



OKPIK COLD WEATHER LEADER TRAINING

Northern Tier National High Adventure Boy Scouts of America

Other than arrival and departure times, schedule subject to change.

Day One

Time	Activity
3 -5:00 PM	Arrival, Check-in, and Cabin Assignment
5:30 PM	Supper
6:15 PM	Issue boots/gear to those who need it for outdoor classes Trading Post Open
6:30 PM	Welcome and Introductions
7:00 PM	Winter Program <ul style="list-style-type: none"> <input type="checkbox"/> Why would anyone go winter camping <input type="checkbox"/> Not survival, need positive attitude, skills <input type="checkbox"/> Using the Scouting methods for your own program in a council, district, troop, or crew
7:45PM	Homeostasis, how the body adapts to heat and cold
8:30 PM	Cracker Barrel

Day Two

Time	Activity
7:30 AM	Breakfast
8:15 AM	Dressing for success – http://www.stayingwarm.com Wicking, Warmth, Wind Layers Wool, Polyester, Synthetics, Cotton Filson, LL Bean
9:15 AM	Sleeping Systems – How to sleep on the ground without a heater. <input type="checkbox"/> Sleeping Bags, sleeping bag liners, pads, ground sheets, <input type="checkbox"/> Bivy Sacks and over bags <input type="checkbox"/> What to take in the bag with you and what not
10:00 AM	Break
10:15 AM	Shelter Option: Quinzhee, Polardome, Thermal Shelter, Tents, Snow Trench, Russian Tent, Tarp, Under the Stars
11:00 AM	Prevention of Cold Weather Injuries Dehydration, Hypothermia, and the Frost Brothers Winter Hazards
11:45 AM	Risk Management Emergency Plans, Equipment policy, staff training
12:00 PM	Lunch
1:00 PM	Food, Water, and Sanitation
1:30 PM	Food Packing
2:30 PM	Bay Post Tour and Shakedown Demonstration
3:30 PM	Shakedown (At Cabins)
4:00 PM	Bay Post Outfitting, Group and Individual
5:30 PM	Dinner
6:15 PM	Leave No Trace Ethics The seven points and how they apply to Winter
6:45 PM	What can we do at Night?
7:15 PM	Dog Sled Demonstration
8:00 PM	Trading Post Open

Day Three

Time	Activity
7:30 AM	Breakfast
8:00 AM	Pack Sleds – Dogsledding Demo in the Morning?!?!?!?!?
9:00 AM	Depart for the woods
10:00 AM	Set Up Camp
1:00	Dogsledding Demo
Dark	What can we do in the dark after we eat supper but aren't ready to go to bed yet?

Day Four

Time	Activity
	A full day of sharing winter adventure ideas <ul style="list-style-type: none">✘ Shelters✘ Snowshoes vs. skis✘ Winter Games✘ Meals✘ Northern Passages – Winter Version✘ Winter ecology that is fun✘ Tracking

Day Five

Time	Activity
7:30 AM	Last Morning in the woods
12:00 PM	Begin returning to Base
2:00 PM	Turn in Gear, Shower, Sauna, etc.
3:30 PM	Training Debrief
4:00 PM	Planning Council, District, and Troop Winter Camping
5:30 PM	Supper
6:30 PM	Overview of Resources to Take Home (CDs, Powerpoints, Other Resources)

Day Six

Time	Activity
7:30 AM	Breakfast
8:30 AM	Closing and Awards
9:00 AM	Depart for home

