

These notes were recorded at the 2005 Pre-Klondike Meeting held on Monday January 3, 2005 by Keith Chambers. Keith is not responsible for any mistakes or omissions.

## ***Patrol & Troop Equipment***

- Sled required for the Overnight Course, sled or toboggan required for the Day Course
- Use thick ropes to pull the sled - thin ropes damage hands
- Sleds and toboggans should be loaded with an open tarpaulin and common gear, then troop event-specific gear on top for easy access, closed in using the tarpaulin
- If there is no snow all items must be backpacked
- Bring one gallon of water per scout

## **Day Course**

Patrol must bring:

- Matches
- Water
- Food and eating utensils
- One Two man tent & ground cloth
- Fire starters (see later for suggested type)
- First Aid supplies, including stretcher poles and a blanket

## **Overnight Course**

All items specified above for the Day Course, plus the following:

Patrol must bring:

- Compass
- Flashlight(s)
- Watch & whistle
- 100 feet heavy nylon rope marked every 10 feet, to measure distance walked
- Flint & Steel
- Ruler in inches and mm
- Plastic Clipboard (no metal clip)
- 2 Gallon Ziplok bags to protect paperwork
- Pencils
- Tents & ground cloths for overnight - one for every two scouts
- One gallon of water per scout

## **General Tips**

- Rotate patrol members every 30 minutes (two pulling the sled, one navigating, etc.)
- There is no weight limit imposed by the rules
- Pack backpacks with personal gear only - the rest on the sled
- Everyone wears their backpacks (except for the people pulling the sled)
- Sled for troop gear only - except for the backpacks of the people pulling it

## **Map and Compass**

- Everyone will be given a topographical map (height as contours and landmarks)
- Towns (five) will be adjacent to natural or manmade landmarks
- The map will have a north arrow - magnet north
- There will be a scale shown on the map
- Plot your course on the map before you start
- Start exactly at the "Start Here" point
- Tip: Orient the map to the north, at the second point orient the map to north again.

## **Meals and Fire building**

- Hot meals are a requirement - heat helps keep you warm
- May cook on gas stoves in a town, with the permission of and with a mayor
- Wood fires are required for Saturday lunch, Saturday dinner and Sunday breakfast
- May have to build fires in wet conditions
- Bring fire starters
- Fire lay - interlace sticks on the ground to keep the fire off the snow
- Homemade fire starters:
  - One egg carton bottom, trimmed
  - Fill egg carton cells with dryer lint, well packed
  - Take and old can or pan (that you will not be able to use again, except for this)
  - Place old candle pieces, candles, wax, paraffin wax, etc in the pan/can
  - Place the can/pan in a pan of boiling water to melt the wax
  - Place the egg carton on 2" of old newspaper
  - Carefully pour the wax onto the dryer lint in the egg carton cells
  - Saturate the dryer lint and egg carton
  - Let it cool overnight
  - Break the carton into cells and place in a Ziploc bag
  - Fire starters should burn for fifteen minutes
- Fire starters can be used for all three fires
- There will be an additional fire making requirement in the competition

- Use one big pot for cooking and another for boiling water for drinking and washing
- One large spoon for stirring and serving
- If you're not in a ton at 3:00PM stop where you are and make camp
- Suggested food items: Beans & Franks, canned Stew, Chilli, Dinty Moore, etc
- Eat a small amount at a time and come back for more (keeps food warmer)
- Drink cocoa, hot Jello, hot tea
- Oatmeal, Cream of Wheat, Beans & Franks for breakfast
- Mac & Cheese is hard to clean, unless you boil it in a tough Ziploc bag
- Webelos can make a fire and must cook
- Council allows propane and white gas stoves
  - Scouts must not fill stoves
  - Can be used in a town with prior notice and under adult supervision
- Some Klondike's have been held when temperatures have been -17F

## ***Sleeping Systems***

- Change socks when you get to your camp site on Saturday (3:00PM)
- Carry three sets of socks
- Wear gaiters if you are wearing waterproof hiking boots
- Wear layers - polypropylene shirt and long-johns, fleece layer, outer layer
- Have at least two hats - lighter one while exercising, warmer one for the night
- Wear mittens, not gloves - fingers stay warmer
- You need two sets of polypropylene underwear - one to wear and one to carry.  
Change into dry underwear when you stop to camp
- Wet clothes sap your body heat
- *Cotton is rotten* - do not wear or take any cotton, including underwear
- Layer: shirt, sweater, winter jacket on top of polypropylene underwear
- Have a thick, warm jacket for the night
- Water proof jacket and pants a requirement
- Stay dry!
- Boots will burn - insulated boots stop your feet from feeling the heat from a fire - don't burn your boots!
- No sneaker!
- Wear insulated winter boots

## ***First Aid***

- Hypothermia
  - Look out for your patrol members.
  - Hypothermia exists when core body temperatures drop below sustainable temperatures.
  - The first sign of hypothermia is often lethargy - people not moving or doing anything, just standing.

- Treat quickly: one cure - warmth!
- Warm up the cold person with warm people - use sleeping bags, remove jackets
- Warm drinks
- Change wet clothes
- Start a fire
- Notify a mayor or adult
- Second issue - when you stop exercising your sweat cools you off
- Change clothing when you stop to camp
- Pull sled to the camp site and immediately change socks
- Extremities get cold first
- Change socks again when you go to bed (and wear them the next day)
- Gloves
  - Have multiple pairs
  - Keep one pair for use when not working (do not get them wet)
- Frostbite hits extremities
  - Gray cheeks and red ears are symptomatic of frostbite
- Your body keeps important parts warm first (extremities get cold first)
- If your patrol has a cold person, head straight to a town
- If someone is cold in the morning, walk him quickly up and down with two buddies - exercise warms you up
  - Walk, don't run (don't fall)

## ***Rules and Regulations***

- Place your score card and map in a Ziploc bag - you'll lose points if the card is illegible
- Place the nuggets you earn in the towns in the bag
- Bring pencils, ruler and compass
- **NO SNOWBALL FIGHTS!**
  - Scouts will be sent home - snowballs result in cold, wet hands and cold scouts
- Check in as soon as you finish - you're being timed
- Minimum of four scouts per patrol, suggested maximum of eight
- Plot your course out ahead of time
- Avon check-in time: 9:00am Saturday
- Day course finishes at 3:30pm Saturday, 4:40 pickup
- Overnight Course finishes at 12:00 noon Sunday, pickup time 1:00pm
- Minimum clothing on the trip up - don't drive to the Klondike wearing all your layers - put them on before you get out of the car
- Keep scouts warm in cars at the finish
- Patrols will have staggered starts
- Must have a one hour lunch stop
- Scouts must spend the night at a town
- Cannot leave the town until 9:00am Sunday morning

- Must finish by 12:00 noon Sunday
  - Every minute over noon loses points
  - Adults will not leave the course until all scouts are accounted for
- $\frac{1}{4}$  mile to a mile between towns
- Five towns for the day course, five for the overnight - ten total
- Patrol will earn nuggets at each town for events like:
  - Knots, first aid, history, scout skills, spirit, camping, food, teamwork, etc.
- Speed is not everything - the fastest team may not win
- Be prepared (flint & Steel)
- There is no penalty for hold time, warming up included