry on limited activity not to exceed 6 hours per day.
-  **Black Flag (WBGTI of 90 and above degrees F):** All nonessential physical activity will be halted.

Note: WBGTI – Wet Globe Bulb Temperature Index

Lightening storms

Summer is the time for lightening storms and such storms are possible during the period when we will be working. During a lightening storm you should always seek shelter indoors. If you are in a car, stay in it. If you are outside during a storm, squat down in the lowest area you can find. Never stand under a tree during a lightening storm.

Open water, mountains, the crest of ridges, the bases of tall or solitary trees, and large meadows can be hazardous places during lightning storms. Plan to be off peaks and other exposed locations before afternoon when thunderstorms are more prevalent. If you are caught in a dangerous area quickly move ashore or descend to a lower elevation, ideally away from the direction of the storm. A dense forest located in a depression offers the greatest protection. Stay clear of shallow caves and overhanging cliffs – ground current may travel across them. Avoid bodies of water and metal fences, too, and anything else that may conduct electricity. In a tent, stay as far as you can from metal tent poles.

If a lightning storm catches your group in the open, spread out so that people are at least 30 feet from one another. Further minimize your risk by crouching low with only one sole of your shoe touching the ground. You can also use your sleeping pad for insulation by folding and crouching upon it.

Fire procedures

In camp: When a fire is discovered in camp, everyone in the area must move immediately to their camp's respective parade field. The leaders should tell the very first staff member they find about the fire. The staff member will sound the fire alarm and get word to the Command Center. When the group that discovered the fire arrives at the parade field, the leader will immediately tell the details of the fire to the Camp Commissioner.

In the event of a night fire or if no staff member is found on the way to the parade field, the leaders involved will go directly to the respective camp's first aid room and notify the staff member on duty about the fire.

If a staff member discovers a fire, that staff member will go directly to the first aid room and sound the fire alarm, then give details of the fire to the Camp Commissioner. If more than one staff member finds the fire, only one need go to the administration building. The others stay to monitor and control the fire.

Upon hearing the fire alarm, all persons in camp (except any staff members that are monitoring the fire) will report to the parade field. All areas and activities close immediately. Anyone having a campfire in his site at the time must extinguish it before leaving the site. Do not try to bring along any personal gear. Shoes must be worn. The Camp Commissioner will take attendance to be sure that all Scouts and leaders are present. Staff will go out with fire equipment and as runners to program areas and campsites as needed.

If any fire fighting needs to be done, it is by STAFF MEMBERS ONLY. The Camp Commissioner (or the next person in charge if he is out of camp) will stay in contact with the Command Center to report progress and request augmentation of staffs from other camps. The Command Center is responsible for notifying the Camp Director and for calling in appropriate fire fighting equipment.

At work sites on the trail: When a fire is discovered on the trail, all squads affected will immediately assemble their squad, ensuring all personnel are accounted for, and move to the nearest USFS service road. Once at the service road, squad leaders will report to the I-Corp their status and details of the fire they observed. The I-Corp leaders will then report to the Section Chief. The Section Chief will inform the Command Center of conditions and receive evacuation instructions. If at any point, a staff member attempting to follow these notification instructions is unable to reach the individual they are attempting to contact, they should contact the Command Center and inform the Duty Officer of their location and the conditions they observed.

Should a fire be in the immediate vicinity, the safety of crew members is the paramount concern. Follow the instructions below for wildfires. Once the fire passes, the senior staff member present should report the condition of their squad or crew to the Command Center, offering immediate aid to any member of his squad requiring assistance, access the conditions and recommend the next course of action, (e.g. order emergency vehicles, crew evacuations, or return to project site)

The I-Corp will provide a verbal report on site to the chain of command and upon return to base camp a written report to the Operations Section Chief, who will then forward the report to the Command Center.

Should the Section chief order an evacuation, ground transportation will be coordinated by the Logistics Section to transport the crew safely to their respective muster location. Prior to boarding squad leaders need to again account for their respective squads and report their findings to their I-Corp leadership.

Wildfires:

Despite the fact the risk of getting caught in a wildfire is very slim, knowing what to do can make the difference between life, and death. Here are some personal pointers:

Have a good plan and be aware of your situation. If you're hiking, camping, or backpacking in an area that has a high fire risk or wildfires burning in the area, be aware of the situation. Have multiple routes planned with a variety of exits. Don't intentionally put yourself in harms way. Be sure to use trailhead registers and stick to your route. This is critical in the event authorities search for you or have to evacuate you.

Follow the rules. Although this is nothing more than common sense, this is often overlooked with tragic consequences. If an area is closed to camping or hiking than change your plans. If there is a burn ban in effect than only use a controlled source of flame like a stove. In extreme cases all sources of flame, controlled and uncontrolled may be banned.

Look for warning signs and have a plan If you smell or see smoke during the day, or a red/orange glow on the horizon at night a fire is nearby. Remember that fire travels faster uphill so try to move downhill and in the opposite direction of the wind. If you hear cracking or see sparks in the air a wildfire could be less than a mile away and you may be at extreme risk.

If you are actually caught in a fire, remember you will never outrun a wildfire, period. Your biggest risk of injury and death is not from the flames, but from superheated air, which can sear your lungs.

- Get to a fire-proof place if at all possible:
 - First choice, get into water: swimming pool, pond, river, swamp. If there is a larger body of water like a pond or lake, swimming out to the middle and treading water is also effective. If you're on a paddling trip, getting under your canoe and getting into the river can shield you from the heat and provide you with a pocket of cool air to breathe.
 - Second choice, lie flat near rock or concrete: an outcropping, patio, or wall.
 - If a road is nearby, lie face down along the road cut or in the ditch on the uphill side.
 - If hiking in the back country, seek a depression with sparse fuel. Clear fuel away from the area while the fire is approaching and then lie face down in the depression and cover yourself. Stay down until after the fire passes!
 - If all else fails find the largest opening you can. Your odds will improve if you can find a pocket of cool air to breath and can be shielded from burning debris. Sand bars, gravel washes and rocky areas can offer some protection.
- Cover head and upper body with wet clothing or soil.
- Breathe air close to ground through a wet cloth (if possible) to prevent smoke inhalation.

Remove synthetic clothing Wool offers the best protection against the flames and heat. Synthetics can melt at relatively low temperatures resulting in severe injury. If your choices are wearing no clothing or synthetic, keep the clothing on, as it will offer some protection from mild heat. Never cover yourself in a synthetic poncho to create an air pocket or to protect yourself from the heat. Wrapping your face with a wet cloth can help you breath. Every effort should be made to protect your feet, lungs, and eyes.

Don't panic. Always remember that heat rises. If you get up to run you can breathe in superheated air and cause severe injury to yourself. People who have been trapped in wildfires describe the roaring sound, intense heat, and difficulty to breath. You must fight your natural urge to run. As the wall of flames passes over the entire time you're in the wildfire typically ranges from just 30 to 60 seconds.

After the fire passes, remember danger still lurks. Even though the flames have past, the danger is not over. Burned trees and snags can fall easily. Debris on the ground can still be white hot, and logs can split sending embers, sparks, and burning sap into the air. Travel through a recently burned area very carefully.

Notify the authorities. If you had become trapped in a wildfire and hike out, notify the authorities immediately. Trailhead registers can be burned and records lost. If you simply go home people may risk their lives looking for you in the fire area.

Report fires immediately. Yes, there can be severe consequences for starting a wildfire, even if by accident. However you should consider it your duty to report any wildfire you see or start. Early intervention can

prevent major disasters.

Emergency Evacuation

In the unlikely event that conditions become so severe that a mass evacuation becomes necessary (e.g., severe weather conditions or forest fires), emergency evacuation centers have been established at the following sites:

Douthat State Park Office (near Goshen)

Charles A. Conner, Park Manager
14239 Douthat State Park Road
Millboro, VA 24460
540-862-8100 Fax 540-862-8104

U.S. National Guard Armory (near James River District)

Dabney S. Lancaster Community College
Clifton Forge, VA 24422
SGT. 1st Class Robert Hanger
Capt. Scott
540-463-3999 (Lexington, VA)
540-862-2506 (Clifton Forge, VA)
95 Hines Lane
Lexington, VA 24450

Covington High School (near James River District)

Principal Ruth Fuhrman
530 S Lexington Ave
Covington, VA 24426
540-965-1410

Bath Co. High School (near Warm Springs)

Principal Peter Pitrad
464 Charger Lane
Hot Springs, VA 24445
540-839-2431

In the event an emergency evacuation is directed by the Incident Commander, the Command Center will contact and confirm the accessibility of the above sites and direct personnel to the closest site to their respective location through the Operations Chief, Camp Commissioners and the Recreation Director. Camp Commissioners will sound the alarm in their respective camp area to assemble Scouts and Scouters on their parade field where directions will be provided. The Operations Section Chief will communicate instructions to any work crews on the trail to assemble at their nearest USFS service road. The Operations Chief, Recreation Director and Camp Commissioners are responsible for ensuring all personnel under their responsibility are accounted for prior to releasing them for transportation to their respective evacuation center. Transportation will be coordinated by the Logistics Section.

Road Safety

Participants should avoid hiking along roads except to cross the dam and the bridge at the upper end of the lake, where there is no alternative. The camp beltway is not only dusty and boring to hike, but also contains blind corners where backpackers are in danger from moving vehicles.

6. TRANSPORTATION

Transportation by Bus

Airport shuttle: Roanoke airport has been designated as our official destination for those traveling by air. A

shuttle service will be available beginning Friday June 20th. You should plan to arrive at the airport no later than 4:00pm and plan your airport departure no later than noon on Saturday June 28th, 2008. A small fee will be required for this service. Upon arriving at the airport go to baggage claim area and look for a uniformed arrowman. Look for further updates regarding fees.

Detailed instructions on shuttle service will be posted on the Arrow Corps 5 web page

Parking in Camp

Individuals arriving at Goshen in privately owned vehicles may proceed to registration in their vehicles. Once registered, they may move their gear to their assigned campsite in their vehicles. Once their gear has been unloaded, their vehicles must be immediately relocated to the designated dead storage parking lot. Private vehicles are to remain in dead storage throughout the entire period of the AC5 project.

Registration and Check-in

Upon arrival at Goshen Scout Reservation, participants will be directed to the check-in area. Temporary parking will be available at the check-in area. Check-in will include verification of fee payment and medical re-screening of all participants. Participants should have their medical forms readily accessible during check-in. During check-in you will be assigned to housing and work crews.

Once initial registration is complete, those without private vehicles will be bused to your camping area. REMEMBER: You carry all personal gear with you to your camp sites.

Once at your campsite you will check-in with your camp commissioner and move your gear to your tent. The camp commissioner will provide a brief orientation to your campsite and review emergency procedures.

Those with vehicles will then move their vehicles to dead storage where they will remain throughout the program period.

Final Inspection and Checkout

Your last evening, everyone should begin packing up his or her gear. Everything should be packed that night except for sleeping bags and clothes needed for Saturday. A commissioner staff member will go to each site with an inspection form for the purposes of checking tents, equipment and campsite cleanliness. Sites must be clean before checkout.

RECOMMENDED INDIVIDUAL SUPPORT CLOTHING/EQUIPMENT

Recommended items:

Pack (with frame & hip belt)	Pack cover, water proof (or plastic bag)
Sleeping bag	Individual tent & ground cloth OR
Water bottle (2)	Backpacking tent (required at worksite)
Foam or Thermarest pad	Fanny pack
Light weight pair of shoes	Working/hiking boots (broken in)
Work socks	Windbreaker, jacket or fleece
Scout uniform shirt	Cap, baseball type
Scout shorts or trousers	Trousers, long (required at worksite)
Scout socks and belt	Shirt, long sleeve (required at worksite)
Scout T-shirt	Rain suit or poncho
Underwear for the week	Work gloves (required at worksite)
Swim suit	OA Sash
Flashlight and batteries	Plastic bags (Ziplock) for clothes in pack
Cup, plastic	Insect repellent & Sun screen (non-aerosol)
Bath towel/hand towel	Soap (bio-degradable liquid preferred)
Pencil/pen/notepad	Spending money
Personal medications	Watch
Tooth brush & paste	Chap stick
Toilet paper, partial roll	First aid kit, minor (moleskin, band aids, bee sting)
Physical/medical form (REQUIRED FOR PARTICIPATION – NO EXCEPTIONS)	

Other items to consider:

Camera, film and batteries	Foot powder
Sun glasses	Pillow
Hydration pack	Comb or small plastic brush
Small mirror	

Note:

(1) Cell phones should be left at home

(2) Axes, hatchets, sheath knives, matches, electronic toys, TV, radios, footlockers, expensive watches or jewelry, and other things you do not want to lose should be left at home as well.

CODE OF CONDUCT

***ARROWCORPS*⁵**

The general welfare of any group depends on the conduct of each individual member. This will ensure the success of the *ArrowCorps*⁵ program and provide maximum benefit to every participant. As an Arrowman, I understand this and support the reasonable demands of conduct expected of me.

As a member of the Order of the Arrow, I will:

1. Observe the Scout Oath, Scout Law, Order of the Arrow Obligation and strive to live live the Boy Scout Outdoor Code.
2. Attend all planned training and general sessions.
3. Respect those in leadership positions.
4. Wear my official BSA uniform or work clothes as required.
5. Respect all safety procedures and learn to use equipment properly.
6. Be personally responsible for breakage, damage, or loss of property.
7. Observe quiet hours.
8. Keep my quarters clean and orderly and dispose of trash in proper receptacle.
9. Have no contact (use or possession) with illegal drugs, including marijuana, and understand that the purchase, possession or consumption of illegal drugs will result in immediate dismissal.
10. Refrain from using or being under the influence of alcoholic beverages on *ArrowCorps*⁵ project sites or in uniform anywhere; refrain from drinking and driving, and will not assist or encourage any staff or participant to obtain alcoholic beverages.
11. Comply with all federal, state and city laws, including those that prohibit the use of fireworks, firearms, and gambling. Infractions of these laws will be cause for immediate dismissal.
12. Follow the BSA's policy on smoking and observe all host facility and local NO-SMOKING restrictions.
13. Confine trading and swapping to free periods and designated areas.
14. Not be authorized to sell items on *ArrowCorps*⁵ project site(s). I understand that the official trading post is the only source for purchasing items at the project site.
15. At all times, be the considerate guest of the United States Forest Service and project site host.