



# PARENT'S GUIDE



# WHY SEND YOUR CHILD TO CAMP

Sending your child to camp for the first time can evoke a mix of excitement and apprehension for both parents and Scouts. Understanding the profound benefits of the camp experience can help alleviate concerns and highlight the value of this adventure.

## PERSONAL GROWTH AND INDEPENDENCE

Attending camp fosters self-confidence and independence in children. A study by the American Camp Association (ACA) revealed that 70% of parents observed increased self-confidence in their children post-camp. Additionally, 63% noted that their child continued to engage in new activities learned at camp. This environment encourages Scouts to step out of their comfort zones, make decisions, and develop resilience.

## SOCIAL SKILLS AND FRIENDSHIP

Camp provides a unique setting for Scouts to build meaningful relationships. The ACA study found that 96% of campers reported making new friends, and 93% appreciated getting to know peers different from themselves. These interactions enhance social skills and promote inclusivity.

## CONNECTION WITH NATURE AND PHYSICAL ACTIVITY

Immersion in the outdoors at Many Point Scout Camp allows Scouts to engage in physical activities like hiking, canoeing, and archery. These experiences not only promote a healthy lifestyle but also instill an appreciation for nature and environmental stewardship.

## HOMESICKNESS

It's natural for both parents and Scouts to feel some anxiety about time apart. Homesickness is a normal part of growing up—and a valuable part of the camp experience. At Many Point Scout Camp, Scouts are surrounded by familiar troopmates, trusted adult leaders, and exciting activities, making it an ideal setting to work through those feelings in a healthy, supportive environment.

Overcoming homesickness helps Scouts develop resilience, confidence, and coping skills that serve them well beyond camp. Troop leaders are experienced in supporting Scouts through this transition, helping them stay engaged and connected.

While it may be tempting to bring a Scout home early, doing so can be a disruptive and even traumatic experience. It may undermine their sense of accomplishment, limit shared memories with their troop, and affect their enthusiasm for future participation. By approaching homesickness with patience and encouragement, families and leaders can help Scouts build a stronger, lasting connection to the Scouting program.

Sending your child to Many Point Scout Camp is an investment in their personal development, offering opportunities to build independence, forge new friendships, and connect with nature. While it's natural to feel some apprehension, the structured and supportive environment at camp ensures that Scouts have a safe and enriching experience.

## DON'T MISS OUT

The key takeaway is that attending summer camp is crucial for Scouts, especially in their first year. It's not just about outdoor experiences, but also the bonding and shared memories that solidify friendships within the troop. Missing out can make it tough for a Scout to keep pace with peers. Though it may be daunting for first-year Scouts and their parents to spend a week apart, the benefits in terms of personal growth, camaraderie, and memories are invaluable.





# OTHER CONSIDERATIONS

## SAFETY AND SUPERVISION

Many Point Scout Camp prioritizes the safety and well-being of all participants. The camp adheres to strict safeguarding policies, including the requirement of two registered adult leaders aged 21 or over at all Scouting activities. Additionally, the buddy system is enforced to ensure Scouts are not alone when exploring camp. Staff receive safety training and the camp is accredited every year to ensure it is meeting facility, staff and process standards. Camp employs an EMT and hosts volunteer onsite physicians to manage medical care needs.

## SAFETY VS. COMFORT

At Many Point Scout Camp, we ensure a safe environment through rigorous accreditations, trained staff, and strict procedures. However, Scouting isn't about comfort. Activities like sleeping in tents, hiking, and being outdoors help Scouts build resilience. These challenges prepare them for life's future stresses. While parents may want to alleviate discomfort, it's crucial to let Scouts face and overcome these experiences, fostering growth and leadership.

## SEVERE WEATHER

Concrete severe weather shelters are located throughout Many Point and emergency procedures are posted on the bulletin boards in each campsite. We encourage troops to have an eye on the weather, but the Administration Staff consistently monitor weather conditions using information from the National Weather Service and subscription based services. In the event of a weather emergency, staff will notify units and direct them to the appropriate locations. Shelters remain unlocked so that Scouts may utilize the buildings at any time. Units will be informed of their campsite's designated shelter on their first day at camp.

## TRADING POST AT CAMP

Many Point has five camp trading posts on the property. There is a trading post conveniently available in each sub camp and at the Administration Building. We take cash, check, or card (Visa, MasterCard, Discover). Scouts will spend \$50-\$100 in the trading post. Here are some example prices:

- Hats \$20-\$25
- T-Shirt \$10-\$20
- Sweatshirt \$40-\$55
- Belts \$15-25
- Nalgene \$20
- Brandable Mug \$13
- Tie Dye Shirt \$10-12
- Pocket Knives \$10-\$20

## SNACK PACK

Camp offers a pre-ordered snack package for \$20. This snack pack includes a slushie souvenir mug, 5 slushies, 2 candy bars and 2 ice cream treats. Troops must pre-order these for their Scouts before June 1. Snack Packs will be picked up in your subcamp trading post.





# PARENT'S GUIDE

## GETTING YOUR SCOUT EXCITED FOR CAMP

As soon as you can, review the program catalog and other camp promotional materials to both learn about camp and get excited for the summer. We have some amazing videos that show what you can expect and highlights our fun adventures. There's more at Many Point than you can complete in several summers.

### PROGRAM CATALOG

Download this PDF and review all the amazing programs awaiting your Scout this summer.



### VIDEOS

See the fun and adventure through over a dozen videos of Many Point Scout Camp



### FORMS PAGE ON WEBSITE

- Health Form
- Program Planning Worksheet
- Program Waivers
- Food Menus



## GETTING YOUR SCOUT READY FOR CAMP

Sit down with your Scout and have a conversation about summer camp. Talk about what they are excited about and what worries them about camp. Talk through the goals of summer camp and address their concerns. As you get closer to camp have them lay out items to get ready, following the packing list. Do not pack for them—let them do it. Every item they pack helps them be mentally and physically ready to go to camp.

## CELL PHONE USE POLICY AT CAMP AND COMMUNICATION

To ensure Scouts fully embrace the camp experience, we strongly encourage leaving cell phones at home. Continuous communication between parents and Scouts through cell phones can intensify feelings of homesickness, as hearing a familiar voice can heighten the longing for home. By disconnecting, Scouts have the opportunity to develop independence, resilience, and deeper bonds with their peers.

For any emergencies, leaders and staff have reliable communication methods to ensure parents can be reached if needed. This policy supports a more immersive, enriching camp experience.

## MAIL AND PACKAGES

On weekdays, we accept daily deliveries from the USPS, UPS, FedEx, and other carrier services.

Sending care packages or letters can be a great way to send your encouragement or other items. Mail takes three to four days to reach Many Point, so write early.

Follow this format when addressing letters/packages to Scouts at camp.

**Scout's Name**  
**Campsite—Troop #**  
**41408 Many Point Scout Camp Rd**  
**Ponsford, MN 56575**

We sell postcards and stamps at camp. A great Monday night activity is to fill out postcards to send home. Drop these in the outgoing mail.



# CAMP FEES

## PARTICIPANT FEES

**Youth Fee: \$415**

**Adult Full Week \$150**

**Adult Partial Week**

- Sunday \$17
- Monday-Friday \$29/day
- Saturday \$7

In addition to camp fees, your troop may charge additional costs to cover travel, meals, or other expenses outside the standard camp experience. Every troop is different, so please check with your troop for details on how they collect fees and any additional costs that may apply.

### Bringing your own food?

Troops/Scouts bringing their own food pay \$45 less per person.

## FINANCIAL ASSISTANCE

For Scouts who are not able to afford the full fee of camp, there is financial support available. This assistance is like a scholarship for camp. We call these camperships. The funds to provide camperships are supplied by donors in Northern Star Council and are ear-marked for Northern Star Scouts only.

To apply, go online or scan the QR Code below. Applications due by June 1st.



## PAYMENT TIMELINE

### April—Before Program Sign Up:

\$50 deposit (non-refundable and non-transferable) per Scout. The deposit is required before you can sign a Scout for any individual programs. These are due on or before April 15th.

### June 1st:

Full fee payment is due on June 1st, prior to camp. An additional \$25 charge is added to each youth not paid in full by June 1st at 11:59 pm.

### End of week at camp:

Any incidentals fees (patch sales, charges to trading post, troop program charges) accumulated at camp will be due upon checkout.

## PROGRAM FEES

Some programs have an additional charge for supplies provided or specialty staff/equipment. Review the Program Catalog for details.

## CANCELLATIONS AND REFUNDS

The policy, outlined below, is applicable to **camp program registrations only** and includes Scouts BSA overnight summer camp.

- All programs collect and retain a deposit\* that is **non-refundable** and **non-transferable**.
- Requests for refunds/cancellations need to be made in writing (preferably via email).
- Cancellation Timeline:
  - 30 days prior to program session = full refund less the deposit.
  - 29 to 8 days prior to program session = full credit less the deposit.
  - 7 days prior to program session = full forfeit of fees paid.
- Credits will be available for 365 days and can be used for any facility rental or program operated by the Northern Star Camping Department.

\*For Scouts BSA Summer Camp, the deposit includes the \$100 campsite deposit (if no youth have been booked), the \$50 per youth deposit, and any older Scout program fees that individual is signed up for.

## ALL-STAR

Scouts who can't attend with your unit can still come to camp as part of our All-Star program. Learn more in the Program Catalog and online.

## DISCOUNT FOR CAMPING TWICE

Scouts that attend Many Point or Tomahawk twice in a summer will receive \$50 off their second week.



# CAMPING WITH WILDLIFE

## CAMPING WITH WILDLIFE

Many Point is home to many different animals native to the Midwest region. Raccoons, gophers, squirrels, bears, coyotes, deer and many others are commonly seen all throughout the summer. They all enrich the outdoor camping experience and will create memories of your week at Many Point. However, they are all wild animals. For your protection and theirs, we require adherence to our wildlife policies. It is mandatory that all troops, crews, visitors, and staff read and follow the information in the Black Bear Education Manual. It provides information on campsite precautions when camping with wildlife, how to act in an encounter with wildlife, and ways to ensure you have a safe week at camp.

## BEARS

Seeing a bear at camp can be very exciting, and it's important to be prepared for this encounter. Please review the information on bears in the Black Bear Manual.

**The training in the Black Bear Manual is mandatory. Groups will not be allowed past check-in until we have received a signed copy stating that you have completed the training.**

Many Point provides a "Bear Box" in each campsite for units to store smell-ables. Please note that while they will keep the large critters out, the "Bear Boxes" will not always keep the small critters, such as mice and insects, out.

## TICKS

The forests of Many Point are home to many animals including Ticks. It's important to know how to camp in areas that have ticks, as ticks are known carriers of various diseases. Make sure to review [the Tick Borne Illness page](#), found on the Planning for Camp page, with your Unit

## MOSQUITOES

Wetlands and other bodies of water, which are a breeding ground for Mosquitoes, surround Many Point. Many Point does treat the areas of camp, but we would encourage units to bring mosquito netting as well as bug spray.

## OTHER ANIMALS

It's important to remember to Respect Wildlife, a key point in Leave no Trace. When you see an animal in the wild, do not chase after them, feed them, or try to lure them. This is for their safety as well as your own. It's important to remember you may be up for a week, but Many Point is home to these animals year round.



Scan the QR code above to see the Bear Manual for Northern Star Scouting or go to: [ManyPoint.org/Resources](http://ManyPoint.org/Resources)

Each campsite has a concrete "Bear Box" for units to store smell-ables. Each one comes with two 18 gallon totes inside for you to store any items inside. It is recommended that each Scout brings a small plastic tote (approx. 6"x5"x9") to store personal hygiene items and snacks. "Bear Boxes" are not mouse-proof



# HEALTH SERVICES & SAFETY

## HEALTH & MEDICAL RECORDS

All youth and adults attending Many Point must have a completed Long Term Health and Medical Record (Health Form) on file with the Health Lodge. These are due to the Troop 2 weeks before going to camp.

Anyone at camp for 72 hours or more will need to have Part C of the health form completed. Anyone at camp, regardless of the length of the stay, need to have completed Parts A and B.

## HOW LONG ARE HEALTH FORMS GOOD FOR?

Health forms are valid through the end of the 12th month from the date it was administered by your medical provider. For example, a physical administered December 3, 2025, would be valid until December 31, 2026.

## WHERE TO GET A CAMP PHYSICAL?

Check with your primary medical provider about setting up a physical for camp. Other quick clinics such as Minute Clinic and Walgreens Health Services also provide services for Camp Physicals. Be sure to bring the proper Long Term BSA Health and Medical Record for them to fill out.

**Free Physical Day.** Every May Northern Star offers a Free Physical Day at Base Camp. A crew of volunteer doctors come out to help perform physicals for those who need them. Check the "Planning for Camp" page on the Many Point website for more information.

## MEDICATIONS

All non-emergency medications that need to be taken by any Scout at camp must be administered by a designated adult leader. This must be a leader in the unit. Emergency medication like an inhaler or Epi-Pen should be with a camper at all times. We can store most medications that need refrigeration.

Medications must be in their original container with the camper's name, the name of the medication, dose, and frequency. Please send a supply for 8 days, not the whole bottle.

Medications must be stored in a secure area and out of reach of Scouts.

## MEDICAL SERVICES

Minor first aid should be handled using your unit's first aid kit. Other injuries or illnesses can be referred to the camp staff. We have a doctor on the property every week and all summer long we have our Health Lodge Director who is an EMT.

Parents or guardians will be notified of a camper illness or injury if it requires a trip to town. There is no charge for medical services performed in camp for Scouts and leaders.

All campers needing services performed in town at the hospital/clinic are required to handle payments through the unit or family insurance policy.

## MEDICATIONS

Camp can provide substitutes or alternative menus for participants with some dietary restrictions:

- Peanut or Tree Nut Free
- Gluten Free
- Lactose Free
- Pork Free (Religious)
- Vegetarian (not Vegan)

We are not able to provide alternate food for other restrictions or if a participant has multiple of the restrictions above. However, we will store and serve all food that is brought for participants who have additional dietary restrictions.

Though our alternative menus won't include or won't contain the ingredients of issue, the meals will be prepared in the same kitchen as all other meals.

**If you have severe reactions to trace amounts of any ingredient, please contact camp to make arrangements to bring your own food.**

For questions email:  
[ManyPoint@NorthernStar.org](mailto:ManyPoint@NorthernStar.org)





# FAMILY CAMP

## FUN FOR THE WHOLE FAMILY

Family Camp is your fun-filled, affordable vacation destination for Families. We offer programs and facilities for families so that you can see what your Scouts are enjoying here at Many Point Scout Camp. We offer cabins for rent, camper trailer sites, and wonderful tent camping.

We encourage all families to come and enjoy a week at Many Point while your troop is in camp, or when the entire family can enjoy a vacation.

Family Camp has 21 six-person cabins, 6 RV sites, and 3 tent / trailer sites. Many Point has 7 full time staff who work in Family Camp. The staff operate a lifeguarded beach and offer a full program of craft, physical, and educational activities. Family Camp also has a camp store with souvenirs and limited grocery items. Family Camp has a bath house with showers, flush toilets, washers, and dryers.



## ACTIVITIES WITH FAMILY CAMP

Family Camp has something fun for all ages! From water aerobics to wilderness survival classes, or self-guided day trips to nearby Itasca State Park and Tamarac wildlife refuge, as well as a world famous thunder burger from Ice Cracking resort, it's easy to fill your week with fantastic memories.



## TO REGISTER

Check availability and register at [ManyPoint.org/Family-Camp](http://ManyPoint.org/Family-Camp). Packing lists, rules, policies, maps, sample program schedules, photos of cabins, campsite and more are also available on the website.

## FEES (PER WEEK)

- Cabin: \$465
- Camper (RV) Site: \$215
- Tent Site: \$165





# Scout Program Planning Worksheet

Complete this worksheet and give it to your camp coordinator

Name: \_\_\_\_\_ Age as of 8/31/26: \_\_\_\_\_

Grade Next Year: \_\_\_\_\_ Scout Rank: \_\_\_\_\_ Parent Phone #: \_\_\_\_\_

Dietary Restrictions: \_\_\_\_\_ Snack Pack: Y / N

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Review the Program Catalog to see when Merit Badges and Older Scout Programs are offered. Age requirements, costs, and special notes are also listed. Write the programs you want to do in the grid below. Some programs take place over multiple days. Make sure you account for each day the program is taking place. Please note: You can not register for Merit Badges and a morning Older Scout Program.

## MERIT BADGES

SESSION 1 8:30 - 9:20	SESSION 2 9:30 - 10:20	SESSION 3 10:30 - 11:20	SESSION 4 11:30 - 12:20	EAGLES NEST/ INDEPENDENT STUDY

## OLDER SCOUT ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning 8:00 - 12:00					
Afternoon 2:00 - 5:00					
Evening					

### LIST SECONDARY OPTIONS

If the activities you choose fill up what are the alternative programs you'd like?

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### RANK YOUR TROOP ACTIVITIES

Most Scouts spend their afternoons at camp doing activities with their troop around camp.

Review the available troop activities on pages 4-6 of the Program Catalog. There are more activities offered for troop activities than you will have time for at camp—that's why it is important to come back to camp year after year to experience all the fun Many Point has to offer.

Rank your top 10 choices to the right (1 is the top choice).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



# SCOUT/LEADER PACKING LISTS

## CLOTHES

- Underwear (6)
- Pair of socks (6)
- Pants (2)
- Shorts (2)
- T-Shirts (5)
- Sweatshirt, fleece or sweater (2)
- Swim suit
- Towels (2)
- Scout uniform (bring a hanger to keep it accessible and free of wrinkles)
- Light jacket
- Hat
- Pajamas
- Extra shoes
- Hiking boots
- Bag for dirty laundry
- Sunglasses
- Rain gear/Poncho

## TOILETRIES

We recommend packing these into a shoe-box sized plastic tote for easy storage. The tote helps keep these items dry and away from mice.

- Small Storage Tote
- Hand sanitizer
- Toothbrush
- Toothpaste
- Shampoo & soap
- Feminine Hygiene Products
- Wash cloth
- Comb/brush
- Hand mirror
- Deodorant
- Sun screen
- Bug repellent
- Prescription medication (in original container)

## TENTING/SLEEPING

- Sleeping bag
- Pillow
- Mosquito netting
- Bed sheet (optional)
- Foam pad (optional)
- Tent (optional)

## GEAR

- Mess kit (utensils, bowl, cup, plate, and mesh bag)
- Scout Handbook
- Flashlight & extra batteries
- Pencil & notebook
- Watch
- Totin' Chip
- Scout knife
- Water bottles (2)
- Wallet/Spending Money
- Backpack
- Camp chair

## GEAR (OPTIONAL)

- Bike & Helmet
- Fishing gear
- Postage stamps
- Camera
- Playing cards
- Life Jacket
- Hammock with straps

## SUGGESTED SCOUTMASTER OR LEADER ITEMS

- Alarm clock
- Scout Master handbook
- Scout handbook
- Cell phone
- Weather radio
- Scout parent contact information
- Clipboard
- Coffee & Coffeepot

## LEAVE THESE ITEMS AT HOME

The following will not be allowed at Many Point:

- Electronic Games
- Fireworks of any kind
- Pets
- Personal firearms (e.g. rifles, hand guns, bows, sling shots, ammo)
- Alcohol or Illegal Drugs
- ATVs or Jet Skis

## OTHER ITEMS

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## Part A: Informed Consent, Release Agreement, and Authorization

Full name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

### High-adventure base participants:

Expedition/crew No.: \_\_\_\_\_  
or staff position: \_\_\_\_\_

### Informed Consent, Release Agreement, and Authorization

I understand that participation in Scouting activities involves the risk of personal injury, including death, due to the physical, mental, and emotional challenges in the activities offered. Information about those activities may be obtained from the venue, activity coordinators, or your local council. I also understand that participation in these activities is entirely voluntary and requires participants to follow instructions and abide by all applicable rules and the standards of conduct.

In case of an emergency involving me or my child, I understand that efforts will be made to contact the individual listed as the emergency contact person by the medical provider and/or adult leader. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me or my child. Medical providers are authorized to disclose protected health information to the adult in charge, camp medical staff, camp management, and/or any physician or health-care provider involved in providing medical care to the participant. Protected Health Information/Confidential Health Information (PHI/CHI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.103, 164.501, etc. seq., as amended from time to time, includes examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

(If applicable) I have carefully considered the risk involved and hereby give my informed consent for my child to participate in all activities offered in the program. I further authorize the sharing of the information on this form with any BSA volunteers or professionals who need to know of medical conditions that may require special consideration in conducting Scouting activities.

With appreciation of the dangers and risks associated with programs and activities, on my own behalf and/or on behalf of my child, I hereby fully and completely release and waive any and all claims for personal injury, death, or loss that may arise against the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with any program or activity.

I also hereby assign and grant to the local council and the Boy Scouts of America, as well as their authorized representatives, the right and permission to use and publish the photographs/film/ videotapes/electronic representations and/or sound recordings made of me or my child at all Scouting activities, and I hereby release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all liability from such use and publication. I further authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of the BSA, and I specifically waive any right to any compensation I may have for any of the foregoing.

*Every person who furnishes any BB device to any minor, without the express or implied permission of the parent or legal guardian of the minor, is guilty of a misdemeanor. (California Penal Code Section 19915[a])* My signature below on this form indicates my permission.

I give permission for my child to use a BB device. (Note: Not all events will include BB devices.)

Checking this box indicates you DO NOT want your child to use a BB device.



**NOTE: Due to the nature of programs and activities, the Boy Scouts of America and local councils cannot continually monitor compliance of program participants or any limitations imposed upon them by parents or medical providers. However, so that leaders can be as familiar as possible with any limitations, list any restrictions imposed on a child participant in connection with programs or activities below.**

List participant restrictions, if any:

None

\_\_\_\_\_

I understand that, if any information I/we have provided is found to be inaccurate, it may limit and/or eliminate the opportunity for participation in any event or activity. If I am participating at Philmont Scout Ranch, Philmont Training Center, Northern Tier, Sea Base, or the Summit Bechtel Reserve, I have also read and understand the supplemental risk advisories, including height and weight requirements and restrictions, and understand that the participant will not be allowed to participate in applicable high-adventure programs if those requirements are not met. The participant has permission to engage in all high-adventure activities described, except as specifically noted by me or the health-care provider. If the participant is under the age of 18, a parent or guardian's signature is required.

Participant's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/guardian signature for youth: \_\_\_\_\_ Date: \_\_\_\_\_

(If participant is under the age of 18)

### Complete this section for youth participants only:

#### Adults Authorized to Take Youth to and From Events:

You must designate at least one adult. Please include a phone number.

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_

#### Adults NOT Authorized to Take Youth to and From Events:

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_



Prepared. For Life.®

## Part B1: General Information/Health History

Full name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

**High-adventure base participants:**

Expedition/crew No.: \_\_\_\_\_

or staff position: \_\_\_\_\_

Age: \_\_\_\_\_ Height (inches): \_\_\_\_\_ Weight (lbs.): \_\_\_\_\_ Male Female

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP code: \_\_\_\_\_ Phone: \_\_\_\_\_

Unit leader: \_\_\_\_\_ Unit leader's mobile #: \_\_\_\_\_

Council Name/No.: \_\_\_\_\_ Unit No.: \_\_\_\_\_

Health/Accident Insurance Company: \_\_\_\_\_ Policy No.: \_\_\_\_\_



**Please attach a photocopy of both sides of the insurance card. If you do not have medical insurance, enter "none" above.**

**In case of emergency, notify the person below:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ Home phone: \_\_\_\_\_ Other phone: \_\_\_\_\_

Alternate contact name: \_\_\_\_\_ Alternate's phone: \_\_\_\_\_

### Health History

Do you currently have or have you ever been treated for any of the following?

Yes	No	Condition	Explain
		Diabetes	Last HbA1c percentage and date: _____ Insulin pump: Yes No
		Hypertension (high blood pressure)	
		Adult or congenital heart disease/heart attack/chest pain (anginal)/heart murmur/coronary artery disease. Any heart surgery or procedure. Explain all "yes" answers.	
		Family history of heart disease or any sudden heart-related death of a family member before age 50.	
		Stroke/TIA	
		Asthma/reactive airway disease	Last attack date: _____
		Lung/respiratory disease	
		COPD	
		Ear/eyes/nose/sinus problems	
		Muscular/skeletal condition/muscle or bone issues	
		Head injury/concussion/TBI	
		Altitude sickness	
		Psychiatric/psychological or emotional difficulties	
		Neurological/behavioral disorders	
		Blood disorders/sickle cell disease	
		Fainting spells and dizziness	
		Kidney disease	
		Seizures or epilepsy	Last seizure date: _____
		Abdominal/stomach/digestive problems	
		Thyroid disease	
		Skin issues	
		Obstructive sleep apnea/sleep disorders	CPAP: Yes No
		List all surgeries and hospitalizations	Last surgery date: _____
		List any other medical conditions not covered above	



## Part B2: General Information/Health History

Full name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

### High-adventure base participants:

Expedition/crew No.: \_\_\_\_\_

or staff position: \_\_\_\_\_

### Allergies/Medications

DO YOU USE AN EPINEPHRINE AUTOINJECTOR (e.g. EpiPen)? Exp. date (if yes) \_\_\_\_\_ YES NO DO YOU USE AN ASTHMA RESCUE INHALER? Exp. date (if yes) \_\_\_\_\_ YES NO

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

Yes	No	Allergies or Reactions	Explain	Yes	No	Allergies or Reactions	Explain
		Medication				Plants	
		Food				Insect bites/stings	

List all medications currently used, including any over-the-counter medications.

Check here if no medications are routinely taken.

If additional space is needed, please list on a separate sheet and attach.

Medication	Dose	Frequency	Reason

YES NO Non-prescription medication administration is authorized with these exceptions: \_\_\_\_\_

Administration of the above medications is approved for youth by:

\_\_\_\_\_/\_\_\_\_\_  
 Parent/guardian signature MD/DO, NP, or PA signature (if your state requires signature)

**Bring enough medications in sufficient quantities and in the original containers. Make sure that they are NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication unless instructed to do so by your doctor.**

### Immunizations

The following immunizations are recommended. Tetanus immunization is required and must have been received within the last 10 years. If you had the disease, check the disease column and list the date. If immunized, check yes and provide the year received.

Y	N	Had Disease	Immunization	Date(s)
			Tetanus	
			Pertussis	
			Diphtheria	
			Measles/mumps/rubella	
			Polio	
			Chicken Pox	
			Hepatitis A	
			Hepatitis B	
			Meningitis	
			Influenza	
			Other (i.e. Hib)	
			Exemption to immunizations (form required)	

Please list any additional information about your medical history:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

#### DO NOT WRITE IN THIS BOX.

Review for camp or special activity.

Reviewed by: \_\_\_\_\_

Date: \_\_\_\_\_

Further approval required: Yes No

Reason: \_\_\_\_\_

Approved by: \_\_\_\_\_

Date: \_\_\_\_\_



## Part C: Pre-Participation Physical

This part must be completed by certified and licensed physicians (MD, DO), nurse practitioners, or physician assistants.

Full name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

### High-adventure base participants:

Expedition/crew No.: \_\_\_\_\_

or staff position: \_\_\_\_\_



You are being asked to certify that this individual has no contraindication for participation in a Scouting experience. For individuals who will be attending a high-adventure program, including one of the national high-adventure bases, please refer to the supplemental information on the following pages or the form provided by your patient. You can also visit [scouting.org/health-and-safety/ahmr](http://scouting.org/health-and-safety/ahmr) to view this information online.

Please fill in the following information:

	Yes	No	Explain
Medical restrictions to participate			

Yes	No	Allergies or Reactions	Explain
		Medication	
		Food	

Yes	No	Allergies or Reactions	Explain
		Plants	
		Insect bites/stings	

Height (inches)	Weight (lbs.)	BMI	Blood Pressure	Pulse
			/	

	Normal	Abnormal	Explain Abnormalities
Eyes			
Ears/nose/throat			
Lungs			
Heart			
Abdomen			
Genitalia/hernia			
Musculoskeletal			
Neurological			
Skin issues			
Other			

### Examiner's Certification

I certify that I have reviewed the health history and examined this person and find no contraindications for participation in a Scouting experience. This participant (with noted restrictions):

True	False	Explain
		Meets height/weight requirements. (See table below.)
		Has no uncontrolled heart disease, lung disease, or hypertension.
		Has not had an orthopedic injury, musculoskeletal problems, or orthopedic surgery in the last six months or possesses a letter of clearance from his or her orthopedic surgeon or treating physician.
		Has no uncontrolled psychiatric disorders.
		Has had no seizures in the last year.
		Does not have poorly controlled diabetes.
		If planning to scuba dive, does not have diabetes, asthma, or seizures.

Examiner's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Examiner's printed name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP code: \_\_\_\_\_

Office phone: \_\_\_\_\_

### Height/Weight Restrictions

If you exceed the maximum weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from an emergency vehicle/accessible roadway, you may not be allowed to participate.

Maximum weight for height:

Height (inches)	Max. Weight						
60	166	65	195	70	226	75	260
61	172	66	201	71	233	76	267
62	178	67	207	72	239	77	274
63	183	68	214	73	246	78	281
64	189	69	220	74	252	79 and over	295



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