2019 KLONDOREE
THE COUNTDOWN BEGINS
PARTICIPANT GUIDE
FRIDAY, JANUARY 25 – SUNDAY, JANUARY 27, 2019
GOLDEN GATE CANYON STATE PARK
GOLDEN, COLORADO
HOSTED BY:
ARAPAHOE DISTRICT BSA
TROOP 117
Coming up in the Fall of 2019, the Denver Area Council will once again be hosting the Council Camporee, and the theme is Blast Off DAC! And so, for us in the Arapahoe District, please join our annual winter camping event and help us Begin the Countdown!

Our Klondoree is a 2-day winter camping event, with exciting and challenging troop and crew competitive patrol events, all geared to build up excitement as our last District camping event as we approach the 2019 Council Camporee! It’s open to all Arapahoe District Troops and Venturing Crews, with Troop-sponsored Webelos & Arrow of Light Scouts invited to join us on Saturday. We’ll enjoy Scout skill-themed events like competitive fire-starting, broomball, sled races with a target practice biathlon, and other good old-fashioned winter-themed competition. Scout spirit is always a key to success at Klondoree, so Be Prepared to start the clock & share your spirit and patrol chant at each event, all while you build the energy towards liftoff. We sure hope to see you at Reverend’s Ridge!

Hosts

BSA Troop 117 and the White Eagle Chapter of the Order of the Arrow are working hard to bring you an exciting and fun Klondoree. We look forward to working with representatives from each troop to ensure a fun and safe Scouting environment.

Klondoree Committee Contacts:

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The Arapahoe District Klondoree and Valley District Klondike Derby will BOTH be held the same weekend at Golden Gate Canyon State Park. Let’s show off our best Arapahoe District Scouting Spirit!

WHEN AND WHERE

Friday, January 25, through Sunday, January 25, 2019, at Reverend’s Ridge Campground, Golden Gate Canyon State Park, northwest of Golden. http://cpw.state.co.us/placestogo/parks/GoldenGateCanyon

Directions using Hwy 119 (best route for RVs and large trailers): Follow I-70 west to exit 265 for highway 58. Take highway 58 west to highway 93. (Highway 58 turns into highway 6 at this stop light). Follow highway 6 west to highway 119. Go north on 119 through Blackhawk to Gap Road for approximately 11 miles. Turn right on Gap Road to access Reverend’s Ridge campground. From Denver, this route is approx. 27 miles one-way.

REGISTRATION, FEES, MEDICAL FORMS AND ROSTERS

Register online by January 11, 2019 at the Arapahoe District website: www.arapahoedistrict.org.

Fees posted on DoubleKnot registration site.

Webelos, Scouts, leaders, and parents pay fees based upon dates above. All registration fees are non-refundable. Please bring exact change or check on the day of the event.
Medical Forms and Rosters: *Every person attending must have a completed, current medical form (Part A&B only), to be shown at check-in.* Forms are online at [https://www.scouting.org/filestore/HealthSafety/pdf/680-001_AB.pdf](https://www.scouting.org/filestore/HealthSafety/pdf/680-001_AB.pdf). This form does not require a health provider’s signature, and no Colorado vaccination form is required. Forms used for previous District/Council events are also acceptable up to 1 year after completion.

*Each unit must provide a roster of all participants, both youth and adult, using the form at the end of this Guide. The roster form must be turned in at check-in.*

**CHECK-IN PROCEDURE**

No unit should arrive before 2:00 pm Friday. Troops may arrive after 2:00 pm and before check-in to set up camp, but **only if** you have previously registered and been pre-assigned a campsite by the event organizers. Unless otherwise directed at the road, all Troops are to proceed to their designated campsite, then send one Adult Leader and the Troop Senior Patrol Leader to the Headquarters Cabin with all necessary fees and forms. Check-in is from 3:00 pm to 8:00 pm Friday, and 7:30 am to 8:30 am Saturday for Webelos and late arrivals, at the Headquarters Cabin.

Units not previously assigned campsites at registration will be assigned campsites at check-in. For safety reasons it is very important that every unit (and individuals not arriving with a unit) **check in at the Headquarters Cabin as soon as possible** after arrival at the Klondoree.

**Required check-in materials:**

- Troop Roster.
- BSA Medical Forms Parts A&B, fully filled out for every Scout and Adult - **NO EXCEPTIONS!** Your unit will retain possession of these; we will only check to see that you have them.
- Each troop is required to identify a **minimum of one adult** at check-in who can help with events on Saturday.
- Receipts for previous payments.
- Payments for any additional participants. Checks are preferred, or bring exact cash. Credit cards are not accepted at the Park, and we may not have change.

**Campsites**

Troop campsites will be assigned based on number of Scouts, registration time, and preference on a first-come, first-served registration basis. By registering and selecting your campsite ahead of time, everyone in your unit should know where to go to set up camp. When you arrive at Golden Gate Canyon State Park, the entire Troop (Webelos Scouts included) should go directly to their assigned campsite, and then send one leader and your SPL to check-in at registration in the Headquarters Cabin.

**Parking and Unloading**

Due to park regulations and the volume of traffic we create, unloading and parking can be a slow process. Please follow the directions of the traffic control people and be patient!

**Parking for overnight attendees** will be at your campsite, and cars/trailers are to be parked in your assigned camping pullout and along the right hand side of the road in your camping loop, allowing one-way traffic through.

**Parking for day visitors** (including Webelos Scouts) will be on the main campground road, not in the campsite loops, on the right side as you enter. Please carpool as parking is limited.
For safety reasons, cars are not to be moved until departure. Each vehicle must display a Parking Pass, included at end of this packet. Please note that the purchase of a State Park Pass is not required unless you plan to visit other locations within the park.

**Camp Set-Up**

There are to be no tents, tarps etc. tied to any trees or permanent structures. All participants are to be sleeping in tents; no travel trailers, RVs or buses are to be used. (If because of unique circumstances this is required, written approval prior to the date of the Klondoree must be obtained from a Klondoree Chairperson.)

**WEBELOS PARTICIPATION**

Show Webelos Scouts the fun we have in Boy Scouts! Troops with participating Webelos Scouts will receive additional scoring points throughout the Klondoree, and patrols will get extra points for including Webelos Scouts in their teams for competitive events!

Webelos dens are invited to participate at the Klondoree. **All Webelos Scouts must accompany a sponsoring Troop, and must coordinate their meal arrangements with that Troop.** Webelos Scout guidelines in the Guide to Safe Scouting (http://www.scouting.org/scoutsource/HealthandSafety/GSS.aspx) will be followed, including the requirement that each Webelos Scout must be under the supervision of a parent-approved adult. Please consider the age and training of Webelos Scouts – do not expect them to excel in skills they have not yet learned. Their participation should be for their enjoyment, and to see what Boy Scouting is all about.

All Webelos Scouts and parents/leaders must check in at the Headquarters Cabin upon arrival. **Please arrive prior to 8:30 am Saturday.**

**Overnight camping by Webelos Scouts:** To ensure a comfortable and fun introduction to Boy Scouting, overnight camping by Webelos Scouts is discouraged if weather conditions are cold or snowy. Webelos Scouts are allowed to stay the night, but only as a joint Webelos den/troop campout as described in the Guide to Safe Scouting. Overnighting Webelos must therefore be sponsored by a Troop, and Webelos Scouts must tent separately at the sponsoring Troop’s site **with their own parent** pursuant to Cub Scout camping guidelines in the Guide to Safe Scouting, with no parent can share a tent with a youth not his/her own. (Per the Guide to Safe Scouting, “A Webelos Scout may participate in overnight den camping when supervised by an adult. In most cases, the Webelos Scout will be under the supervision of his parent or guardian. It is essential that each Webelos Scout be under the supervision of a parent-approved adult. Joint Webelos den/troop campouts including the parents of the Webelos Scouts are encouraged to strengthen ties between the pack and troop. Den leaders, pack leaders, and parents are expected to accompany the boys on approved trips.”) Webelos Scouts must register just like a member of the Boy Scout troop they are participating with.

**EMERGENCIES AND FIRST AID**

**Phone Number for Emergencies:** 911. Payphones are located at the Visitor Center and Reverend’s Ridge Campground office.

**Cell Phone Coverage:** Cell phone coverage in the Golden Gate Canyon State Park area is very limited and unreliable. Some coverage can be obtained in parts of the Reverend’s Ridge Campground-dependent on provider. Signals are not received along Golden Gate Canyon Road or in the lower end of the Park, including the Visitor Center. There is no internet coverage in the park or campgrounds.

**Local Emergency Agency:** Gilpin County Sheriff’s Office.
**Medical Emergencies:** For serious injury requiring professional aid or evacuation, contact the on-site Emergency Medical Team immediately. Their exact location will be identified during the SPL and Scoutmaster meetings on Friday evening and should be communicated to the rest of the Troop.

You may also seek medical assistance from the First Aid station located in Cabin #3 on the attached map. First Aid providers will also be walking around the events on Saturday. First Aid services are being provided by Front Range EMS Post 1180 - Thanks!

**Basic First Aid:** Your unit should be able to provide basic and minor first aid to your participants. Your unit should have a first aid kit suitable for your unit’s activities and numbers of participants. Each patrol should be carrying a first aid kit with them throughout the events, as they are one of the ten essentials.

**WEATHER AND ROAD CONDITIONS**
To obtain road/weather conditions, starting Friday afternoon, please call 511 and use prompt 5 for Denver area road conditions, or visit [http://www.cotrip.org/roadConditions.htm](http://www.cotrip.org/roadConditions.htm).

**CAMPING, FIRE, WATER, AND COOKING PROCEDURES**

**Fires**
No wood will be available at the campsites. Wood gathering within the state park property is not permitted. You must bring all the wood and kindling you will need for the campout.

Wood fires are only allowed in the established fire grates or containers that are off the ground. (Final ruling on open flames will be made the weekend of the event, subject to notification from the sheriff’s office and State Park authorities.)

It is the responsibility of the camping Troops & Crews to monitor and maintain fires and put them completely out. Practice leave no trace! ALL FIRES MUST BE ATTENDED BY THEIR TROOP!! No fires should be left burning without someone caring for the fire while Troops & Patrols head off to their events.

All fire ashes must be removed by your Troop and taken home; do not leave ashes behind in the fire rings/grates. Bring suitable empty containers for this purpose.

**Tents**
Absolutely **NO OPEN FLAMES IN TENTS.** This includes propane stoves.
Absolutely **NO COOKING IN TENTS.**

No tying of tarps, tents, etc. to trees or permanent structures.

**Water**
There will be **no running water available. Bring all your own water you will need for the entire weekend!**

Dehydration can occur just as fast in cold weather as it does in warm weather, and even more so at altitude, so be sure to bring extra water. Each Scout needs to have a water bottle with them on Saturday. Be careful that those water bottles/bladders don’t freeze in cold weather. Leaders need to stay hydrated also!

**Food**
Each unit will be responsible for its own meals. Webelos Scouts and their parents should plan to eat meals with their sponsoring Troops and Troops should account for their visitors in their meal planning.

The use of stoves rather than fires for cooking is strongly recommended, and a whole lot more reliable if we have wet weather.

**Trash**
The trash receptacles for the campsites are not to be used!
There will be no trash receptacles on site. You are responsible for removing and taking home **ALL** of your trash, including food, wrappers, and **fire ashes**. Practice Leave No Trace. Pick up trash regularly, which will help in the amount of trash found when the snow melts, and will help keep the animals from looking for your food.

**Toilets**

Use the portable toilets provided. Park restrooms will be closed.

**Additional Campground Rules**

Mechanized snow removal equipment, included snowplows and snow blowers, are not permitted. Driving onto unplowed areas, including unplowed site pullouts, is not permitted. Observe – do not feed or harass – any wildlife.

**Lost and Found**

Lost and Found will be located at the Headquarters Cabin. Consider labeling all items with a last name and Troop/Crew number with a permanent marker. It has been the event organizers experience that an item labeled with a name and number ALWAYS gets back to its owner, whereas an unlabeled item has a high chance of getting donated to Goodwill. This holds true for both youth and adults.

**EVENTS AND PRIZES:**

This is a “Boy Scout Led” Klondoree. The events are organized and run by the Scouts & Scouters of the Host Troop on a volunteer basis.

With that said, we may need additional help from participating Units to help run events, coordinate the activities, and help run logistics. To assist, please contact one of the Klondoree coordinators and we'll sign you up.

**Adults (other than the event adult advisors), please do not interfere with the Scouts who are running the event.** If there is a problem, it should be brought to the attention of the adult advisor at the event or to the Klondoree coordinators at HQ.

The top 3 patrols for each event station will be recognized. Patrols that bring along Webelos Scouts will receive extra points at each event.

**Campfire Program:** The Saturday evening campfire and awards presentation will be run by the Scouts. If your unit would like to participate, please plan on having a skit or a song ready for the campfire. A sign up sheet will be available at HQ upon check in to put on a song or a skit.

**Gear**

We are camping and hiking in the Colorado mountains in January. Your top considerations should be exposure and water. Dress, camp, and act appropriate for the climate: high altitude, cold air, wind, bright and reflecting sunshine, and snow. Read and follow the winter camping information and equipment list included in this packet. Preparation is essential for a safe and fun camping experience.

**Competitive event supplies:** There are a few events that require Patrols to carry supplies. See the list below and make sure you have such gear with you.

**Flags:** Your unit is expected to fly your Unit Flag for identification. Bring your Troop Flag to the Flag Ceremonies on Saturday morning and evening.

**Uniforms:** Class A uniforms are optional for this event, as we’ll all have coats and hats on.
CHECK-OUT PROCEDURE (REQUIRED CAMP CHECK AT DEPARTURE):

Units should plan to depart by 10:30 am Sunday. Whenever you unit is prepared to leave, you must find a Camp Coordinator and ask for a camp check to be completed before you depart. The Leave No Trace policy will be enforced whether you leave on Saturday or Sunday.

Any unit leaving Saturday must check out at the HQ cabin to receive their patches and participation ribbons. Those who are camping will be given theirs after campsite checkout on Sunday.

OTHER IMPORTANT RULES

• Read the Guide to Safe Scouting and practice two-deep leadership as well as the buddy system.

• All overnight campers must be registered with the BSA, including adults; overnighting adults must be Youth Protection Trained.

• You are required to Leave No Trace. Take all your garbage home with you.

• Have an immense amount of fun – in a safe and courteous manner.

EXTRA COPIES

Make necessary copies of this Guide for your unit’s needs and for parking permits. This Guide will also be posted on the Arapahoe District website, www.arapahoedistrict.org.

Also make copies of the last several pages of this Guide, which include your vehicle parking permits, maps/directions, and participant roster. Have the maps ready for drivers where your Troop / Crew will gather up before travel to Klondoree.

WHAT SHOULD I DO IF I HAVE MORE QUESTIONS?

• Re-read this packet

• Ask an experienced Klondoree Scout or Adult Leader

• Contact a Klondoree Committee Member
KLONDORRE 2019

WE (ARAPAHOE DISTRICT) WILL BE SHARING REVEREND’S RIDGE CAMPGROUND WITH VALLEY DISTRICT THIS YEAR.

ARAPAHOE’S KLONDORRE AND VALLEY DISTRICT’S KLONDIKE DERBY ARE BEING LED BY DIFFERENT TEAMS OF VOLUNTEERS, HOWEVER, WE WILL HAVE COMBINED MEDICAL AND PARKING CREWS.

PLEASE DRIVE ONLY THE NUMBER OF VEHICLES YOUR UNIT NEEDS TO TRANSPORT GEAR AND PARTICIPANTS SAFELY. PARKING WILL BE TIGHT! PLEASE ONLY TAKE THE SPACE YOU NEED FOR A CAMPSITE, AS WE WILL HAVE MORE CAMPERS SHARING THOSE TOO.

WE WILL HAVE SEPARATE REGISTRATION AND EVENT AREAS FOR OUR DISTRICTS. STAY TUNED FOR MORE INFORMATION.
**DAILY SCHEDULE**

(Subject to changes.)

**FRIDAY, JANUARY 25**

2:00 - 9:00 pm  - Arrive at Reverends Ridge Campground; set up camp
3:00 pm  - Registration opens at HQ Cabin: Cabin #1 on the attached map
9:00 pm  - Staff Meeting
9:30 pm  - Scoutmasters and SPL meeting, at the Event HQ Cabin
10:00 pm  - Lights out - Quiet time

**SATURDAY, JANUARY 26**

7:00 am  - Begin day, Breakfast
7:30 AM - 8:30 am  - Late Check-in Registration for Scout Troops - HQ Cabin
- Patrol Registration for Events - HQ Cabin
- Check-in Registration for Day Visitors - HQ Cabin
8:45 am  - Flag Ceremony-Parking Area - Campground Office
9:00 am  - Event Venues Open - they will *not* open early
11:30 am -1:00 pm  - Lunch
1:00-4:00 pm  - Event Venues Open for the afternoon session – Dutch Oven Cookoff
4:00 pm  - All venues close
4:30 pm  - Dutch Oven Cookoff Judging at Headquarters
5:00-7:00 pm  - Dinner at your camp sites
7:00-10:00 pm  - Camp Fire and Awards – Amphitheater (actual time to be determined, we share the camp fire arena with Valley district.)
10:00 pm  - Lights out

**SUNDAY, JANUARY 27**

7:00 am  - Begin day, Breakfast, Break Camp
10:30 am  - Campsite Checkouts
**COMPETITIVE EVENTS**

_Safety is our top priority._ Any Scouts putting themselves or anyone else at risk will be removed from the event. If an unsafe condition exists, the event will be closed until the adult event coordinator feels it is safe to reopen the event. There is no limit on the number of Webelos Scouts participating. Some events limit the credit given for Webelos participation. All decisions by the judges are final.

*Note: These events are not yet finalized - Events and event details are subject to change.*

1. **Countdown From Ten - Ten Essentials**

Each Scout and Leader will be required to have the Ten Essentials. They will be verified at the first event station. Each Scout and/or Leader not having all 10 essentials will cost their patrol 1 point. If everyone (Scouts and their Leader) has all 10 essentials, the patrol will get extra points. The Ten Essentials are (from the Scout Handbook):

1. Pocket Knife
2. First Aid Kit
3. Extra Clothing
4. Rain Gear
5. Water Bottle
6. Flashlight
7. Trail Food
8. Matches and Fire Starter
9. Sun Protection
10. Map and Compass

And bonus points for Webelos who join you and have their Cub Scout 10 Essentials with them.

You should Be Prepared to demonstrate your Ten Essentials at each competitive event.

2. **Fired Up for Camporee - Fire Starting**

This is a timed event: How fast can your patrol build and sustain a fire? The objective is to burn through a string suspended between two metal rods. Two strings will be tied to the rods, the lower one is the limit which you can build up to with your tinder and kindling. The upper string is your objective, your fire, once lit, must burn through the upper string and your time begins with the first strike of sparks and ends when the upper string falls apart from flames.

_Troop Preparation:_ Scouts competing as patrols must bring at least two pieces of firewood: one that they will partially use (pre-split into kindling), and one full piece that is required to be donated for the evening’s campfire ceremony. The teams must also bring their own fire starter (flint/steel, magnesium, etc.), tinder and kindling to start a small fire. Be prepared to build a small fire no larger than 12” x 12” x 12”. No chemical accelerants are allowed. Matches can be used, however, there will be a time penalty per match assessed to your overall time.
3. Camporee Clean Up - Broomball

20 minutes: 2 to 3 games, 10 min/game

Scoring: One point per goal, and (2) points per game won. Tie Breaker: Sportsmanship and chants! If time permits a third game will be played to break any ties.

Troop Preparation: Bring your own Non duct taped brooms!!

Patrols will also be scored on sportsmanship.

4. Sledding on to Camporee!! Snow Sled Race / Target Practice Biathalon

A snow sled race through a pre-established course with stops along the way to get your best aim at targets. Your sled passenger had better be a marksman! They will be shooting at the targets with various ammo. Could be snowballs, could be frisbees, could be smelly socks from under your bed.

Sleds will be inspected for their quality of construction, and creativity. Scoring will be based on judges’ determination of construction quality, durability and ingenuity.

Scoring: Based on time and accuracy. Patrols will be scored on time (60%) as well as sled design (10%) and target accuracy (30%).

Troop Preparation: Troops should build and provide their own snow sleds, the targets and artillery will be provided.

5. “Houston we have a problem“ - Stretcher Carry / First aid

The competing patrols will be given a medical 1st aid issue...they must apply the correct 1st aid procedures, craft a stretcher from materials on hand (provided and/or what they may have brought (no sleds though) and carefully navigate a course to get the injured person safely to the end of the course. Patrols will be scored on time as well as quality of the first aid applied and the stretcher they built. Any patrol that drops a stretcher will receive a 0 score for this event.

Timed event. Time penalties for patient or stretcher contact with the ground.

Troop Preparation: First Aid Kits, bandages and items needed for temporary wraps & slings.

6. Super Spirit - Spirit Award

Your spirit score will be based on your use of the Klondoree Theme – The Countdown Begins, plus your Patrol Chant, Your Teamwork, Possessing your Ten Essentials (if not their use too), and any Webelos Scouts you have in your patrol. We are looking for enthusiasm, cooperation, and how well you exemplify the Scout Law.

7. Knot Again! – Knot Tying Relay Race

The competing patrol will be given a list of knots and asked to have 1 scout tie each knot in succession, creating a long rope from several shorter ones. The final step will be for the entire patrol to use lashings to make a "useful device" and explain it to the judges. Patrols will be timed as well as rated on the quality of each knot/lashing and the device they construct. (+ for originality of the useful device)
8. Chain Link Race

Each patrol will form a chain and together will navigate an obstacle course...1st forward, then again in reverse. Patrols will be scored on time as well as navigating each obstacle as a group. Additional time bonus is possible at this event if you bring snow shoes. A separate snow shoe race through the obstacle course will be timed and the best times will count toward your score.

Quinzee Hut Building (Optional; Not Scored and if snow conditions permit)

Since there aren't many tauntauns at Reverend’s Ridge to have your buddy slice open with a light sabre and stuff you in its oozing, stinky guts to stay warm overnight, let’s try to stay warm a different way. This isn’t a scored event, but depending on time and snow conditions Troops/patrols may have the opportunity to build their own quinzee huts.

http://boyslife.org/outdoors/outdoorarticles/2792/how-to-build-a-quinzee-snow-shelter/

Troop Preparation: Snow shovels & snow saws (regular saws not permitted).

Dutch Oven Cookoff (Optional)

Stay warm, and slave away over a Dutch Oven for the afternoon while making your favorite yummy entry in the Cookoff. Each Troop can enter as many entrees as they wish. Dinner or Deserts are more than welcome as entries. The event station judges will be the Cookoff judges, so it’s a nice way of rewarding them for a hard day’s work. A sign up sheet for this optional event will be available at HQ upon check in or during the Patrol Leader’s meeting Friday evening.

See these links for recipe ideas:

https://boyslife.org/outdoors/outdoorarticles/54956/17-tasty-dutch-oven-recipes/

http://www.boyscouttrail.com/recipes.asp

Troop Preparation: Dutch Ovens, Charcoal, Burn Barrels or use your Fire Rings at the campsites. All cooking fires must adhere to Leave No Trace principles.
WINTER CAMPING TIPS

These are some tips to keep in mind when your troop takes on a winter campout. This section is meant as an overview only. It has been copied from previous Klondoree information packets and from various web sources. It is not complete by any means. For your own comfort and safety, please study other resources for expert advice on cold-weather survival. **If your Scouts are cold and miserable, the whole weekend will be miserable.** The more comfortable your Scouts are, the easier your life will be. If you have any suggested additions to this section, please contact your Klondoree committee to have us make the addition.

We strongly recommend sharing this section, if not the entire Participant’s guide, with your visiting Arrow of Light and Webelos scouts and their parents. Remember, this might be their first winter camp out too, so we need to make sure they stay warm and comfortable and want to come back to many more winter camps as they join us in Scouting on their trails to Eagle too.

- Always bring a bit more than what you think you’ll need – water, food, clothes.
- Make sure that you have a good knowledge of the signs of frostbite and hypothermia. You should be able to recognize it in others and in yourself. Tell someone right away if you or another scout is showing signs of cold weather exposure related problems.
- Keep out of the wind if you can. A rain fly for a tent can be pitched to serve as a wind break. The wind chill factor can often be considerable and can result in effective temperatures being much lower than nominal.
- **Bring extra water.** It’s easy to get dehydrated in the winter. You aren’t visibly sweating, so you don’t think to drink water, but since the air is so dry, you lose a lot of water through breathing. **Drink lots of water!**
- Bring extra food that doesn’t need to be heated or cooked: Granola bars, trail mix, etc.
- Keep a pot of hot water available for cocoa or Cup-a-Soup – these warm you up from the inside.
- Always eat hot meals (breakfast, lunch, & dinner.) Dutch ovens are the best – they keep the food hot longer. Ideally, planning for meals should be 1-pot meals to keep cleanup to a minimum. Don’t get too fancy with the meals - it’s hard to chop onions & carrots at -10 degrees with gloves on. Prep as much for your meals at home in the warmth of the kitchen. Bring it to Klondoree in resealable bags and re-use those bags for leftovers and food waste. Minimize the need to cleanup also means not getting wet when doing dishes and wet scouts are not fun when its cold.
- Shelter the cooking area from wind (walls of tarps, etc.)
- Fill coffee/cook pots with water before bed. It’s hard to pour frozen water, but easy to thaw it if it’s already in the pot.
- Remember the acronym **COLD:**
  - Clean - dirty clothes lose their loft and get you cold.
  - Overheat - never get sweaty; strip off layers to stay warm, but not too hot.
  - Layers - Dress in synthetic layers for easy temperature control.
  - Dry - wet clothes (and sleeping bags) lose their insulation.
- **COTTON KILLS!** Do not bring cotton. Once it gets wet, it stays wet – and staying dry is the key to staying warm.
• Remember the 3 W's of layering - Wicking inside layer, Warmth middle layer(s) and Wind/Water outer layer. Wicking should be a polypropylene material as long underwear and also sock liner. Warmth layer(s) should be polyester fleece or wool. The Wind/Water layer should be Gore-Tex or at least 60/40 nylon. Air is an excellent insulator and by wearing several layers of clothes you will keep warm.

• If you’re camping in the snow, wear snow pants over your regular clothing

• Bring extra hand coverings - mittens are warmer than gloves.

• Bring 2 changes of socks per day.

• Try to be dry by sundown. No wet (sweaty) bodies or wet inner clothing. Once the heat of the sun is gone the cold sets in quickly.

• Keep your hands and feet warm. Your body will always protect the core, so if your hands and feet are warm, your core will also likely be warm. If your hands or feet are cold, put on more layers, and put on a hat!

• Dress right while sleeping. Change into clean, dry clothes before bed. Your body makes moisture and your clothes hold it in - by changing into dry clothes you will stay warmer and it will help keep the inside of your sleeping bag dry. Wearing wool socks and long underwear (tops and bottoms) in the sleeping bag is more than OK, it’s recommended.

• Put on tomorrow’s t-shirt and underwear at bedtime. That way you won’t be starting with everything cold next to your skin in the morning.

• Wear a stocking cap to bed, even if you have a mummy bag.

• Put tomorrow's clothes in your sleeping bag with you. This is especially important if you’re small of stature. It can be pretty hard to warm up a big bag with a little body, so the extra clothes cut down on that work, and will be warm when its time to get dressed. If you can, get dressed inside your sleeping bag.

• Put a couple of long-lasting hand warmers into your boots after you take them off. Your boots will dry out during the night.

• Fill a couple of Nalgene water bottles with warm water and sleep with one between your legs (warms the femoral artery) and with one at your feet. Or use toe/hand warmers. Toss them into your sleeping bag before you get in. Some of the toe/hand warmers will last 8 hours.

• Eat a high-energy snack before bed, then brush your teeth. The extra food/fuel will help your body stay warm. Take a candy bar or energy food to bed and eat it if you wake up chilly in the night.

• Use a sleeping bag that is appropriate for the conditions. Two +20 deg F sleeping bags, one inside the other, will work to lower the rating of both bags.

• Use a bivy sack to wrap around your sleeping bag. You can make a cheap (i.e. thrifty) version of this by getting an inexpensive polyester fleece sleeping bag. It isn't much more than a blanket with a zipper but it helps lower the temperature rating by as much as 10 degrees.

• Use a sleeping bag liner. There are silk and fleece liners that go inside the sleeping bag. They will lower your sleeping bag's rating by up to 10 degrees. Or buy an inexpensive fleece throw or blanket and wrap yourself in it inside the sleeping bag.

• Most cold weather bags are designed to trap heat. The proper way to do this is to pull the drawstrings until the sleeping bag is around your face, not around your neck. If the bag also has a draft harness make sure to use it above the shoulders and snug it up to your neck to keep cold air from coming in and warm air from going out.

• Don't burrow in - keep your mouth and nose outside the bag. Moisture from your breath collecting inside your sleeping bag is a quick way to get really cold. Keep the inside of the bag dry.

• Put a trash bag over the bottom half of your sleeping bag to help hold in the heat. A zipped up coat pulled over your feet in your sleeping bag also makes an extra layer of insulation.
• Don’t sleep directly on the ground. Get a closed cell foam pad to provide insulation between your sleeping bag and the ground. A foam pad cushions and insulates. The air pockets are excellent in providing good insulation properties. Use more than one insulating layer below you – it’s easy to slide off the first one.

• In an emergency, cardboard makes a great insulator. Old newspapers are also good insulation. A layer of foam insulation works too.

• Bring a piece of cardboard to stand on when changing clothes. This will keep any snow on your clothes off your sleeping bag, and help keep your feet warmer than standing on the cold ground.

• A space blanket or silver lined tarp on the floor of the tent or under your sleeping bag will reflect your heat back to you.

• Don’t use cots or air mattresses! It’s a lot better to lay on 30 degree ground instead of floating on –10 degree air.

• Sleep in quinzees or igloos. These are warmer than tents since you’ve got an insulating layer of snow between you and the outside air, instead of just a thin nylon layer.

• If in tents, leave the tent flaps/zippers vented a bit, it cuts down on interior frost.

• Hit the Porta-Potty and drain your bladder before you go to bed. Having to go in the middle of the night when it is below zero outside chills your entire body, and not to mention it also chills your buddy (who was sleeping warm and sound when you woke him up to go!). Stay hydrated and drink water all day, but stop one hour before bed.

**Leave No Trace**

Winter generally provides a blanket of snow which protects underlying soil and vegetation, the major concerns for minimizing impact. However, when thin snow cover is compressed and compacted in early or late season, snowmelt can be delayed, shortening the growing season. Also, early and late winter trips can run into melting conditions, where top layers of soil melted by the sun lie overtrop frozen ground. Erosion, and destruction of plant life, is extremely likely at these times, and winter travel is best avoided. Otherwise travel in small groups and visit either remote places where your disturbances won’t be compounded by others following you (allowing for recovery) or high impact areas that have already been disturbed. Special considerations exist for high altitude and glacier conditions (see Resources).

**Backcountry Travel and Camping**

• Winter clothing and equipment, even when "natural" colored, will show up well against the snow.

• Brighter colors can be a safety measure, as people and equipment can easily be lost in a winter storm. Since there are less people out in the winter, the visual impact is less.

• Winter is an exceptionally quiet season in the backcountry. Travel quietly and avoid excess commotion at your campsite.

• One of the greatest impacts can be on wildlife. Animals in the winter have limited food supplies and are often stressed to their limits to survive. Being disturbed by backcountry travelers can drive them away from food sources, require them to use more energy, and can lead to death. Animals may seem more "approachable" in the winter. This is because they are trying to conserve energy. Do not approach wildlife too closely.

• Tent, igloo and snow cave sites should be selected away from trails and open bodies of water if possible.

• All campsites and cooking areas should be disguised when you leave so that accidental stains are covered, and so that camping areas will be undetectable after 2 - 3 inches of snow has fallen.

• Large snow structures such as igloos and snow caves can be left intact, as long as the rest of the camping area is well camouflaged. Occasionally these snow structures can be used again by other grateful winter travelers.
• Camp away from animal feeding, watering, and bedding areas.

**FIRES**
Under winter conditions, it can be difficult to build a disguisable fireplace or to gather wood by acceptable means. Since any downed wood is under the snow and possibly wet, wood is both difficult to find and may not be usable for a fire. Gathering wood from live trees can have significant impacts on an area especially at high use sites. Therefore, one should carefully examine the location, the ecosystem, and the ability to clean up the site after the fire before deciding to build one. Obviously, in a real emergency, a fire might need to be built in spite of the impact it might have on the environment. Use the fire ring at your campsite and remember we can not gather wood at the State Park anyway.

**SANITATION**
Lack of sunlight and cold temperatures retard the decomposition of fecal material. Maximizing sunlight will help but will leave a visual impact if others are in the area. The best solution is to use camp outhouses or latrines, but if they are not available please dig a cat-hole just below the surface of the snow. Keep in mind that after the thaw, the feces will be resting on the ground. So pick a cat-hole site far from any water, summer trails, or summer camping areas. Locate a site with as much ground cover (grass or forest downfall), and as little slope as possible to minimize washing into surface water, and maximize feces-soil contact.

For maximum fecal dispersion, persons should make personal holes as needed. There is no reason for a group's waste to be deposited in one place. Head away from camp. Snow should be kicked over urine stains to prevent the "yellow snow" effect. Toilet paper can be a problem in the winter. Burning it once it has hit the snow is very difficult. You can burn it in a tin can or pack it out. A better idea may be to use snow or ice (although powder snow is difficult to use).

Now that you've read that, just wait in line at one of the camp outhouses or latrines!

If you do have leftover cooking water, solid food waste should be strained out of the water and packed out with the garbage. The water should be concentrated in sump holes far from water sources to prevent massive unsightly stains on the snow. The sump holes should be covered when breaking camp. Leftover grease will cool to a solid and can be carried out. Minimize all solid food since animals will often dig up sump holes. Litter is especially difficult to check in the winter when dropped items can be lost so easily in the snow. Special attention should be given to plastic bags, white toilet paper (use colored or better unbleached, or use snow or ice), candy wrappers and candle wax. Candy wrappers should be removed from all candy before leaving town to prevent accidental litter. Candle wax should be caught in a cup and packed out.

**NUTRITION**
The body "fires" burn somewhat hotter in cold weather and food affects morale, so you will want to supply your group well. Caloric intake in cold weather should increase for two reasons. First, the extra activity required by dressing and the hampering effect and weight of that clothing increases energy needs. Second, the stimulus of the cold gives you a ravenous appetite. Figure on each person consuming from 3,000 to 4,000 calories per day. These calories should come from a diet that is 40% carbohydrates, 40% fats, and 20% protein. This should be consumed along with about 3 quarts of water per day. One of the biggest problems encountered on winter campouts is dehydration so drinking water should be encouraged all day long. The amount of water should be increased with extra activity.

**Cold-Weather Food Prep Tips:** Prepare meals ahead, seal-a-meal them, and just throw them in boiling water to "heat & eat". Encourage the use of plastic bowls. Plastic utensils conduct less heat than metal and they're easier to clean.
Dehydration:

Most winter outdoor emergencies begin and end with this one problem -- dehydration is the excessive loss of body water. Exposure to cold has a diuretic effect that results in an increased output of urine. Water is also lost through the lungs, skin and gastrointestinal tract. Under normal circumstances water intake is regulated by the “thirst mechanism”. In the cold, however, the thirst mechanism is not a dependable indicator of your needs. When you begin to become dehydrated, your reasoning ability is impaired. You may not realize you’re thirsty. It is often easier to recognize a change in urine color than to judge liquid intake. If your urine is not clear by noon, you should be drinking more water.

Prevention: Drink at least 2 quarts of water per day; Increase intake at first sign of change in the color of urine; Avoid dehydrating foods and fluids such as coffee and drinks that contain caffeine, and foods high in protein.

Symptoms: Increased pulse rate; Nausea and loss of appetite; Dark urine color or constipation; Fatigue, sleepiness or irritability; Thirst; Headache, dizziness; Bluish or grayish skin color.

Treatment: In mild cases, the victim should drink liquids, keep warm, and get plenty of rest. More severe cases require professional medical care.

Remember -- dehydration can lead to more serious disabling problems such as hypothermia and frostbite. It is important to remain on the alert to this possibility and reinforce the use of the buddy system!

Hypothermia:

Hypothermia is a lowering of the temperature of the inner core of the body that can and usually does happen above freezing. The victim may not recognize the symptoms and may not be able to think clearly enough to react to his condition. Injury or death may be a result. Predisposing conditions may include poor physical condition, thin build, and exhaustion.

Prevention: Get plenty of rest, eat well, drink lots of liquids; Use wool clothes and windproof clothing; Make camp early; Exercise to keep up body’s heat function; Use buddy system to watch for symptoms.

Symptoms: Slowing of pace, drowsiness, fatigue; Stumbling; Thickness of speech; Amnesia; Irrationality, poor judgment; Hallucinations; Blueness of skin; Dilation of pupils; Decreased heart and respiration rate; Stupor.

Treatment: Shelter the victim from wind and weather. Insulate the victim from the ground. Change wet clothing. Put on windproof, waterproof gear. Increase exercise if possible. Put victim in a prewarmed sleeping bag or blankets. Give hot drinks followed by candy or high-sugar foods. Apply heat with hot stones or warm canteens. Huddle for body heat from others. Place someone in bag with victim. Self test for hypothermia: Touch the little finger and thumb together. If this cannot be done, stop immediately and warm up!

Snow Blindness:

Snow blindness is an inflammation of the eye caused by exposure to reflected ultra violet rays when the sun shines brightly on the snow. Symptoms are a sensation of grit in the eyes, watering, redness, head ache and light sensitivity. First aid measures include blindfolding and rest. Avoid further exposure to light without sunglasses. The condition heals in a few days without permanent damage. Snow blindness, in most cases, is due to negligence or failure to wear sunglasses. Don’t wait for discomfort before putting on protection, damage may already have been done. Putting on sunglasses is essential to prevent further injury.

Frostbite:

Tissue injury involving the actual freezing of skin and underlying tissue. Recovery from frostbite can be painfully slow. Once exposed, the victim will be predisposed toward frostbite in the future. Frostbite occurs when the body needs heat elsewhere; it redirects blood flow from the extremities to protect internal organs.
The blood in the extremities slows and thickens becoming sludge-like. Ice crystals form in skin cells, the skin can’t get oxygen, nutrients or liquids it needs, further damaging the tissue.

**Prevention:** Proper insulation -- cover exposed skin; Guard against wind chill and moisture; Maintain good nutrition, drink water, exercise; Use buddy system to check exposed skin for frostnip and frostbite; Don’t wear restrictive clothing, dress in layers.

**Symptoms of Frostnip:** Redness of skin, pain, burning, stinging or prickly sensation. After the pain disappears the skin may turn white, gray or waxy looking. The skin is firm to the touch but resilient underneath. On thawing, there is aching, pain or brownness.

**Symptoms of Second Degree Frostbite:** All signs of frostnip may occur; No pain, the part may feel dead or like a stump; Numbness, the part may be immobile or hard to move; Tissue is hard to the touch.

**Symptoms of Severe Frostbite:** The full thickness and perhaps bone is involved. Swelling and sweating occur after thawing. Gangrene may develop and amputation may be necessary.

**Treatment:** Don’t rub the affected area! Hold it near fire or use cold water to thaw it. Exercise the affected area to promote circulation. Place victim’s hands in arm pits or crotch, place foot inside your shirt against your chest, etc. Make certain thawed part does not refreeze. DO NOT attempt to thaw frostbitten limbs in the field: It is less harmful for the victim to walk out on a frostbitten limb. Check for hypothermia. Once in camp, transport the victim to a hospital or physician immediately.

*Remember: when the pain goes away, you are in danger of moving into severe injury from frostbite. Take corrective action immediately!*

**CLOTHING**

Winter camping calls for clothing that protects you from the cold and wind and holds in body heat, but that can also be ventilated. Several thin layers are better than one big heavy layer. This allows for flexibility with the varying conditions. The prime consideration is function and not appearance!

**Socks:** Wear a wicking (polypropylene for example) sock next to your foot. The insulating sock can be made of wool (best) or wool blend. NEVER COTTON!!! Cotton just keeps soaking up water until your feet are chilled and you are miserable.

**Long Underwear:** Use long underwear made from a wicking-type material such as Polypropylene.

**Pants:** Good, loose-fitting wool pants (inexpensive ones can be found at Army Surplus store) are the best for insulation. Get some suspenders to hold them up. Ski bibs will also work for keeping you warm. Blue jeans are absolutely useless on winter campouts.

**Upper Body Protection:** Use layers consisting of a turtleneck, shirt, sweater, vest, and jacket. Make sure you wear items that fit comfortably. In this layer, it is all right if you incorporate an item or two that contain some cotton (like a flannel shirt), but beware -- it won't dry out quickly and may induce chilling.

**Hand Protection:** Mittens are warmer than gloves! Gloves are more useful when you have work to do, so bring both. Don’t forget extras, your mittens and gloves will get wet.

**Neck Protection:** Be sure that you have either a scarf or neck gaiter to protect your throat and neck area.

**Headgear:** Caps, ear warmers, hats, etc. are important because they minimize the heat loss from your head. You can lose about 75% of your body heat through an unprotected head. Be sure to have an extra, dry hat to sleep in.

**Footwear:** This is the most important item of your gear. Strongly consider Pak boots. They have waterproof bottoms, leather uppers that breathe (vent that moisture out!), and a removable felt liner. Take those felt liners out and take them to bed with you and in the morning you’ll have warm liners to put your feet into. Purchase boots that fit comfortably, never tight, allow for good circulation. Leather hunting boots are inappropriate because they don’t have removable liners and when the insulation gets wet (and it will) they will freeze solid.
SLEEPING SYSTEMS

Sleeping comfortably will make or break your experience in the snow. Let’s start from the bottom up:

Insulation: The insulation under you is almost more important than what is on top of you. First, clear away as much snow as you can from the ground under your tent. Then build several layers of insulation between you and the ground. Remember, in real cold weather, snow itself can be insulation against severe cold.

Sleeping Bag: So you only have a summer weight bag? Borrow another lightweight bag and insert it in a large garbage bag, then put that inside your regular sleeping bag, or make a liner for your bag out of polar fleece. Instant winter weight bag! Keep your bedding clean and dry.

Before Turning In: Dry your feet well and put on clean, dry, loose fitting socks. Put on clean, dry underwear that you have saved just for bed. Wear a stocking cap and wristlets to keep your head and hands warm. DON’T OVERDRESS FOR BED! Take off that long underwear. Overheating will make you sweat and then FREEZE because you're wet.

SUGGESTED EQUIPMENT LIST
(See the Winter Camping Information pages for more suggestions)

Personal Equipment:
- Sleeping bag (0 deg rated or 2 bags)
- Ground cloth
- Sleeping pad (insulated)
- Cup, Bowl and Utensils
- Water bottles
- Flashlight and batteries
- Small first aid kit
- Scout Handbook
- Sunscreen and lip balm
- Sunglasses
- Toilet Paper (in zip-lock bag)
- Toilet Kit
- Compass
- Whistle
- Parachute Cord Waterproof Matches
- Pocket Knife (With Totin’ Chip)
- Handkerchief

Wool Pants or Ski Bibs Winter Parka
(preferably w/hood)
- Wool Hat and Scarf
- Wool Gloves/Mittens (at least 3 pairs)
- Gaiters
- Waterproof Boots
(ABSOLUTELY NO TENNIS SHOE$!!!)

Optional Items:
- Camera and film
- Notebook & pencil
- Small Day Pack
- Signal Mirror
- Bible or prayer book

Event Equipment:
- Klondoree Sled
- Rope at least 50 feet.
- Several 8’ sections of rope for knot tying
- Water for each scout (1 liter bottle)
- Energy bars
- Extra gloves and layers of clothing
- Fire starter (char cloth, kindling, etc.)
- Flint and steel for fire starting
- Brooms for broom ball
- Patrol first aid kit
- Compass

2019 KLONDOKEE – THE COUNTDOWN BEGINS
Reverend’s Ridge Campground accommodates tents, trailers and motorhomes. All campsites have natural shade.
PARKING PERMIT - DISPLAY ON DASHBOARD

ARAPAHOE DISTRICT KLONDORHE GOLDEN GATE CANYON STATE PARK

FOR REVERENDS'S RIDGE CAMPGROUND ONLY

UNIT #____________

DRIVER'S NAME ________________

THIS PASS CANNOT BE USED IN ANY OTHER PART OF THE PARK

VALID FOR Jan. 25 to Jan 27, 2019

PARK REGULATIONS:
• No RVs or Campers are permitted
• You must display this permit in LIEU OF A PARK PASS.
• FOR TRAVEL IN ANY OTHER AREA OF THE STATE PARK, A PARK PASS IS REQUIRED!
• Mechanized snow removal equipment, including snow plows and snow blowers, are not permitted.
• Driving onto unplowed areas, including unplowed site pullouts, is not permitted. Parking is only allowed on the right side of the road as you enter the campground.

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