



MAKE A
Splash
AT SINOQUIPE!

2018
PARENT'S GUIDE



Sinoquipe Scout Reservation

Nationally Accredited Boy Scout Resident Camp of the Mason-Dixon Council, BSA
677 Boy Scout Road, Ft. Littleton, Pa. 15223 • Council Phone 301.739.1211 • Sinoquipe.org

A Fun and Safe Environment

Sinoquipe Scout Reservation is owned and operated by the Mason-Dixon Council, Boy Scouts of America. It is administered by a full-time Camp Ranger, and a seasonal Camp Director during the summer months, both are trained and certified by the National Camping School of the Boy Scouts of America. The camp is supervised by the Council Executive Board through the Council Camping and Outdoor Programs Committee.

The camp is inspected by the Department of Agriculture, Department of Environmental Protection, and is licensed by the Pennsylvania Department of Health. Sinoquipe Scout Reservation is inspected annually, both internally by the Mason-Dixon Council, and through the National Camp Accreditation Program. It is consistently rated as a Nationally Accredited Camp.

Our staff undergo all three PA background checks necessary for working with youth. Most of our Area Directors attend National Camping School to obtain training on the national level. All of the program staff then undergo a week long training that covering Basic Life Support and First Aid, Youth Protection, effective teaching and learning strategies, and much more. We employ trained Health Officers to ensure proper medical treatment for anything from the simple cut to more serious matters requiring immediate attention. Our lifeguards for our Aquatics program are fully trained BSA Lifeguards overseen by a nationally trained Aquatic Supervisor. They maintain strict ratios to ensure the safety of all swimmers, and the supervision of all aquatic activities.

A Word About Food Allergies

Our Dining Hall Staff will do what it takes to take good care of your child. If your child has food allergies, we ask that you fill out the form at <http://tinyurl.com/sinoquipedietary>, which is passed directly on to our Program Director and the kitchen staff. Because there are some common allergies, peanuts for example, we plan substitutes into the meal. Don't get the peanut butter brownies, get the cake. (Please still let us know that your child has this allergy). Should your son have a severe food allergy — Celiac Disease for example — that might require complete meal substitutes, please have him see our Dining Hall Steward at each meal to get his portion.

Please keep in mind, picky is not an allergy. There is a world of delicious foods out there just waiting to be eaten. Guess where the Program Director found out that brussel sprouts are incredibly tasty?

Contacting Your Scout

Mail is a great thing to get at Camp! Especially boxes of homemade cookies. You are welcome to send packages and letters to your son. Just use the guide to the right to ensure that it gets to him. Also please keep in mind that, as with all packages, it will take a few days to get to camp.

Scout's Name
Troop # , Week #
Camp Sinoquipe
677 Boy Scout Road
Fort Littleton, PA 17223

Homesickness. This is a tough one. Every week of every summer at least one scout will miss his parents and desire to get back to them and that which familiar to him. The Camp Staff train on ways to combat this but should you get a call from your son saying "I miss you!" it can be hard not to run to his rescue. Some advice I can give is:

- Encourage fun activities
- Ask about the fun things he did today or the people that he likes there
- **DO NOT** tell him you miss him
- Tell him you are confident in him and that you are proud of him
- **DO NOT** tell him you can't wait for him to get home

I know those last ones seem mean or really hard to believe, but it will spare both of you the "Then why won't you come get me? If you miss me too then come get me!" conversation. If you have concerns about if your son is okay then feel free to contact us. There is also expert advice on the internet should you wish to learn more about how this is a natural thing that happens to some.



Being Prepared for Camp

To ensure that your Son is ready for camp see the packing list to the right., but being ready is more than just clean socks and underwear. Your son will need to have turned in to the troop leaders a completed physical. That means a quick trip to the doctor. Also, find out if your troop is participating in a 'pre-swim test.' This will help them have more time for setting up their campsite during the Sunday check-in. Should your child have medication there are two options:

1. The Scoutmaster will collect it and hand it over to the camp health officer. Your child will need to visit the health office as needed to take his medication.
2. If your troop has a lock box the medication may be kept in the campsite under the Scoutmaster's supervision.

Records must be kept of when medication was taken for both options. Talk to your troop leadership and find the best option for your child and the troop. More information can be found in the Leaders' Guide on page 8.

You should also have a talk with your son about technology. Camp is a school of the outdoors. Yet we have a Tech Center and encourage scouts to take photos. We use technology at appropriate times to help us learn and appreciate nature. Your troop may have a policy dictating cell phone usage. Keep this all in mind when packing with your child. Don't let that phone screen distract your scout from the whole world of fun at camp.

Visitors and Family Night

Visitors are welcomed but must sign-in and check-in at the Administration Office or the Camp Trading Post. Both are in the building as soon as you enter camp on the left. Visitors will be given a wristband that identifies them as such. This is to help camper security. Should the guest be staying for a meal, meals can be purchased at the Trading Post at the cost of \$6 for Breakfast and Lunch and \$8 for Dinner.

Family Night is Friday. Starting at 5 p.m. visitors are welcome to attend the troop cookout. If you are attending, it will be the troop leader's responsibility to keep track of visitors. This means after 5pm you do not need to check in at the office. Make it easy on your troop's leaders and let them know when you get there and when you leave. You are invited to eat with your Troop, but again let the troop leadership know about this ahead of time so we at camp can plan for it. Below are some important things to keep in mind should you attend Friday night:

- We are a walking camp. Wear good (close-toed) shoes. If you have a medical need for transportation please see a staff member.
- As much as your child misses his beloved Fido, please leave all pets at home.
- There will be staff members at the main entrance of camp to direct you to your scout's campsite

Boy Scout Equipment Checklist

Recommended Personal Equipment

- Complete Boy Scout uniforms*
- Order of the Arrow Sash, if a member
- Underwear and socks for at least 6 days
- Scout T-shirts (5)
- Long sleeve shirt (1)
- Long pants (2 pairs) and Shorts (4+ pairs)
- Jacket, sweater, sweat-shirt, ball cap
- Swimming trunks
- Hiking boots, athletic shoes, and old shoes for boating; shower shoes
- Sandals (only to be worn while participating in waterfront activities)
- Rain gear
- Sleeping bag or blankets, pillow
- Toilet kit (toothbrush, soap, shampoo, towels, washcloth, etc.)
- Notebook, pencils, pens
- Scout Handbook, merit badge booklets, prerequisite materials
- Flashlight with extra batteries
- Wrist watch (is very helpful)
- Pocketknife (if Totin' Chip earned)
- Personal first aid kit
- Water bottle or canteen
- Backpack, daypack
- Spending money for Trading Post purchases (First Year Campers will need an additional \$10 for basketry and leatherworking supplies; average per Scout spent is \$50-\$75 weekly)
- Camera
- Fishing gear
- Religious materials
- Insect repellent (non-aerosol); Sunscreen
- Medical form, prescription medication

Troop and Patrol Equipment

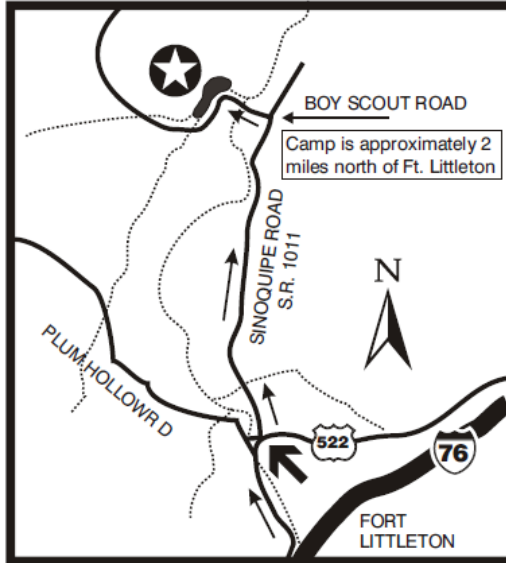
- American and Troop flags
- Lantern (with extra batteries)
- Patrol flags
- Cookout provisions
- Scout Axe, bow saws, extra rope, etc.
- Hand sanitizer or antibacterial soap
- Troop First Aid Kit
- Teaching aids (merit badge books, equipment, etc.)
- Merit Badge Cards (Blue Cards)

*Daytime Camp Uniforms are a Scouting appropriate T-shirt, Scout shorts, Scout socks and close-toed shoes. The official Scout uniform is strongly recommended for ALL Evening meals, campfires, ceremonies and religious services.

For **Things to Leave at Home** see page 15 of the 2018 Leader's Guide at Sinoquipe.org

More information about summer camp can be found at Sinoquipe.org in the 2018 Leaders' Guide

Directions to Camp Sinoquipe



From Waynesboro, Greencastle & Mercersburg, PA:

Travel Route 16 west to McConnellsburg; Take Route 522 north to Fort Littleton, PA. Follow camp signs from Route 522, beginning approximately 1 mile past the Pennsylvania Turnpike Toll Exit.

From Hancock, MD:

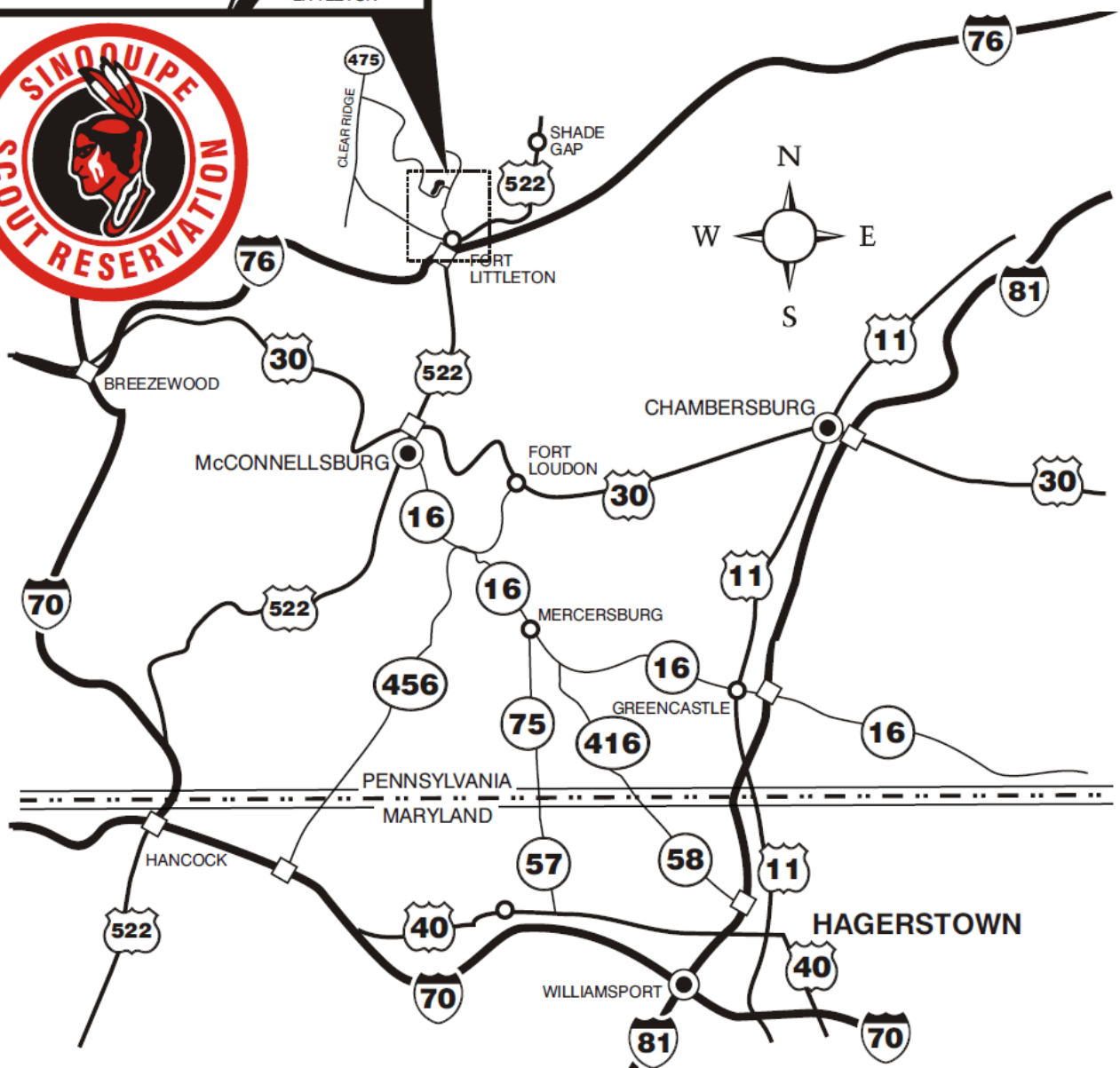
Travel Route 522 to McConnellsburg, then Fort Littleton, PA; Follow first set of directions

From Hagerstown, MD:

Travel Interstate 81 north to Exit 5 (former Exit 3) at Greencastle, PA; Travel Route 16 west to McConnellsburg; Take Route 522 north to Fort Littleton; Follow first set of Directions

From Baltimore, MD & Washington DC Areas:

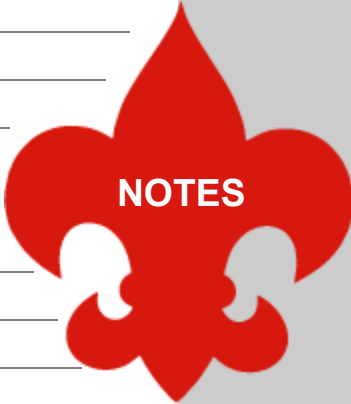
Travel Interstate 70 or 270 west to Frederick, MD; then continue I-70 west to Hagerstown, MD; then travel Interstate 81 north to Exit 5 (former Exit 3) at Greencastle, PA; travel Route 16 west to McConnellsburg; take Route 522 north to Fort Littleton; Follow first set of Directions.



FOR GPS USE INTERSECTION OF BOY SCOUT RD & SINOQUIPE RD

Camp Map





Prefer black and white to color? The traditional black and white Camp Sinoquipe map is available for download on mdcscouting.org. The above to-scale color map was recently updated in 2017, showing the location of new buildings and program areas.





www.MDCSCOUTING.org



Don't miss these great opportunities to have fun and experience all that Scouting has to offer throughout the year in the Mason-Dixon Council, BSA. Find out more about some of our upcoming events for all age groups at the links below:



THE KODIAK CHALLENGE

July 16 - 21, 2018

Course starts at the Mason-Dixon Council, Scout Service Center

Training through a high adventure trip for Venturers and older Boy Scouts

Register now for just \$285

mdcscouting.org/kodiak2018



Day Camps:

Cub Scouts' Got Talent
Weird and Wacky Science (STEM)
Cub Scout Olympics

Camp Akela: Pirates Are Coming!
To Sinoquipe Scout Reservation
(Resident Camp, 2 Sessions)

Camps are just \$125 each per Scout!

mdcscouting.org/cubscoutcamps

NYLT
National Youth
Leadership Training



July 29-August 3, 2018

At Sinoquipe Scout Reservation

Six-day outdoor leadership experience for Boy Scouts and Venturers. It's a great course to excite the future leaders of your unit.

Register by July 6th for just \$250!

mdcscouting.org/events/nylt2018



August 24-26 and
September 28-30, 2018

At Sinoquipe Scout Reservation

Advanced Adult Leadership Training

Register by July 1st for the discounted rate of \$285!

mdcscouting.org/event/woodbadge2018

Earn your beads.



9th Annual Sinoquipe Bluegrass Jamboree

Saturday, September 15, 2018

At Sinoquipe Scout Reservation
12 Noon to 5 PM

Support Sinoquipe with great food, music, fun for the whole family, and a silent auction.

mdcscouting.org/bluegrassjamboree



Can you survive a Sinoquipe winter?

Test your survival skills — black powder shooting, blacksmithing, tomahawk throwing, cast iron cooking, etc.— at:



WINTER CAMP

January 19-21, 2019
(MLK Weekend)

At Sinoquipe Scout Reservation

mdcscouting.org/mtmanwintercamp2019

