

CAMP MINSI 2017



SUMMER CAMP LEADERS GUIDE



www.campminsi.org



BOY SCOUTS OF AMERICA®
MINSI TRAILS COUNCIL

Introduction

It is hard to believe it is already time to start thinking about summer camp 2017! We are extremely excited to begin the planning process with you. This summer we are planning to introduce a variety of new programs while continuing to build on our lasting traditions.

This leader's guide is your first resource to answering your summer camp questions. If you have any further questions, please feel free to contact us. We are always open to your input, suggestions and ideas.

The 2017 Camp Minsi Summer Camp Merit Badge and Program Guide is also available on our website www.campminsi.org. This guide includes detailed merit badge information, program schedules, and specifics on other activities happening during your week of summer camp.

On behalf of the entire 2017 Camp Minsi staff, we'd like to thank you for choosing Camp Minsi. We look forward to sharing a memorable summer with you and your entire unit.

Yours in Scouting,

Lisa Empfield
Camp Director

Greg Larson
Program Director

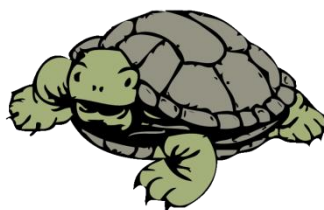


Table of Contents

Introduction	2
Beaver Weekend	3
Directions to Camp	4
Contacting Us	4
Camp Fees and Payment Schedule	5
Refund Policy	5
General Notes for Scoutmasters and Leaders	6
Order of the Arrow in Camp	11
Check-in Procedures	12
Check-out Procedures	13
2017 Summer Camp Program	13
Appendix	15

Beaver Weekend: Friday, May 19 – Sunday, May 21, 2017

Beaver Weekend is a unique opportunity for service, fellowship, recreation, and of course camping! Take the opportunity to bring your unit to Camp Minsi for the weekend. You can check out the camp and its facilities, meet the staff, participate in open programs, and give back to Camp Minsi and Scouting through friendly service.

This event is completely **free**! We will provide your unit with a campsite, tents, and cots. You can even request to stay in the site that your unit will be staying in during your week of summer camp. Lunch on Saturday will be provided for all who are participating in the weekend.

All that we ask in return is that your unit gives a few hours of service to the camp on Saturday. A list of the work projects occurring will be published in the spring. Additionally, Scouts and leaders will have the opportunity to take advantage of several open programs on Saturday afternoon along with a chance to explore the camp and meet the staff.

If your unit decides not to make a weekend out of it, you are invited to come just for the day on Saturday to participate in some of the fellowship events, service projects, and other festivities.

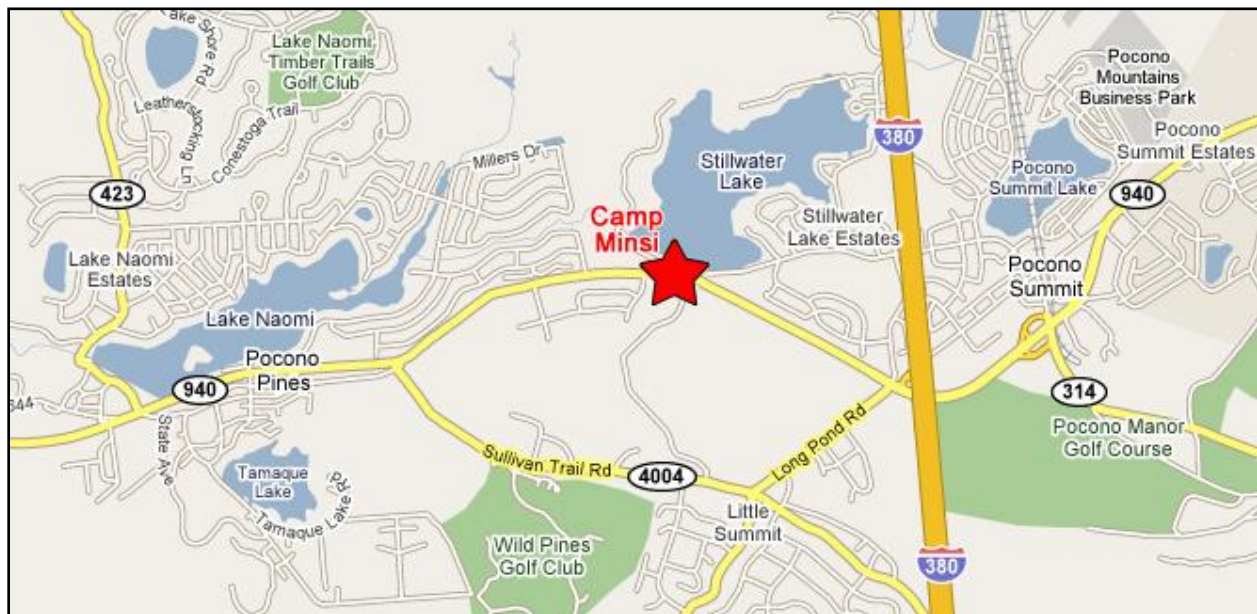
On Saturday evening there will be a Pizza Buffet dinner fundraiser in the Dining Hall to benefit Venturing Crew 940, a youth service organization that provides leadership and service to Camp Minsi. Cost is \$7 per person. The buffet will include a variety of fresh-made pizzas along with a pasta and salad bar.

If your unit is interested, please register online at campminsi.org as soon as possible to help us *be prepared* for the event.



Directions to Camp

Camp Minsi is located on Route 940 in Pocono Summit, PA



From PA Route 22:

Follow Interstate 22 east or west. Exit onto Route 33 North. Exit onto Route 80 West. Follow Interstate 80, exiting onto Route 380 North. Take Exit 3, (old exit 8). At the stoplight at the top of the ramp, turn left. Follow route 940 West for 1.1 miles. Camp entrance is on the right across from police station.

From PA Interstate 80:

Follow Interstate 80 east or west. Exit onto Route 380 North. Take Exit 3, (old exit 8). At the stoplight at the top of the ramp, turn left. Follow route 940 West for 1.1 miles. Camp entrance is on the right across from police station.

From PA Route 476 NE Extension:

Follow the NE Extension of the PA Turnpike to Exit 95 (I-80 and Route 940). Follow Route 940 East for approximately 20 miles. Camp entrance is on the left across from police station.

Contacting Us

Before Camp:

Camping Desk; Attn: Bonnie Keller
Minsi Trails Council, BSA
PO Box 20624
Lehigh Valley, PA 18002

Phone: 610.465.8568

Email bonnie.keller@scouting.org

During Camp:

Summer Camp; Attn: Lisa Empfield
Camp Minsi, BSA
106 Camp Minsi Road
Pocono Summit, PA 18346

Phone: 570.839.9108

Email: campminsi@minsitrails.org

Camp Fees and Payment Schedule

Early Registration "2016 Price Freeze" Units:

- \$350 per Scout - Discount Fee
For online named registrations prior to March 1, 2017.
- \$375 per Scout - Full Fee
For online named registrations on or after March 1, 2017

General Fees for 2016 Units:

- \$370 per Scout - Discount Fee
For online named registrations prior to March 1, 2016.
- \$395 per Scout - Full Fee
For online named registrations on or after March 1, 2016

2017 Adult Leader Fees:

- 1-20 Scouts, 2 free leaders
- 21-30 Scouts, 3 free leaders
- 31+ Scouts, 4 free leaders

Additional leaders: \$27.00 per day

Payment Schedule:

09/15/16: Commitment due for "2016 price freeze"

01/15/17: Initial camper estimate due.

03/01/17: \$100 deposit due for each Scout.

06/01/17: Final unit balance due.

For the Discounted Fee:

- Pay your \$100 to reserve a campsite.
- Follow the camp payment schedule.
- After March 1st, Scouts will be charged the full amount, with the exception of Cub Scout crossovers and newly registered Scouts.

Refund Policy

Initial Per-Camper Deposit:

A \$100 per camper deposit is due by March 1st. This initial per-camper deposit is not refundable under any circumstances, however this fee may be transferred to another camper within your unit.

There are situations in which a campers' fee may be refunded, either in whole or in part to the unit. Please note that checks will not be written to individual families.

Full Refund (less initial \$100 deposit):

The complete balance of a campers' fee (less the initial deposit) may be refunded up until two weeks prior to the start of your week at camp if accompanied by appropriate documentation for medical issue regarding the camper, summer school, or an extreme family emergency.

Partial Refunds:

Partial refunds of \$100 per camper may be refunded to the unit for reasons other than the above, up until two weeks prior to the start of your week at camp. Please be aware that Minsi Trails Council cannot provide full refunds after this timeframe as certain expenditures have been made (e.g. food and program-related items) based upon the unit's projected attendance.

Requests for refunds must be made in writing no later than two weeks prior to the start of your week at camp in order to be considered. Please submit requests to the Minsi Trails Council, Attn. Paul Oswald, PO Box 20624, Lehigh Valley, PA 18002-0624. This letter must be approved and endorsed by the unit leader.

General Notes for Scoutmasters and Leaders

Alcohol, Drugs, Fireworks

These items are prohibited in camp. There is a zero-tolerance policy regarding these items. Breaking this rule could result in the entire unit being sent home. Offenders will be turned over to the local authorities. Additionally, Pennsylvania State Law and the BSA have designated camp as a smoke free environment; adults are not allowed to smoke in any central camp areas.

Bikes in Camp

Camp Minsi allows the use of bicycles within camp. Safety is a must. Helmets and proper attire must be worn at all times when riding. The buddy system is still in effect when riding. Bikes are only to be used on marked trails. Camp Minsi is not responsible for damage to bikes. Please enforce safe biking and courtesy to pedestrians when riding bikes in camp.

Bullying

The Scout Oath and Law are expected to be followed throughout your entire visit at camp. Camp Minsi has a no tolerance policy for bullying. Bullying is grounds for immediate dismissal from camp at the discretion of the camp director. Any form of verbal abuse, physical abuse, or threats will result in immediate dismissal from camp; authorities may be contacted at the camp director's discretion.

Cell Phones & Electronic Devices

Scouts should be encouraged to leave all electronics at home. These devices take away from the summer camp experience. They can promote home-sickness and often lead to other problems. Staff members will not tolerate the use of cell phones, MP3 players or other electronics by Scouts in program areas. Camp Minsi will not be responsible for the lost or damaged electronics.

Colors and Retreat

Colors are held each morning at 7:45 AM and retreat is held every evening at 5:45 PM in the parade field. Attendance is required, and the field uniform is expected at evening colors.

Damage to Camp Property

Units are responsible for any damages that occur to camp property beyond normal wear and tear. Sites will be assessed by camp staff and unit leaders upon check-in and check-out.

Insurance

Accident and sickness insurance cover all units that are registered with the Minsi Trails Council. Out of council units must be able to show their unit's or council's policy for both accident and sickness insurance. If your unit does not have insurance, you must secure it prior to your unit's arrival at camp.

Meetings for Camp Leaders during Camp

On Sunday evening at 7:15 PM, there will be a meeting for all adult leaders. Additional meetings will be announced and held throughout the week. Special meetings with the council Scout executives will be held on Tuesday and Friday at 3:00 PM. We value your feedback; all camp leaders are encouraged to attend these meetings.

Mail

Mail can be sent to Camp Minsi anytime. Mail is delivered to unit leaders at meals. It takes about 3-4 days for mail to reach a Scout once it is mailed (so plan accordingly). Please be sure to include the name and the troop number of the Scout on any mail. Mail can be sent to:

Scout's Name - Troop #
106 Camp Minsi Road
Pocono Summit, PA 18346

Parking and Vehicle Use

Camp policy does not allow vehicle parking in camp's main areas or campsites. This is for safety reasons and is in compliance with BSA National Policy. All vehicles must be parked in the camp parking lots during the week. Special consideration may be given to persons with disabilities. Only those vehicles authorized by the camp director will be permitted to park in the campsites.

Patrol Cooking & Site Cook-in Night

Units have the option to cook their own meals in their site. The kitchen can supply food. Inform the camp director prior to your arrival if you want to cook your own meals during the week.

On Thursday evening, the dining hall does not provide a cooked meal. Instead, units will be provided with ingredients to cook their own dinner in their site. Each unit will choose a dinner options from the provided list (see form in the appendix). Units are encouraged to bring their own cooking equipment and mess kits to prepare and eat this meal in their site. Limited cooking supplies are available through the camp quartermaster.

Pets

Pets can pose a safety hazard to some campers. Therefore, in keeping with BSA policy, no pets are allowed in camp. This includes extended stay or daily visits.

Site Accommodations

Each unit campsite is equipped with standard BSA canvas tents on raised wooden platforms. Tents hold two cots for a Scout and his buddy. Each site also includes a comfort station with private latrine facilities and running water. A central canopy, picnic tables and fire circle provide communal areas for Scouts as well. Campsite capacities are calculated with each tent housing 2 campers for the week – as such, leaders are not guaranteed single tents.

Site Inspections

Each day a commissioner will visit and inspect your campsite. These inspections assure unit health and safety. If anything is broken or needs attention, please report it to the commissioners.

Storms and Lightning

Bring raingear - be prepared! In the event of precipitation, camp-wide activities will proceed as normal and the staff will make appropriate changes if necessary. In the case of a severe weather situation, Scouts will be moved to a safe structure and given further instructions from the staff.

Stoves and Lanterns

Stoves and lanterns are allowed in camp. However, they are only to be operated by the unit's leaders. Lanterns may not be inside of any tents. Fuel must be stored in a secure location.

Sunday Night Family Cookout

Camp Minsi holds a family night on Sunday evenings. Family members are invited to stay for a picnic dinner at 5:45PM. Cost is \$10.00 per person (children under 6 are \$4.00).

Trading Post

Camp Minsi's Trading Post is open most of the day and includes many items Scouts will want to purchase. Scouts will find a wide variety of items including camping supplies, Camp Minsi T-shirts and apparel, craft kits, merit badge pamphlets, books, snacks, ice cream, slushies, drinks, and much more. Some merit badges may require additional costs for craft kits or other supplies (see our program guide for details). The trading post is an excellent opportunity for Scouts to practice real-world financial and personal management while at camp. Please be sure Scouts have spending money as to not feel left out. We recommend \$25 to \$50 for the week.

Troop Pictures

Troop pictures will be taken Sunday afternoon during check-in. You have the option of purchasing 5x7 or 8x10 color prints.

5x7 photo

1 picture: \$9.00

2-4 pictures: \$7.00 each

5+ pictures: \$6.00 each

8x10 photo

1 picture: \$12.00

2-4 pictures: \$10.00 each

5+ pictures: \$9.00 each

Please fill out the Troop Photo Order Form found in the appendix of this packet. Cash or check payments accepted. Pictures will be delivered to the unit leader at the end of the week.

Two-deep Leadership

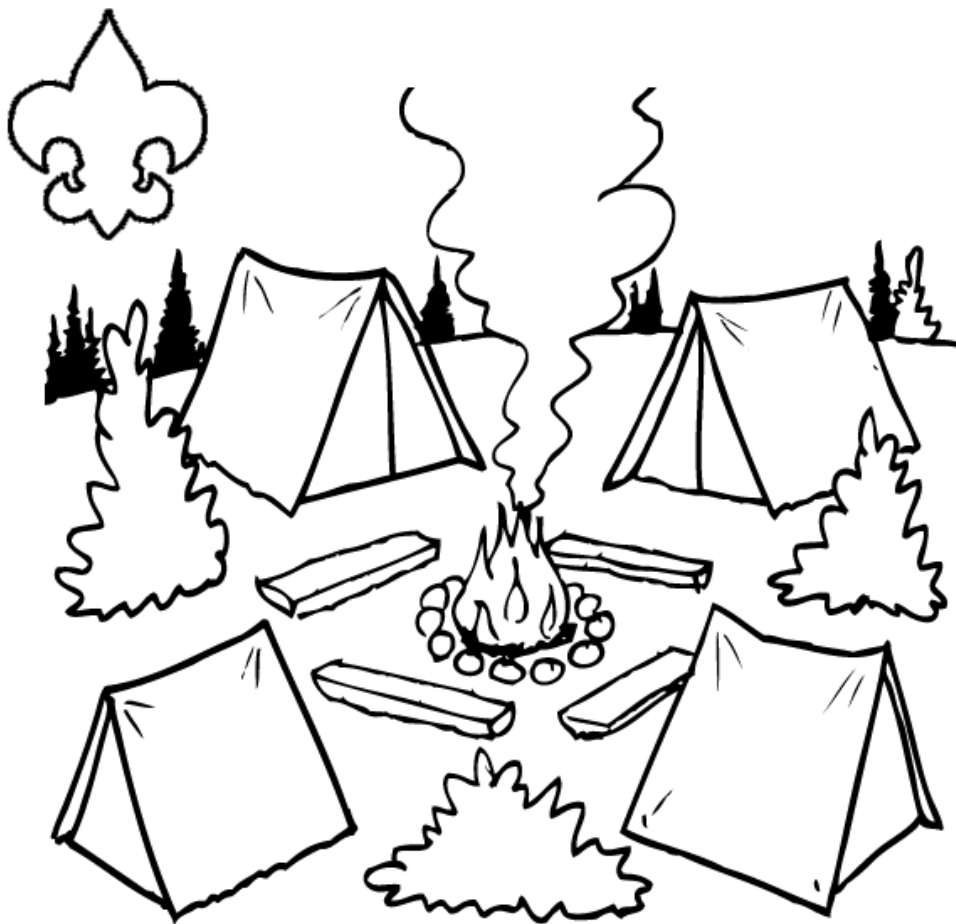
As with any Scouting event, each unit must provide two-deep leadership. If necessary, we can partner you with another unit in camp to help satisfy this requirement. In emergency situations, a staff member may be assigned to help cover a unit. Please notify the camp director if your unit is unable to provide adequate leadership at any point throughout the week.

Uniform and Attire

The Boy Scout field uniform and appropriate activity uniforms are expected attire at any Scout functions. Scouts should have most, if not all of the uniform for camp. The field uniform is required at retreat, dinner, vespers, and other formal programs.

Visitors in Camp

Visitors are welcome in camp as long as they have been invited by a unit and have been approved by the unit leader. Visitors must sign-in at the camp office and pick-up a visitor's pass (which must be displayed at all times) immediately upon their arrival in camp. Families are encouraged to come on Sunday for the family picnic, on Thursday for the Order of the Arrow call-out ceremony, and on Saturday for closing ceremonies. If a Scout needs to leave camp for any reason during the week, they must have documented permission from their parent/guardian and verification from their unit leader before they will be released. If a visitor plans on staying for any meals, they must purchase a meal ticket at the camp office before going to the dining hall. Costs are as follows: breakfast: \$7.00, lunch: \$10.00, dinner: \$10.00.



Health Services

Personal Health and the Annual Health and Medical Record

All participants (adults and youth) attending a BSA registered summer camp need to complete and return to their unit leader parts A and B and C of the Annual Health and Medical Record. These forms need to be updated at least annually.

Part A is an informed consent, release agreement, and authorization that need to be signed by every participant (or a parent and/or legal guardian for all youth under 18).

Part B is general information and a health history.

Part C is your pre-participation physical certification. The exam needs to be completed by a certified and licensed physician (MD, DO), nurse practitioner, or physician assistant.

For current BSA Annual Health and Medical Record Forms go to:

<http://www.scouting.org/scoutsource/HealthandSafety/ahmr.aspx>

Medications

All prescription and over-the-counter medications must be stored under lock while at camp. An adult leader with in your unit or the camp health officer (when applicable) will need to manage the securing of the individual medications and documentation of the individuals taking their medications. Units will manage at their site as long as medications are properly stored and logs a kept; the camp will provide a lockable storage area and a 3-ring binder in each site shed. Prior to your arrival, please contact the Director of Camping (paul.oswald@scouting.org) if other arrangements are needed regarding managing this process.

Medications must be in their original containers, with labels affixed including doctor's name, patient's name, date and name of medication contained. If there has been a dosage change, it must be noted by a doctor. A **Routine Drug Administration Form** is located in the appendix of this guide. Please copy this sheet and have one filled out for each scout taking medications to the health officer during check-in. At that time, we will provide your adult leader, the *Routine Drug Administration Form* binder for your site, location of the secure storage area and any additional guidance in this process. Prior to final check out, all binders must be returned to the camp Health Officer. Additionally at this time, all BSA Annual Health and Medical Record Forms will returned to your unit.

Allergies and limitations

If a scout or an adult has special dietary needs or severe allergies, a *Food Allergy and Special Dietary Accommodations Questionnaire* (located online at www.campminsi.org/food) should be submitted online two weeks prior to your arrival so that the dining hall staff has proper time to prepare the appropriate accommodations.

Medical Services

Camp Minsi has a well-equipped health lodge staffed with a qualified health officer. A non-resident doctor and ambulance service are on call. Hospital facilities are close to the camp, should additional medical attention be required.

If the camp health officer determines that a scout or leader requires advanced medical attention or care, the individual may be sent home for health reasons.

Order of the Arrow in Camp

The Order of the Arrow is Scouting's honor society. For more than 90 years, the Order of the Arrow (OA) has recognized Scouts and leaders who best exemplify the Scout Oath and Law in their daily lives. This recognition provides encouragement for others to live these ideals as well. Arrowmen are known for maintaining camping traditions and spirit, promoting year-round and long term resident camping, and providing cheerful service to others. OA service, activities, adventures, and training for youth and adults are models of quality leadership development and programming that enrich and help to extend Scouting to America's youth.

The mission of the Order of the Arrow is to fulfill its purpose as an integral part of the Boy Scouts of America through positive youth leadership under the guidance of selected capable adults. The OA serves as a service task force for the camps and the camping spirit. They promote both yearlong and residential camping through several events and organizations. Witauchsoman Lodge #44 holds annual service weekends and other events at Camp Minsi. The OA is an integral part of camping, Camp Minsi, and the Boy Scouts of America.

Thursday is OA Day at camp. OA members are encouraged to show their lodge spirit by wearing OA T-shirts throughout the day and displaying their OA sash with their field uniform.



Call-Out Ceremony

On **Thursday** evening the Order of the Arrow will perform their public recognition ceremony, known as the call-out. Arrangements for those who will be called out should be confirmed with the OA coordinator prior to the ceremony. All Troops should attend the ceremony.

- All elections for the nomination of candidates must take place before summer camp. No elections will be conducted at summer camp. Please bring a copy of your unit elections results so that any misunderstandings or discrepancies can be avoided.
- If your unit is not from Minsi Trails Council, Witauchsoman Lodge #44 cannot call-out your candidates without proper authorization. You must have a signed letter from your Lodge Chief or Lodge Adviser confirming the names of the Scouts to be recognized. This letter must be turned-in to the OA coordinator prior to the call-out ceremony.
- Arrowmen interested in assisting with the Thursday night call-out ceremony or preparations will be greatly appreciated. Please see the OA coordinator to get involved.

Check-in Procedures

Each unit will be assigned a specific time to check-in. A site guide will meet your unit in the parking lot at your designated check-in time. At this time, one unit leader will report to the camp office with their check-in papers (see the checklist in the appendix).

Transportation of personal and unit gear from the parking lot to the campsites can be arranged at this time. Personal vehicles are not permitted beyond the parking lot after 12:30PM without a vehicle pass from the camp director.

A staff member will guide your unit through the check-in processes which includes medical re-checks, a dining hall orientation, troop pictures, and swim checks at Waterfront.

All Scouts and leaders staying in camp must have a medical form on file with the camp's health officer. A unit leader should have all of the medical forms collected and organized prior to check-in. Additionally, all medications must be checked by the camp health officer along with a copy of the *Routine Drug Administration Form* for each Scout with medications. Make sure Scouts have all medications with them for when you check-in at the health lodge.

Scouts should wear a swimsuit under their uniform and have a towel available. Troop pictures will be taken during check-in, followed by swim checks; your unit will not go to their campsite in between to change.

Early Arrival:

Units may arrive earlier on Sunday in order to unload gear in their campsites prior to their scheduled check-in. Vehicles may be driven to the campsites between 9:00 AM and 12:30 PM on Sunday. ***Troops should check the information board in the parking lot upon arrival for their campsite assignments*** (please double-check in case of any last minute changes or re-assignments). Please do not block the roads during early arrival and move all vehicles to the parking lot once gear is unloaded. Troop trailers may stay in the site as long as they do not block the main roads or driveways. The troop should report to the parking lot at their assigned time to begin the formal check-in process.

Check-In Schedule:

Please check-in at your assigned time as to not disrupt the check-in process.

Site 1: 1:00 PM	Site 6: 1:50 PM
Site 2: 1:10 PM	Site 7: 2:00 PM
Site 3: 1:20 PM	Site 8: 2:10 PM
Site 4: 1:30 PM	Site 9: 2:20 PM
Site 5: 1:40 PM	Site 10: 2:30 PM

Sunday Evening Activities:

- 5:45 – Colors and dinner
- 7:15 – Camp tour & program orientation (for Scouts) / Leaders Meeting (for adults)
- 8:45 – Campfire program
- 10:00 – Taps

Check-out Procedures

Before leaving camp, a site guide will complete a final campsite condition report with a unit leader to ensure there are no damages or issues. If any damage is found that is not regular wear and tear, the camp director and ranger will assess the damages and the unit may be charged.

Before departing, the unit leader should:

- Ensure the campsite is clean and in the condition you found it.
- Return a completed camp evaluation form to camp office.
- Pay any outstanding fees to the camp director.
- Make reservations for next year, if they have not done so already.



2017 Summer Camp Program

Camp Minsi issues a separate program guide that outlines the entire summer camp program, including daily program schedules, merit badge offerings, evening programs, and additional activities for Scouts and Scouters. Check www.campminsi.org to download the full Program Guide and for additional updates on the 2016 programs.



Find us on
Facebook

Visit us online:
www.campminsi.org



Appendix

Important forms for summer camp 2017

Troop Picture Order From	15
Camp Minsi Afternoon Adventures	16
Site Cook-In Night Registration Form	17
Routine Drug Administration Form	18
Food Allergy & Special Dietary Accommodations Form	19
Camp Minsi Map	20

Troop Picture Order Form

Troop pictures will be taken during check-in. You have the option of purchasing 5x7 or 8x10 color prints. Please fill out the Troop Picture Order Form prior to your office check-in. Cash or check payments accepted. Pictures will be delivered to the unit leader at the end of the week.

5x7 photos

1 picture: \$9.00

2-4 pictures: \$7.00 each

5+ pictures: \$6.00 each

8x10 photos

1 picture: \$12.00

2-4 pictures: \$10.00 each

5+ pictures: \$9.00 each

Unit: _____ Council: _____

Week: _____ Site: _____

Contact person: _____

E-mail: _____ Phone: _____

Prints:

Total 5x7 photos: _____

Total Payment: _____

Total 8 x 10 photos: _____

Turn in this form along with payment during your office check-in.



CAMP MINSI 2017 AFTERNOON ADVENTURES

If you are a thrill-seeker looking for outdoor challenges and fun, then look no further than Camp Minsi's Afternoon Adventures. These programs provide a variety of unique outdoor adventures in the heart of the Poconos! Spend your mornings participating in open programs and working on advancement in camp, and then set-off for an afternoon of fun! These are great options for older Scouts looking for something different to do as a patrol. Scouts must be at least 14-years old to participate in all the adventures.



Hickory Run Expedition – Monday

Scouts will explore Hickory Run State Park in the western foothills of the Pocono Mountains. You'll explore the majestic 25-foot Hawk Falls and traverse the striking bolder field (a National Natural Landmark).

Additional cost: \$10.00 per person



Whitewater Rafting – Tuesday

Enjoy a fun-filled rafting trip on the Lehigh River. The eight-mile trek gives Scouts and leaders an afternoon of fun on the river interspersed with a touch of Class III rapids.

Additional cost: \$25.00 per person



Hawkeye High-Ropes Course – Wednesday

Climb and zipline! Reach new heights as you navigate an exciting high ropes COPE course that consist of a 60-foot climbing tower, cargo nets, caving ladders, and thrilling 175-foot zip-line!

Additional cost: \$10.00 per person



Mount Minsi Hike – Thursday

Ascend 1,500 feet to the summit of Mount Minsi in the Delaware Water Gap. The six-mile hike, along portions of the Appalachian Trail, provides impressive views and breathtaking vistas.

Additional cost: \$10.00 per person



Mountain Biking - Friday

Ride through the Lehigh River Gorge. As you pedal the 25-mile trail, you'll see fantastic rock formations, waterfalls, historic sites, and abundant wildlife. Bicycle and helmet rental included.

Additional cost: \$25.00 per person

↑ **Do all five Afternoon Adventures for only \$60.00** ↑



The Muck Hike – Wednesday **alternative in-camp adventure**

Here's is an experience you will never forget! The infamous Minsi Muck Hike takes deep into the muddy swamps and bogs as you hike (and occasionally swim) through thick mud.

Open to all ages – no cost

Camp Minsi Thursday Evening Site Cook-In Night

On Thursday evening, the dining hall will not provide a cooked meal; instead, units will be provided with ingredients to cook their own dinner. Each unit will choose their dinner option from the list below. Units are encouraged to bring their own cooking equipment and mess kits to prepare and eat the meal in their campsite. Recipe sheets with cooking instructions will be available for each meal option; although troops can be creative and provide their own additional outside ingredients or supplements. Troops are also encouraged to invite staff members to their sites to join them for the meal and the fellowship of Scouting.



Unit: _____ Council: _____

Week: _____ Campsite: _____ Number of People: _____

Meal options: (pick one)

☐ **Chili & Rice**

Includes: ground beef, kidney beans, peppers, onions, tomato paste, chili powder, rice, corn chips, salt & pepper, and drink mix.

Perfect for Dutch oven & stovetop cooking.

☐ **Campfire Foil Packs**

Includes: ground beef, potatoes, carrots, onions, peppers, Worcestershire sauce, butter, dinner rolls, salt & pepper, drink mix, and aluminum foil.

Perfect for campfire cooking.

☐ **Shepard's Pie**

Includes: ground beef, mashed potatoes, corn, peas, Worcestershire sauce, dinner rolls, butter, salt & pepper, and drink mix.

Perfect for Dutch oven cooking.

Cracker Barrel Options: (pick one)

☐ **Cobbler**

Includes: yellow cake mix and fruit filling.

Perfect for Dutch oven cooking.

☐ **Baked Apples**

Includes: apples, brown sugar, cinnamon, and aluminum foil.

Perfect for campfire cooking.

☐ **S'mores**

Includes: marshmallows, chocolate bars, and Graham crackers.

Perfect for campfire cooking.

☐ **Cookies**

Includes: Assorted pre-baked cookies.

No baking required.

Turn this form in to the camp office by noon on Monday.

Routine Drug Administration Form

Name: _____ Unit Number: _____

Week: _____ Campsite: _____ Date of Birth: _____

Medication #1: _____

Times to be Taken	S	M	T	W	T	F	S
Breakfast							
Lunch							
Dinner							
Night							

Comments:

Medication #2: _____

Times to be Taken	S	M	T	W	T	F	S
Breakfast							
Lunch							
Dinner							
Night							

Comments:

Medication #3: _____

Times to be Taken	S	M	T	W	T	F	S
Breakfast							
Lunch							
Dinner							
Night							

Comments:

Medication #4: _____

Times to be Taken	S	M	T	W	T	F	S
Breakfast							
Lunch							
Dinner							
Night							

Comments:

Food Allergy & Special Dietary Accommodations

The dining hall at Camp Minsi is committed to ensuring that all Scouts and leaders have the best meals possible while at camp. If you have any food allergies or other dietary restrictions, please complete our pre-camp food accommodation questionnaire; in order for us to *be prepared* for your stay, we ask that you please complete the online questionnaire at least **two weeks** prior to your arrival at camp.

Our dining hall staff is able to accommodate special dietary needs in two ways: (1) by providing enough variety in the menu and (2) by making substitutions for some (although not all) menu items in order to give Scouts well-rounded meals. In addition to the main entrees being served, we offer a diverse fruit, cereal and yogurt bar (at breakfasts) and wide-ranging salad bars (at lunches and dinners) where most campers can find nutritious items to accommodate their dietary preferences and/or allergies. Alternative sandwiches are also available upon requested from the kitchen at any meal. Our menus are well-rounded, nutritious and reviewed by a professional dietitian and nutritionist each year.

Vegetarian substitutes are available for all meals and we can provide some special food substitutes (for example, gluten-free breads and pastas) for campers specifying an allergy or intolerance prior to camp. Our dining hall staff understands the importance of accommodating special dietary needs and is highly aware of the ingredients in all the products used in our kitchen. Individuals with highly specialized dietary needs or preferences should talk with our dining hall staff prior to camp. In cases of a highly selective eaters with specific brand preferences or an extremely restrictive diet, the camper may be asked to bring some of their own food items to supplement what we provide.

While we attempt to provide meals which meet these special needs as much as possible, it is the responsibility of the individual Scout to avoid those foods that they are unable to eat. During check-in, Scouts with special dietary needs will meet with the dining hall staff to discuss their specific needs and accommodations.

If you have additional questions regarding our food service or your specific dietary needs, please contact the Minsi Trails Council office at **610-264-8551** or by email (campminsi@minsitrails.org). Please know we will do everything in our power to provide accommodations to those who need it.

Help us to *be* prepared for you visit. Complete our pre-camp food and dietary accommodation questionnaire at:

www.campminsi.org/food



