

2022 *OKPIK*

Cold Weather Camping



2022 OKPIK

REGISTRATION FORM

Yes, I accept the OKPIK challenge.
Please sign me up for the designated weekend.
(Youth must be 13 years old and at least a 1st Class Scout.)

Unit Number _____ District _____

Male Female

Okpik Leader Contact _____

Youth Adult

Participant's Name _____

Date of Birth _____

Address _____

All Participants Must be At Least 13 Years

City/State/Zip _____

Old by 1 January 2022.

Phone: H _____ W _____

NO EXCEPTIONS

Email: _____

OKPIIK Session Date (from DAC OKPIK website)

Due to the high demand and limited spaces/weekends for the Okpik program, we are unable to offer refunds for the fees other than if the space(s) are filled by others on the waiting list. Only when the space(s) have been filled will you be able to receive a refund of the fees less \$30.00 per participant. Course will be held regardless of snow or no snow. **There will be no cancellations due to the weather (lack of snow).**

Name: _____ Phone#: _____

Health/Accident

Insurance Co.: _____ Policy No.: _____

Have or subject to (if yes): asthma fainting spells convulsions diabetes bleeding heart trouble

Have difficulty with (if yes): digestion lungs bedwetting eyes, ear, nose, throat sleep walking

Allergies: Are you allergic to or do you have any adverse reaction to any of the following?

Medication _____

Food _____

Other (i.e. Plant, animal, insect or toxins) _____

Any condition now requiring medication? Yes No Name of medicaton: _____

Any restriction of activity for medical reason? Yes No Explain: _____

Any condition that many require special care: Medical _____ Diet (i.e. Vegetarian) _____

Parent Authorization (Youth under age 18)

This health history is correct so far as I know, and the person herein described has permission to engage in all prescribed activities, except as noted by me. In the event I cannot be reached in an emergency, I give my permission to the physician, selected by the adult leader in charge, to hospitalize, secure proper anesthesia, or to order injection.

Signature (Parent/Guardian) _____

Date _____

Home Telephone _____

Work Telephone _____

Authorization (Adult Participants - 18+)

This health history is correct so far as I know. In the event of an emergency, I hereby give permission to the physician, selected by the adult leader in charge, to hospitalize, secure proper anesthesia, or order injection for myself if I am unable.

Signature (Parent/Guardian) _____

Date _____

Home Telephone _____

Work Telephone _____

Emergency Contact _____

Telephone _____

I do not grant my permission to use any photographs taken while participating in OKPIK activities. Participant's initials: _____

Sign up online or mail your registration form with your fee to
Denver Area Council 🌀 Attention: Camping Department 🌀 10455 West 6th Avenue, Suite 100 🌀 Denver, CO 80215



Okpik Winter Camping

Embark on the greatest winter camping adventure that will challenge every Scout. Okpik will give you the skills to camp safely and comfortably in a backcountry winter environment. Why Freeze at 0 Degrees? And that's 0 Fahrenheit! Established in 1986 at Camp Tahosa in Ward, Colorado, the Denver Area Council's Okpik Winter Camping is ready for you! This two day and two night adventure develops confidence and skills in camping and living in the outdoors during extreme weather conditions. Receive training in physical preparation, cold weather dress, first aid and emergency procedures, food and water, equipment use while experiencing cross-country skiing, snowshoeing and winter shelter building.

Okpik is state-of-the-art training to give leaders, (both youth and adult), confidence in taking groups into a cold environment and support a year-round camping program. Our cold weather training is appropriate only for those leaders and campers who already have basic Scouting skills and mild weather camping experience. Our training includes skills that can ensure a successful, fun and safe cold weather camping experience. The winter camping skills taught by experienced staff are important because cold weather camping mistakes can have serious consequences. The Okpik program is conducted in a safe and supervised environment.

All participants enrolled in an Okpik session **are required** to attend a preparation session on the Friday night, 2 weeks prior to the Okpik session. Participants who fail to attend the preparation session will be excluded from participating in the Okpik session and no refund will be provided. For out of council participants, a Zoom call will be available. During the preparation session, experienced staff will provide training in first aid, physiology, winter safety, winter clothing and gear, and quinzee construction.

On Friday night of the Okpik session, participants should plan to **arrive at Camp Tahosa no later than 7:00 p.m.** on the Friday night of their weekend. Friday night is spent getting registered, receiving specific gear designed for cold weather camping, and learning the use of the pulk (sled), snow shoes, stove, and sleep system. Participants spend the first night in a cabin. On Saturday morning after breakfast, everyone packs up and moves into the backcountry. The day is spent building quinzees (piled snow domes), cooking meals and exploring the winter woods. The experienced Okpik staff will stay in the field during the weekend observing and supervising you as you practice the skills taught during the preparation session. After spending a night in the quinzees you built, we return to the Training Lodge for a wrap up session. The course will end after lunch on Sunday, approximately 12:00 Noon.

Be sure to examine the equipment list carefully. Every required item must be brought with you. We do provide some supplemental clothing and bedding items, but each participant must provide the essentials. A full and varied menu is provided, so it is not necessary to bring any food or snacks.

Okpik Winter Camping is a very strenuous weekend. All of your gear and food for the weekend is pulled on sleds, most of the day is devoted to shelter building and it can be very cold. Youth should have the size and maturity to complete and enjoy the weekend. All participants should do physical training to condition themselves for a very invigorating and challenging weekend. The Okpik staff will provide a course regardless of the snow conditions. There will be no cancellations due to the weather (lack of snow). Depending on the snow conditions, be prepared to snowshoe or backpack into the backcountry.

OKPIK EQUIPMENT

For your winter camping experience, Okpik provides the necessary camping and cooking equipment, food, skis, and snowshoes. Some supplemental clothing and sleeping gear are also supplied. Please be aware that each participant must provide items such as sleeping bags, hats, socks, boots and long underwear.

REQUIRED ITEMS

You MUST Bring These Items! Check them off as you pack them

An excellent idea is to pack spare clothes in large zipper bags to keep them dry and easy to identify. Bringing a trash bag to put wet gear in is a great way to stop them from getting mixed up with dry, clean gear.

Sleeping bag, a "3-season" bag is adequate; we will provide a supplemental outer bag and fleece liner if you need it.

Duffel bag or sport bag — pack all your gear in this. No frame packs! (Exception would be on a "no snow" weekend when we must backpack in). Your bag, gear and water need to fit in a pulk, so no oversize bags please.

Stocking cap - Balaclava style is best.

3 pairs of mittens (mittens are warmer than gloves) one for piling the snow, one for digging out in the afternoon and a pair for Sunday morning.

2 - 3 sweaters and/or shirts (wool or fleece are best)

Winter coat, preferably hooded

1 - 2 sets of synthetic, wool blend or silk long underwear. **Under no circumstances should this layer be cotton**

1 - 2 pairs of pants, loose fitting wool army surplus pants with suspenders are perfect. Option B would be insulated ski pants.

No jeans or cotton!

3 pairs of socks **minimum** (wool and wool blends are best)

Pack boots with removable felt liners (Sorrels, as a brand name, are an example). No leather hunting boots, please.) Leather will get wet and be cold. We will not accept anyone with leather boots.

Sunglasses

Ground cloth and closed-cell pad

Flashlight with extra batteries

Sun protection

Gaiters are strongly suggested

An empty Nalgene that can be filled with hot water and put in your sleeping bag at nighttime

A brightly colored and obvious water bottle that will be used in emergencies at night. We'll explain more on Friday evening!

As you prepare for the weekend, there are several important points to remember about materials and insulation and how to stay warm. Remember:

Wool is a better insulator than cotton. Even when wet, wool still retains its insulating value. Check surplus and thrift stores as sources for wool items.

Goose down, a very good insulator, is difficult to use in a field-type setting. Once wet, down is very difficult to dry and loses all of its insulating value. Use down only if you're experienced in how to handle it.

The preferred insulator for sleeping bags and jackets are synthetic fills, such as Hollofill, Quallofill or Thinsulate, as an example.

The preferred and popular fiber today for outdoor clothing are the fleeces such as Polarfleece and Polartech. These synthetics are great insulators and are making wool obsolete for winter clothing.

RECOMMENDED EXTRAS

These items are recommended, depending on personal preference and what you have available.

A vest (insulated or fleece)

Polypropylene glove liners

Sock liners

Personal items: toothbrush, chapstick, extra underwear, etc. (Items you usually take camping).

Pocket knife.

Canteen or water bottle

Candle lantern

Personal first aid kit

Travel games, playing cards

Reading material.



DIRECTIONS

Tahosa is approximately a 2 1/2 hour drive from central Denver. This will vary depending on road conditions. Drive northwest to Boulder, Colorado. Take Canyon Boulevard or Arapahoe Avenue west, the streets eventually merge into CO 119. Continue west into Nederland. In Nederland, turn north on CO 72. You will pass the outskirts of Ward. 4.5 miles beyond Ward, turn off CO 72 west onto a county road to Camp Tahosa. There is a sign for Tahosa on CO 72, it appears quickly so be on the lookout for the sign.

