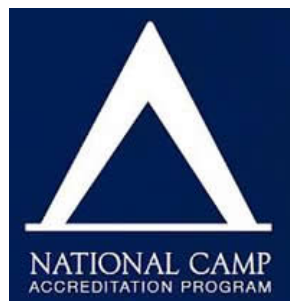




# Parent and LEADER'S GUIDE

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Wild West Camp Cowles at Cowles Scout Reservation is proud to be a  
BSA Nationally Accredited Camp

# Welcome

Welcome to Wild West at Cowles Scout Reservation!

Located on the Northshore of Diamond Lake. Cowles defining features are our amazing treehouse, waterfront, beautiful acreage and camp sites featured in the Wild West.



Camp Cowles, with its rustic feel, strives to be the premier Cub Scout camp of the BSA, by offering programs that fit each age and rank.

Youth will have the opportunity to develop outdoor skills, confidence, and a sense of personal achievement through a series of fun, values-based activities. As a parent, you will have the opportunity to have an active role in your child's journey towards becoming a leader for tomorrow.

Thank you for choosing Wild West at Cowles Scout Reservation as your destination for Scouting this Summer!

## Staff & Leadership



Wild West at Camp Cowles prides itself on having the most devoted and energetic team of staff in the BSA!

Our staff are carefully chosen and trained, with a focus on bringing the mission of the Boy Scouts of America to the lives of your Scouts.

## Meet the Directors

**Marcia Hunt**, our third year Camp Director, has over 12 years of experience in Scouting. She believes that Scouting makes a difference in the lives of youth. Her passion in



scouting and carefully selected and trained team will provide an adventure filled with fun, educational activities of the Wild West.

**Kalista Bernardi**, our Program Director has over 14 years of experience in Scouting at both the Cub Scout and Boy Scout levels. She believes that Scouting offers youth



experiences that they can't get anywhere else and instills values that will serve them for the rest of their lives. Her dedication to providing an excellent program will result in a memorable camping experience.

## Contact Information

Marcia Hunt – Camp Director

P (509)242-8240 C 509-951-2727

[Marcia.hunt@scouting.org](mailto:Marcia.hunt@scouting.org)

Kalista Bernardi – Program Director

(509) 714-1057

[ckbernardi@comcast.net](mailto:ckbernardi@comcast.net)

Megan West – Camp Registrations

P (509)242-8241

[Megan.west@scouting.org](mailto:Megan.west@scouting.org)

Andrew Bell – Council Program Director

406-317-3827

[Andrew.Bell@scouting.org](mailto:Andrew.Bell@scouting.org)

# ARRIVAL AND ORIENTATION

## Arrival

Please arrive at Carbon Lodge parking 10 minutes before your assigned time. Please contact us if there are any additional circumstances or considerations in your arrival (i.e. early or late arrival).

You will be greeted by the Business Manager and one of our Staff who will give you your campsite assignment, t-shirts, bandanas, map, payment and tour.

Please note:

- Full roster of everyone in camp both youth and adults
- One vehicle at a time may be allowed to drive up to the campsite, and vehicles may not remain parked at campsites after loading or unloading.
- Park at Carbon Lodge or Finch area parking lots to keep trails safe for campers.
- Back into your parking space in case of an emergency or evacuation.

The first meal on Thursday is dinner so please make sure to eat lunch and bring a snack.

## Check out our Trading Post:

Cub Country's Trading Post is well stocked with camp supplies, souvenirs, refreshments and more. Located in the Bunkhouse between Carbon parking lot and Carbon Lodge.

## Health Checks (Finch area at Med Shack on Hill)

Camp medic will collect and review medical forms for every individual.

- Parts A, B for each youth and adult

If you have any youth or adults with special needs or dietary requirements, please fill out one of our special needs forms and contact us as soon as possible so we can ensure we meet your needs as best we can.

## Swim Checks



Each Youth and Adult who plans on participating in activities or classes at the waterfront will take a BSA Swim Test.

Tests will be offered throughout the weekend as well. It is recommended that Leaders and Parents work with scouts before arriving at camp to ensure that they are prepared to take the test. Please note that they need to pass the test in our lake, which is usually between 60-65°F, and the temperature can sometimes be a shock that is difficult even for strong swimmers.

## BSA Swim Test Procedure:

"Jump feet first into water over the head in depth. Level off and swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, Trudgen, or crawl; then swim 25 yards using an easy resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating." - Guide to Safe Scouting –

## Leaders Meeting

Each pack is encouraged to send at least one adult leader to the leader meeting. All adults attending camp are encouraged to attend. They are an opportunity to get the most up-to-date information and meet the camp director and program director for questions.

**Thursday nights at 5:00 pm.**

# Adult Leadership in Camp

**For Family Camp:** At least one parent or legal guardian must attend with their Scout. If a parent is unable to attend, a Scout may attend with another adult (preferably a relative or family friend) with a signed permission form from a parent.

**Cub Scout Camp:** Minimum of 2 adult leaders per den or pack. In addition, the adult to Scout ratio guidelines of the Inland Northwest Council must be followed.

The guidelines are:

**Tiger - 1:1** (one adult for each youth who is entering 1st grade)

**Wolf/Bear - 1:3** (one adult for every three youth who is entering 2nd or 3rd grade)

**Webeles - 1:4** (one adult for every four youth who is entering 4th or 5th grade)

Each unit in camp must be under the leadership of at least two adults always. One of whom must be a registered leader in the unit, at least 21 years old. The other must be at least 18 years old and a registered Scouter or registered parent of one of the youths in the unit.

All BSA Youth Protection rules will apply during your stay at Camp. Unit Leaders are responsible to make sure registered adults have *current* youth protection training, and that interactions with youth meet with all established policies.

There will be a brief mandatory leadership meeting for Adult leaders Thursday evening before dinner and every morning following the morning flag ceremony with some of the key staff to make sure leaders are kept up-to-date on camp activities, schedules and any issues which may come up.

## Camp Sites “Homestead”

After you check in, you will be assigned to one of our campsites. In most cases, you will share your campsite with one or more packs. This allows us to use our space efficiently. This will be your homestead throughout your stay. Many of our campsites are

equipped with two-person canvas wall tents on platforms. Many campers like to put a small tent inside of the canvas tent. Each campsite has running, potable water and access to a nearby latrine. We purchase all our water in Cub Country from the Diamond Lake Water District, it is all drinkable water and is sampled weekly by the water District.

Two same gender youth/siblings or two same-gender adults share tents. Parents may share a tent with their child. Please bring what you need to be comfortable, such as bedding, cot, air-mattress, and pillow.

If you would like to bring your own tents and camp in our campsites “on the ground”, please contact the camp director prior to the start of your session.

- Each homestead has a **designated fire ring** where you may build a campfire if there is no fire ban in effect.
- Fire ban status will be posted on your bulletin board in your homestead.
- There is plenty of dead branches and some slash around camp; do not cut any trees or vegetation without permission from the Camp Ranger.
- Liquid fuel, or liquid fueled devices such as stoves or lanterns are NOT allowed on BSA properties.
- A shovel, water bucket, and fire safety chart are provided for each homestead.

Please take a moment during move-in to review the fire safety chart with your youth.



# Camp Policies

## Things not to bring:

Some things have no place in a Cub Scout Camp, either for safety purposes or to meet the mission and focus of summer camp programs. If something is not listed and you would like to know if it is allowed, please reference the Guide to Safe Scouting or contact us to ask.

### Please DO NOT bring:

- Pets (other than licensed service animals)
- Firearms
- Personal watercraft
- Illegal drugs (including marijuana)
- Alcohol
- Fireworks or flares
- Open Toed Shoes (ok for swimming & shower only)
- Chainsaws  
(the camp ranger may authorize chainsaw use only by a card carrying-certified operator and MAY provide a saw in an emergency)
- Non-scouting Knives  
(i.e. throwing knives, large sheath knives, double-bladed knives)

(Please see Appendix for things to bring.)

## Guests in camp:

Guests are welcome at camp during your visit. All guests must report to either the Trading Post or Business Office upon arrival to check in and receive a wrist band. They must also check out before leaving during the session.

Any guest staying in camp longer than 48 hours will be considered participants and their corresponding unit may be charged. Guests staying more than 48 hours must provide completed BSA medical forms parts A, B and C.

## Guest Meals:

Guests may purchase meals at the trading post to eat with their fellow Scouts or family members.

- \$6 for breakfast or lunch

- \$8 for dinner

# Health and Safety

Our location and environment at Camp Cowles Scout Reservation present some unique safety concerns:



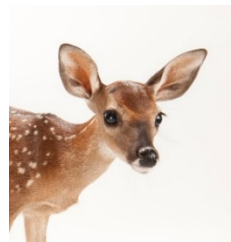
## Youth Protection Guidelines

- 2 deep leadership
- No one-on-one contact
- Respect of Privacy
- Separate Accommodations
- Constructive Discipline
- Appropriate Attire
- No Hazing
- No secret organizations

## Buddy System

The “Buddy System” is used in camp always. Scouts must know where the unit and camp boundaries are and not to go beyond them without permission. It is the responsibility of all leaders to educate their Scouts on this issue. All younger Scouts should be accompanied by an adult.

## Wildlife



During your stay with us you are bound to see plenty of birds, squirrels and rabbits, and perhaps some larger wildlife as well.

If you spot a deer on property, STOP! Do not approach it, try to take its picture, call out to or yell at it. Enjoy its beauty.

## Wildlife Tips:

- Don't store food in your campsite  
(Not even in tents or bags. Our squirrels have been known to chew their way through sleeping bags and backpacks)
- Stay on the trails
- Travel in groups of 2 or more (Buddy System)
- Take care of your trash
- Don't approach or yell at wildlife
- Don't feed wildlife
- Inform staff immediately of moose or bear sighting's

## Insects

There will be Mosquitos during camping season as well as Yellow Jackets, and Hornets. Ants are attracted to food, candy, and garbage. Don't give them a reason to be near your campsite! Insect repellents, used as directed, can help and can be purchased at the Trading Post.

## Dehydration and Overheating

Something about being at a lake lulls people into a false sense of security about drinking water and staying hydrated. Please make sure that everyone who attends camp brings a water bottle and uses it! It can get hot and we want to make sure everyone stays cool and safe! Water bottles are available in the stores for purchase.

## Fire Ban at Cub Country:

Cowles Scout Reservation and its surrounding area has been under a fire-ban for the last several summers. Although we will not know for certain until camp begins, there is a high likelihood that we will again be unable to have open fires at Cub Country. Units who wish to cook a snack or meals in their campsites bring self-contained **propane gas stoves on metal legs or bring a non-flammable surface to place under the stove.** Information will be provided when you check in at camp about the current fire ban status.

## Discipline at Camp

Discipline is the responsibility of the adult leaders. Your 100% participation and involvement can prevent most behavior

problems. If you are finding it difficult in dealing with a certain Scout, please do not hesitate to call for the assistance of the Camp Director. If you see a problem with a Scout who is not under your responsibility, notify their den leader or an appropriate staff member.

## Meals

Meals at Cub Country are served "buffet-style." Each campsite camp site will be seated together. Second servings will be available.

One spot at each table will be designated for your trail boss. Scouts and leaders are asked to enter the dining hall quietly and stand at their table until grace is completed. Tables will be released one at a time to assist in the management of lines.

## Dining Hall Waiters

Each unit will send two youth waiters to the dining hall 15—30 minutes before each meal, and under the direction of the Dining Hall Steward to:

- put chairs down
  - set the tables with Napkins, Salt & Pepper
- After the meal, campers, including adults, will be dismissed and waiters remain at their table to:
- put away napkins, salt & pepper, condiments
  - wipe down tables

Waiters will return to their group after being dismissed by the Dining Hall Steward.

*(We are always looking for adults to help with dishes. Signups will be available in Carbon Lodge.)*

## Mealtimes

Breakfast Daily 8:00 a.m. - Carbon Lodge

Lunch Daily 12:30 p.m. – Finch by the Treehouse

Dinner Thursday 6:30 p.m. Located at **Carbon Lodge**

Dinner Friday 6:30 p.m. Located at **Carbon Lodge**

Saturday BBQ Dinner 6:30 p.m. Located at **Finch by**

## the Treehouse

**(Make sure you bring your uniforms and items for Fire bowl. We will go directly to closing campfire).**

## Dining Hall Menu

Please feel free to check out our menus in the Appendix and let us know if you have any questions about your meals.

## Special Medical and Dietary Needs

To help us meet our campers' specific dietary and mobility needs, we request that you submit a Special Needs Form later than **June 26th**. Forms are available at [nwscouts.org](http://nwscouts.org) Appropriate planning and preparation are necessary to fully accommodate the needs. Forms submitted after that date will be addressed to the best of our ability.

Our kitchen staff will do their best to meet dietary needs, however additional options may be limited and not as varied as our typical menu.

All prescription medications must be kept under lock and key while in camp. If packs do not bring their own lockable storage for keeping medication at their campsite, medications may be stored at the First Aid cabin with the medical staff. Refrigeration is also available at the First Aid cabin for those whose medication needs to be kept cool.

The only exception is medications for life-threatening conditions, such as heart issues or severe allergies, which may be carried and self-administered under the direction of a personal physician.

Some campsites have electricity available for medical devices such as a CPAP machine, if you require electricity for such equipment, please contact us as early as possible to ensure we get you in the correct camp site. *Any other site requests may be waived in favor of medical equipment needs*

# ADULT VOLUNTEER OPPORTUNITIES

Sign up boards will be in Carbon Lodge

**DISH WASHINGSIGN UPS**, Breakfast, Lunch and Dinner

**KITCHEN BUFFET LINE HELP**, Breakfast, Lunch and Dinner

**BATHROOM/LATRINE CLEAN UPS**, Sweep, wipe down and restock toiletries

**CONSERVATION AND SERVICE PROJECTS**, Camp Cowles list

**LEAD FLAG CEREMONY, AM OR PM**, Arrive 10 minutes early

**CLOSING CEREMONY SKIT FOR YOUTH SIGN UP**, Saturday Night

# PROGRAM AT WILD WEST @ CAMP COWLES

## Flag Ceremonies at Camp

The camp staff will conduct a formal flag ceremony twice daily, at the start of each day and just before dinner. These assemblies are also the time when special announcements and recognition are made.



Please dress in your BSA Scout shirt buttoned and tucked in.

*If your pack would like to volunteer to help with a flag ceremony, please let the program director know when you check in or sign up on the sign-up sheet located in Carbon Lodge.*

**Am – 7:45 am**

**PM – 6:15 pm**

## Station Rotation

Beginning on the second day, Scouts will visit activity stations at designated times with their homestead.



Stations are led by trained staff who have enthusiasm for what they are teaching! At each station, Scouts will gain confidence as they safely learn new skills and explore new activities.

## Advancements

The emphasis of Cub Scout camping is not advancement but exploring new interests that Scouts would not otherwise can discover. We have done our best to

incorporate advancement opportunities throughout the

program, although most requirements are difficult to achieve in a short camp setting. It is the responsibility of adult leaders to track Scouts' progress, test for completion after camp, and award achievements.

## The Water Stop

Rodeo BMX/Pony Rides

Archery

Shooting Gallery (BB Guns)

Sling Shots

Swimming Hole Activities

Tree House Activities

Critter Coral

Leather Working/Indian Lore

Eureka Trail

Cowboy Games

Mining for Gold

Gaga Ball

Barbeque

Outdoor Games & Activities

And More.....

## Adult Program

Your passion for Scouting and youth, as well as your commitment to serve, is the foundation for success in the Inland Northwest Council. Please take advantage of our Adult Leader Activity Program. It's a fun way to stay busy and involved! Requirement sheets will be available at camp.

*"I haven't had so much fun as an adult."*

-adult leader, Pack 4481, Inland Northwest Council

## Mail at Camp

Friends, Family and Fellow Scouters are welcome to mail letters, notes or packages to their



Scouts while they are at camp. Mail is distributed daily at the evening flag ceremony. It is recommended mail is sent to arrive early in the week or before scouts arrive and is marked with the date it should be delivered.

(participant name)

Date to be Delivered

4161 N Shore Diamond Lake Rd,  
Newport, WA 99156

## Leaders Meeting

Each pack is encouraged to send at least one adult leader to the leader meeting. All adults attending camp are encouraged to attend. They are an opportunity to get the most up-to-date information and meet the camp director and program director for questions.

**Thursday nights at 5:00 pm.**

## Parent Pick-up

For the safety of the youth while they are at Cub Country, we ask that you coordinate visitors and drivers **before**

camp. And include all individuals on your pack roster. If they will be at camp for any length of time, we want to know that you are expecting them. If a parent or other family member is picking a child up at any point before the scheduled camp dismissal, please notify camp management as soon as possible when they get to camp. They will need to check-out their child from camp at the Camp Office before leaving camp.

## Communication

We do not prevent the use of cell-phones, tablets, portable music or gaming devices by campers except during class time. If unit leaders choose to regulate that in their own campsite and unit we leave it up to them. However, there are limited locations and opportunity throughout camp to charge these devices.

We do have a telephone in Carbon Lodge business office for emergencies.

There is limited Wi-Fi available in the dining hall for adult leader use, it is limited to email and basic internet browsing, no streaming or gaming is allowed.

## Polar Plunge

Friday morning, Scouts and adults can participate in our Polar Plunge.

A patch is available for purchase in our trading post.

## Be Sure to Check out our Trading Post

Cub Country's Trading Post is well stocked with camp supplies, souvenirs, refreshments and more.

On average, a Scout will spend \$25 in the Trading Post while at camp. Items for sale in the Trading Post include, but are not limited to the following:

Wild West at Camp Cowles T-shirts, Hats, Patches, Water Bottles, Activity Bags and more

Personal Items; Toothbrush/past, soap, stamps, batteries and more.

Food Items; Soft Drinks, Juices, Granola Bars, Candy and Ice-cream

Miscellaneous; Pocket knives, Literature, novelty items, toys, Advancement handbooks, craft kits, pens & paper.

## Trading Post & General Store

The Trading Post and General store offers program materials, snacks, Wild West at Camp Cowles brand clothing and souvenirs, and more at reasonable prices! They will not sell any caffeinated beverages after dinner is over, to either youth or adults. This is in effort to prevent staying up past lights out and avoiding hyper-activity after

### Store Hours

**Trading Post Hours:** 7 am – 9 am/7pm – 9pm  
*Bunkhouse between Carbon Parking Lot & Carbon Lodge*

**General Store Hours (Finch):** 10am to 6pm during program time.



**WILD WEST**  
at Cub Country

COWLES SCOUT RESERVATION

The map illustrates the layout of the Cowles Scott Reservation. Key features include:

- Entrance:** Located on North Shore Diamond Lake Rd., marked with a yellow 'ENTRANCE' sign.
- Carbon Lodge:** Situated near the entrance.
- Main Building:** A large structure with a red star on its roof, labeled 'MAIN'.
- Restroom:** A yellow building labeled 'RESTROOM'.
- Shower/Bathroom:** Several blue buildings labeled 'Shower/Bathroom'.
- Trading Post:** A yellow building labeled 'Trading Post'.
- Parade Grounds:** An area with an American flag and a 'Carbon Lodge' sign.
- Fishing:** A designated area on the left side of the map.
- Obstacle Course:** A dashed line path on the right side of the map.
- Archery Range:** A target with a red bullseye and a sign that reads 'RED RYDER'.
- Firebowls:** A yellow building labeled 'Firebowls'.
- Finch Lodge:** A blue building labeled 'Finch Lodge'.
- Shower/Bathroom:** A blue building labeled 'Shower/Bathroom'.
- Trading Post:** A yellow building labeled 'Trading Post'.
- Admission:** A sign labeled 'Admission'.
- Waterfront:** A large blue area on the right side of the map.
- North Shore Diamond Lake Rd.:** The main road running along the top and right sides of the map.
- Compass:** A compass rose in the top right corner indicating North (N), South (S), East (E), and West (W).