

NORTHERN STAR SCOUTING

TOMAHAWK

SCOUT CAMP



Planning Guide

2023



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MERIT BADGES ROTATING IN FOR 2023

Badges in rotation this summer: Fingerprinting, Geocaching, Geology, Insect Study, Nature, Oceanography, Pioneering, Plant Science

OPTION TO ENABLE PARENT PORTAL FOR YOUTH DEPOSITS

Troops that want parents to pay youth deposits online can do so. See page 7 for instructions on how to set this up.

DAILY LEADER MEETINGS

We are bringing back daily roundtables to keep units better informed.

FLAGS IS MOVING BEFORE BREAKFAST

By popular demand, we are moving the flag raising and announcements back to before breakfast for Chipewa and White Pine. Sioux Camp's flag raising will continue to be after breakfast, before merit badges.

25 NEW TENTS

Tomahawk has continued to improve its canvas tents. We have rotated out 25 old tents and we have added 25 new to our collection.

MERIT BADGE PRE-CAMP WORKSHEETS

A handful of badges have worksheets to fill out to show completion of requirements before camp. See page 15 for more info.

ATTEND TWICE AND GET \$50 DISCOUNT

Scouts that attend Tomahawk or Many Point twice in a summer will receive \$50 off their second week. Go to Tomahawk and Many Point and get \$50 off your second week. Go to Tomahawk with your troop and then go with the All-Star troop to get \$50 off the All-Star Program.

OA CALLOUT MOVING TO FRIDAY NIGHT

The OA Callout ceremony will be hosted on Friday Night during the closing campfire. This campfire is hosted at 8:30 and parents are welcome to attend.

FEES FOR TENTS AND COTS

For the last 5 years, camp has invested in new camp tents, cots, and tarps, and we will continue to do so. Starting this summer, Tomahawk will be charging a small fee for camp equipment. Request this equipment online in your registration.

- \$8 per tent (\$4 per Scout)
- \$3 per cot
- \$4 per tarp

CAMP CHEF STOVES FOR RENT IN SIOUX CAMP

Troops in Sioux Camp can rent a Camp Chef propane stove with flat top griddle for the week to make patrol cooking easier. Request this in your reservation.

ADULT ENGAGEMENT

Tomahawk is your camp and we want to make every opportunity to adults at camp to get involved and help our staff run the best program possible.

Adults will be able to sign up to assist with badges and programs. Signing up for these will be just like youth program sign-up.

FINISH A BADGE AFTER CAMP SYSTEM

For badges that have requirements that can't be earned at camp, there will be an online submission system for work completed after camp. A link is available on the resources page on the Tomahawk Website.



Use this checklist to help remind you what to do in the planning for camp process. Go to the Planning For Camp Page on the CampTomahawk.org website to see this checklist with direct links to relevant information and forms.

OFFSEASON PREPARATIONS

- ☐ Review Summer Camp Coordinator Description
- ☐ Bookmark Scouting Event Reservation Webpage
- ☐ Update your estimated attendance amount
- ☐ Add additional adult contacts to your reservation
- ☐ Promote Camp Staff Opportunities to Scouts
- ☐ Encourage troop members to schedule a camp physical with a doctor
- ☐ **Book your campsite for the summer after next**

FEBRUARY/MARCH

- ☐ Watch or Attend the Summer Camp Orientation
- ☐ Email Program Catalog to your families
- ☐ Lock down a date and location for swim tests
- ☐ **Plan and Host a Summer Camp Promotion Meeting**
- ☐ Secure commitments from Scouts
- ☐ Review how to sign-up for programs
- ☐ Collect Scout Program Planning Worksheets from Scouts
- ☐ Review forms and documents
- ☐ Start submitting youth deposits online
- ☐ Populate roster online

APRIL

- ☐ Register Scouts for Merit Badges/High Adventures
- ☐ **April 4th at 7pm:** Programs open to 16 and older
- ☐ **April 11th at 7pm:** Programs open to 14 and older
- ☐ **April 18th at 7pm:** Programs open to all ages
- ☐ **April 15th** - Youth Deposits Due
- ☐ Order your custom camp t-shirts
- ☐ Submit RSVP to Camp Work Party
- ☐ Review and sign up for camp service projects

MAY

- ☐ **May 1st** - Site Saver due for summer after next
- ☐ Share campsite equipment options with unit
- ☐ Submit Troop afternoon activity interests
- ☐ Submit Full Payment for all participants

JUNE

- ☐ **June 1st** - Full Payment Due
- ☐ **June 1st** - Camperships Requests Due

ONE MONTH BEFORE YOUR WEEK AT CAMP

- ☐ Review packing list with Scouts
- ☐ Share medication at camp information with families
- ☐ Host wildlife training with your unit
- ☐ Organize carpooling to camp
- ☐ Share how to contact Tomahawk with parents
- ☐ Submit attendees' dietary restrictions online
- ☐ Submit equipment requests online
- ☐ Collect health forms

TWO WEEKS BEFORE YOUR WEEK AT CAMP

- ☐ **Merit Badge Requests close 2 weeks prior**
- ☐ **Troop/Crew Activity Requests close 2 weeks prior**
- ☐ Make copies of health forms
- ☐ Collect ATV Hold Harmless Forms, ATV E-Course Certifications, and Logging Camp Shooting Sports Hold Harmless Forms
- ☐ Finalize partial week adult attendance online
- ☐ Share travel plans with parents

YOUR WEEK AT CAMP

- ☐ Review documents to have ready upon arrival
- ☐ Buy Segments
- ☐ Share photos with parents at home
- ☐ Complete Feedback Form
- ☐ Pick up Merit Badges at Checkout
- ☐ Pay final bill



Sometimes the Scoutmaster is the unit contact that receives this packet. The description below is intended to assist the Scoutmaster in identifying and explaining the role of a Summer Camp Coordinator to themselves or a volunteer taking on this important role..

POSITION DESCRIPTION

- Serve as primary coordinator for preparations for troop's Tomahawk experience
- Utilizing resources outlined in this guide, inspire Scouts to attend Tomahawk Scout Camp
- Recruit Adult Leaders and Parents to serve in support roles such as merit badge coordinator, older Scout coordinator, carpool coordinator, etc.
- Ensure Scouts and Leaders are signed up for programs through reservation in Scouting Event and communicate pre-requisites.
- Serve as the voice of information from Tomahawk to entire unit
- Ensure unit has safe travel plans to and from Tomahawk, and entire unit is aware of schedule
- Collect necessary documents from Scouts, Leaders, and Parents.
- Submit necessary information into Scouting Event Reservation.
- Coordinate with unit treasurer to ensure payments are submitted on time to Tomahawk
- Coordinate collection and distribution of merit badges and awards earned at Camp
- Review weekly emails from Tomahawk and share relevant information

PLANNING FOR CAMP PAGE

The Tomahawk Website has a Planning for Camp page that has links to access your camp reservation, forms to download, and video tutorials. Scan the QR code below to see the Planning for Camp Page or go to www.CampTomahawk.org/Planning



FORMS & RESOURCES PAGE

The Tomahawk Website has a Forms & Resources Page where you can download forms or get links to important resources. Scan the QR code below to see the Forms & Resources or go to www.CampTomahawk.org/Forms



QUALIFICATIONS

Volunteer with the Scouting Unit attending Tomahawk Scout Camp

COMPETENCIES

- Excellent communication, organizational, and leadership skills
- Problem solving and troubleshooting
- Ability to recruit fellow adult leaders for support
- Responsible and mature
- Strong time management and flexibility

TIME COMMITMENT

On average, Summer Camp Coordinators spend two hours a week on preparations through the spring.

TUTORIALS PAGE

Watch videos showing how to do everything from logging into the Scouting Event system to signing up for troop activities. Scan the QR code below or navigate to this page through the Planning for Camp page on the Tomahawk Website.





THE GOAL

Tomahawk Scout Camp is your tool for a great summer camp experience. Tomahawk is utilized by units to meet its goals of carrying out the mission of Scouting through the outdoor program environment. Tomahawk is your ultimate camp experience.

Tomahawk holds the values of Scouting in the highest regard and has the ultimate goal of producing young adults that are equipped with character and trained for citizenship. We believe the way to achieve this is through the guidance of passionate adult leadership in a camp environment.

We offer exciting programs with trained staff, serve great food, and strive to help you during the week. However, we should never lose track of camp's main objective: to provide the unit the opportunity to develop their youth.

It is our goal that after your Tomahawk experience, your unit returns stronger and better prepared to spend the rest of the year producing young adults with character willing to serve their communities. Our hope is they would continue the Scouting message in that community to shape more responsible youth for the future.

HOW DO YOU DO IT?

It starts right now as you're planning for camp. Use the patrol method to have Scouts, by patrol, share their interests in the activities they would like to do at Tomahawk. Use the Patrol Leader's Council to summarize the patrol's interest into a common troop list of the most popular programs. This reinforces the patrol method and gives them the opportunity for "participating citizenship".

Assist patrol leaders with the coaching necessary to get them ready to lead and represent their patrol. Review the use of duty rosters and cover as much as possible about your trip and camp plans so they will be a source of information to their patrol members.

At camp, work through your Senior Patrol Leader and Patrol Leaders' Council to construct and carry out plans. Troop members usually enjoy activities planned and carried out by youth leaders, with appropriate guidance, to ensure smooth delivery.

By using and reinforcing the patrol method, Scouts will learn responsibility, cooperation, and leadership – major parts of citizenship – and your troop will return stronger.

WHAT YOU CAN EXPECT

So what can you expect from Tomahawk? We will take care of the programs so you can focus on helping Scouts achieve all they set out to do.

We will provide you a campsite with water, picnic tables, a flagpole, a fire ring, a latrine, and a bulletin board.

We will take care of all meals. Your food will either be delivered hot to a dining hall or delivered ready to prepare to your campsite. If you would like to bring your own ingredients and make your own menu, we will support your unit in that choice as well.

We have supporting infrastructure that provides health personnel, sanitation, and administrative support.

Our trained camp staff that will:

- Lead merit badge and Brownsea programs.
- Lead programs that require trained or certified instructors such as rifle ranges, climbing towers, Project COPE, or aquatics activities.
- Coordinate camp-wide activities that help build a larger camp community like campfires and competitions.
- Help you develop a schedule that coordinates your unit's use of the camps facilities and activities.
- Help the unit achieve all they anticipated doing.

STATEMENT OF NONDISCRIMINATION

These camping opportunities are made available through Northern Star Scouting, Boy Scouts of America. They meet the standards of the National Council, BSA and are inspected to assure a high quality, successful camping experience. Tomahawk is committed to a policy that all persons shall have equal access to its facilities, employment, and USDA Child Nutrition Problems without regard to race, creed, color, sex, national origin, age, or handicap.





MISSION:

To provide fun experiences that develop leadership, character, citizenship, and fitness.

GOALS OF THE OUTDOOR PROGRAM

The secret to successful program at Tomahawk is following the recipe laid out in the goals of the Outdoor Program. We "mission test" each of our activities to ensure that it meets the following principles. This ensures that your unit not only has fun, but has the opportunity to grow and develop as well.

Your Scouts might be signing up for a troop climb because they think it is fun, but what they will receive is so much more than just an exciting program. They will learn teamwork and cooperation, develop high self esteem, and learn to accept responsibility.

Develop Self Reliance – Building the skills and attitudes that help a person believe that they can better take care of themselves.

Develop Resourcefulness – Building the skills and attitudes that help a person believe that they can use the things available to them for other purposes.

Develop Leadership – Building the skills that helps a person lead others.

Understand Democracy – Better understanding the form of government or organization that includes voting and making choices.

Learn Respect for the Environment – Learn to appreciate the balance in nature and how to better coexist with the natural world.

Learn Wise Use of Natural Resources – Learn how to take care of the environment.

Be Involved in Participating Citizenship – Being part of a group by doing your share and helping out with the group tasks.

Learning to Accept Responsibility – Learning to do the tasks assigned to you and the things you see need to get done.

Learn to Help Others – Doing things to help other people.

Learn Teamwork and Cooperation – Learning to work together for a common goal and getting along with others.

Learn Respect for Others – To accept and celebrate diversity.

Develop High Self-Esteem – Build a positive feeling about yourself.

Develop Physical, Mental, and Emotional Fitness – Build the body's strength and health and the mind's abilities to solve problems and cope with adversities.

Grow Spiritually – To build the belief that there is something "Beyond Themselves".





WHAT IS A SUB-CAMP?

At Tomahawk we operate four separate and independent sub-camps. Each sub-camp has their own climbing tower, first year camper program, beach, boating area, ecology center, and more.

One of our four sub-camps is our Resident Arrow of Light Sub-Camp. The other three sub-camps are Scout BSA Camps; Chippewa, Sioux, and White Pine. Though they have the same program schedule and offer the same merit badges, they all operate their own separate merit badge programs. This means a unit in Sioux taking Climbing merit badge will not have to wait for those in Chippewa to climb first. The primary differences between the sub-camps are how food service is conducted and how tenting is done.

CHIPPEWA CAMP

If you are looking for that traditional large summer camp feel, then Chippewa is for you. Chippewa has 15 different campsites, most of them directly on a lake! Chippewa operates a Dining Hall and meals are served cafeteria style. If dinner and a show is your thing, then Chippewa is the place for you! Every lunch and dinner, the staff in Chippewa lead a song or put on a skit. There is always something fun happening in the Dining Hall.

SIoux CAMP

If operating under the Patrol Method is what your Troop/Crew is looking for, then Sioux is the place for you. Troops/Crews in Sioux camp will eat all of their meals in their campsite. Food, ready to cook, will be delivered to your campsite before each meal time. You cook the food by patrol. This is a great way for your Scouts to practice their cooking skills without the hassle of shopping and storing food. Food is always better right off the griddle.

WHITE PINE CAMP

White Pine is a great experience for those looking for a smaller camp feel. The areas around White Pine's shore line have beautiful views and hills, and the tenting sites in White Pine are all on raised wooden platforms. White Pine's meals are served in giant Outdoor Dining Halls located on the North or South end of camp. The staff at White Pine are always willing to put on a show at lunch and dinner!

PARTICIPANT FEES

Youth Fee: \$350

Adult Full Week \$130

Adult Partial Week

- Sunday \$15
- Monday-Friday \$25/day
- Saturday \$10

Bringing your own food?

Troops/Scouts bringing their own food pay \$45 less per person.

PROGRAM FEES

Some programs have an additional charge for supplies provided or specialty staff/equipment. Review the Program Catalog for details.

PAYMENT TIMELINE

1. \$100 non-refundable campsite deposit made at time of the reservation.
2. \$50 per Scout deposit (non-refundable) due on or before April 15th. The deposit is required before you can add a Scout to your roster and sign them up for programs.
3. Full camper fee payment is due on June 1st, prior to camp.
4. Any incidentals fees accumulated at camp will be due upon checkout.

DISCOUNT FOR CAMPING TWICE

Scouts that attend Tomahawk or Many Point twice in a summer will receive \$50 off their second week.

FINANCIAL ASSISTANCE

For Scouts who are not able to afford the full fee of camp, there is financial support available. This assistance is like a scholarship for camp. We call these camperships. The funds to provide camperships are supplied by donors in Northern Star Council and are ear-marked for Northern Star Scouts only.

To apply, go online or scan the QR Code below. Applications due by June 1st.





LOGGING IN

When you originally booked a campsite, you received a confirmation email. This email includes a link to access your reservation. If you can't find this email, you can access your reservation through the event page. Follow the video tutorial on the Tomahawk Website for instructions to get into your reservation.

ADDING ADDITIONAL TROOP CONTACTS

One of the first things you should do when you log in is add additional troop contacts. Click on the "Update Information" button in the "Contact" section. You'll see fields to add email addresses for other troop contacts. These email addresses will receive general camp communication leading up to your week at camp.

Update Information

BOOKMARKING THE EVENT AND SHARING THE LINK

When you first log in and can view your reservation, bookmark that page. In addition, go to the navigation bar in your internet browser, select the page address (URL) and copy this address. This web address (URL) is unique to your reservation and can be shared with other trusted adults in your troop. Anyone with that link will be able to get into your reservation, make changes, sign Scouts up for programs, and make payments. Only give this link to trusted adults; do not send it to every parent.

CONFIRMING PARTICIPANTS

When you first log in, you'll see a "Confirm Participants" button. When you are ready to submit youth deposits, update your camper numbers, click the button, and then proceed to pay \$50 deposit for each youth.

Confirm Participants

PARENT PORTAL

If your troop wants parents to submit youth deposits and full payments on behalf of their Scouts, click the "Parent Portal" dropdown and select "Use Parent Portal" before clicking "Confirm Participants". This will allow you to book Scouts without paying the youth deposits up front.

Watch the online tutorials to learn more about Parent Portal

SIGN UP FOR PROGRAMS

To sign a Scout up for programs, they must be on your roster and they must have their youth deposit paid. Watch the tutorial on program sign up to see what this looks like.

Have each Scout complete the Scout Program Planning Worksheet and collect them by the end of March.

Program sign up first opens up by age group in April. Each week, we change the program minimum ages to allow more Scouts to register. Registrations are first come, first served.

- ☐ **April 4th at 7pm:** Programs open to 16 and older
- ☐ **April 11th at 7pm:** Programs open to 14 and older
- ☐ **April 18th at 7pm:** Programs open to all ages.

FULL PAYMENT

Full Payment is due for each participant by June 1st. An additional \$25 charge is added to each youth not paid in full by June 1st at 11:59pm.

REQUEST EQUIPMENT

Submit requests for tents and cots through your registration. Click the "Update Information" button in the registration contact's record to put in your equipment request.

REPORTS

Under the "Reports" tab, there are many reports that you will find useful before, during, and after camp. Please explore these and watch the tutorial about them.

BOOK YOUR CAMPSITE FOR 2024

Since you have a campsite booked for 2023, your troop has priority over the same site for the same week for 2024. You have until May 1st to re-book your campsite for next year. After May 1st, any unreserved campsites are open for any troop to book.

To book your campsite for next year, log into your 2023 reservation. Click on the "Site Saver" button on the right side of the page. Enter your estimated attendance for next year, update troop contact info, and submit \$100 campsite deposit. Once complete you will receive a confirmation email with link to your new reservation.



DRIVING TO CAMP

Troops should arrive between 1pm and 3pm. Plan plenty of time to get to camp, including an average of 1 stop every two hours along the way. One of these stops should be a 30 minute lunch stop on the way. There are multiple options in Rice Lake, but other troops will stop in the Eau Claire area or Cumberland for lunch.

CAN'T ARRIVE ON SUNDAY?

If you're traveling over 300 miles and would like to request early arrival or have other restrictions and you can't arrive until Monday, you can request a different arrival day by emailing info@camptomahawk.org

ARRIVAL AT CAMP

When you arrive at camp only one adult leader needs to stop at Central Services to check-in with the administration staff. The rest of your unit can proceed to the campsite and start setting up. We prefer either the Scoutmaster or Camp Coordinator stops, however, any adult leader who was involved in the planning process can check-in. During check-in, we'll:

- Verify your unit roster
- Collect and review copies of everyone's health forms
- Collect your food count form
- Collect any ATV E-Course Certificates and Hold Harmless Agreements,
- Collect Logging Camp Overnight Shooting Hold Harmless Agreements
- Collect Bear training acknowledgement
- Verify Scout programs
- Pick up Scout and Troop schedules
- Receive parking passes
- Receive wristbands

WHAT TO EXPECT ON SUNDAY

After you have checked in, you'll be given directions to your campsite. Upon arrival to your campsite, the following things will happen (in this order):

- **Unload gear** and start setting up
- **Campsite Orientation:** Camp staff will review campsite expectations and make sure Scouts know where key campsite items are.
- **Swim Tests:** If you didn't do swim tests before camp, you can do them at camp. As soon as you can, change into your swimming gear and head to the beach. Each beach will have buddy tags.
- **Dining Orientation (Chippewa and White Pine only)**
- **Flag Lowering and Dinner** Chippewa and White Pine campers should report to the parade field in Field (Class A) uniform.
- **Emergency Drill and Camp Tour** Just after supper at 7:00pm, you will hear a 4-horn severe weather drill. At this time, our staff will start your orientation around camp. They will show you the location of your storm shelter and tour you around camp. They will discuss rules for all the areas and tell you where merit badges will be offered. All Scouts and leaders should attend.
- **Leader Roundtable Meeting** is the chance to get any unanswered questions addressed before your week starts. We will cover further equipment needs and a host of other topics to make sure you start the week prepared. Bring two adult leaders and your SPL. Leaders will verify OA call-out lists at this time.
- **Opening Campfire:** At 8:30, the camp tour and roundtable will end. Everyone should go directly to the campfire for full camp welcome.

END OF WEEK CHECK-OUT

On Friday night after supper and before closing campfire, staff will be coming to your campsite to:

- Inspect canvas
- Deliver an end of week bill to review
- Deliver Merit Badge Advancement Summary

Saturday Morning Breakfast

Breakfast will be delivered on Friday night at supper time. Chippewa and White Pine breakfast crates will be available in the dining hall/shelter on Saturday morning. Sioux Camp will have breakfast crates delivered with Friday supper to their campsite.

Campsite Checkout

Troops will check themselves out of their campsites. Please do this by 10am. We trust troops to leave their campsites in good repair and better condition than they found them.

Checkout at Central Services

On the way out of camp, the camp coordinator must stop at Central Services. The admin staff will be ready to receive troops as early at 8am. These are the items that will be done:

- Verify advancements and sign advancement report
- Pick up Merit Badges
- Pay your unit's bill. Please have a troop checkbook at camp to pay the final bill.
- Turn in Medication Distribution Records
- Turn in your Camp Feedback Form
- Confirm next summer's reservation and estimated attendance if not already booked.
- Pick up this year's Tomahawk Patches
- Get information on Winter Camp



Although the Scout Oath and Law are the only rules that a Scout camp should need, the following rules and policies have been established to ensure the safety of all Scouts.

UNIT LEADERSHIP

Two registered adult leaders 21 years of age or over are required at all Scouting activities (including summer camp). There must be a registered female adult leader 21 years of age or over in every unit serving females. A registered female adult leader 21 years of age or over must be present for any activity involving female youth.

All adults accompanying a Scouting unit who are present at the activity for 72 total hours or more must be registered as leaders. The 72 hours need not be consecutive.

Leadership in camp will not be a problem if you approach it early. Sources of leadership include your Scoutmaster, unit committee members, parents, and members of your sponsoring institution. If you are having problems, now is the time to contact your District Executive. **All adults must be youth protection trained.**

VISITORS

All camp guests, visitors, Scouts and leaders must check in and out at Central Services when arriving to or leaving from camp.

Tomahawk's program is designed and intended for registered youth members and the adult leaders who will be working with them. Other family members or guests may visit the unit campsite with the approval of the Scoutmaster, but if they would like to camp or participate in the program, they must do so through Family Island.

VEHICLES AND DRIVING

CAMP SPEED LIMIT

The camp speed limit is 15 MPH. When campers are present, one should drive even slower to ensure the safety of everyone.

PASSENGERS

All passengers must wear seat belts. No one can ride in the back of pickup trucks or anywhere else in a vehicle not designed for passengers.

PARKING

Vehicles should be parked in designated parking areas. There is absolutely no parking inside campsites. Loading and unloading at the campsite is allowed, but we ask that vehicles are moved back to a parking area immediately after. If someone in your troop or crew needs a special accommodation, a vehicle may be parked at the campsite and can be used to transport that individual around camp. Please contact camp to receive a special use permit to park at your campsite.

FIRE SAFETY

Camp is a great place to teach Scouts fire safety. Each unit should complete and use the Unit Fireguard Chart, which will be provided at camp. Fires must always be supervised and your campsite fire barrel should be filled with water so ample water supply is quickly available in the case that a fire begins to spread or get out of control. When not in use, all accelerants must be kept in locked storage.

BIKES

Adult leaders and Scouts can bring bikes to camp, though hiking still remains the encouraged general method of transportation at Tomahawk. All program areas within a camp can be reached on foot. Those who choose to use their own bikes to get to the more distant parts of Tomahawk, such as Logging Camp, must agree to follow Tomahawk's bike safety policies. Failure to comply with these regulations will result in the loss of riding privileges. Bike riders must follow all traffic regulations:

- Only big tire bikes are allowed. Tomahawks roads are not friendly to narrow-tire bikes.
- Industry-approved helmets **MUST** be worn at all times.
- Ride on the right side of the road
- Stop for stop signs
- Ride only on roads or approved trails
- Do not exceed speed limits
- Bikes must be parked upright in designated areas or out of normal traffic paths
- Bikes must be ridden in a responsible manner

QUIET HOURS

Quiet hours are 10 p.m. to 6 a.m. Scouts are expected to be, and stay, in their campsite after the evening programs end.



BUDDY SYSTEM

Scouts must be instructed to use the buddy system when hiking or exploring around camp and are encouraged to inform their leaders of their plans when leaving their campsite.

SCOUTS DEPARTING CAMP

Scouts leaving camp early will need to do so following youth protection guidelines. It is up to each troop to ensure youth protection guidelines are being followed.

CELL PHONES

Phones can be a great way to enhance an outdoor Scouting experience, but they can be a challenge to manage. At Tomahawk, phones are only to be used by youth under the supervision of an adult. Please inform parents not attending camp of your own unit's phone policy before you attend camp.

Phones can have positive benefits to youth at camp, but they can cause more issues and may not be worth the hassle for troops and crews to manage.

ALCOHOL AND TOBACCO

Alcohol is not allowed on camp property and is not to be consumed while at camp. Leaders should be of sound mind and body while at camp and not under the influence of alcohol or any other substances.

Tobacco and vaping products are only allowed in long term parking areas and away from youth participants.

LEAVE NO TRACE

Tomahawk Scout Camp has been used and enjoyed by Scouts for many years. This year, thousands of Scouts, Webelos, and leaders will pass through the camp gates. This amount of traffic can have a negative impact on the soil, forest, and wildlife. As caretakers of this property, we ask that you be aware of your impact on the land so future generations can enjoy our camp.

Upon arrival at your campsite, hike the entire site before setting up camp. Select patrol sites that have not been used the previous week. Your camp commissioner may have closed a patrol site for conservation. Please do not camp in patrol sites closed for conservation.

LITTER:

Please dispose of all litter in the proper manner. Tomahawk will recycle aluminum cans, glass, plastic, cardboard and must pay for garbage removal. It is everybody's job to keep Tomahawk litter-free.

CAMPSITE IMPROVEMENTS:

Any permanent improvement to your campsite must be approved by the Tomahawk Director or Camp Ranger. No permanent benches, platforms, docks, or other structures may be built without advance approval. Please keep Tomahawk rustic!

To sign up for a service project or campsite improvement project, go to the Tomahawk website and access the volunteer page through the contact us page or the programs page.

CAMPFIRES:

Conserve firewood by using small fires or troop-supplied gas stoves under adult supervision. Large campfires are a waste of resources and a camping practice that creates relationship problems when Scouts repeat the practice in State and National Parks. Never leave a fire unattended.

Wisconsin State Law Prohibits transporting firewood into camp.

AQUATICS

The camp aquatics policy follows those stated in Safety Afloat (No. 7368) and Safe Swim Defense (No. 7369). We will follow these for all waterfront usage.

A unit may have a unit waterfront and use Tomahawk's boats and canoes if they have the permissions on the beach director and comply with the rules of Safety Afloat and Safe Swim Defense.

These same policies apply for any personal watercraft beached at Tomahawk. Jet skis are not allowed except in nationally approved programs.

Troops that want to bring a motor boat must inform camp prior to attending. Troops may park the boat at their campsite. This may require mooring the boat off shore in some cases.

FISHING

Anyone over the age of 16 must acquire a Wisconsin fishing license. These can be purchased online or at a nearby gas station.



CAMPING WITH WILDLIFE

Tomahawk is home to many different animals native to the Midwest region. White-tailed deer, beavers, porcupines, black bears, snakes, turtles, and many others are commonly seen all throughout the summer. They all enrich the outdoor camping experience and will create memories of your week at Tomahawk. However, they are all wild animals. For your and their protection, we require adherence to our wildlife policies. It is mandatory that all troops, crews, visitors, and staff read and follow the information in the Black Bear Education Manual. It provides information on campsite precautions when camping with wildlife, how to act in an encounter with wildlife, and ways to ensure you have a safe week at camp.

BEARS

Seeing a bear at camp can be very exciting, and it's important to be prepared for this encounter. Please review the information on bears in the Black Bear Manual.

The training in the Black Bear Manual is mandatory. Groups will not be allowed past check-in until we have received a signed copy stating that you have completed the training.

Tomahawk provides a "Bear Box" in each campsite for units to store smellables. The "Bear Boxes" are old streetlight electrical boxes that stand about 6 feet tall, 3 feet wide, and about two feet deep. It is recommended that each Scout brings a small plastic tote (approx. 6"x5"x9") to store personal hygiene items and snacks. Please note that while they will keep the large critters out, the "Bear Boxes" will not always keep the small critters, such as mice and insects, out.

TICKS

The forests of Tomahawk are home to many animals including Ticks. It's important to know how to camp in areas that have ticks, as ticks are known carriers of various diseases. Make sure to review [the Tick Born Illness page](#), found on the Planning for Camp page, with your Troop/Crew.

MOSQUITOES

Wetlands and other bodies of water, which are a breeding ground for Mosquitoes, surround Tomahawk. Tomahawk does treat the areas of camp, but we would encourage units to bring mosquito netting as well as bug spray.

OTHER ANIMALS

It's important to remember to Respect Wildlife, a key point in Leave no Trace. When you see an animal in the wild, do not chase after them, feed them, or try to lure them. This is for their safety as well as your own. It's important to remember you may be up for a week, but Tomahawk is home to these animals year round.



Scan the QR code above to see the Bear Manual for Northern Star Scouting or go to:

CampTomahawk.org/Forms



Each campsite has a bear box. These metal cabinets can fit 40 shoebox-sized plastic totes. The bear boxes are bear proof, but are not mouse proof.



NORTHERN STAR SCOUTING

TOMAHAWK
SCOUT CAMP

HEALTH SERVICES & SAFETY

HEALTH & MEDICAL RECORDS

All youth and adults attending Tomahawk must have a completed Long Term BSA Health and Medical Record (Health Form) on file with the Health Director.

National BSA policy requires that each participant, regardless of age, uses the same form and has it completed annually by a medical professional. The camp physical has provided early detection of potential problems and valuable information needed in case of an emergency.

We strongly recommend that all health forms be collected by the unit leader at least two weeks prior to camp to ensure that all campers have a completed form and allow time for the unit leader to make copies.

WHO NEEDS A COMPLETED PART C?

Anyone at camp for 72 hours or more will need to have Part C of the health form completed. Anyone at camp, regardless of the length of the stay, need to have completed Parts A and B.

WHERE TO GET A CAMP PHYSICAL?

Check with your primary medical provider about setting up a physical for camp. Other quick clinics such as Minute Clinic and Walgreens Health Services also provide services for Camp Physicals. Be sure to bring the proper Long Term BSA Health and Medical Record for them to fill out.

Once every year, Tomahawk offers a Free Physical Day at Base Camp. A crew of volunteer doctors come out to help perform physicals for those who need them. The exact date of Free Physical Day shifts each year, but we always notify troops at least a month in advance.

BRING A COPY. DO NOT SEND THE ORIGINALS TO CAMP

Wisconsin State Law requires Tomahawk to keep a copy of every participant's health form for two years. For this reason, please come prepared with a photocopy of the health for our records.

MEDICAL SERVICES

Minor first aid can be handled by your troop or crew with your unit's first aid kit. Other injuries or illnesses can be referred to the camp staff. We have a doctor on the property every week and all summer long we have our Health Director, who is an EMT.

Although medical services are available 24 hours a day throughout the week, please limit non-emergency visits to the Health Director to the morning and evening sick call times. In an emergency situation, please have a staff member in your sub-camp help you contact the Health Director for assistance and relay relevant information.

Parents or guardians will be notified of a camper illness or injury if it requires a trip to town. There is no charge for medical services performed in camp for Scouts and leaders.

All campers needing services performed in town at the hospital/clinic are required to handle payments through the unit or family insurance policy.

Family Island campers will receive medical treatment only in an emergency situation. Other medical issues will be referred to the local hospital/clinic.

HOW LONG ARE HEALTH FORMS GOOD FOR?

Health forms are valid through the end of the 12th month from the date it was administered by your medical provider. For example, a physical administered December 3, 2022, would be valid until December 31, 2023.

MEDICATIONS

All non-emergency medications that need to be taken by any Scout at camp must be administered by a designated adult leader. This leader can be any individual staying the entire week who is 18 years of age or older, including someone who does not hold a position in the troop. Emergency medication like an inhaler or Epi-Pen should be with a camper at all times. Tomahawk can store most medications that need refrigeration.

Medications must be in their original container with the camper's name, the name of the medication, dose, and frequency. Please send a supply for 8 days, not the whole bottle. The dose and frequency on the bottle will be followed, so please ensure that all bottles convey the correct information.

Medications must be stored in a secure area and out of reach of Scouts. If you do not have a way to secure medications in the campsite, Tomahawk can provide you a lock box for purchase. Units are required to record medications using the provided medication administration record.

SICK CALL TIMES

Morning: 9:00 am to 10:00 am

Evening: 7:00 pm to 8:00 pm



TROOP ACTIVITY SIGN UP

Have your Scouts vote on the activities they want to do as a troop during the afternoons. Rank their choices on an online form found on the Planning for Camp page on the Tomahawk Website. Do this at least two weeks before your camp arrival date.

SEVERE WEATHER

Concrete severe weather shelters are located throughout Tomahawk and emergency procedures are posted on the bulletin boards in each campsite.

We encourage troops to have an eye on the weather, but the Administration Staff consistently monitor weather conditions using information from the National Weather Service and subscription based services.

In the event of a weather emergency, staff will notify units and direct them to the appropriate locations. Shelters remain unlocked so that Scouts may utilize the buildings at any time.

A severe weather drill will be done within the first 24 hours of camp.

COOLERS AND ICE

Troops that will be storing food in camp should plan to bring coolers that can be kept secure in their campsite, vehicle, or bear box. Ice is available for purchase from the Trading Post for \$2 a bag.

Sioux troops utilizing camp food service will be provided one bag of ice for free per unit per day. This is to store the provided condiments; milk, butter, peanut butter, and jelly. Additional bags are available for sale for \$2.

BUS SERVICES

Some programs take place outside your sub-camp. For these, there is a bus service that runs each morning and afternoon. The bus also runs at other select times throughout the week to support specialty programs.

Adult leaders can ride to access the Berglund Center, which has a Trading Post and Wi-Fi.

Look for the bus stop in your sub-camp. They are centrally located and have posted pick up and drop off times.

SHOWERS

There are single entry showers in each sub-camp. Anyone can use the single entry showers. Some camps have adult-only showers that are reserved for adults. Showers are available any time.

LAUNDRY

There are washers and dryers available weekdays at Central Services. These are for emergency use and not for planned laundry purposes.

ELECTRICITY

If you need to charge a battery pack or other electronic devices, there are outlets available in the program buildings. If you need power to operate a CPAP and don't have a battery pack of your own, contact camp to see if a battery pack is available to rent.

INTERNET

The Berglund Center and Central Services both have open Wi-Fi for adults.

ORDER OF THE ARROW CALLOUTS

Troops from other Councils can have their participants named at the call-out Ceremonies if they email the list to info@camptomahawk.org. Lodge rules prohibit Tomahawk staff from conducting elections.

A special call-out ceremony will be held on Friday night at the end of the closing campfire. Parents are welcome to attend.

MAIL AND PACKAGES

On weekdays, we accept daily deliveries from the USPS, UPS, FedEx, and other carrier services. Please remind parents that it can take three days for mail to reach Tomahawk, so write early.

Follow this format when addressing letters/packages to Scouts at camp.

Scout's Name
Campsite—Troop #
N1910 Scout Road
Birchwood, WI 54817

TEXT MESSAGE UPDATES

Join our SMS text service. Leaders will be given the opportunity to join our "REMIND" SMS service at check-in. This is a great way to get last minute updates and severe weather alerts throughout the week.

LEADER ROUNDTABLES

Everyday, the camp commissioner hosts a meeting to go over items of the day and address your needs. This is a great time to make adjustments to your schedule or request more equipment. These will be hosted in the morning around gam.



MERIT BADGE SIGN UP

Merit Badge sign up is done through your Scouting Event registration. See page 8 for details and dates. Watch the online tutorial on the Tomahawk Website to see this process in full.

MERIT BADGE PRE-WORK

A handful of badges have worksheets to fill out to show completion of requirements before camp. These can be found on the Resources page on the Tomahawk Website. These will be required for: Camping, Emergency Preparedness, First Aid, Insect Study, and Oceanography. Please review these with Scouts before they sign up for these badges.

MERIT BADGE CARDS

Scouts do not need to fill out and turn in a Blue Card. A troop advancement summary report will be printed and given to each troop on Friday after supper.

MERIT BADGE SALES

Unless instructed otherwise, camp will automatically put your merit badge order together for you based on merit badge completions from the week. You do not need to fill out a merit badge order form. Merit badges will be charged to your final bill at the same rate a Scout Shop would charge. You can pick up your merit badges at Central Services at check-out on Saturday morning.

A hard copy advancement report will be completed on your behalf for you to sign upon check out on Saturday morning. It is still recommended that you update your own online records in addition to this form.

MERIT BADGE TRACKING

All merit badge completion information will be tracked in your reservation. Merit Badge requirements are updated on Wednesday and Friday by supper time. Our system does not automatically update into Scoutbook.

There is a Scoutbook report you can download in your camp registration in the "Reports" tab. You can upload to this report directly into your Scoutbook account after camp.

SUBMITTING MERIT BADGE HOMEWORK AFTER CAMP

Some merit badges can't be fully completed at camp. Sometimes, you might forget to hand something in to your counselor or struggle to complete everything. In either case, there is an online form for any Scout that needs to submit completed work to camp after they leave. This online form can be found on the resources page on the Tomahawk Website.

You may need to submit multiple pictures and documents.

Submissions are due by December 1st.

SEGMENTS

Segments can be bought at any Trading Post at anytime throughout the week.

TOMAHAWK PATCHES

Annual Tomahawk 3-inch round patches are free to all youth, and \$2.50 for adults. These will be available at checkout on Saturday morning at Central Services.

TRADING POST AT CAMP

Tomahawk has five camp trading posts on the property. There is a trading post conveniently available in each camp as well as at the Berglund Center.

We take cash, check, or credit card (Visa, MasterCard, Discover). You can also charge purchases to your troop.

Scouts will spend \$50-\$100 in the trading post. Here are some example prices to share with parents:

- Hats \$20
- T-Shirt \$10-\$20
- Sweatshirt \$40-\$55
- Belts \$30-50
- Nalgene \$15
- Brandable Mug \$12
- Tie Dye Package \$15
- Pocket Knives \$10-\$20

SNACK PACK

Order a Snack Pack and get collectable slushy mug, slushy refills, candy, and ice cream treats. These can be requested and paid for in your Scouting Event Registration in each Scout's roster entry.

CAMP CUP

Each summer, troops compete throughout their week to earn points towards the camp cup. Points are awarded for participation in camp events, top performance in camp events, and for Scout spirit.

Last year's winners of the camp cup get to carry around and show off the cup throughout the week until a new winner is crowned. Winners of the cup get their troop number displayed on a plaque mounted on the cup.



Name: _____ Age as of 8/31/23: _____ Grade Next Year: _____

Review pages 14-27 in the Program Catalog to see when Merit Badges and High Adventures are offered. Age requirements, costs, and special notes are also listed on these pages.

Write the programs you want to do in the grid below. Most programs take place over multiple days. Make sure you account for each day the program is taking place. There are two examples below that show how this grid could be filled out. The example on the left shows what a first year Scout's schedule might look like. The example on the right shows what a Scout 14 years of age or older might choose.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Session 1	Brownsea	Brownsea	Brownsea	Brownsea	Brownsea
Morning Session 2	Swimming MB	Leatherwork MB	Swimming MB	Leatherwork MB	Swimming MB
Afternoon Session 1-3	Troop Activities	Troop Activities	Troop Activities	Troop Activities	Troop Activities

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Session 1	Mega Tower	Chess MB	Mountain Biking	Chess MB	Whitewater
Morning Session 2	↓	Kayaking MB	↓	Kayaking MB	↓
Afternoon Session 1-3	Whitewater Training	ATV Safety Course	Troop Activities	Aqua Rig	↓

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Session 1 8:45 - 10:25					
Morning Session 2 10:35 - 12:15					
Afternoon Session 1-3 2:00 - 5:00					

LIST SECONDARY OPTIONS

If the activities you choose fill up or are unavailable, please list some alternative options that you are also interested in.

RANK YOUR TROOP ACTIVITIES

Most Scouts spend their afternoons at camp doing activities with their troop around camp. Review the available troop activities on pages 4-6 of the Program Catalog. There are more activities offered for troop activities than you will have time for at camp—that's why it is important to come back to camp year after year to experience all the fun Tomahawk has to offer. Rank your top 10 choices to the right (1 is the top choice).

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Scouts are encouraged to collect patch segments each year to place on the outside of their annual 3 in round Tomahawk patch. Patches are earned throughout the week and can be tracked at the troop level. Buy these at your camp Trading Post any time throughout the week.

Emblem	Segment	Description
	4th of July	Be there for the 4th of July Parade
	Birthday	Have your birthday at camp!
	Bison	Visit the Bison Ranch
	Black Powder	Shoot Black Powder rifles at Logging Camp
	Bus	Ride the bus
	Camp Cup	Win the Camp Cup!
	Canoeing	Go canoeing.
	Clasped Hands	Complete a service or conservation project recommended by the ecology staff
	Clean	Demonstrate that a scout is clean by taking a shower throughout the week
	Climber	Climb natural rock through the Climbing Bundle High Adventure Program
	Closing Campfire	Participate in a skit at Closing Campfire
	Compass	Hike trails of Tomahawk using a map and compass.
	Disc Golf	Play our exciting disc golf course near the Berglund Center
	Driving Range	Try your hand at the driving range during evening program.
	Fire Tower	Climb the Phillippo Fire Tower
	Fish	Go fishing; catch and clean at least one fish
	Footprint	Hike at least 5 miles of Tomahawk's extensive trail system
	Geo-cache	Find three of the Tomahawk geo-caches using a GPS device

Emblem	Segment	Description
	History	Go on the Berglund Center History Tour
	Horse Corral	Go on a trail ride
	Leave No Trace	Attend a Leave No Trace awareness workshop, visit Ecology for details.
	Logging Camp	Visit the Knapp-Stout Logging Camp program
	Mega Tower	Climb to the top of the 60' Mega-Tower
	Mountain Biking	Ride the Tomahawk Mountain Biking Trail
	Order of the Arrow	Be an OA Member and participate in an approved OA service Project
	Polar Bear Swim	Attend and participate in the Polar Bear Swim.
	Race Flags	Participate in Water polo, Volleyball, Chess, other camp competition.
	Reverent	Lead a prayer session, grace, and do a chaplain approved service project.
	Root Beer 5k	Participate in the Root Beer 5K
	Sailing	Go sailing
	Star Party	Participate in Star Party and learn about at least three constellations
	Storm Shelter	Visit the Storm Shelter during severe weather
	Target	Shoot at the Rifle or Shotgun and Archery Ranges
	Tepee	Become a Tomahawk Troop.
	Tree	Do an approved conservation project and complete an Ecology Merit Badge
	Years	Keep track of how many years you've been at Tomahawk



The Tomahawk Troop Award is designed as a tool to assist Scouts and adult troop leaders in building the quality and character of their troop and its individual members. The staff will be happy assist troop leaders in using this tool, but the Tomahawk Troop Award remains most valuable to the troop that uses it as a guide for their own troop operation.

What are the Benefits?

Troops qualifying as a Tomahawk Troop are eligible to wear the Tomahawk Troop segment (Teepee) and will be able to display their troop neckerchief in the Dining Hall or Program Building.

What are the Requirements?

1. Demonstrate use of the patrol method
2. Do a conservation or camp project.
3. Conduct a campsite inspection and receive a score of 45 or above. (See your commissioner for help)
4. Conduct daily flag raisings and lowering your campsite
5. Practice Leave No Trace principles
6. Display reverence by saying grace at every meal and conduct or attend a religious service or vespers.
7. Conduct one or more Patrol Leaders Council Meetings per week.
8. Each Scout works on Brownsea, a merit badge, or coaches another Scout.
9. Patrol Campsites are visually identified (Flags or Signs)
10. The Scouts are generally in Camp uniform.
11. Conduct a special group program. (hike, canoe trip, etc.)
12. Conduct a Troop Campfire
13. Participate in Camp-Wide Programs
14. 85% of Scouts in the Troop are in attendance at Tomahawk or another long term camp.

Campsite Inspection

The Camping Inspection can be conducted any time by the camp staff.

Scoring: 3 for exceptional, 2 for average, 1 for below average, 0 for non-performance.

- Troop and patrol identified with signs and flags
- American, Unit, and patrol flags displayed properly
- Campsite well laid out (traffic patterns, safety patrol method)
- Tent and tarps properly pitched with correct knots.
- Campsite is clean.
- Latrine is cleaned daily.
- All equipment properly stored and cleaned.
- Use of Unit bulletin board (schedule and Fireguard Plan)
- Clothesline used for airing and drying
- Living space in tents neat. Equipment and clothes properly stored
- Unit first aid kit available. Scouts have knowledge of location.
- Fireguard plan followed
- Safe troop Site
- Axe Yard large enough and marked off
- Wood fuel cut and properly stored
- Proper storage of fuels other than wood
- Safe cooking area (or good manners in Dining Hall)
- Proper food storage
- Proper garbage and waste disposal
- Respect for camp facility (no trenching, tree marking, etc.)
- All vehicles are parked in proper area at all times (not in campsite or along road)

Final Score



PRE-ORDER T-SHIRTS

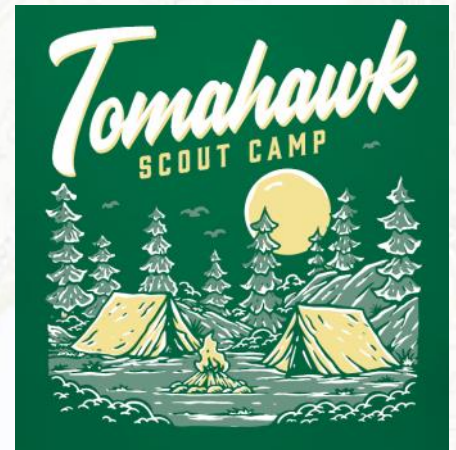
Your troop can order a customized Tomahawk shirt. Wear Tomahawk shirts around camp, showing off your troop number and hometown on the sleeve.

- Orders are placed before camp and shipped to you.
- Pay online
- Choose your color, cut, size, and shirt material

Go to the Planning for Camp page on the Tomahawk Website to find a link to the store or scan the QR code on this page.

Ordering Deadlines

- Order by May 14th to get your shirts by June 14th.
- Order by June 11th to get your shirts by July 12th





NORTHERN STAR SCOUTING
TOMAHAWK
SCOUT CAMP

FAMILY ISLAND

FUN FOR THE WHOLE FAMILY!

Family Island is your fun-filled, affordable vacation destination for Scouting Families. We offer programs and facilities for families so that you can see what your Scouts are enjoying here at Tomahawk Scout Camp. We offer cabins for rent, camper trailer sites, and wonderful tent camping.

We encourage all Scout families to come and enjoy a week at Tomahawk while your troop is in camp, or when the entire family can enjoy a vacation.

Cabins have a kitchenette and bathroom, as well as two bunk beds (one full sized-bed and three single beds). Cabins do not include bedding, dish towels, turn-down service, or food service.

ACTIVITIES WITH FAMILY ISLAND:

- Aquatics
- Horseback Riding
- Climbing Tower
- Crafts
- Archery
- BB gun shooting

TO REGISTER:

For more specific information or to register, please go online to www.camptomahawk.org > Programs > Family Island and follow the prompts to register. Registration is open to families who have members registered with Scouting.

FEES (PER WEEK):

- Cabin: \$440
- Camper (RV) Site: \$160
- Tent Site: \$130





DINING OPTIONS

Chippewa Camp - Three meals a day are served in an enclosed dining hall.



Sioux Camp - Breakfast and supper ingredients are delivered to the campsite to be cooked by patrol. Lunch is delivered to campsite to be served by patrol.



White Pine Camp - Three meals a day are served in an outdoor dining hall.



DIETARY RESTRICTIONS

Camp Northern Star can provide substitutes or alternative menus for participants with some dietary restrictions. We offer the following alternate menus.

- Peanuts or Tree Nut Free
- Low Gluten
- Low Dairy
- Pork Free (Religious)
- Vegetarian (not Vegan)

We are not able to provide alternate food for other restrictions or if a participant has multiple of the restrictions above. However, we will store and serve all food that is brought for participants who have additional dietary restrictions.

If you have questions about our food service, please email:
FoodService@CampTomahawk.org

BRINGING YOUR OWN FOOD?

If your unit wishes to bring their own food and cook it in their campsite, they may. We will give each full-week individual a \$45 discount for this option and pro-rate those staying less than a week. If you wish to bring and cook your own food, please select the "no food service" registrant type when confirming your estimated attendance or adding people to your roster.

MEAL COUNTS

Troops will be asked at check-in to provide a meal by meal count of the number of Scouts and leaders eating with their unit. Food deliveries and troop fee charges are based on these numbers. This form with example available online.

MENU

Menus are published in April each year. Find these on the Forms page online.

BREAKFAST BAR

At every breakfast, there will be a Breakfast Bar. The breakfast bar will have yogurt, granola, and various cut fruits for you to enjoy.

SALAD BAR

At Lunch and Dinner, there will be a salad bar for everyone to enjoy. It will have fresh lettuce and spinach along with toppings such as eggs, onions, carrots, tomatoes, and various cold salads such as pasta and potato salad.

EXTRAS

Breakfast cereal is available in all sub camps during breakfast. There are supplies to make peanut-butter and Jelly sandwiches any time of day, additionally, fruit is always available.

VISITOR MEALS

Any changes to the meal count form must be submitted to your Commissioner by lunch on the previous day to ensure an adequate supply of food and for billing purposes. Be sure to include any guests that might be joining you for a meal.

MEAL CHANGE REQUESTS

If you would like to change the amount of meals sent to your campsite or need to transfer your meals to Logging camp, discuss with your Commissioner or Camp Director.

WEEK LONG FOOD COUNT SHEET

*Turn in at check in

Week: _____ Campsite: _____ Unit # _____ Camp: _____

	SUN			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SAT
	D	B	L	D	B	L	D	B	L	D	B	L	D	B	L	D	B	L	B
Youth																			
Adult																			
Total																			

Fees Breakdown

of Youth _____ (5-7 Days)
_____ (4 Days)
_____ (3 Days)
_____ (2 Days)
_____ (1 Days)

of Adults _____ (5-7 Days)
_____ (4 Days)
_____ (3 Days)
_____ (2 Days)
_____ (1 Days)

Total _____ Youth _____

Total _____ Adults _____

_____ Guest Meals
@ \$5 a person)

Allergies/Additional Notes: _____

*Please note and describe the type and quantity of any food allergies that our kitchen should be aware of. Please make sure these meal counts are reflected in the chart above.

Unit Leader Name: _____ Signature: _____

I confirm that the above numbers are correct and understand that our unit's camp youth and adult fees are based on these numbers.



SWIM CLASSIFICATION PROCEDURES

Units may conduct their own test before camp

The swim classification of individuals participating in a Boy Scouts of America activity is a key element in Safe Swim Defense and Safety Afloat. The swim classification tests should be renewed annually, preferably at the beginning of each outdoor season. Traditionally, the swim classification test has only been conducted at a long-term summer camp. However, there is no restriction that this be the only place the test is conducted. In fact, we recommend to conduct the swim classification prior to attending summer camp.

All persons participating in BSA aquatics are classified according to their swimming ability. The classification tests and test procedures have been developed and structured to demonstrate a skill level consistent with the circumstances in which the individual will be in the water. The Swimmer's Test demonstrates the minimum level of swimming ability for recreational and instructional activity in a confined body of water with a maximum 12-foot depth, and with shallow water footing or a pool or pier edge always within 25 feet of the swimmer.

CONDUCTING YOUR OWN SWIM TESTS

(at the unit level with council approved aquatics resources)

The swim classification test done at a unit level should be conducted by a person with one of the following council-approved certifications: Aquatics Instructor, BSA; Aquatics Supervisor, BSA Lifeguard, certified lifeguard, swimming instructor; or swim coach. When the unit goes to a summer camp, each individual will be issued a buddy tag under the direction of the Camp Aquatics Director for use at the camp. Northern Star Scouting requires that swim classification tests be conducted within three months prior to the unit's arrival at camp. The signed form must be presented upon arrival in camp.

AT CAMP OPTION

The swim classification test is completed on Sunday afternoon immediately after checking into your campsite. Please pack your swim gear on the top of your pack or tote to make it easier to access upon arrival.

Special Note:

When swim tests are conducted away from or at camp, the Aquatics Director shall at all times reserve the authority to review or retest individuals or entire units to ensure that standards have been maintained.



SWIMMER'S TEST:

Jump feet first into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes: side stroke, breast stroke, trudgen, or crawl. Then swim 25 yards using an easy resting back stroke. The 100 yards must be swam continuously and include at least one sharp turn. After completing the swim, rest by floating for about one minute.

BEGINNERS TEST:

Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to starting place.



NORTHERN STAR SCOUTING
TOMAHAWK
SCOUT CAMP

SWIM CLASSIFICATION REC-

Complete this form to track each individual's current swim classification. Any change in status after this date i.e., non-swimmer to beginner or beginner to swimmer, would require a reclassification test by the Camp Aquatics Director.

Unit Number: _____

Date of Swim Test: _____

	Full Name (Please print)	Swim Classification		
		Learner	Beginner	Swimmer
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				
21.				
22.				
23.				
24.				
25.				

Person Conducting Test: _____ Phone #: _____

Qualifications: _____ Signature: _____

Unit Leader: _____ Signature: _____



ADMINISTRATIVE

- ☐ Lockable box for medication
- ☐ First aid kit
- ☐ Pushpins for bulletin board
- ☐ Pens & pencils
- ☐ Extra paper for scouts
- ☐ Merit Badge book library
- ☐ Troop Checkbook

FORMS

- ☐ Copies of BSA Health Forms
- ☐ Medication Worksheets
- ☐ Meal count form
- ☐ ATV Hold Harmless Forms
- ☐ ATV E-Course Certificates
- ☐ Logging Camp Shooting Sports Hold Harmless Forms
- ☐ Swim Test Form

GEAR

- ☐ Ball of twine/rope
- ☐ U.S. flag
- ☐ Unit flag
- ☐ Axes & saws
- ☐ Sharpening tools
- ☐ Battery-operated clock
- ☐ Spare water bottles
- ☐ Patrol flags
- ☐ Extra Paper towels
- ☐ Props for campfire skits
- ☐ Lanterns with mantels
- ☐ Matches

COOKING EQUIPMENT

For Troops staying in Chippewa and White Pine, you might decide you don't need all the items below since you will receive meals in the Dining Hall or Dining Shelter. If camping in Sioux Camp, you will need to bring the items below.

- ☐ 12 quart dish tubs (3)
- ☐ Soap & Sanitizer
- ☐ Sponge/Brush
- ☐ Scouring pads
- ☐ Mesh colander or window screen to strain food bits from sump water
- ☐ Medium & Large Frying Pan
- ☐ Medium & Large Pot with Lids
- ☐ Pitcher
- ☐ Pliers or handles
- ☐ Pot holders/oven mitt
- ☐ Cutting Boards (2)
- ☐ Griddle
- ☐ Coffee Pot with Lid
- ☐ Camp stove (two burner s
- ☐ Coolers/Ice chests
- ☐ Water containers
- ☐ Aluminum foil
- ☐ Cooking utensils
 - ☐ Can opener
 - ☐ Large Knife
 - ☐ Small knife
 - ☐ Whisk
 - ☐ Spatula
 - ☐ Spoon
 - ☐ Ladle
 - ☐ Metal tongs
 - ☐ Potato peeler

CAMP PROVIDED EQUIPMENT

- Canvas Wall Tents
- Canvas Cots
- Canvas Dining Fly
- Picnic Tables
- Handwashing station, which includes a spigot for refilling water bottles
- Flag Pole
- Bulletin Board
- Latrine
- Fire ring and grates
- Bear Box for smell-ables (not mouse-proof)
- Fire Barrel (to fill with water)
- Sanitizer to clean latrines and surfaces
- Toilet paper
- 2 Burner Camp Stove \$40 (Includes Propane)

Provided to Sioux Troops Only

- ☐ Plastic Garbage Bags
- ☐ Staple crate with basic condiments (ketchup, mustard, salt, pepper, peanut butter, jelly, salad dressing, syrup) (Sioux Camp Only)
- ☐ Coffee grounds
- ☐ Bread
- ☐ Cereal
- ☐ Vegetable Oil
- ☐ Matches
- ☐ Sanitizer tablets



CLOTHES

- ☐ Underwear (6)
- ☐ Pair of socks (6)
- ☐ Pants (2)
- ☐ Shorts (2)
- ☐ T-Shirts (5)
- ☐ Sweatshirt, fleece or sweater (2)
- ☐ Swim suit
- ☐ Towels (2)
- ☐ Scout uniform (bring a hanger to keep it accessible and free of wrinkles)
- ☐ Light jacket
- ☐ Hat
- ☐ Pajamas
- ☐ Extra shoes
- ☐ Hiking boots
- ☐ Bag for dirty laundry
- ☐ Sunglasses
- ☐ Rain gear/Poncho

TOILETRIES

We recommend packing these into a shoe-box sized plastic tote for easy storage. The tote helps keep these items dry and away from mice.

- ☐ Hand sanitizer
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Shampoo soap
- ☐ Wash cloth
- ☐ Comb/brush
- ☐ Hand mirror
- ☐ Deodorant
- ☐ Sun screen
- ☐ Bug repellent
- ☐ Prescription medication (in original container)

TENTING/SLEEPING

- ☐ Sleeping bag
- ☐ Pillow
- ☐ Mosquito netting
- ☐ Bed sheet (optional)
- ☐ Foam pad (optional)
- ☐ Tent (optional)

GEAR

- ☐ Mess kit (utensils, bowl, cup, plate, and mesh bag)
- ☐ Scout Handbook
- ☐ Flashlight & extra batteries
- ☐ Pencil & notebook
- ☐ Watch
- ☐ Totin' Chit
- ☐ Scout knife
- ☐ Water bottles (2)
- ☐ Wallet/Spending Money
- ☐ Backpack
- ☐ Camp chair

GEAR (OPTIONAL)

- ☐ Bike & Helmet (optional)
- ☐ Fishing gear (optional)
- ☐ Postage stamps for sending mail (optional)
- ☐ Camera (optional)
- ☐ Playing cards
- ☐ Life Jacket

SUGGESTED SCOUTMASTER OR LEADER ITEMS:

- ☐ Alarm clock
- ☐ Scout Master handbook
- ☐ Scout handbook
- ☐ Cell phone
- ☐ Weather radio
- ☐ Scout parent contact information
- ☐ Clipboard
- ☐ Coffee & Coffeepot

LEAVE THESE ITEMS AT HOME

The following will not be allowed at Tomahawk:

- Electronic Games
- Fireworks of any kind
- Pets
- Personal firearms (e.g. rifles, hand guns, bows, sling shots, ammo)
- Alcohol or Illegal Drugs
- ATVs or Jet Skis

OTHER ITEMS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



Complete the fields below for each medication a Scout is taking at camp. If medication is being administered by a parent or guardian they do not need to be tracked on this record. Turn this record in at Central Services at check out. Medications should be locked unless used for emergency purposes (inhalers, EpiPens, etc.). Medications should be stored in original bottles and include all prescription information.

Designated Adult: _____ **Unit Number:** _____ **Year:** _____

The designated adult needs to initial for each day and time that medication has been administered.

Medication Details	Time	Date						
Name: _____ Medication: _____ Frequency: _____ Dosage: _____								
Name: _____ Medication: _____ Frequency: _____ Dosage: _____								
Name: _____ Medication: _____ Frequency: _____ Dosage: _____								
Name: _____ Medication: _____ Frequency: _____ Dosage: _____								
Name: _____ Medication: _____ Frequency: _____ Dosage: _____								



Complete the fields below for each medication a Scout is taking at camp. If medication is being administered by a parent or guardian they do not need to be tracked on this record. Turn this record in at Central Services at check out. Medications should be locked unless used for emergency purposes (inhalers, EpiPens).

Designated Adult: Jane Scoutmaster **Unit Number:** 9999 **Year:** 2023

The designated adult needs to initial for each day and time that medication has been administered.

Medication Details	Time	Date						
		7/10	7/11	7/12	7/13	7/14	7/15	7/16
Name: <i>Jennifer Scout</i>	8AM		JS	JS	JS	JS	JS	JS
Medication: <i>Adderall</i>								
Frequency: <i>Take twice, daily</i>								
Dosage: <i>10mg</i>	Bed	JS	JS	JS	JS	JS	JS	
Name: <i>Jennifer Scout</i>	8AM		JS	JS	JS	JS	JS	JS
Medication: <i>Mometasone</i>								
Frequency: <i>Once a day</i>								
Dosage: <i>1 spray per nostril</i>								
Name: <i>Bobby Scout</i>	8AM		JS	JS	JS	JS	JS	JS
Medication: <i>Oxybutynin</i>								
Frequency: <i>Take twice, daily</i>	6PM	JS	JS	JS	JS	JS	JS	
Dosage: <i>20mg</i>								
Name: <i>Timmy Scout</i>	8AM		JS	JS	JS	JS	JS	JS
Medication: <i>Lisdexamfetamine</i>								
Frequency: <i>Take twice, daily</i>								
Dosage: <i>20mg</i>	9PM	JS	JS	JS	JS	JS	JS	
Name: _____								
-								
Medication: _____								
Frequency: _____								
Dosage: _____								

All-Terrain Vehicle (ATV) Program

Participation and Hold-Harmless Agreement

Tomahawk Scout Reservation from the Northern Star Council will be conducting an ATV program at camp. Scouts will be instructed how to ride on and drive an ATV. Scouts will be taught ATV safety and will drive on a training course, then on approved trails only. Scouts will be on the unit individually and in control of the power and brakes. Scouts will be required to wear a helmet, goggles, gloves, over-the-ankle boots, long-sleeve shirts, and long pants. Scouts are expected to abide by all safety rules and the instructions of the camp instructor(s).

I, the undersigned, give my child, _____, from Unit _____ (troop, crew, post) permission to participate in this program. I understand that participation in the activity involves a certain degree of risk. I have carefully considered the risk involved and have given consent for my child to participate in the activity. I understand that participation in the activity is entirely voluntary and requires participants to abide by the rules and standards of conduct. I release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all claims or liability arising out of this participation.

For safety, my child and I agree that he/she will do the following or he/she will be removed from the program. Because space is limited, any additional cost associated with participation in this program will not be refunded.

1. Complete the ATV safety class taught at Tomahawk Scout Reservation
2. Wear all required safety gear at all times on or around the equipment.
3. Follow all safety rules provided in the training class.
4. Follow the instructions of the camp staff instructor(s).
5. Maintain control of the ATV at all times and remain within the speed determined to be safe by the camp instructor(s).
6. Be in full compliance with all local, state, and federal guidelines, including age restrictions and original equipment manufacturer standards.
7. Respond to the camp satisfaction survey from the Boy Scouts of America as it evaluates the ATV program.

Participants need to bring the following in order to ride:

- ☐ Long sleeve shirt
- ☐ Long Pants
- ☐ Ankle-high boots

Tomahawk will provide all other safety equipment needed to ride.

All Riders must be age 14 on the day of riding to participate.

Participant's signature: _____ Date: _____

Parent/guardian signature: _____ Date: _____

Parent/guardian printed name: _____ Date: _____

Home phone: _____ Cell phone: _____

Email address (for survey purposes only): _____



BOY SCOUTS OF AMERICA®

DOUBLE BARREL SHOTGUN/LEVER ACTION RIFLE SHOOTING PROGRAM PARTICIPATION AND HOLD HARMLESS AGREEMENT

Tomahawk Scout Camp (Northern Star Scouting), will be conducting a double barrel shotgun and lever action rifle shooting program. In this program, Scouts will shoot a .22 caliber repeating rifle and a double barrel 20-gauge shotgun under the supervision of an NRA Range Safety Officer and NRA certified instructor(s). Scouts will be required to wear eye protection and hearing protection at all times while on the range. Scouts are expected to abide by all safety rules and the instructions of the Range Safety Officer(s) and rifle and shotgun instructor(s).

I, the undersigned, give my child, _____, permission to participate in this program. I understand that participation in the activity involves a certain degree of risk. I have carefully considered the risk involved and have given consent for my child to participate in the activity. I understand that participation in the activity is entirely voluntary and requires participants to abide by the rules and standards of conduct. I release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all claims or liability arising out of this participation.

For safety, my child and I agree that he/she will do the following or he/ she will be removed from the program. I understand that any additional cost associated with participation in this program will not be refunded if my child is removed for not following the rules below. 1. Complete a range safety briefing. 2. Wear all safety gear at all times while on the range. 3. Follow all the safety rules provided in the briefing. 4. Follow the instructions of the Range Safety Officer(s) and rifle and shotgun instructor(s). 5. Do not handle the firearms until instructed to do so by the instructor(s). 6. **Is 14 years of age, or 13 and has completed the eighth grade, as of the start of the class** and will be in full compliance with all local, state, and federal guidelines, including age restrictions and original equipment manufacturer standards.

Participant signature _____ Date: _____

Parent/guardian signature _____ Date: _____

Parent/guardian printed name _____ Date: _____

Home phone _____ Cell phone _____

Email address _____

Part A: Informed Consent, Release Agreement, and Authorization

Full name: _____

Date of birth: _____

High-adventure base participants:

Expedition/crew No.: _____

or staff position: _____

Informed Consent, Release Agreement, and Authorization

I understand that participation in Scouting activities involves the risk of personal injury, including death, due to the physical, mental, and emotional challenges in the activities offered. Information about those activities may be obtained from the venue, activity coordinators, or your local council. I also understand that participation in these activities is entirely voluntary and requires participants to follow instructions and abide by all applicable rules and the standards of conduct.

In case of an emergency involving me or my child, I understand that efforts will be made to contact the individual listed as the emergency contact person by the medical provider and/or adult leader. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me or my child. Medical providers are authorized to disclose protected health information to the adult in charge, camp medical staff, camp management, and/or any physician or health-care provider involved in providing medical care to the participant. Protected Health Information/Confidential Health Information (PHI/CHI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.103, 164.501, etc. seq., as amended from time to time, includes examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

(If applicable) I have carefully considered the risk involved and hereby give my informed consent for my child to participate in all activities offered in the program. I further authorize the sharing of the information on this form with any BSA volunteers or professionals who need to know of medical conditions that may require special consideration in conducting Scouting activities.

With appreciation of the dangers and risks associated with programs and activities, on my own behalf and/or on behalf of my child, I hereby fully and completely release and waive any and all claims for personal injury, death, or loss that may arise against the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with any program or activity.

I also hereby assign and grant to the local council and the Boy Scouts of America, as well as their authorized representatives, the right and permission to use and publish the photographs/film/videotapes/electronic representations and/or sound recordings made of me or my child at all Scouting activities, and I hereby release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all liability from such use and publication. I further authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of the BSA, and I specifically waive any right to any compensation I may have for any of the foregoing.

Every person who furnishes any BB device to any minor, without the express or implied permission of the parent or legal guardian of the minor, is guilty of a misdemeanor. (California Penal Code Section 19915[a]) My signature below on this form indicates my permission.

I give permission for my child to use a BB device. (Note: Not all events will include BB devices.)

☐ **Checking this box indicates you DO NOT want your child to use a BB device.**



NOTE: Due to the nature of programs and activities, the Boy Scouts of America and local councils cannot continually monitor compliance of program participants or any limitations imposed upon them by parents or medical providers. However, so that leaders can be as familiar as possible with any limitations, list any restrictions imposed on a child participant in connection with programs or activities below.

List participant restrictions, if any: _____

☐ None

I understand that, if any information I/we have provided is found to be inaccurate, it may limit and/or eliminate the opportunity for participation in any event or activity. If I am participating at Philmont Scout Ranch, Philmont Training Center, Northern Tier, Sea Base, or the Summit Bechtel Reserve, **I have also read and understand the supplemental risk advisories, including height and weight requirements and restrictions, and understand that the participant will not be allowed to participate in applicable high-adventure programs if those requirements are not met.** The participant has permission to engage in all high-adventure activities described, except as specifically noted by me or the health-care provider. If the participant is under the age of 18, a parent or guardian's signature is required.

Participant's signature: _____ Date: _____

Parent/guardian signature for youth: _____ Date: _____

(If participant is under the age of 18)

Complete this section for youth participants only:

Adults Authorized to Take Youth to and From Events:

You must designate at least one adult. Please include a phone number.

Name: _____

Name: _____

Phone: _____

Phone: _____

Adults **NOT** Authorized to Take Youth to and From Events:

Name: _____

Name: _____

Phone: _____

Phone: _____



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Part B1: General Information/Health History

Full name: _____

Date of birth: _____

High-adventure base participants:

Expedition/crew No.: _____

or staff position: _____

Age: _____ Gender: _____ Height (inches): _____ Weight (lbs.): _____

Address: _____

City: _____ State: _____ ZIP code: _____ Phone: _____

Unit leader: _____ Unit leader's mobile #: _____

Council Name/No.: _____ Unit No.: _____

Health/Accident Insurance Company: _____ Policy No.: _____



Please attach a photocopy of both sides of the insurance card. If you do not have medical insurance, enter "none" above.

In case of emergency, notify the person below:

Name: _____ Relationship: _____

Address: _____ Home phone: _____ Other phone: _____

Alternate contact name: _____ Alternate's phone: _____

Health History

Do you currently have or have you ever been treated for any of the following?

Yes	No	Condition	Explain
<input type="checkbox"/>	<input type="checkbox"/>	Diabetes	Last HbA1c percentage and date: _____ Insulin pump: Yes <input type="checkbox"/> No <input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Hypertension (high blood pressure)	
<input type="checkbox"/>	<input type="checkbox"/>	Adult or congenital heart disease/heart attack/chest pain (angina)/heart murmur/coronary artery disease. Any heart surgery or procedure. Explain all "yes" answers.	
<input type="checkbox"/>	<input type="checkbox"/>	Family history of heart disease or any sudden heart-related death of a family member before age 50.	
<input type="checkbox"/>	<input type="checkbox"/>	Stroke/TIA	
<input type="checkbox"/>	<input type="checkbox"/>	Asthma/reactive airway disease	Last attack date: _____
<input type="checkbox"/>	<input type="checkbox"/>	Lung/respiratory disease	
<input type="checkbox"/>	<input type="checkbox"/>	COPD	
<input type="checkbox"/>	<input type="checkbox"/>	Ear/eyes/nose/sinus problems	
<input type="checkbox"/>	<input type="checkbox"/>	Muscular/skeletal condition/muscle or bone issues	
<input type="checkbox"/>	<input type="checkbox"/>	Head injury/concussion/TBI	
<input type="checkbox"/>	<input type="checkbox"/>	Altitude sickness	
<input type="checkbox"/>	<input type="checkbox"/>	Psychiatric/psychological or emotional difficulties	
<input type="checkbox"/>	<input type="checkbox"/>	Neurological/behavioral disorders	
<input type="checkbox"/>	<input type="checkbox"/>	Blood disorders/sickle cell disease	
<input type="checkbox"/>	<input type="checkbox"/>	Fainting spells and dizziness	
<input type="checkbox"/>	<input type="checkbox"/>	Kidney disease	
<input type="checkbox"/>	<input type="checkbox"/>	Seizures or epilepsy	Last seizure date: _____
<input type="checkbox"/>	<input type="checkbox"/>	Abdominal/stomach/digestive problems	
<input type="checkbox"/>	<input type="checkbox"/>	Thyroid disease	
<input type="checkbox"/>	<input type="checkbox"/>	Skin issues	
<input type="checkbox"/>	<input type="checkbox"/>	Obstructive sleep apnea/sleep disorders	CPAP: Yes <input type="checkbox"/> No <input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	List all surgeries and hospitalizations	Last surgery date: _____
<input type="checkbox"/>	<input type="checkbox"/>	List any other medical conditions not covered above	



Part B2: General Information/Health History

Full name: _____

Date of birth: _____

High-adventure base participants:

Expedition/crew No.: _____

or staff position: _____

Allergies/Medications

DO YOU USE AN EPINEPHRINE
AUTOINJECTOR? Exp. date (if yes) _____ ☐ YES ☐ NO

DO YOU USE AN ASTHMA RESCUE
INHALER? Exp. date (if yes) _____ ☐ YES ☐ NO

Are you allergic to or do you have any adverse reaction to any of the following?

Yes	No	Allergies or Reactions	Explain	Yes	No	Allergies or Reactions	Explain
<input type="checkbox"/>	<input type="checkbox"/>	Medication		<input type="checkbox"/>	<input type="checkbox"/>	Plants	
<input type="checkbox"/>	<input type="checkbox"/>	Food		<input type="checkbox"/>	<input type="checkbox"/>	Insect bites/stings	

List all medications currently used, including any over-the-counter medications.

☐ Check here if no medications are routinely taken. ☐ If additional space is needed, please list on a separate sheet and attach.

Medication	Dose	Frequency	Reason

☐ YES ☐ NO Non-prescription medication administration is authorized with these exceptions: _____

Administration of the above medications is approved for youth by:

_____/_____
Parent/guardian signature MD/DO, NP, or PA signature (if your state requires signature)

! Bring enough medications in sufficient quantities and in the original containers. Make sure that they are NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication unless instructed to do so by your doctor.

Immunization

The following immunizations are recommended. Tetanus immunization is required and must have been received within the last 10 years. If you had the disease, check the disease column and list the date. If immunized, check yes and provide the year received.

Yes	No	Had Disease	Immunization	Date(s)
<input type="checkbox"/>	<input type="checkbox"/>		Tetanus	
<input type="checkbox"/>	<input type="checkbox"/>		Pertussis	
<input type="checkbox"/>	<input type="checkbox"/>		Diphtheria	
<input type="checkbox"/>	<input type="checkbox"/>		Measles/mumps/rubella	
<input type="checkbox"/>	<input type="checkbox"/>		Polio	
<input type="checkbox"/>	<input type="checkbox"/>		Chicken Pox	
<input type="checkbox"/>	<input type="checkbox"/>		Hepatitis A	
<input type="checkbox"/>	<input type="checkbox"/>		Hepatitis B	
<input type="checkbox"/>	<input type="checkbox"/>		Meningitis	
<input type="checkbox"/>	<input type="checkbox"/>		Influenza	
<input type="checkbox"/>	<input type="checkbox"/>		Other (i.e., Hib)	
<input type="checkbox"/>	<input type="checkbox"/>		Exemption to immunizations (form required)	

Please list any additional information about your medical history:

DO NOT WRITE IN THIS BOX.

Review for camp or special activity.

Reviewed by: _____

Date: _____

Further approval required: ☐ Yes ☐ No

Reason: _____

Approved by: _____

Date: _____



Part C: Pre-Participation Physical

This part must be completed by certified and licensed physicians (MD, DO), nurse practitioners, or physician assistants.

Full name: _____

Date of birth: _____

High-adventure base participants:

Expedition/crew No.: _____

or staff position: _____



You are being asked to certify that this individual has no contraindication for participation in a Scouting experience. For individuals who will be attending a high-adventure program, including one of the national high-adventure bases, please refer to the supplemental information on the following pages or the form provided by your patient. You can also visit www.scouting.org/health-and-safety/ahmr to view this information online.

Please fill in the following information:

	Yes	No	Explain
Medical restrictions to participate	<input type="checkbox"/>	<input type="checkbox"/>	

Yes	No	Allergies or Reactions	Explain
<input type="checkbox"/>	<input type="checkbox"/>	Medication	
<input type="checkbox"/>	<input type="checkbox"/>	Food	

Yes	No	Allergies or Reactions	Explain
<input type="checkbox"/>	<input type="checkbox"/>	Plants	
<input type="checkbox"/>	<input type="checkbox"/>	Insect bites/stings	

Height (inches)	Weight (lbs.)	BMI	Blood Pressure	Pulse
			/	

	Normal	Abnormal	Explain Abnormalities
Eyes	<input type="checkbox"/>	<input type="checkbox"/>	
Ears/nose/throat	<input type="checkbox"/>	<input type="checkbox"/>	
Lungs	<input type="checkbox"/>	<input type="checkbox"/>	
Heart	<input type="checkbox"/>	<input type="checkbox"/>	
Abdomen	<input type="checkbox"/>	<input type="checkbox"/>	
Genitalia/hernia	<input type="checkbox"/>	<input type="checkbox"/>	
Musculoskeletal	<input type="checkbox"/>	<input type="checkbox"/>	
Neurological	<input type="checkbox"/>	<input type="checkbox"/>	
Skin issues	<input type="checkbox"/>	<input type="checkbox"/>	
Other	<input type="checkbox"/>	<input type="checkbox"/>	

Examiner's Certification

I certify that I have reviewed the health history and examined this person and find no contraindications for participation in a Scouting experience. This participant (with noted restrictions):

True	False	Explain
<input type="checkbox"/>	<input type="checkbox"/>	Meets height/weight requirements.
<input type="checkbox"/>	<input type="checkbox"/>	Has no uncontrolled heart disease, lung disease, or hypertension.
<input type="checkbox"/>	<input type="checkbox"/>	Has not had an orthopedic injury, musculoskeletal problems, or orthopedic surgery in the last six months or possesses a letter of clearance from his or her orthopedic surgeon or treating physician.
<input type="checkbox"/>	<input type="checkbox"/>	Has no uncontrolled psychiatric disorders.
<input type="checkbox"/>	<input type="checkbox"/>	Has had no seizures in the last year.
<input type="checkbox"/>	<input type="checkbox"/>	Does not have poorly controlled diabetes.
<input type="checkbox"/>	<input type="checkbox"/>	If planning to scuba dive, does not have diabetes, asthma, or seizures.

Examiner's signature: _____ Date: _____

Examiner's printed name: _____

Address: _____

City: _____ State: _____ ZIP code: _____

Office phone: _____

Height/Weight Restrictions

If you exceed the maximum weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from an emergency vehicle/accessible roadway, you may not be allowed to participate.

Maximum weight for height:

Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight
60	166	65	195	70	226	75	260
61	172	66	201	71	233	76	267
62	178	67	207	72	239	77	274
63	183	68	214	73	246	78	281
64	189	69	220	74	252	79 and over	295



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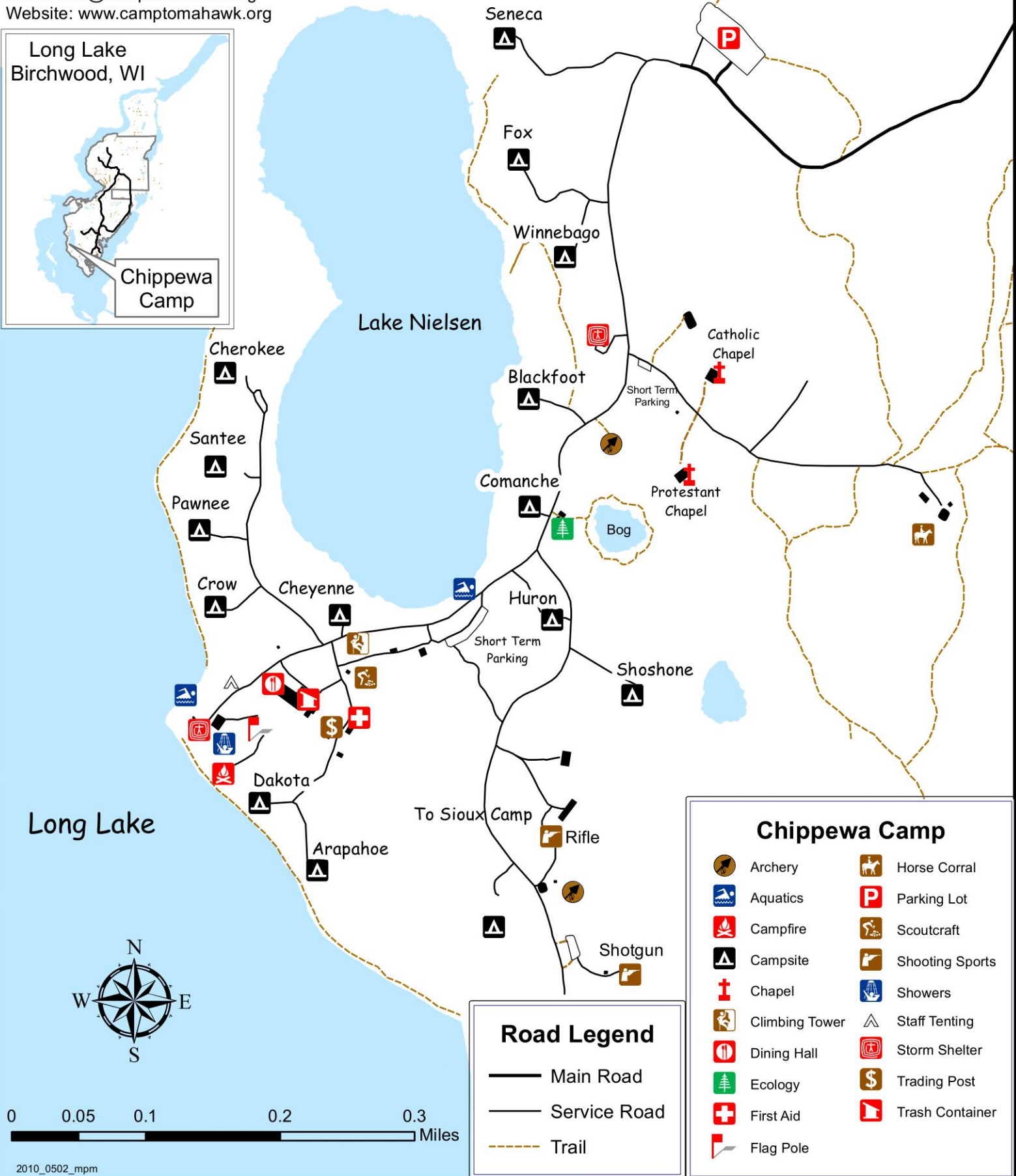
Tomahawk Scout Camp

N1910 Scout Road. Birchwood, WI 54817
Phone: (612) 261-2455

Northern Star Scouting
Email: info@camptomahawk.org
Website: www.camptomahawk.org



Chippewa Camp



Tomahawk Scout Camp

N1910 Scout Road, Birchwood, WI 54817

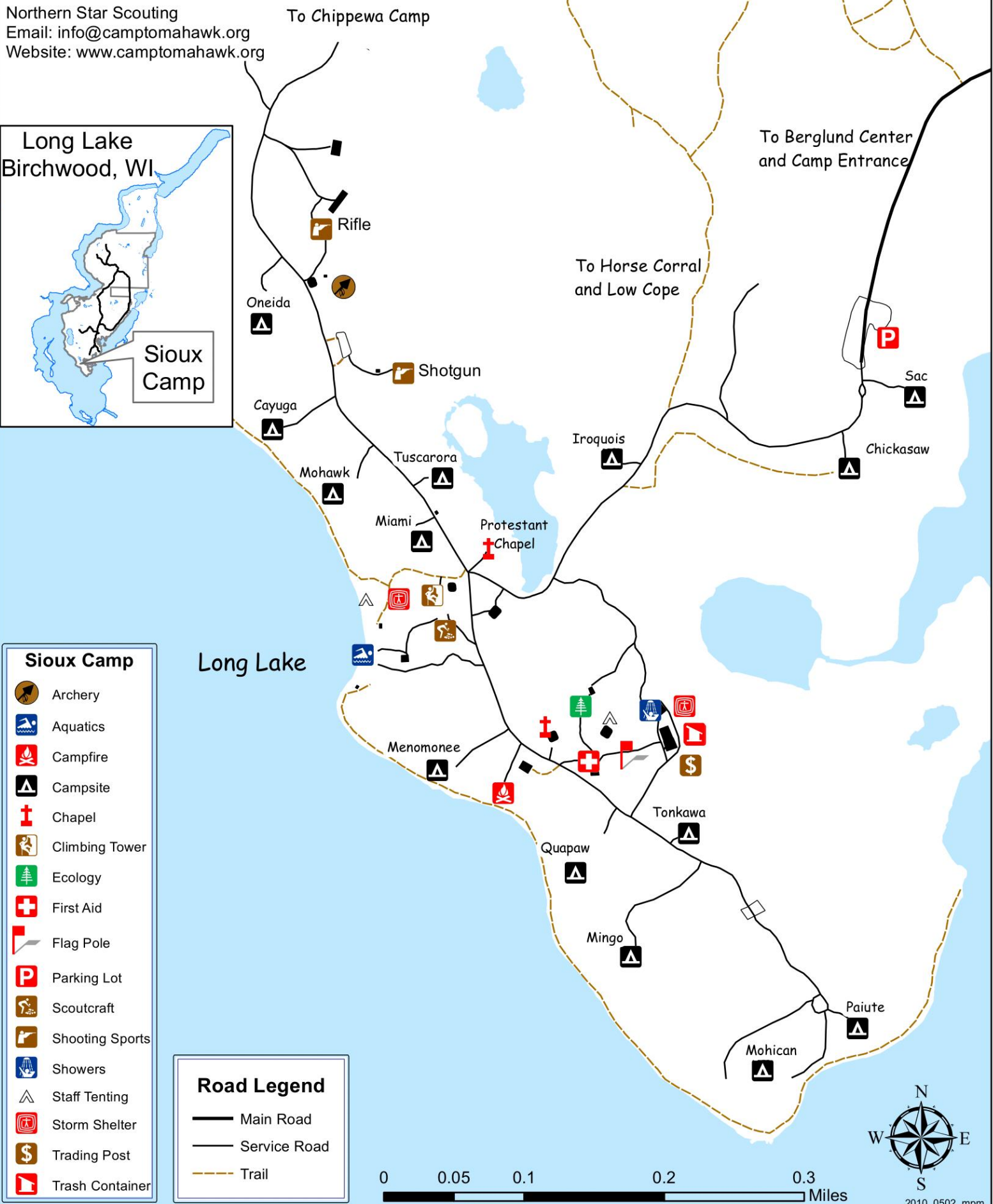
Phone: (612) 261-2455

Northern Star Scouting

Email: info@camptomahawk.org

Website: www.camptomahawk.org

Sioux Camp



Tomahawk Scout Camp

N1910 Scout Road, Birchwood, WI 54817

Phone: (612)261-2455

Northern Star Scouting

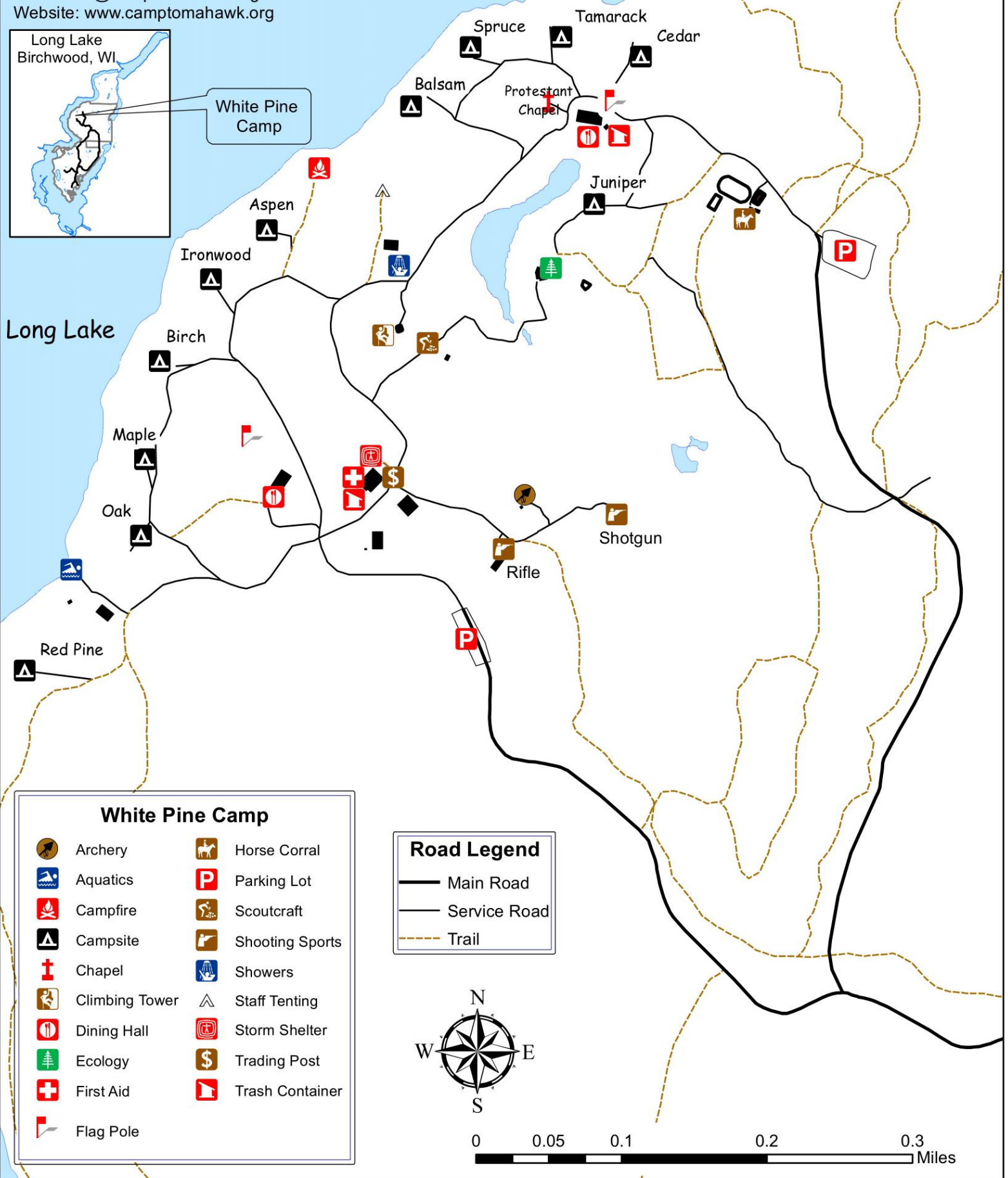
Email: info@camptomahawk.org

Website: www.camptomahawk.org

White Pine Camp



Long Lake





Tomahawk Scout Camp

N1910 Scout Road. Birchwood, WI 54817

Phone: (612) 261-2455

Northern Star Scouting

Email: info@camptomahawk.org

Website: www.camptomahawk.org

Cty Rd B

Cty Rd M

Cty Rd D

Cty Rd D

Highway 53



Cty Rd M

Cty Rd D

Cty Rd V

Haugen, WI

To Rice Lake, WI

White Pine
Camp

Camp Entrance

Elvers Road

Chippewa
Camp

Sioux
Camp

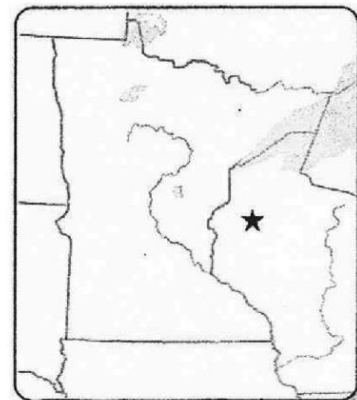
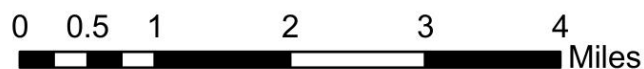
Family
Island

AOL
Camp

East Side Rd

Long Lake Dam

To Birchwood, WI



Tomahawk Scout Camp

N1910 Scout Road, Birchwood, WI 54817

Phone: (612) 261-2455

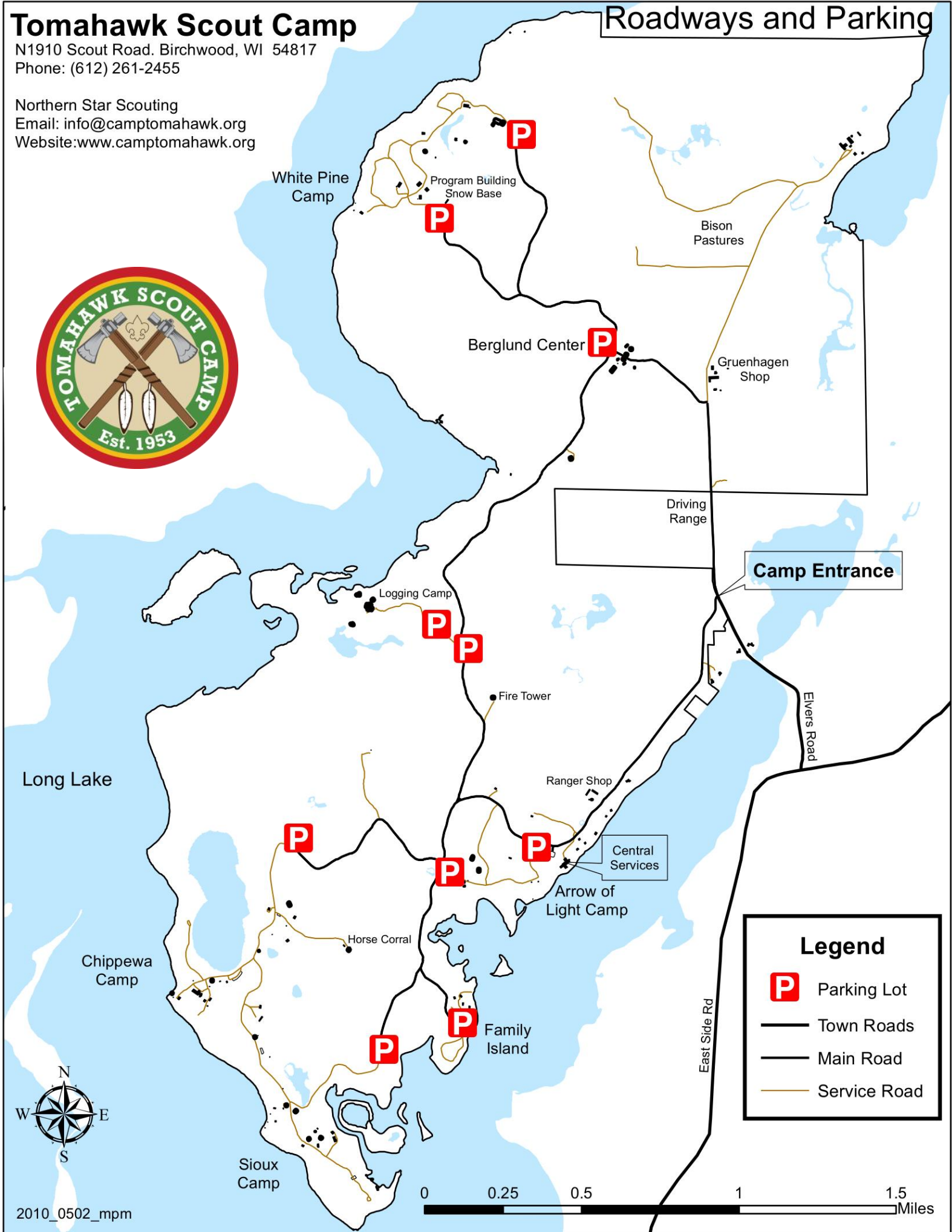
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