



# CAMP MINSI

Scouts, BSA Summer Camp

## THE TRAIL TO ADVENTURE First-Year Camper Program

To a Scout, summer camp is the greatest adventure that Scouting holds. It can be particularly exciting for first year Scouts. The Trail to Adventure (TTA) program is Camp Minsi's premier first-year camper program. The program offer the opportunity for Scouts to work on many of their early rank requirements. They'll practice knots, build fires, go hiking and swimming, and learn to use an ax and pocketknife.

The daily 3-hour program runs a mirror schedule, meaning that the same program is offered in the morning (9am to noon) and again the afternoon (2pm to 5pm). Scouts can pick which session they want to attend for the week and fill the other half of their day with merit badges and other open programs offered throughout camp.

During the course of the week, Scouts will build many of the skills necessary to earn the ranks of Scout, Tenderfoot, Second Class, and First Class while also building teamwork, leadership, and Scouting skills. However the main goal is for the Scouts to have fun and to leave camp with a positive camp experience and enthusiasm for the Scouting program.

A special Trail to Adventure patch is awarded to all Scouts who complete the program.

Below is an outline of the weekly Trail to Adventure program. For more information on the other programs that Camp Minsi has to offer, please visit [www.campminsi.org](http://www.campminsi.org).



### Monday – An Introduction to Scout Camp, Flags, and Knives

The Trail to Adventure program utilizes the patrol method. The week starts with Scouts being divided into patrols and choosing a patrol name and cheer. Scouts will learn the history of the American flag, as well as how to fold, raise, lower, and care for the American flag. Scouts will visit several program areas in camp as they complete various requirements and get an introduction to Scouts BSA and summer camp.

Additionally, Scouts will review the rules and guidelines of safe knife, axe and saw use in order to earn their BSA Totin' Chip cards.

#### Rank Requirements Covered:

- **Scout 2b** – Describe the four steps of Scout advancement.
- **Scout 2d** – Describe what merit badges are and how they are earned.
- **Scout 5** – Demonstrate your knowledge of pocketknife safety.
- **Tenderfoot 3d** – Demonstrate proper care, sharpening, and use of the knife, saw, and ax. Describe when each should be used.
- **Tenderfoot 7a** – Demonstrate how to display, raise, lower, and fold the U.S. flag.
- **Second Class 8a** – Participate in a flag ceremony for your school, religious institution, chartered organization, community, or Scouting activity.
- **Second Class 8b** – Explain what respect is due the flag of the United States.



### Monday Evening – TTA Super Shooter

On Monday evening, all first-year Scouts in camp are invited to the shooting ranges for the TTA Super Shooter. This special program allows new Scouts to get special shooting experiences at both the rifle range and the archery range.



## Tuesday – First Aid and Being Prepared

Scouts will learn and demonstrate first aid skills and how to be prepared in emergency situations. Scouts will depart on Camp Minsi's interactive First Aid Trail! They will come across various stations throughout camp featuring real-world first aid scenarios and will be asked to apply their first aid knowledge and skills.

### Rank Requirements Covered:

- **Tenderfoot 4a** – Show first aid for the following: simple cuts and scrapes; blisters on the hand and foot; minor (thermal/heat) burns or scalds (superficial, or first-degree); bites or stings of insects and ticks; venomous snakebite; nosebleed; frostbite and sunburn; and choking.
  - **Second Class 6a** – Demonstrate first aid for the following: object in the eye; bite of a warm-blooded animal; puncture wounds from a splinter, nail, and fishhook; serious burns (partial thickness, or second-degree); heat exhaustion; shock; heatstroke; dehydration; hypothermia; and hyperventilation.
  - **Second Class 6b** – Show what to do for “hurry” cases of stopped breathing, stroke, severe bleeding, and ingested poisoning.
  - **Second Class 6d** – Explain what to do in case of accidents that require emergency response in the home and backcountry. Explain what constitutes an emergency and what information you will need to provide to a responder.
  - **Second Class 6e** – Tell how you should respond if you come upon the scene of a vehicular accident.
  - **First Class 7a** – Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.
  - **First Class 7b** – By yourself and with a partner, show how to: transport a person from a smoke-filled room; and transport for at least 25 yards a person with a sprained ankle.
  - **First Class 7c** – Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).
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## Wednesday – Hiking and Backcountry Safety

The center of the week features a special backcountry hike in the backwoods of Camp Minsi. Before departing, Scouts will review important hiking safety tips and basic map and compass skills. Scouts are expected to bring proper footwear for this hike along with at least one full water bottle.

### Rank Requirements Covered:

- **Tenderfoot 5a** – Explain the importance of the buddy system as it relates to your personal safety.
- **Tenderfoot 5b** – Describe what to do if you become lost on a hike or campout.
- **Tenderfoot 5c** – Explain the rules of safe hiking during the day and at night.
- **Second Class 3a** – Demonstrate how a compass works and how to orient a map. Use a map to point out and tell the meaning of five map symbols.
- **Second Class 3b** – Using a compass and map together, take a 5-mile hike (or 10 miles by bike).
- **Second Class 3c** – Describe some hazards or injuries that you might encounter on your hike and what you can do to help prevent them.
- **First Class 5b** – Identify two ways to obtain a weather forecast for an upcoming activity. Explain why weather forecasts are important when planning for an event.
- **First Class 5c** – Describe at least three natural indicators of impending hazardous weather, the potential dangerous events that might result from such weather conditions, and the appropriate actions to take.
- **First Class 5d** – Describe extreme weather conditions you might encounter in the outdoors in your local geographic area. Discuss how you would determine the potential risk of these types of weather dangers, alternative planning to avoid such risks, and how you would prepare for those weather conditions.
- **First Class 7f** – Explain how to obtain potable water in an emergency.



## Wednesday Night – TTA Outpost (Fires, Cooking and Leave-No-Trace)

On Wednesday evening, TTA Scouts will take part in a special outpost. They will demonstrate their fire-building skills, cook their own dinner, learn the principals of Leave-No-Trace, and spend the night as a group away from their troops. Scouts will review the rules and guidelines of fire safety in order to earn their BSA Firem'n Chit cards. Scouts should be prepared and bring a sleeping bag, water bottle, and a ground-cloth or tarp to sleep on.

### Rank Requirements Covered:

- **Tenderfoot 2a** – On a campout, assist in preparing one of the meals. Tell why it is important for each patrol member to share in meal preparation and cleanup.
- **Tenderfoot 2b** – While on a campout, demonstrate the appropriate method of safely cleaning items used to prepare, serve, and eat a meal.
- **Tenderfoot 2c** – Explain the importance of eating together as a patrol.
- **Second Class 2a** – Explain when it is appropriate to use a fire for cooking or other purposes and when it would not be appropriate to do so.
- **Second Class 2b** – Use the tools listed in Tenderfoot requirement 3d to prepare tinder, kindling, and fuel wood for a cooking fire.
- **Second Class 2c** – At an approved outdoor location and time, use the tinder, kindling, and fuel wood from Second Class requirement 2b to demonstrate how to build a fire. Unless prohibited by local fire restrictions, light the fire. After allowing the flames to burn safely for at least two minutes, safely extinguish the flames with minimal impact to the fire site.
- **Second Class 1b** – Explain the principles of Leave No Trace and tell how you practiced them on a campout or outing. This outing must be different from the one used for Tenderfoot requirement 1c.
- **First Class 9c** – On a Scouting or family outing, take note of the trash and garbage you produce. Before your next similar outing, decide how you can reduce, recycle, or repurpose what you take on that outing.



## Thursday – Aquatics

On Thursday, TTA will travel to Waterfront for a variety of aquatic-based activities. While at Waterfront, Scouts will learn the principles of the BSA's Safe Swim Defense and Safety Afloat. Additionally, Scouts will learn and demonstrate various water rescues, boating skills, and have an opportunity for some free swimming in Stillwater Lake.

### Rank Requirements Covered:

- **Second Class 5a** – Tell what precautions must be taken for a safe swim.
- **Second Class 5b** – Demonstrate your ability to pass the BSA beginner test: Jump feet first into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.
- **Second Class 5c** – Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects.
- **Second Class 5d** – Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible. Explain why and how a rescue swimmer should avoid contact with the victim.
- **First Class 6a** – Successfully complete the BSA swimmer test.
- **First Class 6b** – Tell what precautions must be taken for a safe trip afloat.
- **First Class 6c** – Identify the basic parts of a canoe, kayak, or other boat. Identify the parts of a paddle or oar.
- **First Class 6d** – Describe proper body positioning in a watercraft, depending on the type and size of the vessel. Explain the importance of proper body position in the boat.
- **First Class 6e** – With a helper and a practice victim, show a line rescue both as tender and as rescuer. (The practice victim should be approximately 30 feet from shore in deep water).



## Friday – Knots, Rope, and Service

Friday is all about knots. Scouts will learn how to tie basic Scout knots: including the square knot, bowline, two half hitches, taut-line hitch, and the clove hitch. Scouts will also learn how to care for and whip and fuse rope. The week will conclude with Scouts reviewing the skills they learned throughout the week and giving back to Camp Minsi and doing a “good turn” by completing a camp improvement service project.

### Rank Requirements Covered:

- **Scout 4a** – Show how to tie a square knot, two half-hitches, and a taut-line hitch. Explain how each is used.
- **Scout 4b** – Show the proper care of a rope by learning how to whip and fuse the ends of different rope.
- **Tenderfoot 3a** – Demonstrate a practical use of the square knot.
- **Tenderfoot 3b** – Demonstrate a practical use of two half-hitches.
- **Tenderfoot 3c** – Demonstrate a practical use of the taut-line hitch.
- **Tenderfoot 7b** – Participate in a total of one hour of service in one or more service projects. Explain how your service to others relates to the Scout slogan and Scout motto.
- **Second Class 2f** – Demonstrate tying the sheet bend knot. Describe a situation in which you would use it.
- **Second Class 2g** – Demonstrate tying the bowline knot. Describe a situation in which you would use it.
- **First Class 3b** – Demonstrate tying the timber hitch and clove hitch.

## Merit Badges

Merit badge instruction is not part of the Trail to Adventure program as TTA itself is only a half-day program. This means that Scouts can spend the other half of their day earning merit badges and participating in other programs throughout camp. There are lots of great merit badges for a first-year camper to choose from. Some good merit badges for first-year Scouts to consider include: Art, Basketry, Leatherwork, Fishing, Mammal Study, Indian Lore, or Woodcarving. Scouts should pick one or two merit badges that interest them to work on during the week.

Some merit badges are more advanced and are not recommended for younger Scouts; Scouts should talk to their Scoutmaster about which badges are right for them. Some badges have physical requirements or cover concepts that may be challenging for an 11-year-old to be as successful in completing.

It should be noted that Camp Minsi offers an Instructional Swim class in both the mornings and afternoons; this is a great opportunity for Scouts who may not be strong swimmers to start learning or mastering their strokes. The Swimming merit badge is not recommended for Scouts who are not yet strong swimmers and may not be appropriate for all first-year Scouts.

## Additional information

The Trail to Adventure program exposes Scouts to more than 50 requirements on the trail to First Class. At the end of the week, each Scoutmaster will be given a letter listing the Scouts who attended TTA each day and the advancement requirements covered. The Trail to Adventure staff does not sign-off the handbooks of individual Scouts and leaves the ultimate verification of each requirement up to the discretion of the troop leaders.

Adult leaders are invited and encouraged to accompany their Scouts to TTA throughout the week. This allows leaders to provide assistance to the Scouts, see exactly what skills their Scouts have mastered, and is also a great way for newer adults to get involved and connected with the Scouts and skills in the Scouting program.

## Connect with Camp Minsi:



[www.campminsi.org](http://www.campminsi.org)