

# PARENT GUIDE

SUMMER CAMP 2013



## Table of Contents

Dear parent,.....	3
Leadership Team.....	4
PHONE LIST.....	4
MONEY.....	5
VISTORS.....	5
CAMPING.....	6
MAIL CALL.....	7
NEW EMAIL SERVICE.....	7
PACKING LIST.....	7
RESOURCES FOR SUCCESSFUL MERIT BADGE COMPLETION.....	9
PLANNING THE MERIT BADGE SESSIONS.....	10
ACTIVITY SESSIONS.....	10
ATV Activity    Brand new for 2013!.....	10
Session Schedules.....	11
Camp Alexander Merit Badge Pre-Requisites & Cost.....	12
MEDICATION LOG FORM.....	16

**Dear parent,**

Thank you for registering your son to attend Summer Camp with Troop 287 at Camp Alexander! We are very excited about Summer Camp.

Camp Alexander and our troop leadership want you and your son to be the best prepared for this adventure. We have compiled this Parent Guide to address the many questions you may have regarding the summer week. Please read through this guide with your son to learn how you two can be best prepared!

Summer Camp is a great way for scouts to earn badges that are too involved for troop meetings and weekend campouts. Camp Alexander is a great camp and Troop 287 had an overall great experience last year. Many troops from Texas travel 12+ hours to attend summer camp at Camp Alexander and we are very fortunate that it is only 45 minutes away. This guide provides an overview but we are sure there will be questions not answered. Please let me or Mr. Swanson know if you have any questions not answered by this guide.

-Will North  
northcscs@msn.com

### **MISSION**

Camp Alexander will provide a unique and steadily expanding Colorado “Mountain-Top Experience” emphasizing life skills and instilling Scouting values in Scouts, adult volunteers, and others throughout the Pikes Peak region and surrounding communities.

### **PROGRAM PHILOSOPHY**

Boys should not be overburdened with work. Encouragement should be given to each Scout to have at least one merit badge period “off” each day, which will maximize enjoyment and minimize fatigue.

Merit badge sessions at Camp Alexander are designed to be only part of the Scout’s day. Additionally, our program areas offer free/open time activities and special events throughout the week.

## Leadership Team

Camp Alexander has assembled a great team:



**Joe Brandon**

Has worked in camp leadership for over 10yrs and will be leading the 2013 Summer Team.

**John Bowerman**

AKA "Clutch"

Has delivered coffee to the adults every morning at 5am for the last 3 years!



**Jake Webb**

AKA "Faceplant"

Starts his first year as the Program Director and is sure to bring your scouts some great fun!



**John Nixon**

AKA "President Nixon"

Is known for his handy work as the Camp Ranger. He tackles all the maintenance needs for the scouts.

## PHONE LIST

Emergency Phone numbers at Camp Alexander:

Camp Alexander 719.748.3254

After Hours Emergency, Health Lodge 719.748.1383

## Troop 287 Summer Camp Leaders

Assistant Scoutmaster: Will North

Phone: 719-322-1934

Email: [northcscs@msn.com](mailto:northcscs@msn.com)

Assistant Scoutmaster: Chris Swanson

Phone: 719-963-5645

Email: [swanie@swanie.net](mailto:swanie@swanie.net)

SOMETHING TO REMEMBER - Please have any medicines that your Scout needs in a Zip-lock bag with your Scout's name neatly printed on it. Other than items like inhalers and Epi-Pens, which may be carried on the Scout/Adult, all other medicines, herbals and vitamins MUST be turned in to the Health Personnel at Camp A. All prescription (and over the counter) medicines must be in their original containers with the Scout's name, dosages and times clearly marked.

### MONEY

Money – Camp operates a fully stocked Trading Post store. Scouts can buy things such as Camp A gear, batteries, and some snacks/beverages. The store also has those frequently forgotten items such as; toothbrush, batteries, and snacks. They also stock all supplies needed to complete merit badges at camp. The first day we will take your scout to the trading post to purchase merit badge related items only. Camp A has suggested amount to cover your scouts cost as \$53.

Troop 287 charges our boys an extra \$5 per scout to provide an evening snack and additions to the camp cooked meals on Wednesday.

In addition you can purchase Camp Care Packages for your scout while he is at camp. These great packages have tasty treats and clothing to let your son know your thinking about him. The Birthday package is a great way to wish him a Happy day from afar. You might also like to treat the troop to an Ice Cream social, hint, hint, nudge, nudge. This package will provide us with a sweet evening treat. These packages can be found at [www.pikespeakbsa.org/Camping/CampAlexander/CarePackages/](http://www.pikespeakbsa.org/Camping/CampAlexander/CarePackages/)

### VISTORS

One of the highlights at Camp Alexander is Friday Family Night. Friends and family are welcome to join in the fun and spirit, Friday afternoon as the Scouts participate in Camp wide events. At 5:15 PM the camp will have its final assembly, with Scouts dressed in full field uniform. Awards and rank recognition's will be presented at this time. Be sure to have cameras ready to capture the great moments.

Friday evening meal tickets are on sale at the Business Office and must be purchased prior to dining. There is no charge for the Scouts and leaders in attendance at camp during the week as the cost is already included in the camp fee. The closing campfire, performed by the Scouts, will begin at approximately 7:45 PM and should conclude by 9:30 PM. Guests will be required to park in the lower lot and make the 10 minute walk to the main camp.

Any parents wishing to pick up their child and leave after the campfire MUST checkout through the Scoutmaster and the camp office. Campers will only be released by the Scoutmaster to their parent/guardian or to a pre-approved person that is specified in writing by the parent or guardian. ***Troop 287 Parents are strongly discouraged from checking out a scout after the Friday Campfire. We still need to break down camp and check out the next morning and it is unfair to the rest of the troop for a scout to leave early.***

Thank you for not bringing the family pets to camp - pets are NOT welcome! Parents and friends bringing their own evening meal to camp are asked not to eat in the dining hall due to space limitations.

You can also visit through-out the week by checking in at the main office. A summer team member will be happy to direct you to your son's campsite. All overnight guests must be Registered Scouters and have a BSA Health and Medical Record completed and on file with the Troop and Health Lodge. Overnight stays are welcome with troop leadership approval. Cost is \$52 per day.

#### INDIVIDUAL VISITOR MEALS

Visitors may purchase individual meals at the Camp Office.

Breakfast—\$5.00 Lunch—\$6.00 Dinner—\$7.00

Family Night Dinner—\$7.00 for 7+ years and \$5.00 for under 7

#### CAMPING

Tents – NO Tents are required for Scouts. All Scouts MUST Sleep in a Camp A provided Tent - a Colorado State Law. Camp A Tents sleep three Scouts and are 12' wide, 8' deep and have plywood floors. They are relatively water and wind proof. Cots and footlockers are highly recommended (see below). If tents are available, adults may sleep in Camp A provided tents with other Adults or, in personal tents inside the campsite area. Up to four, 2-3 person tents are authorized in campsites for Adults only.

#### Recommended Items:

Both a Cot and Sleeping Bag are both highly recommended.

Footlocker – While not required, it is highly recommended. Wal-Mart and or other stores sell black plastic footlockers (\$16-\$18.00). They have several advantages: they keep items in one place, are easy to move into and out of camp on move days, keep items dry, free from unwanted "critters" and they have the ability to be locked. Troop 287 also recommends scouts bring a folding camp chair. Picnic tables are available in camp for seating but it is nice to have your own spot to park around a campfire or in your tent, etc.

#### **Prohibited Items:**

Rifles, Shotguns, Ammunition, Archery Equipment

(Camp Alexander provides all this equipment.)

Knives with blades longer than six inches

Fireworks of any type.

Tobacco Products, Alcohol or Illegal drugs of any type

Damages to Camp A Property – In the past we have had damages to Camp Property that had to be addressed. Some of these damages are from inadvertent actions (fishing pole poking a hole in a tent is the most common). Sadly, some of these damages are the result of willful misconduct by the Scout. This type of conduct will not be tolerated and the Scout will be required to pay for the damages.

Discipline/Removal from Camp – If, in the opinion of the Camp Staff and/or the Troop Adult leadership at Camp, Scout or Scouts are disruptive the point of distracting from our primary mission of leading the other 40+ Scouts, we reserve the right to call the parent(s) and have the Scout depart camp. We do not take this action lightly. If this occurs, there will not be a refund of any monies for "unused portions" of the Camp Week.

## MAIL CALL

Every scout loves getting mail while they are at Camp. Here is what you need to know to ensure he gets those wonderful treats.

### **Letters (US Postal Service)**

Scout Name and Troop #287  
Campsite: Kiowa  
Camp Alexander, BSA  
Post Office Box 450  
Lake George, CO 80827-0450

### **Parcels/Packages/FEDEX etc**

Scout Name and Troop #287  
Campsite: Kiowa  
Camp Alexander, BSA  
2182 County Road 96  
Lake George, CO 80827-0450

Tip – Some parents start to mail a postcard a day the week prior to Camp. If addressed as above - Camp A will hold them for the Unit/Scout - this way your Scout gets a postcard on the first night/day (Sunday/Monday) - which is pretty neat.

## NEW EMAIL SERVICE

Just want to drop your scout a quick note? You can email the camp directly and the camp will post the email in the troop's mailbox. [Camp.alexander@scouting.org](mailto:Camp.alexander@scouting.org)

## GENERAL PACKING LIST

- Write the scout's last name on everything with a permanent marker (Sharpie)

\_\_\_ Scout Field Uniform (Tan) Shirt

\_\_\_ Scout Handbook

\_\_\_ 2 Scout Activity Shirts

\_\_\_ Merit Badge Pamphlets

\_\_\_ Day Pack/Fanny Pack

\_\_\_ Scout Field book (O)

\_\_\_ Compass

\_\_\_ Flashlight w/spare batteries/bulbs

\_\_\_ Canteen/ Water Bottle

\_\_\_ Cot

\_\_\_ Sleeping Bag/Bedding

\_\_\_ Raingear

\_\_\_ Hat

\_\_\_ Sun block

\_\_\_ Bug Repellent

\_\_\_ Pillow

\_\_\_ 2 pair sturdy boots/shoes

\_\_\_ Notebook-Pens-Pencils

- |   |                                    |
|---|------------------------------------|
| __ Money ( \$30-\$50 )  | __ Neckerchief in a zip lock bag   |
| __ If an OA Member bring sash   | ___ Folding Camp Chair             |
| __Long pants  | __ Personal First Aid Kit          |
| __Sweats/pajamas  | __ Pocket knife                    |
| __Underwear   | __ Camera                          |
| __Socks   | __ Watch                           |
| __Warm jacket   | __ Sewing kit                      |
| __Hat   | __ Sunglasses                      |
| __Shirts  | __ Plastic to cover sleeping gear  |
| __Towels  | __ Combination or padlock (2-keys) |
| __Washcloth   | __ Sunburn / bite relief lotion    |
| __Hand towel  | __ Whistle                         |
| __Swim Trunks   | __Deodorant                        |
| __Toilet Kit  | __SOAP                             |
| __Mirror  | __ Camping Chair                   |
| __Toothbrush/toothpaste   | __ Small dry sack for smellables   |
| __Shampoo   |                                    |
| __ Medications needed that are listed on Medical Form. (In original container, with Scout's name on label, one week dose (plus 1 Day).) |                                    |

OA Sash - If you are an OA member bring your OA sash. Like above put in a zip lock bag to keep clean and dry.

Footwear – Hiking boots are probably best for up here however tennis shoes will be ok. Sandals for the pool area are acceptable.

Pants - Shorts are fine but, long pants are recommended as they help prevent sunburn, minimize cuts or abrasions, and they reduce insect (tick/mosquito) bites.

Hat – Recommend some sort of headgear for the camp. A baseball cap is fine – a floppy hat is better.

Food – Please no food (candy/cookies etc) in the Troop campsite. Food attracts bears and, more likely, small rodents (chipmunks and/or squirrels) that will destroy any clothing or packs to get at food.

Drinks – Bring a good canteen or water bottle. Better still is a Hydration System in a small pack (CamelBak is one commercial product). A small day pack is also great for carrying a rain jacket, sunscreen, etc. Remember that Camp Alexander is at 8300 feet above sea level. All campers should drink at least 8-10 glasses of water per day (more if engaged in strenuous activities.)

Sunscreen – Bring plenty (two new bottles). Sun burns are common and painful at this altitude.

Wilderness Survival Scouts - Additionally, those Scouts taking Camping and Wilderness Survival will need to prepare and bring an individual Survival Kit prior to Camp A. Other useful items for Camping and Wilderness Survival might include: Light Tarp, 50 Feet ¼” or 3/8” manila rope, 25-50 feet of parachute cord, flashlight (headlamp), water bottle, extra sweatshirt or jacket, spare blanket, small first aid kit, and a good pair of hiking boots. Also, you will be sleeping one night (Thursday, if like the past) in a shelter you construct, [for Wilderness Survival - without your sleeping bag], so a couple of large black trash bags, a wool stocking cap and a light pair of glove inserts are also nice to have.

ATV Session Participants – Additionally, scouts taking the ATV Activity session must bring: long pants, long sleeve shirt/jacket, riding gloves, over the ankle boots, and sign Waiver/Hold Harmless Agreement

Swimming Merit Badge – **Additionally, scouts taking the swimming merit badge must bring long sleeve button up shirt and long pants that can get wet.**

#### RESOURCES FOR SUCCESSFUL MERIT BADGE COMPLETION

Merit Badge Workbooks are not required but are tools that can help Scouts organize notes, listen actively, and document their work. Workbooks allow Merit Badge Counselors to offer group instruction but still “...test the Scout individually.”<sup>BSA</sup>

Please visit: [www.meritbadge.org](http://www.meritbadge.org) for a list of all workbooks available for the summer camp season.

Printed copies will be available in the Trading Post for sale at \$1.50 cost. ***We strongly encourage the youth to print off a workbook for every merit badge he has to use in conjunction with the Merit Badge Pamphlet prior to camp.*** Troop 287 maintains a library of merit badge pamphlets that the scouts can check out and read at any time prior to summer camp.

**PLANNING THE MERIT BADGE SESSIONS**

Use this chart and the Schedules below to plan your scouts week at camp. Be sure to select 3 choices for each timeslot so the troop can schedule your sessions.

<b>MY CLASS SCHEDULE</b>					
<b>NAME:</b> _____		<b>Patrol</b> _____			
<b>BSA ID</b> _____		<b>Birthday</b> _____			
TIME	9:00AM – 10:15AM	10:30AM – 11:45AM	1:30PM – 2:45PM	3:00PM – 4:15PM	6:30PM – 7:45PM
First Choice					
Second Choice					
Third Choice					

**ACTIVITY SESSIONS**



*ATV Activity*

*Brand new for 2013!*

Scouts will learn the proper handling of an All Terrain Vehicle. Safety and ATV maintenance will be taught along with the certification from the ATV Safety Institute as a driver. During each session there will be five slots for 16yrs and older scouts and 3 slots will be open for scouts 14yrs and older. **An additional cost of \$65 covers the gas, maintenance, and use of the ATV.**

**SIGN UP IS SEPARATE FROM MERIT BADGE PROGRAM ONLINE AT [www.pikespeakbsa.org/camping](http://www.pikespeakbsa.org/camping)**

# Session Schedules

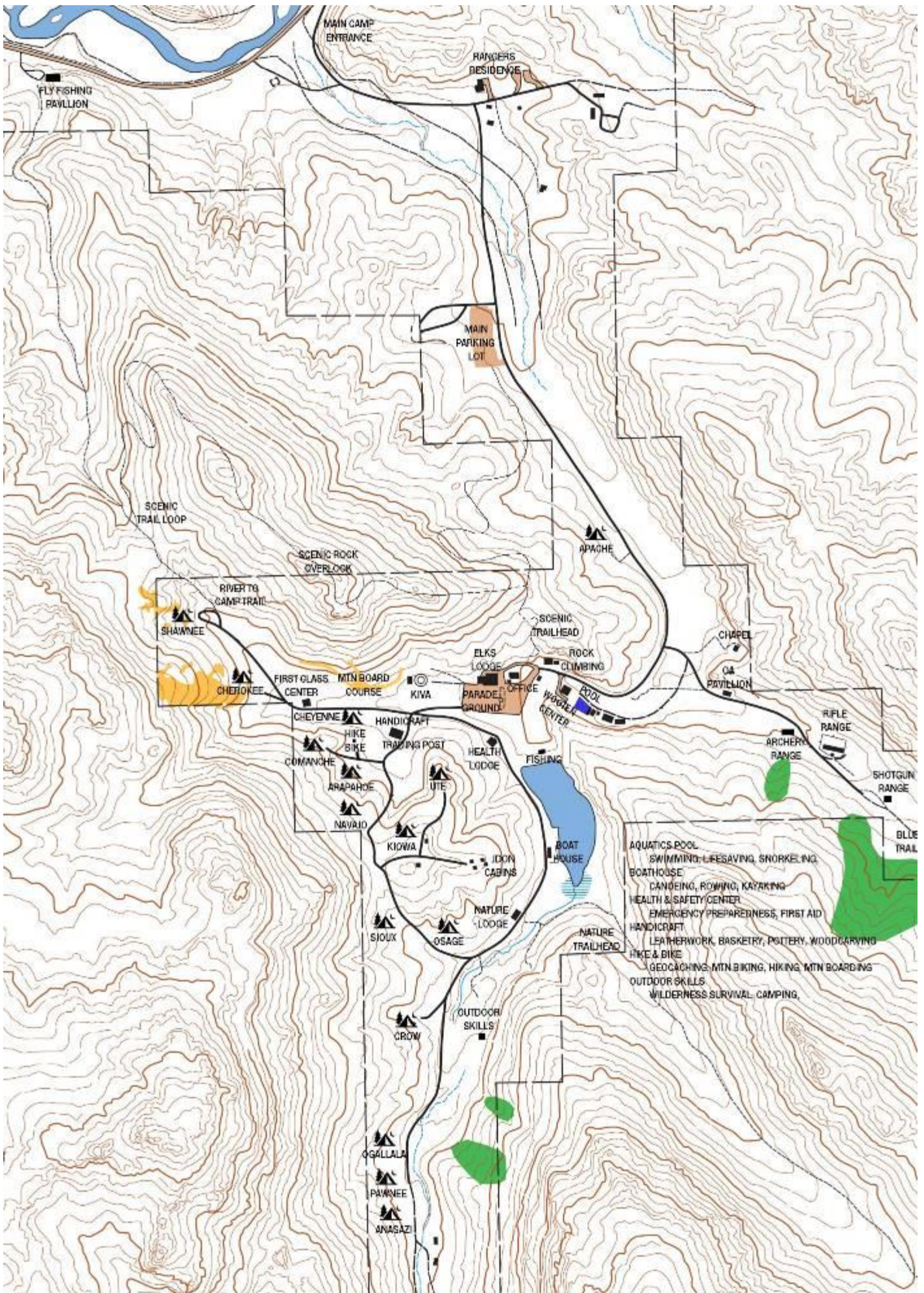
	9:00 AM		10:30 AM	12:00 PM	1:30 PM		3:00 PM	4:45 PM	6:30 PM
<b>Aquatics</b>									
Canoeing	XXXXX		XXXXX		XXXXX				Free Swim & Free Boating
Kayaking	Double Session				Double Session				
Lifesaving	XXXXX		XXXXX		XXXXX				
Mile Swim BSA Award							XXXXX		
Rowing							XXXXX		
Snorkeling BSA Award							XXXXX		
Swimming	XXXXX		XXXXX		XXXXX				
Swim Lessons									XXXXX
<b>Hike &amp; Bike</b>									
Geo-caching MB	XXXXX				XXXXX		XXXXX		Open Bike & Hike & Boarding
Hiking MB	Double Session								
Mountain Biking MB Partial					Double Session				
Mountain Boarding Activity			XXXXX						
ATV Activity 14yrs Older	XXXXX		XXXXX		XXXXX		XXXXX		XXXXX
<b>First Class Center</b>									
Cooking MB							XXXXX		
First Class					XXXXX				
OPEN Teaching									XXXXX
Tenderfoot & Second Class	Double Session								
<b>Handicraft</b>									
Art & Basketry			XXXXX		XXXXX		XXXXX		
Art & Leatherwork			XXXXX				XXXXX		XXXXX
Leatherwork & Woodcarving	XXXXX						XXXXX		
Pottery	XXXXX				XXXXX				
Woodcarving & Basketry	XXXXX				XXXXX				
Woodwork									XXXXX
<b>Safety Center</b>									
Emergency Preparedness	XXXXX				XXXXX				
First Aid	XXXXX		XXXXX				XXXXX		
Search & Rescue			XXXXX		XXXXX		XXXXX		
<b>Nature</b>									
Astronomy MB			XXXXX						XXXXX
Environmental Sci. MB	Double Session				Double Session				
Fish & Wildlife MB	XXXXX								
Fishing MB					XXXXX		XXXXX		
Fly Fishing	Double Session								
Forestry MB	XXXXX								
Geology MB					XXXXX				
Mammal Study MB			XXXXX						
Nature MB					XXXXX				XXXXX
Weather MB							XXXXX		
<b>Rock Climbing</b>									
Climbing MB	Double Session				Double Session				Open Climbing
<b>Outdoor Skills</b>									
Camping MB	XXXXX		XXXXX		XXXXX		XXXXX		XXXXX
Indian Lore MB	XXXXX						XXXXX		
Orienteering MB			XXXXX		XXXXX				
Pioneering MB			XXXXX		XXXXX				
Wilderness Survival MB	XXXXX						XXXXX		
<b>Shooting Sports</b>									
Archery MB	XXXXX		XXXXX		XXXXX		XXXXX		Open Ranges
Rifle MB	XXXXX		XXXXX		XXXXX				
Shotgun MB	XXXXX		XXXXX		XXXXX				

XXXXXX marks the time the session is offered

MB = Merit Badge

## Camp Alexander Merit Badge Pre-Requisites & Cost

MERIT BADGE OR ACTIVITY	MIN AGE	Pre-Requisites	Cost
MB	ARCHERY	Requires strength and maturity. Large time commitment for qualification. Tot-n-Chip card required.	\$5.00
MB	ART	Read Merit Badge book prior to camp	\$5.00- \$10.00
MB	ASTRONOMY	Evening and night activities. Read MB book prior to camp.	\$1.00
MB	BASKETRY		\$10.00 - \$20.00
MB	CAMPING	Req. to be taught by Troop prior, during or after camp: 5e, 7b, 8c, 9a,b	None
MB	CANOEING	Pass BSA Swim Test. Requires strength. Read MB Book prior to camp.	None
MB	CLIMBING	13yrs + Taught as a double period so plan accordingly to avoid scheduling conflicts.	None
MB	COOKING	Req 5, 6, 7 to be done with Unit	\$8.00
MB	MOUNTAIN BIKING		\$5.00
MB	E. PREPAREDNESS	13yrs + First Aid Merit Badge, 2c, Read Merit Badge book	None
MB	ENVIRON. SCIENCE	13yrs + E Science is an advanced, time-consuming, and demanding MB. Requires maturity and patience.	\$1.00
MB	FIRST AID	Completion of all first aid requirements for Tenderfoot Rank, Second Class Rank, and First Class Rank.	None
MB	FISH & WILDLIFE	Read Merit Badge book prior to camp	None
MB	FISHING	Bring own Equipment. Only flies, and lures are allowed as bait, All hooks must be barbless or barb crimped down, treble hooks are not allowed	None
MB	FLY FISHING	13yrs + Camp will provide equipment \$10.00 charge for supplies.	\$10.00
MB	FORESTRY	Read Merit Badge book prior to camp	None
MB	GEOCACHING	Bring a GPS unit if you have one. Req. 8 and 9 must be completed after camp	\$5.00
MB	GEOLOGY	Read Merit Badge book prior to camp	None
MB	HIKING	Req 5,6,7 cannot be completed during camp	None
MB	INDIAN LORE	Read Merit Badge book prior to camp	\$18.00
MB	KAYAKING	13yrs + Pass the BSA Swim test, Swimming and Canoeing MB, Double Session	None
MB	LEATHERWORK	Read Merit Badge book prior to camp	\$2.50 to \$10.00
MB	LIFESAVING	Complete BSA Swim Test prior to camp, earned Swimming MB and be able to swim 400 yards prior to camp. <b>Must bring long pants, long sleeve shirt and belt for disrobe.</b>	None
MB	MAMMAL STUDY	Read Merit Badge book prior to camp	None
MB	NATURE	Read Merit Badge book prior to camp	\$1.00
MB	ORIENTEERING	Read Merit Badge book prior to camp	None
MB	PIONEERING	Read Merit Badge book prior to camp	None
MB	POTTERY	Req. 7 Visit Pottery Museum or Kiln or Online Research	\$5-15.00
MB	RIFLE	Read MB Book prior to camp.	\$10.00
MB	ROWING	Pass BSA Swim Test. Requires strength. Read MB book prior to camp.	None
MB	Search & Rescue	13yrs + Req 5, 10, must be complete prior or after camp	
MB	SHOTGUN	13yrs + Requires maturity, strength and patience. Large time commitment for qualification.	\$25.00
MB	SWIMMING	Pass BSA Swim Test on arrival. Read MB Book prior to camp	None
MB	WEATHER	Read Merit Badge book prior to camp	None
MB	WILD. SURVIVAL	Read Merit Badge book prior to camp	None
MB	WOODCARVING	Tot-n-Chip card needed prior to camp or completed at the FCC	\$15-18
MB	WOODWORKING	14yrs + Tot-n-Chip, Strength to work with hand tools	\$10.00



## The Homesick Scout

*By Fr. Francis Schwartz. From the Canyon Camp Leaders Guide, courtesy of the Blackhawk Area Council, BSA; Rockford IL.*

Homesickness is described psychologically as a "manifestation of separation anxiety" or the "unconscious defense mechanism called regression." The Camp Director and Scoutmaster describe it as "the longing for home." Many a young camper would put it more clearly as "that terrible feeling in the pit of my stomach." Regardless of how homesickness is defined, it is, indeed experienced in varying degrees by Scouts who come to camp.

What causes homesickness? It is a product of a happy home life, and it occurs often in a child who misses the warmth and security that comes from a good relationship with family and friends. Homesickness is also a problem for a child whose parents are anxious about his welfare. A parent who will miss the child while he is at camp or worries that the camping experience will be unhappy often transmits this fear to the Scout. In short, while at camp, the boy often feels the anxiety of his parents and fulfills their expectations that he will miss home and not enjoy camp by becoming homesick.

Homesickness often produces regressive behavior in a child. In order to cope with the situation he will revert to behavior used at an earlier age to gain attention. Sometimes a boy will cry easily, wet the bed, or withdraw from others. When a boy who is normally sociable and active suddenly becomes quiet, alone and disinterested in what is happening around him, this can be a sign of homesickness.

The treatment of homesickness is not simple. It involves the active participation of the Scoutmaster, troop members, camp staff, and often firm, but understanding parents. When homesickness is detected, the youth must be listened to and his feelings understood. Often an understanding person, willing to listen and empathize is all that is needed. Any unusual behavior patterns that have developed, such as bedwetting must be taken in stride and not be overly emphasized. Next, the boy must be kept active and interested in some phase of camp life. An effort must be made to make the Scout part of the Troop and a part of all the camp's activities so that he can make friends. If parents are contacted, they should do all in their power to avoid promising the Scout may come home, unless advised to do so by the Camp Director and Scoutmaster. If a Scout is ready to leave for camp, avoid a dramatic departure scene. However, it is our experience that once a Scout leaves a summer camp experience because of homesickness, he may not ever return to another summer camp.

Homesickness can be prevented. Parents are the best preventers. Parents must not promise their child that, if he doesn't like it he can come home. This promise sets the boy up for defeat. Parents must try to transmit positive messages about camp, emphasizing that his days at camp will be a worthwhile experience, and that they are happy he is going. If a child wishes to take something special with him that reminds him of home, such as a pillow, blanket or toy, he should be encouraged to do so. This special object will be a reminder of and link to home. Do not tell a Scout to telephone if he needs anything. Such advice could be contrary to the camp policy against indiscriminate use of phones. Also, more than likely the Scout calling home does not reach the parent but a voice message – such a voice message makes the situation worse for both the Scout and the Parent listening to the Scout at a later time.

While the boy is at camp, letters can provide a bond with home during separation. The tone of the letter and its contents have a great effect on the production of homesickness. The letters should be conversational about events at home and ask questions about the Scouts experience at camp. They ***should never contain such lines as "We all miss you very much; we love you so." "Your dog hasn't eaten since you left." "We served your***

*favorite meal last night, too bad you could not be with us to eat it."* Items that may cause jealousy should also be avoided like "Yesterday, we bought your brother a new bike". Campers sometimes break into tears after reading such well-intentioned letters from home.

Homesickness is a common occurrence, and if faced with understanding and care is just another step in the process of growing up. Parents, members of the Troop, and the Camp Staff should all be aware of its causes, means of prevention, and above all, its cure. The cure is simply a great deal of understanding, and willingness to help another person deal with his feelings while getting involved in the Scouting Program.

# MEDICATION LOG FORM

CAMPSITE Kiowa, TROOP 287

PERSONAL DATA

NAME	
DATE OF BIRTH	
ALLERGIES	
MAJOR MEDICAL CONDITIONS	

		SUN	#	MON	#	TUE	#	WED	#	THUR	#	FRI	#	SAT	#
MEDICATION	Zrytec	Example:  Our Staff will fill in the daily amount and time the medication was administered.													
DOSE	1 Pill														
ROUTE	Orally														
COMMENTS	Daily AM														
MEDICATION															
DOSE															
ROUTE															
COMMENTS															
MEDICATION															
DOSE															
ROUTE															
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COMMENTS															
MEDICATION															
DOSE															
ROUTE															
COMMENTS															

PARENT NAME		SCOUTMASTER	
SIGNATURE		SIGNATURE	