



Scout Essentials



Scout Essentials

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Your Scout Leaders are committed to making the Scouts 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



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Contact Information:

Your Scout 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:

- Scott Lennox, Troop Scouter; 604-922-6879
- Chris Nemeth, Group Commissioner; 604-926-0942
- Irene Nemeth, Group Registrar, 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 Region Office); 604-879-5721



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Scout 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*)
390 West 8th 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

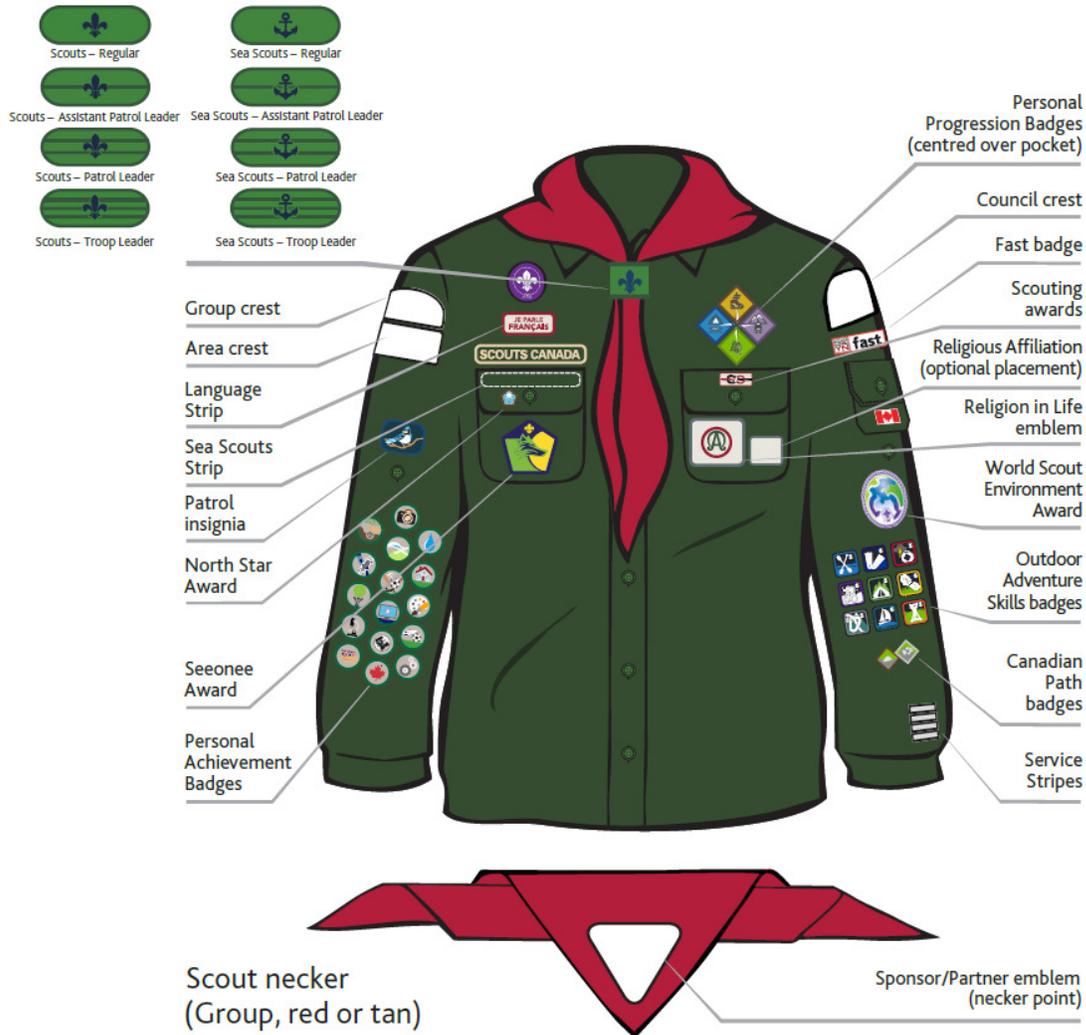


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Uniform Insignia Placement Scout





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Websites:

- **1st West Vancouver Scout Group**
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 Scouts and parents. Make sure you can download "pdf" documents, as we use this format.
- **Pacific Coast Region**
www.pacificcoast.scouts.ca
Website for our Regional Office; information about regional activities.
- **Scouts Canada**
www.scouts.ca
Lots of information about all aspects of Scouts; links to other sites with information on everything from camp cooking to knots and pioneering.

e-mail:

We use e-mail to inform Scouts 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. "Hotmail" or "Yahoo" accounts have proved troublesome in the past; accounts provided by your ISP (Shaw, Telus, etc.) are preferable. I'll need an e-mail address for each Scout, and the simplest way is for you to send me an e-mail at: saj.lennox@shaw.ca If parents would like to be copied on e-mail communications, please send me your e-mail address as well.



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Things Your Scout Will Need:

Uniform: We wear our uniform at all indoor meetings. The formal Scout uniform is shown in the below, and is comprised of the Forest Green Scout shirt, Tan pants or shorts, and navy web belt. 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 and you can always ask your Scout 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 such as Scout uniform pants 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:** A pocket knife is very useful at camp, and Scouts are shown how to use a knife safely. 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:** You don't need one until after Christmas; duffle bags or sport bags will be fine for the first few camps. Be sure to talk to your Scouter and then get expert advice from the retail store before purchasing 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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1st West Vancouver Scout Troop Personal Equipment List

Day Hikes:

- 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 Scout Troop is a privilege and a commitment! The expectation is that all Scouts attend every meeting, camp, hike or other activity. Your child, the leaders, the other Scouts, Troop morale and the program itself all benefit from full attendance by everyone. Therefore, attendance is expected. Please contact me 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.

Meeting dates are shown on the schedule; please check our website for any changes. We'll alternate between indoor and outdoor meetings as shown on the schedule.

- **Indoor Meetings:** Thursday evenings, 7:30pm to 9:00pm, Pauline Johnson School. You must wear your full uniform at all indoor meetings.
- **Outdoor Meetings:** In the past we've had occasional meetings at Ambleside Park Picnic area, near the baseball diamond on the south side of the tracks.
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Please be on time for all meetings; it's not fair to make the rest of the Troop wait for you. We find that the boys who are on time are the ones who get the most out of Scouts. 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.



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How You Can Help:

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

- **Driving to Camp:** Parents are responsible for transporting Scouts 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.

Troop Equipment:

Scouts will take turns bringing home tents, tarps, and other Troop equipment after each camp. The equipment must be cleaned, dried and returned to the next first Scout Meeting after a camp.



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