



Pre-Camp Swim Tests

- Units are encouraged to complete swim tests on their own, prior to camp. A Red Cross Lifeguard or equivalent must administer the tests and certify results.
- A trained staff member will be available to do swim tests upon arrival.

For questions contact Kim Hammen at the Scout Office.



What to Bring

Sneakers/Hiking Shoes

T-shirts (Class B)

Underwear & Socks

Jeans/Pants

Shorts

Long-Sleeved Shirts

Pajamas

Sweatshirt or Jacket

Official Scout Uniform

Scout Handbook

Swimsuit

(one piece or tankini/swim trunks)

Rain Gear

Towel

Personal Hygiene Items

Small Pillow

Backpack

Watch

First Aid Kit

Pocket Knife

Hat & Sun Glasses

Sunscreen

Insect Repellent (non aerosol)

Flashlight

Spending Money

Fishing Gear

Camera

Compass (if needed)

Sleeping Bag

Foam Pad or Cot

Notebook and Pencil/Pen

Battery Power Pack

Tent (unless troop supplied)

Label clothes & valuables with name and unit number.

Allow for extra clothing, socks, and footwear as Scouts may get wet.

Forms and Resources

Medical Forms

Per National BSA policy, all participants must have a current annual exam to determine appropriateness for participation in Scouting activities. All participants staying at camp 72 hours or longer must have parts A, B, and C of the Annual Health and Medical Record filed with the Camp Nurse. Others staying less than 72 hours must have parts A and B on file. Please plan accordingly and make sure medical exams have been completed within the calendar year of the week you are attending camp. Expired Annual Health and Medical Records will NOT be accepted.

Uniforms/Dress Requirements

Summer Resident Camp is a uniformed event. Scouts and Scouters must conform to uniform policy as outlined by the BSA. Campers are requested to wear Scout uniform to all evening flag ceremonies and to all campfires. Outside of the pool and shower house, shirts and closed toed and closed-heeled shoes are required at all times. One-piece or tankini swim suits are required for female swimmers and swim trunks for male swimmers. Modest attire should be wore at all times.

Other Forms, Maps, & More

Camper Medical Release Form, Activity Release Form, and Cowboy Action Shoot Waiver, Camp Map and Maps to Mitigwa Scout Reservation are included at the end of this guide.