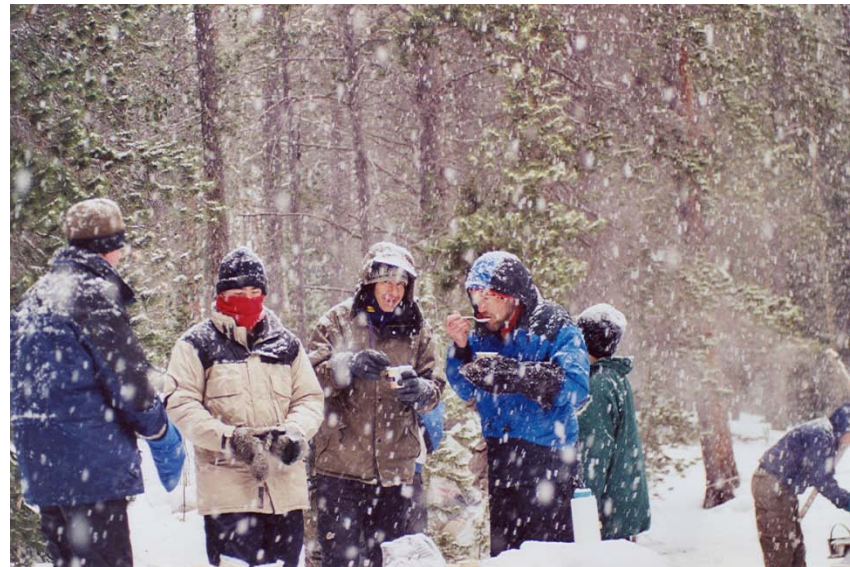




# 2011 *OKPIK* *Cold Weather Camping*





# Okpik Winter Camping

Embark on the greatest winter camping adventure that will ever challenge you as a Boy Scout. Okpik will give you the skills to go where few dare. Established in 1986 at Camp Tahosa in Ward, Colorado, the Denver Area Council's Okpik Winter Camping is ready for you!

This two day and two night adventure develops confidence and skills in camping and living in the outdoors during extreme weather conditions. Receive training in physical preparation, cold weather dress, first aid and emergency procedures, food and water, equipment use while experiencing cross-country skiing, snowshoeing and winter shelter building.

Okpik is state-of-the-art training to give leaders, (both youth and adult), confidence in taking groups into a cold environment and support a year-round camping program. Our cold weather training is appropriate only for those leaders and campers who already have basic Scouting skills and mild weather camping experience. Our training includes skills that can ensure a successful, fun and safe cold weather camping experience. These must know skills are important because cold weather camping mistakes can be serious and certainly are not something upon which to build young Scout's experience.

Units enrolled for a training weekend should plan to **arrive at Camp Tahosa no later than 6:30 p.m.** on the Friday night of their weekend. Friday night is spent in a classroom setting where the Okpik staff will give instructions in cold weather camping and then you'll spend the first night in a cabin. On Saturday morning after breakfast, everyone packs up and moves into the backcountry. The day is spent building quinzees (piled snow domes), cooking meals and exploring the winter woods. The experienced Okpik staff will stay in the field during the weekend observing and supervising you as you use the skills taught on Friday night. After spending a night in the quinzees you built, we return to the Training Lodge for a wrap up session. The course will end after lunch on Sunday, approximately 12:00 Noon.

Be sure to examine the equipment list carefully. Every required item must be brought with you. We do provide some supplemental clothing and bedding items, but each participant must provide the essentials. A full and varied menu is provided, so it is not necessary to bring any food or snacks.

Okpik Winter Camping is a very strenuous weekend. All of your gear and food for the weekend is pulled on sleds, most of the day is devoted to shelter building and it can be very cold. Youth should have the size and maturity to complete and enjoy the weekend. All participants should do physical training to condition themselves for a very invigorating and challenging weekend. The Okpik staff will provide a course regardless of the snow conditions. There will be no cancellations due to the weather (lack of snow). Depending on the snow conditions, be prepared to ski or backpack into the backcountry.

**The OKPIK experience is best enjoyed as a group activity. ALL GROUPS MUST HAVE AT LEAST TWO ADULTS. Parent/Guardian and Scout participation is certainly encouraged. The B.S.A. Youth Protection Guidelines will be followed with team assignments (teams of two) made on the first evening at the discretion of the Okpik staff. Youth should have the physical size and maturity to enjoy and complete a very rigorous weekend. YOUTH MUST BE AT LEAST 13 YEARS OLD AND 1ST CLASS. Course is limited to 26 participants.**

**The attached registration and health history form must be completed at least three weeks prior to your assigned weekend. Cost is \$90.00 per person. Fees are due when you reserve your Okpik dates. No reservations are held without full fees paid! Fees are transferable and not refundable. OKPIK REGISTRATIONS ARE ACCEPTED ON A FIRST COME/FIRST SERVED BASIS.**

## OKPIK EQUIPMENT

For your winter camping experience, Okpik provides the necessary camping and cooking equipment, food, skis, and snowshoes. Some supplemental clothing and sleeping gear are also supplied. Please be aware that each participant must provide items such as sleeping bags, hats, socks, boots and long underwear.

As you prepare for the weekend, there are several important points to remember about materials and insulation and how to stay warm. Remember:

- Wool is a better insulator than cotton. Even when wet, wool still retains its insulating value. Check surplus and thrift stores as sources for wool items.
- Goose down, a very good insulator, is difficult to use in a field-type setting. Once wet, down is very difficult to dry and loses all of its insulating value. Use down only if you're experienced in how to handle it.
- The preferred insulator for sleeping bags and jackets are synthetic fills, such as Hollofill, Quallofill or Thinsulate, as an example.
- The preferred and popular fiber today for outdoor clothing are the fleeces such as Polarfleece and Polartech. These synthetics are great insulators and are making wool obsolete for winter clothing.

### RECOMMENDED EXTRAS

These items are recommended, depending on personal preference and what you have available.

- ◆ A vest (insulated or fleece)
- ◆ Polypropylene glove liners
- ◆ Sock liners
- ◆ Personal items: toothbrush, chapstick, extra underwear, etc. (Items you usually take camping).
- ◆ Pocket knife.
- ◆ Canteen or water bottle
- ◆ Candle lantern
- ◆ Personal first aid kit
- ◆ Travel games, playing cards
- ◆ Reading material.



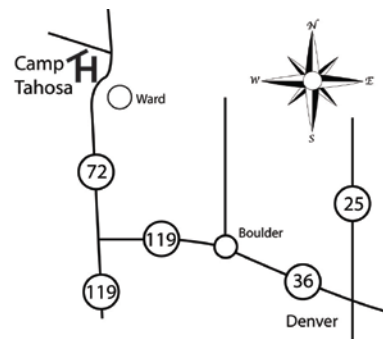
### REQUIRED ITEMS

**You MUST Bring These Items!**

- ◆ Sleeping bag, a summer weight or "3-season" bag is adequate; we can provide a supplemental outer bag or fleece liner if you need it.
- ◆ Duffel bag or sport bag — pack all your gear in this. No frame packs! (Exception would be on a "no snow" weekend when we have to backpack in).
- ◆ Stocking cap - Balaclava style is best.
- ◆ 2 - 3 pairs of wool mittens (mittens are warmer than gloves)
- ◆ 2 - 3 sweaters and/or shirts (wool or fleece are best)
- ◆ Winter coat, preferably hooded
- ◆ 1 - 2 sets of synthetic, wool blend or silk long underwear. Under no circumstances should this layer be cotton
- ◆ 1 - 2 pairs of pants, loose fitting wool army surplus pants with suspenders are perfect. Option B would be insulated ski pants. No jeans or cotton!
- ◆ 3 pairs of socks minimum (wool and wool blends are best)
- ◆ Pak boots with removable felt liners (Sorrels, as a brand name, are an example). No leather hunting boots, please.) Leather will get wet and be cold. We will not accept anyone with leather boots.
- ◆ Sunglasses (a must item)
- ◆ Ground cloth and pad
- ◆ Flashlight with extra batteries
- ◆ Sun protection

### DIRECTIONS

Tahosa is approximately a 2 1/2 hour drive from central Denver. This will vary depending on road conditions. Drive northwest to Boulder, Colorado. Take Canyon Boulevard or Arapahoe Avenue west, the streets eventually merge into CO 119. Continue west into Nederland. In Nederland, turn north on CO 72. You will pass the outskirts of Ward. 4.5 miles beyond Ward, turn off CO 72 west onto a county road to Camp Tahosa. There is a sign for Tahosa on CO 72, it appears quickly so be on the lookout for the sign.



# 2011 OKPIK

## REGISTRATION FORM

Yes, I accept the OKPIK challenge.

Please sign me up for the designated weekend.

(Youth must be 13 years old and at least a 1st Class Scout.)

Unit Number \_\_\_\_\_ District \_\_\_\_\_

Okpik Leader Contact \_\_\_\_\_

Participant's Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone: H \_\_\_\_\_ W \_\_\_\_\_

Email: \_\_\_\_\_

Male  Female  
 Youth  Adult

Date of Birth \_\_\_\_\_  
(Must be at least 13 years old)

### 2011 DATES

(Please ✓ Date Desired – call for LDS Weekend Option)

___ January 7 - 9	___ February 11 - 13
___ January 14 - 16	___ February 18 - 20
___ January 21 - 23	___ February 25 - 27
___ January 28 - 30	___ March 4 - 6
___ February 4 - 6	___ March 11 - 13

Due to the high demand and limited spaces/weekends for the Okpik program, we are unable to offer refunds for the fees other than if the space(s) are filled by others on the waiting list. Only when the space(s) have been filled will you be able to receive a refund of the fees less \$10.00 per participant. Course will be held regardless of snow or no snow. **There will be no cancellations due to the weather (lack of snow).**

Name: \_\_\_\_\_ Phone#: \_\_\_\_\_

Health/Accident Insurance Co.: \_\_\_\_\_ Policy No.: \_\_\_\_\_

Have or subject to (✓ if yes): \_\_\_\_\_ asthma \_\_\_\_\_ fainting spells \_\_\_\_\_ convulsions \_\_\_\_\_ diabetes \_\_\_\_\_ bleeding  
\_\_\_\_\_ heart trouble \_\_\_\_\_ allergy to any medication, food, plant, animal or insect, toxin

Have difficulty with (✓ if yes): \_\_\_\_\_ digestion \_\_\_\_\_ lungs \_\_\_\_\_ bedwetting \_\_\_\_\_ eyes, ear, nose, throat \_\_\_\_\_ sleep walking

Any condition now requiring regular medication? Yes No

Name of medication: \_\_\_\_\_

Any restriction of activity for medical reason? Yes No Explain: \_\_\_\_\_

Any condition that many require special care, medication, or diet? Yes No Explain: \_\_\_\_\_

### Parent Authorization (Youth under age 18)

This health history is correct so far as I know, and the person herein described has permission to engage in all prescribed activities, except as noted by me. In the event I cannot be reached in an emergency, I give my permission to the physician, selected by the adult leader in charge, to hospitalize, secure proper anesthesia, or to order injection.

Signature (Parent/Guardian) \_\_\_\_\_ Date \_\_\_\_\_

Home Telephone \_\_\_\_\_ Work Telephone \_\_\_\_\_

### Authorization (Adult Participants - 18+)

This health history is correct so far as I know. In the event of an emergency, I hereby give permission to the physician, selected by the adult leader in charge, to hospitalize, secure proper anesthesia, or order injection for myself if I am unable.

Signature (Parent/Guardian) \_\_\_\_\_ Date \_\_\_\_\_

Home Telephone \_\_\_\_\_ Work Telephone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Telephone \_\_\_\_\_

I do not grant my permission to use any photographs taken while participating in OKPIK activities. Participant's initials: \_\_\_\_\_

Mail your registration form with your fee to  
Denver Area Council \* 10455 West 6th Avenue, Suite 100 \* Denver, CO 80215