



## Cub Scout Essentials



### Cub Scout Essentials

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Your Cub Scout Leaders are committed to making the Cubs Program better than ever this year. In return, a commitment is needed on the part of Cubs and parents. That commitment starts with "being prepared", and that starts with reading this handbook.

Chris Nemeth, Group Commissioner  
604-926-0942  
[cpnemeth@shaw.ca](mailto:cpnemeth@shaw.ca)



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### **Contact Information:**

Your Cub Leaders are happy to speak with you after meetings to answer any questions or concerns you may have regarding our program. Time is somewhat limited after meetings, and things can sometimes be a little hectic, so please feel free to contact the leaders listed below at any time:

- **Monday Pack; 6:15 – 7:45pm, Lions Bay Hall, Lions Bay**
  - Oliver Ganske (Akela – contact Leader) [ganskego@telus.net](mailto:ganskego@telus.net) (604) 805-5155
- **Tuesday Pack; 7:00 – 8:30pm, Pauline Johnson School Gym:**
  - Geoff Nemeth (Akela–contact Leader) [geoffnemeth83@gmail.com](mailto:geoffnemeth83@gmail.com) (604) 916-9550
- **Wednesday Pack; 7:00 – 8:30pm, Pauline Johnson School Gym:**
  - Geoff Nemeth (Akela–contact Leader) [geoffnemeth83@gmail.com](mailto:geoffnemeth83@gmail.com) (604) 916-9550
- Chris Nemeth, Group Commissioner; [cpnemeth@shaw.ca](mailto:cpnemeth@shaw.ca) 604-926-0942
- Irene Nemeth, Group Registrar; [lynemeth@shaw.ca](mailto:lynemeth@shaw.ca) 604-926-0942
- Dawn Martin-Smith, North Shore Area Commissioner; 604-250-1756
- Jennifer Koel, Scouts Canada North Shore Area Manager; 604-230-8619
- Scout House (Pacific Coast Council); 604-879-5721



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### Cub Uniforms, Camping Equipment:

- **Scout Shop** (*the place to buy uniforms, also some camping gear*):  
664 West Broadway, Vancouver  
tel. 604-879-5724
- **Mountain Equipment Co-op** (*huge selection, especially backpacks & clothing*)  
130 West Broadway, Vancouver tel. 604-872-7858  
212 Brooksbank Ave., North Vancouver tel. 604-990-4417
- **Taiga Works** (*very good for raingear & sleeping bags*)  
390 West 8<sup>th</sup> Ave., Vancouver  
tel. 604-875-6644
- **3 Vets** (*variable selection; best if you already know what you want; 10% discount for Scouts*)  
220 Yukon St., Vancouver  
tel. 604-872-5475
- **Mark's Work Warehouse** (*good for basics, such as wool socks, boots, raingear*)  
Various locations
- **Canadian Tire** (*keep an eye on the sales; some good values for raingear, boots, flashlights & general camping gear*)  
Various locations

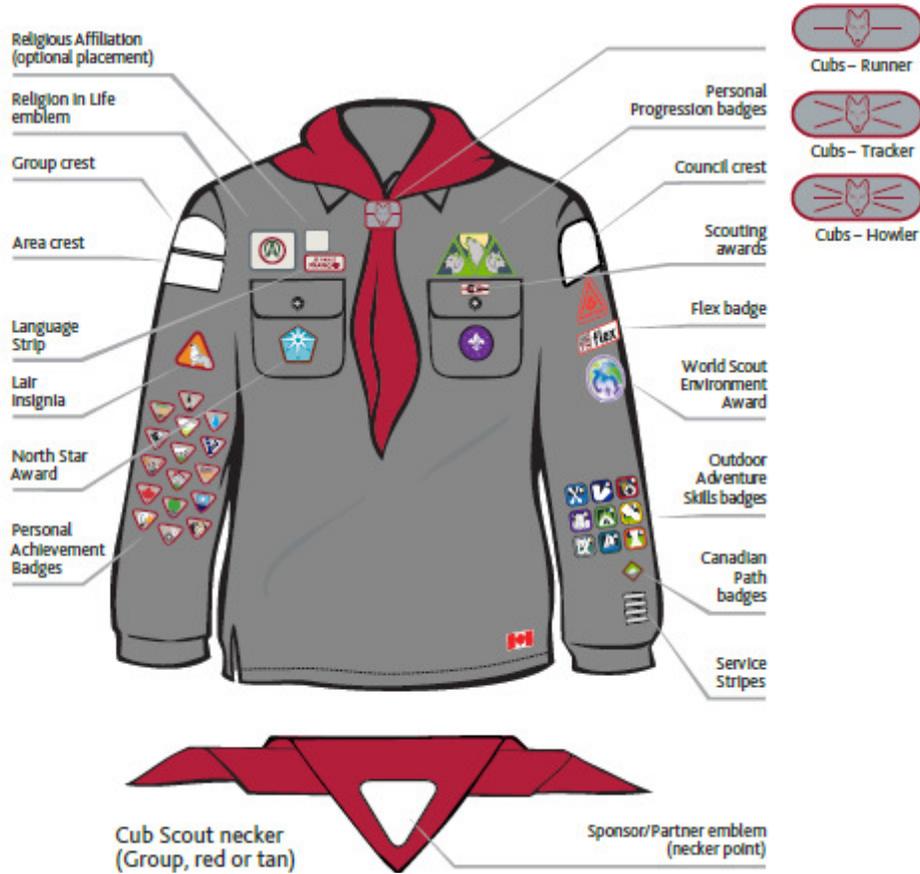


It starts with Scouts.

# Cub Scout Essentials



## Uniform Insignia Placement Cub Scout





## Cub Scout Essentials



### Websites:

- **1<sup>st</sup> West Vancouver Scout Group**

[www.westvanscouts.ca](http://www.westvanscouts.ca)

Our own website; you'll find schedules, notices, photos, equipment and uniforms for sale, and anything else we can think of. We've also added camping recipes this year. *Check it out regularly*, as this is our prime method of making schedules and notices available to Cubs and parents. Make sure you can download "pdf" documents, as we use this format.

- **Pacific Coast Council**

[www.pacificcoast.scouts.ca](http://www.pacificcoast.scouts.ca)

Website for our Regional Office; information about regional activities.

- **Scouts Canada**

[www.scouts.ca](http://www.scouts.ca)

Lots of information about all aspects of Scouting; links to other sites with information on everything from camp cooking to knots and pioneering.

### e-mail:

We use e-mail to inform Cub parents of upcoming events, and to advise them of new postings on our website. It is each Scout's responsibility to have an operating e-mail account, and to check it regularly. If you are not receiving e-mails please send an e-mail to: [cpnemeth@shaw.ca](mailto:cpnemeth@shaw.ca) .



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## Cub Scout Essentials



### Things Your Cub Scout Will Need:

**Uniform:** We wear our uniform at all indoor meetings. We have a **new** uniform this year; the staff at the Scout Shop will tell you what you need (shirt, belt and pants). We will provide the scarf, woggle and badges as they are earned.

**Camping Gear:** See the **Personal Equipment List** on the following page. The most important items on this list are **raingear**, **boots**, and a **sleeping bag**. Following are some brief comments about camping equipment; if you have any questions please ask your Cub Leader

- **Raingear:** Includes jacket (hooded) and pants, must be **waterproof, not water repellent!** Coated nylon most economical and most waterproof, Gore-Tex not necessary for Scout-aged boys.
- **Footwear:** High-top sturdy boots with cleated soles. Leather is best, as it can be waterproofed, but the most important thing is that they give proper support and good traction on slippery surfaces. **Athletic shoes or low-cut approach shoes are not acceptable.**
- **Sleeping Bag:** Synthetic fill (not down), rated to at least -10°C. If your bag is not warm enough, you can use 2 bags, one inside the other. Polyester fleece liners also add a lot of warmth and comfort.
- **Clothing:**
  - The most important thing to remember is **no cotton!** Cotton is great in the summer, but for the rest of the year it's just not acceptable; if it gets wet, and it will, it doesn't dry easily, and provides almost no insulation.
  - **Polar fleece** is the best for warmth, as it provides maximum insulation and dries quickly if it gets wet.
  - **Wool** and **acrylic** are also very good; they don't dry as easily, but still provide insulation when wet. Wool pants are great (army surplus), polyester blends also perform very well, but cotton pants such as jeans are not acceptable. Please be sure pants have pockets so your son can carry pocketknife & flashlight.
- **Pocket Knife:** Cubs are permitted to use a pocket knife at camp after they have been trained in safe use and under a Leader's supervision. Please buy your son a **locking blade** knife; a single blade 3 inches long is perfect – Swiss Army knives with multiple attachments are needlessly expensive, and not as safe. Lee Valley Tools carry an excellent French Knife, Opinal, for under \$20.
- **Flashlight:** Small, weather resistant (2 AA size is best).
- **Wristwatch:** Essential to camping & hiking safety. **You must wear a watch to camp.**
- **Labeling:** Please put your name on **everything** your son takes to camp; we have a sizeable collection of towels, mitts and socks at the end of each year that no one can identify.
- **Backpacks:** A **duffle bag** or sport bags will be fine for Cub camps. Do not buy a backpack.
- **Packing:** Everything in the bag must be waterproof; **Zip-lock** bags are the best for clothing, and a garbage bag for the sleeping bag. Make sure your son packs his own bag (with parent's help if necessary), as he needs to know what's in it.



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### 1<sup>st</sup> West Vancouver Cub Pack Personal Equipment List

#### Day Hikes:

- Sturdy boots
- day pack
- rain pants, rain jacket with hood
- waterproof hiking boots
- hat (wide brim preferred)
- sweater or fleece shirt
- extra pair of socks
- toque
- water bottle
- wristwatch
- compass
- small flashlight – carry in pocket
- pocket knife (folding lock blade only) – carry in pocket
- matches in zip-lock bag – carry in pocket
- sun screen
- insect repellent
- personal first aid kit
- toilet paper

#### Overnight Camps:

- all the above items plus
- back pack
  - sleeping bag
  - ground sheet
  - foam mattress
  - 1 extra warm shirt or sweater
  - 1 extra pair pants (with pockets!)
  - 1 extra pair underwear
  - 2 pairs warm socks
  - 2 pr. long underwear
  - sweat top & pants for sleeping
  - running shoes
  - mitts or gloves
  - toothbrush & toothpaste
  - soap (biodegradable)
  - face cloth & hand towel
  - brush or comb
  - large zip-lock bag for storage
  - plate, bowl, mug, knife, fork & spoon in mesh bag.

**Remember:** no cotton clothing (not even socks) for winter camps - that means from October until May!!



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### Meetings:

Being a member of a Cub Pack is a privilege and a commitment! **The expectation is that all Cubs attend every meeting, camp, hike or other activity.** Your child, the Leaders, the other Cubs, Pack morale and the program itself all benefit from full attendance by everyone. Therefore, attendance is expected. Please contact your Leader ahead of time if your child cannot attend a meeting or event due to sickness.

Full uniforms are mandatory for all indoor meetings unless otherwise noted. Dress for outdoor meetings according to the weather.

Please be **on time** for all meetings; it's not fair to make the rest of the Pack wait for you. We find that the boys who are on time are the ones who get the most out of Cubs. Be prepared to be outdoors at every meeting (warm sweater, raingear, flashlight).

***Safety concerns compel us to insist that a parent or guardian accompany each Scout into the meeting place at the beginning of the meeting, and come into the meeting place to pick him up after the meeting.***

### How You Can Help:

Cub Leaders are volunteers who are trained and prepared to spend the time required to deliver the best Cub program possible. Parent participation is required to make the Cub program work. Some ways you can help are:

- **Driving to Camp:** Parents are responsible for transporting Cubs to and from camp and other activities.
- **Group Committee Member:** Administration for our Beavers, Cubs, Scouts and Venturers is handled by the Group Committee, comprised of parents and other interested adults, as well as a representative from each Section (Cubs, Scouts,.....). The Group Committee's responsibilities include registration, finance, volunteer screening, and liaising with the North Shore Area Scout Council. Meetings are on average once every two months; Please tell your Scout Leader if you'd like to help.
- **Christmas Tree Sale:** Our big fund-raiser is our Christmas Tree Lot. The proceeds fund all our activities and equipment purchases for the year. Parents must accompany their children for a 2 hour shift at the lot and can help with scheduling, lot set-up and a variety of other tasks.
- **Uniform and Equipment Exchange Coordinator**
- **Be a Leader!** More work than the other positions, but then we get to have all the fun! Great training available, and then you get to spend weekends at camp with a bunch of kids having good old-fashioned wholesome fun, sleeping in the great outdoors, seeing some of our wonderful scenery, and listening to your son and his friends as they sit around the campfire each night. No experience necessary; we'll help you learn all you need.

### Pack Equipment:

Cubs will take turns bringing home tents, tarps, and other Pack equipment after each camp. The equipment must be cleaned, dried and returned within one week of the camp.