



Camp Melakwa Leader's Guide

2008

Oregon Trail Council
2525 MLK Blvd
Eugene, OR 97401



**CAMP MELAKWA
LEADER'S GUIDE
2008**

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Introduction

Troops that come to Camp Melakwa have made the decision to have a “high adventure” summer camp experience. Your summer camp experience will be more enjoyable by a advance preparation and planning and this guide is intended to help you do that. Melakwa is open to troops two weeks in the alpine summer. First week runs July 27th to August 2nd while second week runs August 3rd to 9th.

Before camp, hold a patrol leaders council and plan your week. Brief the troop on the first day’s schedule and camp rules. Before your troop comes to camp, every scout, through his Scoutmaster, patrol leader and patrol, should plan what he wants and needs to accomplish in camp, including advancement, fun, and adventure activities. The patrol leader brings this information to the PLC where the troops camping program is planned to meet the needs of the troop. Remember to plan time for troop, patrol, and individual activities. Perhaps tell your Scouts to block out a certain time period each day for troop and patrol planned and led activities.

The main emphasis at Camp Melakwa is not merit badges. Instead merit badges are only part of the overall program we offer. Outdoor skills are emphasized. Remember where you are—in the High Cascades! Take a troop hike up Scott Mountain, a patrol swim at Benson Lake, or you could climb Black Crater or even the Middle Sister. Rope down inside the throat of Little Belknap, an extinct (???) volcano. See the Dee Wright observatory and enjoy the many other things you can do while you are in our **playground**.

Concerning merit badges, there are a few that require a great deal of physical endurance and coordination. Examples would be Lifesaving and Climbing. Try to complete any written work at home. Camp is not the place to do written work and the prepared scout will come with written work already completed. Scouts should try something new at Camp Melakwa and get a well rounded experience. Try a handicraft badge, snorkeling around the pristine watered lake or work on the Trail To First Class requirements in our Scout Skills area.

Why Summer Camp?

You can’t take the outing of Scouting. The outdoor program is one of the features about Scouting that most appeals to youth. A week at summer camp is the highlight of their year. Consider this:

- Not all Scout camps are alike, but then not all Scout units are alike either. Review the needs of your troop, team, or post and the features and benefits of Camp Melakwa.
- An enthusiastic, well-trained staff is available to help the unit with its program, whether for fun or for advancement. The responsibility of planning your program rests with your unit and its leadership but planning guides and counselors are available. The camp, its facilities and its staff stand ready to assist you in meeting your program needs.

Incidentally, Melakwa has one of the highest staff to campers ratios of any camp in the USA. Please don’t hesitate a involve a Camp Ranger to help with your planning before you come to camp. Call the Oregon Trail Council at 541 485-4433 and ask for a Ranger to call you.

- The program at Camp Melakwa is unique and can’t be duplicated by a unit on its own. Camp offers a variety of programs to match your own units needs and desires.

- Strict health and safety standards are maintained at all times. Emergency facilities are available, EMTs or RNs are available twenty four hours a day during the times you are in camp. Medical rechecks are given by trained adults and national standards are strictly followed.

Your Camp Home

Your campsite is your home for a week and you should make it as comfortable as possible by bringing your troop flag, your American flag, extra camp furniture such as folding chairs and any other items to make camp feel like home. You should schedule time for rest every day. That's right! Too often, we don't take the time to sit and enjoy the natural beauty of the camp around us, the trees, the stars, the lakes, nature and the fresh air. Watching an osprey or eagle drop down to pick a fish out of the lake is an experience no camper will ever forget.

Good units show scout spirit. The units that come to camp with a positive and friendly attitude will enhance the experience for themselves and others. Keep in mind there are about 200 scouts in our playground and a scout is cheerful, friendly and courteous. We need to practice the Scout law in camp when dealing with others

Please tell the staff if you have some special need or want something to do that is not mentioned in our program. We will give it our best effort. We want to make your experience in camp the greatest, so if you have suggestions, please let us know.

Your First Day in Camp

Upon arrival at Camp Melakwa, a camp ranger will meet you at the Irish Camp Lake drop off for the hike into camp. Scouts backpack their personal gear into camp proper but bulky troop gear may be driven into camp. All vehicles must be parked in the parking lot after unloading. The Forest Service does not allow parking in the dry lake bed and cars parked there are subject to fine.

While your ranger is hiking your troop into your campsite, your adult leader in charge will be directed to the A frame to turn in your final roster of Scouts attending camp. Senior camp staff will be on hand to answer questions. Please bring with you:

- Your unit roster (two copies please)
- Proof of insurance (If you're an out-of-council troop)
- Your unit checkbook. Be prepared to settle any outstanding debt your unit may owe.

When your scouts arrive at their campsite, they need to change into their swimming suits, grab their towels and go with the ranger to the waterfront for swim and medical checks. Their physicals must be with them. Please ensure this happens as quickly as possible so we can have all campers medical rechecks done the first day. Even if you don't intend to swim, you must go through medical rechecks—both scouts and all adults.

Generally, your ranger will give a playground tour. This tour acquaints you with the camp boundaries, activity areas, hazard sites and historic sites.

Upon return to your campsite, have your SPL set your camp layout with tent sites by patrol, Dining area set up, tarps up, flags up and the amenities of camp in place. Your troop will need:

1. Two or three large tarps to cover your dining and living areas.
2. Rope or twine to pitch the flies
3. Tent pegs
4. Tent poles just in case there's not a tree where you want it.
5. Troop Axe in axe yard
6. Vinyl table clothes.

7. Grub boxes with cooking, cleaning and eating gear. Use of charcoal or open fires is highly dependant on the weather. Troops should not plan on being able to use them.
8. Garbage bags
9. Water containers
10. Ice chests
11. Lawn chairs (optional but nice)
12. Lanterns and fuel. (fuels must be stored in the fuel dump for safety)
13. Flagging for guy lines.
14. Tents for all. A special tent for food and supplies
15. Ground cloths for tents. Hint! Don't let the edges of the ground cloth extend beyond the edges of the tents. Some "waterproof" tent flies need a little help from a plastic tarp. Most years we only have a couple of days of rain during the two week camping season but the mountain makes it's own weather. Rule 1: **The sun always shines at Melakwa** but sometimes it shines only above the clouds.

Certain events take place on Sunday. You have already read about medical rechecks and swim tests. There will be a Scoutmaster/SPL meeting at the A frame after swim checks. Please attend.

Sunday evening will feature merit badge sign-ups in the dry lake bed. Scouts will need signed "blue cards" from their unit leaders to register for a merit badge class¹. Area directors will be on site to form the merit badge classes and other troop activities. After sign-up, there will be a welcoming campfire on Council Bluffs put on by the staff. Your ranger will pick you up in plenty of time and guide you to the campfire site.

LDS units who will check in Monday morning are encouraged to be in camp as soon as possible. After dropping their gear in their campsite, change into swimsuits, towels and closed toe shoes and report to the health lodge, physicals in hand, for medical rechecks. All adults should accompany the youth for medical rechecks. Swim checks will follow. The camp director or the program director will be at the A-frame for final paperwork. Please let us know in advance of required slots in merit badge classes and/or advancement. We will try to accommodate you

Note on Unit Leadership

Mr/Ms Leader: your role as a friend, coach and counselor to Scouts is one of the most valuable parts of the Scouting program.

In his quest for a role model, every boy needs contact with adults, he can emulate. Boys copy whatever models are available to them. Lets try to be really good ones. Just by your example, you are carrying out one of the methods of Scouting. What you do and what you are may be worth a thousand lectures and sermons.

Where do you find your camp leadership? This should not be a problem if approached early. Sources of leadership include your regular Scoutmaster, assistants, troop/team committee members, members of your chartering organization and interested, responsible adults in your community. Your person in charge must be at least 21 years of age and a registered member of the Boy Scouts of America. A second leader may be 18 or older. There must be two adults with the unit at all times. Avoid rotating leadership as much as possible. Units with a different leader every day don't do as well as those with more stable leadership. A leader who is unable to show up creates problems for everyone.

¹ LDS units who will arrive on Monday can pre-register for badges before coming to camp. We will try to accommodate your schedules

Uniforming

Why do Boy Scouts have a uniform? It gives a standard to be met, promotes group spirit and designates equality among the members of the group. Please have your Scouts bring and wear as full a uniform as they own. You, especially, should set the example as a fully uniformed leader. At Camp Melakwa, a T-shirt or official uniform is appropriate dress anytime during the week except at Chapel, Evening flags and to the opening and closing campfires. Please wear full uniform during those times.

Health care preparedness: Because Melakwa is a “wilderness” camp, it is important that Scouts and Scouters are certified fit by their health care provider before coming to camp. **Youth and adults under forty years of age need a physical exam every three years signed by a physician.** The physical health history needs to be updated annually and initialed. The consent to treat must be signed and the immunization history must be current. **Adults 40 and over must have a physical signed annually by their physician.** A list of medications taken is useful.

Without a proper physical, Scouts and Scouters may stay in camp no longer than 72 hours and may not participate in any active activities. Copies of the youth and adult physicals are in the last pages of this booklet. Xerox as needed.

Standards for Physicals

In 1991, the BSA changed the requirements for Scout Physicals to better serve the health and safety of all Summer camp participants. In order to participate in Summer camp activities, all scouts and leaders need to comply with the up-to-date requirements.

The forms have three parts: the health history, the parental consent, and the physician’s exam.

1. **The Health History:** Updated **annually** and signed for **all** ages, it lists present medical conditions and prior, pertinent medical incidents, medications being taken, and allergies. Parents or guardians update it for youth annually while adults update their own.
2. **The Consent To Treat:** This involves mostly youth. Before medical personnel can treat a youth, they must have the parent/guardian’s consent. This permission is given by signing this section. Parents/guardians should understand that every effort will be made to contact them in case of serious accident or injury but because Melakwa is a remote camp, radio or cell phone contact is chancy at best. **Therefore the consent is required. This is also signed annually.**
3. **The Physician’s Exam:** This portion of the physical is conducted by a physician or his/her designate. In it the physician states that the examined is fit and capable of participating in all camp activities. Youth and adults under forty years of age need to be examined only every three years but adults over 40 must be examined **annually** with the physician’s dated signature.

Common Questions:

1. **Can a youth use his school sports physical?** Yes, but it must be accompanied by the **annually** updated health history and the **annually** updated parental consent to treat.
2. **What about auxiliary leaders who come to camp in the middle of the week?** They must meet the same standards as everyone else. Without a physical, they may remain 72 hours but may not participate in any active camp activities. As these individuals tend to be adults, they are at greater risk of an adverse medical event. The physical requirement is for their own safety.

3. **What if a parent or guardian does not know a Scout's immunization history?** This information is available from your physician's office, school records or Oregon's Immalert.org web site (available to medical personnel). Without this important item of history, an injured camper may be required to leave camp to obtain immunization. This can seriously disrupt a troop's camping program.
4. **Should the troop bring the original forms to camp?** Gosh no!!! Bring two sets of copies. One set for the camp and one set in your troop first aid kit for your own use. Camp will return their copies at the end of camp. Please insure that the forms have a legible name and troop number.

Policy Statement: Communication to and from Melakwa is limited and potentially expensive. Cell phone service is iffy. Your unit may be asked to pay for phone calls made to clear up missing or incomplete medical forms. Please make sure that everyone has a valid medical form at camp and participates in the medical recheck on Sunday.

The In-Camp Program

Camp Melakwa operates under a semi-open program concept. What we aim for is flexibility so your unit can achieve its objectives for unit improvement and development at camp. The program areas are open for Scouts to earn merit badges, learn a new skill or just hang out.

Sunday evening, the area directors will be in the Dry Lake bed to sign up Scouts for program. Scouts should have leader-signed Blue Cards to enroll in a merit badge class. Generally there are no limits to merit badge class sizes except those imposed by equipment limitations. If possible, we will try to open new sessions to accommodate those Scouts who find a class closed.

Each troop's program will be unique because of the needs and interests of its Scouts. Review these five general program types when planning your troop's week.

1. **Camp wide activities:** With the exception of the opening and closing campfires, all camp wide activities will be planned and run by the troop SPL's of the camp. The SPL council will meet several times in the week to determine activities.
2. **Troop Activities:** Planned and run by the troop PLC. We encourage your troop PLC to meet daily and plan the evenings activities.
3. **Patrol Activities:** Planned and run by each patrol in camp (meals, games, yells, "Happening" events)
4. **Activities planned by a few Scouts (a boy and his buddies)** Usually informal fun activities.
5. **Individual Activities:** The things a Scout may want to pursue on his own. Please remember the buddy system.

The SPL council is made up of SPLs from each troop in camp. It functions much like the PLC in the troop and will meet frequently. Among other things, troops will sign up to do the camp wide flag ceremonies and are responsible for planning the camp wide programs, those in which all troops in camp participate in. These activities may include, but not limited to, games, skits, campfires, song-fests, Olympics and relay races.

It is important that each unit establish its own identity and gain experience in administering its own camping program so that these experiences can be used throughout the year.

Food

At Camp Melakwa, your unit brings and cooks its own food. This is a great opportunity for your unit. It allows the patrol to learn patrol method by doing. Many troop meetings can be dedicated to this task. Consider the **five Es** when planning a menu.

1. **Economical:** Troops can spend as little or as much per eater as they want yet still have an excellent menu. The secret is shopping for what's on sale, clipping coupons, and good portion planning.
2. **Easy to store:** Fresh foods are best early in the week while canned and dried are used at the end of the week. Some troops allow for a mid-week food delivery.
3. **Easy to cook:** There are menus and cooking menus that require little preparation and should be planned for. Time is precious. Let your Scouts do the cooking so they learn. Having adults as the cooking crew deprives the Scouts of the opportunity to learn leadership, cooperation and patrol method.
4. **Easy to clean up after:** Again, make it quick and easy. Pancakes are great when you have lots of time to clean up after but there are much quicker breakfast menus available. Call a ranger for help.
5. **Everybody likes it:** 'Nuff said!



Bring ice chests. Besides keeping things cold, they make excellent dry food storage boxes. The insulation should keep food cool and critters out.

Consider inviting staff to eat with you. They will always be excused from staff meals to enjoy a meal with a unit. It's a great honor for a staffer to be asked to eat with a unit. Utilize them as a resource. Have them say grace, sing a song, and ask questions of them.

Be mindful of allergies or other food restrictions in your troop. Make sure this information is on the Scout or Scouter's medical form and our health officer is aware of the situation.

Make allowances for hikes. If you are planning a hike or overnight, plan appropriate food for the event.

Depending on weather, fire restrictions may be in effect. Be prepared to cook with propane or liquid fuel stoves. BSA regulations require that liquid fuels be stored in the camp fuel locker under lock and key. Please cooperate in enforcing this regulation.

Because of the remote location of Melakwa, garbage service is not available. Be Prepared to pack out what you brought it. Consider this in planning your menu.

Leave No Trace Planning Considerations

General

Camp Melakwa is land leased from the Forest Service and is located adjacent to two wilderness areas. There is no wastewater treatment in camp; all water filters through the ground back into the lakes around. For these reasons, it is especially important to use Leave No Trace practices in camp.

Food

Bring a sieve or a strainer. All dishwater should be strained before pouring in the sumps in your campsite. Please use your own strainer and not the one wired to the top of the sump. That one is a backup, failsafe filter. If you get food particles in it, please remove the strainer, clean it and replace it. The food particles should go into your garbage. Scraps left in the strainer will attract insects and animals into your campsite.

Consider pre-cooking greasy foods such as bacon and hamburger. You'll have less garbage to deal with, your scraps will be less likely to attract bees and you'll use less fuel cooking. If you are unable to precook, consider bagging and hanging garbage sacks daily. A hang rope can be set up in trees far enough away from your site to keep rodents and other creatures out of your camp.

Do not allow food, snacks or other "smellables" to be kept in tents where you sleep. A separate quartermaster tent is recommended as are "tote boxes".

Plan the eating area around the fire barrel and existing picnic tables and not in or near individual tents or patrol/group sleeping areas. This way dropped food scraps are concentrated and easier to clean up.

Plan your cooking to only cook what you will eat at one meal. If you eat all you cook, there will be less waste. Remember, you have to haul out all your garbage. The less you produce, the less you'll have to deal with.

Pertinent LNT Principles

- Plan ahead and prepare—bring proper cleaning equipment
- Properly dispose of waste—bring sufficient garbage sacks and twine
- Respect wildlife—proper containers for food and trash
- Outdoor code—conservation minded.

Cleaning

Make sure all dishwashing soap and all personal soap used by scouts is "phosphate free" and/or bio-degradable. Read the label before you bring the soap to camp. Many brands of soap are phosphate free but only say so on the label.

Wipe all pots and pans as clean as possible before you wash them. This will keep the dishwasher cleaner and minimize the amount of soap and water you need to use. It will also minimize fuel needs. Use a minimal amount of soap when you clean. Dishpan order is wash, rinse with water as hot as you can stand, and water with bleach. See the Boy Scout Field Book for exact details.

Use a minimum amount of toothpaste when you brush. Any tooth paste you spit out ends out in the lake. If you choose to swallow the toothpaste, use a non-fluorinated brand.

Adults, consider using a battery powered shaver or go without shaving during the week. Remember every bit of soap ends up in the lake.

Fires:

The fire barrel (half-barrel) in your campsite is intended for wood fires only. It is not a trash incinerator. Please remove all ashes, trash, and debris from the fire barrel as you cleanup camp and pack them out with the garbage. No one wants to see your campfire ashes dumped into the campsite or nearby trees.

Some firewood is provided at your campsite. Split the wood into smaller pieces and you will be more likely to have flames instead of smoke. Neighboring campsites will appreciate not having to breathe your smoke and you will be able to burn the fire down to ashes instead of having large chunks left.

Preserving Water Quality in Lake Melakwa

Everything you put in the lake stays in the lake. Bug spray, deodorant and other body dirt and chemicals get added to the lake when you go in. Showering before swimming would really help the water quality by keeping foreign chemicals out of the lake. (The shower house is the only facility in camp with a septic tank system).

The drinking water at camp is treated with chlorine. Adding chlorinated water to the lake can affect the pH balance in the lake. For this reason, it is important to use water sparingly and to report all water line leaks promptly.

The Three Rules of Melakwa

1. The sun always shines! (Sometimes above the clouds, but it shines.
2. The water is warm. (Compared to Benson Lake.) Seriously, our water is often warmer than other lakes due to its clearness. The sun heats the bottom which retains the heat.
3. There's not a single mosquito! (They are all married and have many children.)



Reservation Form

OREGON TRAIL COUNCIL

BOY SCOUTS OF AMERICA

2008 CAMP REGISTRATION FORM

2525 MARTIN Luther Kind Blvd, Eugene, OR 97401

(541) 485-4433, Fax (541) 484-3080 www.otcbsa.org

Camp Melakwa

July 27-Aug 2

Aug 3-9

Camp Melakwa fee \$128.00

Council _____ Troop# _____ Contact person _____

Address _____ City _____ State _____ Zip _____

Phone # (_____) _____, Email _____

Insurance Information: Company _____ Policy # _____

Oregon Trail Units are covered by Council Insurance—Church insurance covers OTC LDS Units

Deposits:

A \$100.00 non-refundable campsite deposit is required with this application to secure your campsite. *This deposit applies to your troop's total camp fee for the coming year and is not refundable if the troop does not attend camp regardless of cancellation date. NO site will be held without deposit.* You can call or email in an inquiry of campsite availability, but the site cannot be secured without deposit. The deposit is non-refundable, but is applicable to your unit's total camp fees, or can be carried over for next year's camp reservation.

Camper Fees: (youth)

A \$60.00 deposit per youth, non-refundable camp fee is due to the Council Service Center by March 28th, 2008.

Final payment is due at the Council Service Center by May 30th, 2008

A \$3.00 per Scout "Early Bird" discount is available when full camp fees are paid by May 30th, 2008.

Leader Fees: Each unit is allowed two free adults with the first 12 Scouts and one free adult for each additional six Scouts. Fees for additional leaders are \$80.00.

Refund Policy: Refunds will be determined through the camp office and issued from the Council Service Center after your week in camp. Refunds are NOT issued prior to camp. The \$100.00 non-refundable campsite deposit will be applied to your troop's total camp fees or carried over and applied to next year's campsite deposit. The \$60.00 Scout deposit is non-refundable when a Scouts fails to attend camp when notice is not given before March 31st, 2008.

Preferred Campsites:

1. _____ 2, _____

Each troop is encouraged to list their first and second choices for campsites. Assignments will be made on the basis of campers in attendance. The camp director makes the final site assignment. In some cases, troops will be sharing the site with another troop.

Our troop expects to have a minimum of _____ Scouts and _____ Adults.

List any special needs or considerations for youth and/or adults attending camp with your troop.

For more information call the Camp director

John "Pat" Patterson

JohnPatterson54@msn.com

1140 S. 10th

Cottage Grove, Oregon 97424

541 942-4739

What's in Our Playground?

<p>Waterfront Swimming, Snorkeling Canoeing, Rowing Lifesaving, BSA lifeguard Training in Safe Swim Defense.</p>	<p>Outdoor Program Hiking to Benson lake, Texas Lakes, Hand lake, Scott lake, Middle Sister climb. Rock climbing and rappelling on “Trust Me” and Council Bluff, Climb down into the throat of Little Belknap, an “extinct” volcano. Climb on Safely program</p>	<p>Handicraft Woodcarving, Basketry, Art Leatherworking, Indian Lore</p> <p>Shooting Sports What would camp be like without a rifle and archery range? NRA qualified instructors and good equipment make every shot a bullseye.</p>
<p>Nature Environmental science Mammals, Ecology</p>	<p>Scoutcraft Cooking, Camping Trail to First Class</p>	<p>OA activities, Especially on Wednesday. Bring your sash.</p>
<p>Trading Post Scout supplies Drinks and edibles to fill in the cracks Books and program materials</p>	<p>Showerhouse Hot water to stay clean. Hours posted for youth, adults and women</p>	<p>Chapel Interdenominational services Wednesday evening. Plan to attend and participate.</p>
<p>Campfire programs Opening campfire Sunday night, Weanie Roast and sing-a-long Tuesday night “The Happening” Thursday night where the troops entertain the staff. Western theme!, Bring ya ten-gallon hat! Campwide games on Friday Closing Campfire on Friday night</p>		



Camp Melakwa Weekly Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7:30 am		Reveille and breakfast	Reveille and breakfast	Reveille and breakfast	Reveille and breakfast	Reveille and breakfast	Reveille and breakfast, cleanup
7:45 am		Flags	Flags	Flags	Flags	Flags	
8:00 am		SM/SPL meeting, hikes leave	SM/SPL meeting, hikes leave	SM/SPL meeting, hikes leave	SM/SPL meeting, hikes leave	SM/SPL meeting	Break camp
8:30-11:30 am		Areas open, Monday - Thursday				Finish MB and rank catch-up work	Campsite improvement and cleanup. Site check-out by Troop Ranger
11:30-1:00 pm	Campers arrive, meet Troop Ranger. Check in, Medical recheck and swim test, Site set-up. SPL/SM meeting at 4:00 at dining hall	Lunch	Lunch	Lunch	Lunch	Lunch	Camp closed
1:00-4:45 pm		Areas open, Monday - Thursday					
5:00-5:15 pm	Flag Ceremony	Flag Ceremony	Flag Ceremony	Flag Ceremony	Flag Ceremony	Flag Ceremony	
5:15-7:00 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
7:00-8:30 pm	MB registration	Open program	Open program	Open program 8:00 Chapel	Open program "Happening" at 8:00	Open program	
8:45 pm	Opening Campfire			OA Ceremony		Closing campfire	
10:00 pm	Taps	Taps	Taps	Taps	Taps	Taps	

Merit Badges Offered

- Art** —Get ready to draw. Using a variety of mediums including oil, watercolor, pen & ink, pencil, markers, tempura and crayons, we will be completing works of art. The badge can be completed at camps. Materials should be under \$4.00
- Basketry** —On of our easiest merit badges. Basketry is a good starter for first year scouts. Complete it in a week. Materials should be under \$4.00.
- Indian lore** —Learn the skills, crafts, food and history of Native Americans. Melakwa has a Native American on staff for guidance.
- Leatherwork** —Round out a Scout's craft abilities with Leatherwork. Complete in a week and take a useful item home. Cost varies with the scope of the project.
- Woodcarving** —Melakwa has one of the best woodcarving classes of any Scout camp. Much more than whittling. Learn about and use carving tools safely and take a piece of art home. Complete in a week. Minimal cost. Scouts should have a good knife. Read the merit badge book for appropriate types. Good steel a must so avoid multi-purpose "camper's knives".
- Camping*** —If a scout is near the required 20 days and nights of camping, Melakwa has the counselors to teach him the rest.

- Pioneering** —Pioneering gets to the core of the scouting image. Build things with only ropes and poles. This merit badge takes some dedication that only very mature first year Scouts have. Complete in a week if scouts are prepared to spend the time.
- Wilderness** —Not as tough as it sounds unless it snows. Still probably not for first **survival** year campers. Complete in a week.
- Archery** —Not as easy as it sounds. strength some first year and second year campers do not have. Can be completed in a week. Some cost.
- Rifle shooting**—A Scouts success is dependent on his prior shooting experience although there are “naturals”. Writing and studying are as much a part of this merit badge as the shooting. Some cost.
- Shotgun** —Scouts 14 years old and older can develop their skill. Difficult but worth **shooting** the effort. Some cost.
- Canoeing** —More difficult than rowing but lots of fun. Scout must pass “swimmers” test to take this badge.
- Lifesaving*** —Requirements are tough and standards are high. Scout needs to be a strong swimmer and a serious student to pass. Swimming merit badge is a prerequisite. Best if Scout has CPR card before coming to camp but we can work with this.
- Rowing** —Best for a first boating merit badge. Must pass “swimmer’s” test. Can be completed on a week.
- Swimming*** —Great first plunge into aquatics. An average swimmer can complete this badge at camp.
- Astronomy** —Learn about the solar system in this introduction to the fascinating world of astronomy. Depending on the weather, Scouts have a good chance of completing this merit badge at Melakwa. We need three clear nights.
- Environmental Science***—This tough merit badge is Eagle required but what a marvelous place to earn it. Scouts must be prepared to do a lot of work if they wish to earn it in a week.
- Fishing** —It is not how old the Scout is but how much he likes to fish. Scouts should bring their own tackle. Worms and some luck are good too. Ask about a day hike to Elf lake.
- Fly fishing** —Available on counselor availability. Prior experience is highly recommended. Scouts should bring their own tackle.
- Geology** —Learn about the earth itself, how it is formed, it’s rock and minerals and how we use them in everyday life. Melakwa in the middle of the Cascade Crest is a perfect filed laboratory. Can be completed at camp.

- Nature** —A good ecology area badge to start with in an incredible setting. A serious first year Scout can complete it in a week.
- Mammals** —Another good beginning merit badge in Ecology. Again, a serious Scout can complete at camp.
- Weather** —Learn about weather patterns, clouds and that all important question in Oregon, “Why does it rain?”
- Climbing** —This badge introduces Scouts to the challenging world of climbing and rappelling. Learn technique and about equipment in this class for older Scouts. Prerequisites include: 14 years old, good hiking boots, being in good physical shape and having read the merit badge book. At Melakwa, we climb on rock! No plywood towers! Scouts may wish to bring their own rappelling gloves, helmet, rock shoes and chalk bag if they have them.

* Eagle required

Specialty offerings

- BSA lifeguard**—A challenging all day, all week class for those hearty enough for the endeavor. You’ll learn life guarding techniques and skill to last a lifetime. Participants need to have earned swimming, lifesaving, rowing, and canoeing merit badges prior to participation in this 14 year old and up program. CPR card is needed for completion.
- Mile swim** —A week long challenge for the physically fit swimmers ready to learn about training and stamina.
- Snorkeling BSA**—No better location for this program than Camp Melakwa with it’s crystal clear lake water. Class size may be limited to equipment on hand so sign up early.
- Guest speakers:**—Melakwa may have visitors throughout the camping weeks including those in the following fields: astronomy, archeology, Low impact camping, fly fishing, Drug abuse prevention, and maybe others. Check with your troop ranger upon arrival for your week’s schedule.
- Rappelling** —This stimulating activity is offered in the afternoon for anyone 13 years old and older. Upon completing training, you will have the opportunity to rappel off real rock, maybe even “Pat’s Peak”. A segment for uniform wear will be available in the trading post for purchase upon completion.

Camp Melakwa Program Schedule

MERIT BADGE	NOTES	8:30-9:20	9:30-10:20	10:30-11:20	1:00-1:50	2:00-2:50	3:00-3:50	4:00-4:45	
Aquatics									
Canoeing	A		XXX	XXX	Open Area				
Lifesaving	A	XXX	XXX						
Rowing	A	XXX	XXX	XXX					
Swimming	A	XXX	XXX	XXX					
Mile Swim				XXX					
Snorkeling area	A, D				XXX	Open Area			
BSA Lifeguard	A, C	All day by appointment							
Climbing									
Climbing	A,C	8:30-9:50 and 10:00-11:20					Open Area		
Rappelling	C,D					Open Area			
Ecology									
Astronomy	A, E				XXX	Ecology Open Area Rank Advancement MB Makeup Arrowhead Trail Nature Trail			
Environmental Science	A	XXX	XXX						
Fishing	A			XXX					
Fly fishing	A		XXX						
Geology	A			XXX					
Nature	A	XXX							
Mammal Study	A				XXX				
Weather	A		XXX						
Handicraft									
Art	XXX	XXX	XXX			Open Area			
Basketry	XXX	XXX			XXX				
Indian Lore			XXX	XXX	XXX				
Leatherwork	XXX	XXX			XXX				
Woodcarving		XXX	XXX						
Scoutcraft									
Camping	A	XXX	XXX		XXX	Open Area			
Pioneering	A	9:30-11:20							
Wilderness Survival	A	XXX	XXX						
Scout Skills									
Shooting Sports									
Archery	B	XXX	XXX		Open Area				
Rifle	B		XXX	XXX					
Shotgun	B,C	XXX							

XXX indicates open class sessions

Open Area—Indicates that the area is open to anyone interested

Notes:

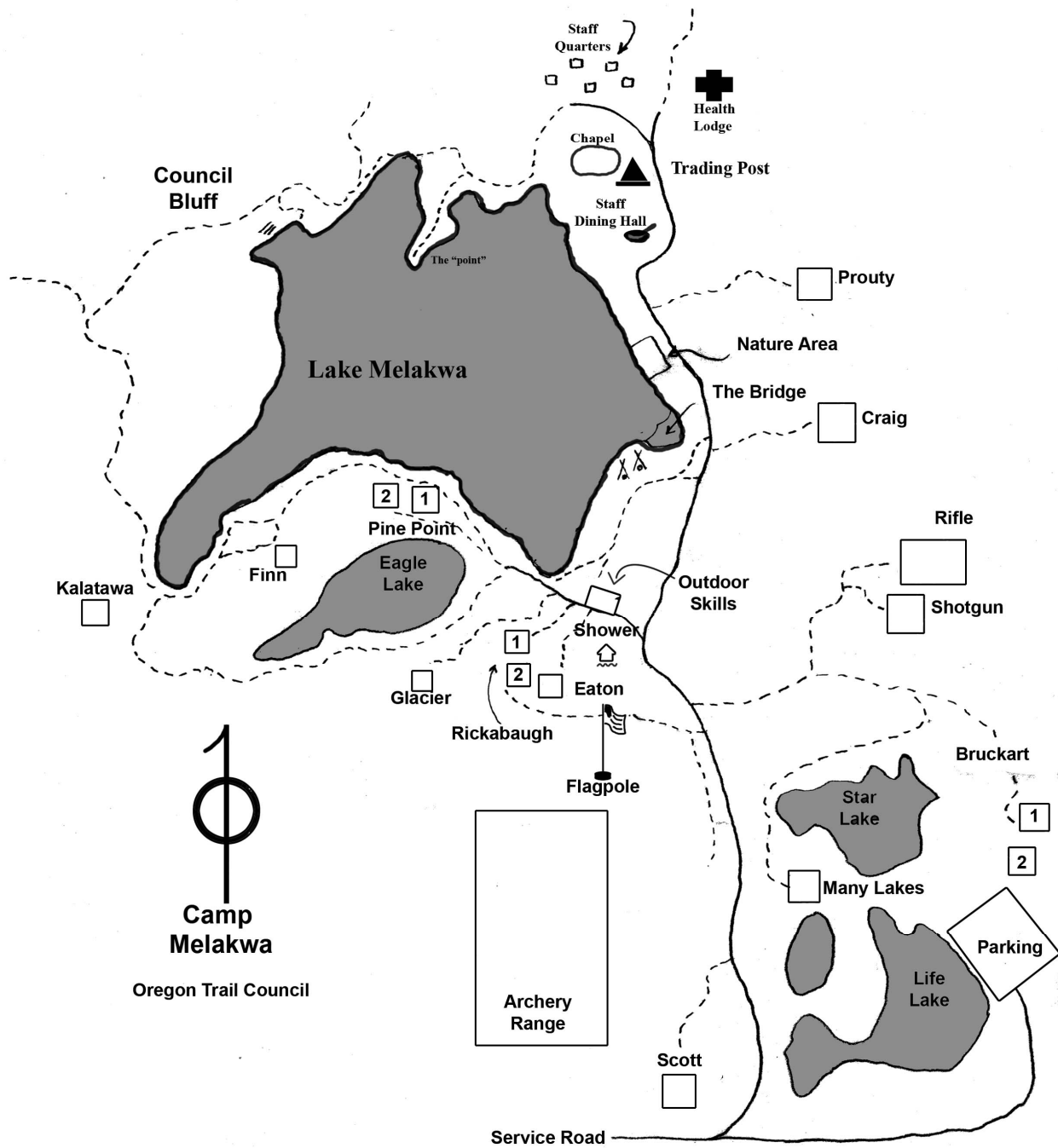
A. Scouts should read complete merit badge book before coming to camp.

B. Some cost will be involved in taking the badge.

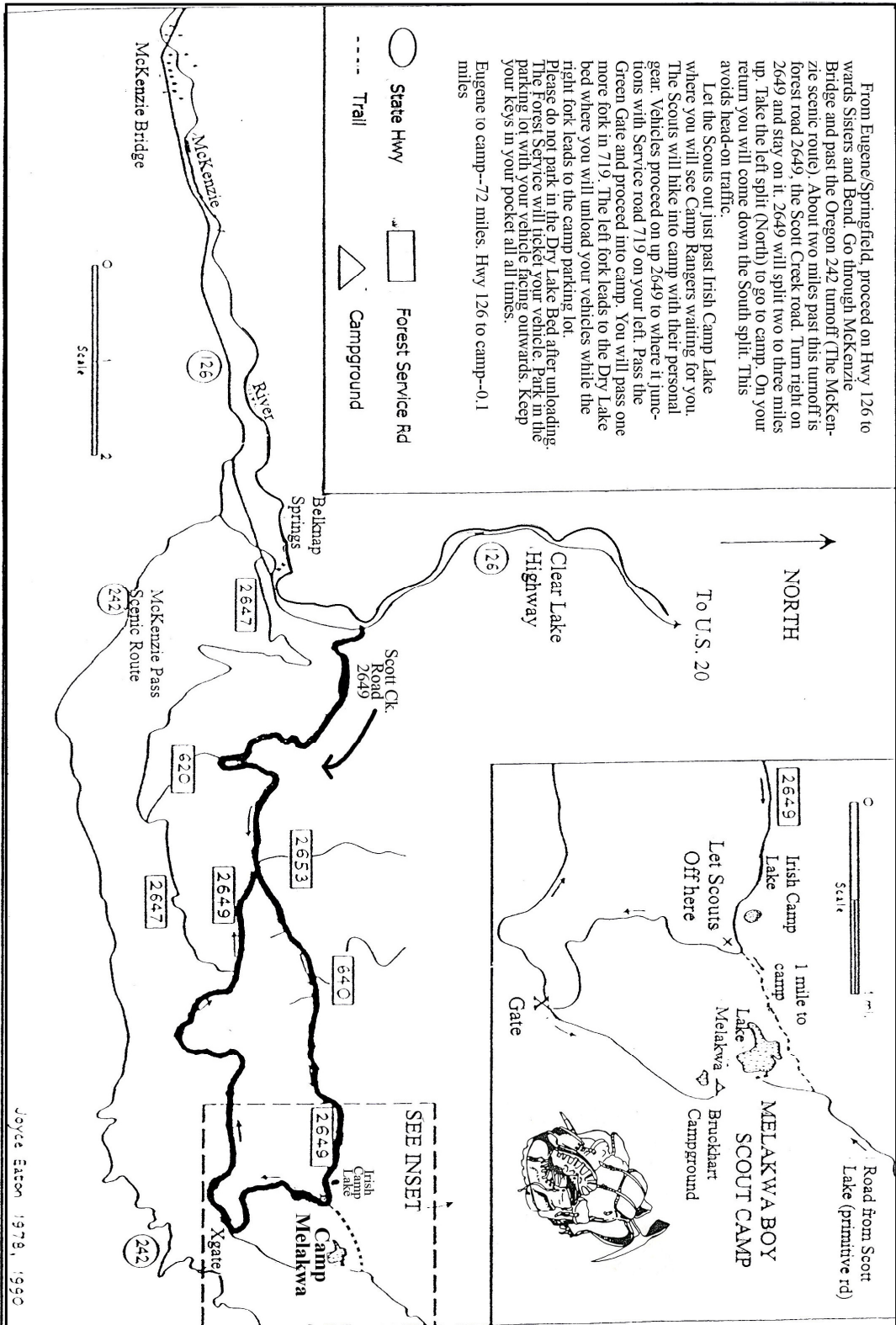
- C. Age requirement of 14 years
- D. Certificate, not merit badge.
- E. Need three clear nights

Schedule subject to change depending on counselor availability

Camp Map



Map to Camp



*NOTE: Road 2649 is labeled Scott Creek Road, Narrow Road, Log trucks weekdays.

Check all items that apply, **past or present**, to your health history. Explain any "Yes" answers.

ALLERGIES: Food, medicines, insects, plants Yes No Explain: _____

GENERAL INFORMATION:		Yes	No	Yes	No	Yes	No	
ADHD (Attention-Deficit)								
Hyperactivity Disorder	<input type="checkbox"/>	<input type="checkbox"/>	Convulsions/seizures	<input type="checkbox"/>	<input type="checkbox"/>	Hemophilia	<input type="checkbox"/>	<input type="checkbox"/>
Asthma	<input type="checkbox"/>	<input type="checkbox"/>	Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	High blood pressure	<input type="checkbox"/>	<input type="checkbox"/>
Cancer/leukemia	<input type="checkbox"/>	<input type="checkbox"/>	Heart trouble	<input type="checkbox"/>	<input type="checkbox"/>	Kidney disease	<input type="checkbox"/>	<input type="checkbox"/>

Explain: _____

Please list ALL medications taken in the 30 days **prior** to arrival at the Scouting activity where this form is to be used: _____

List any medications to be taken at camp: _____

List any physical or behavioral conditions that may affect or limit full participation in swimming, backpacking, hiking long distances, or playing strenuous physical games: _____

List equipment needed such as wheelchair, braces, glasses, contact lenses, etc.: _____

Immunizations: (Give date of last inoculation.)

Tetanus toxoid _____	Measles _____	Polio _____
Diphtheria _____	Mumps _____	_____
Pertussis _____	Rubella _____	_____

CLASS 2 MEDICAL EVALUATION
(Read additional requirements outlined on front of form.)

Name _____ Age _____

NOTE TO LICENSED HEALTH-CARE PRACTITIONERS*: The person being evaluated will be attending one or more weeks of camp that may include sleeping on the ground and participating in strenuous activities such as hiking, boating, and vigorous group games. Please review the health history with the participant for any interim changes. **Explain any "abnormal" evaluations.**

PHYSICAL EXAMINATION (To be filled out by a licensed health-care practitioner*)

Height _____ Weight _____ BP _____ / _____ Pulse _____

VISION: Normal _____ Glasses _____ Contacts _____

HEARING: Normal _____ Abnormal _____ Explain _____

Check box:	N	Abn		N	Abn		N	Abn
Growth development	<input type="checkbox"/>	<input type="checkbox"/>	Teeth	<input type="checkbox"/>	<input type="checkbox"/>	Genitalia	<input type="checkbox"/>	<input type="checkbox"/>
Skin	<input type="checkbox"/>	<input type="checkbox"/>	Cardiopulmonary system	<input type="checkbox"/>	<input type="checkbox"/>	Musculoskeletal	<input type="checkbox"/>	<input type="checkbox"/>
HEENT	<input type="checkbox"/>	<input type="checkbox"/>	Hernia	<input type="checkbox"/>	<input type="checkbox"/>	Neurobehavioral	<input type="checkbox"/>	<input type="checkbox"/>

Explain: _____

Limitations

Activity restrictions _____

Diet restrictions _____

Signature _____ Date _____

Address _____ Licensed health-care practitioner* Phone _____

City, State, Zip _____

*Examinations conducted by licensed health-care practitioners, other than physicians, will be recognized for BSA purposes in those states where such practitioners may perform physical examinations within their legally prescribed scope of practice.

NAME

TROOP

CAMP SITE

Adult Physical Form

PERSONAL HEALTH AND MEDICAL RECORD FORM—Class 3		BOY SCOUTS OF AMERICA	
I. IDENTIFICATION Age _____ Sex _____ Date of Birth: _____ Name _____ Last name First name Initial Mo. Day Year Address _____ City & State _____ Zip _____ Health/Accident insurance _____ Policy no. _____		All Class 3 activities require a health examination within the past 12 months by a licensed health-care practitioner.* This includes youth and adult members participating in high-adventure activities, athletic competition, and world jamborees. Annually, this form is to be used by adults over 40 for all activities requiring a physical examination and applies to all Wood Badge participants/staff regardless of age.	
IN AN EMERGENCY NOTIFY: Name _____ Relationship _____ Address _____ City & State _____ Home phone _____ Business phone _____ Personal Physician _____ Phone _____		II. EMERGENCY MEDICAL INFORMATION Has or is subject to (check and give details): <input type="checkbox"/> Allergy to a medicine, food, plant, animal, or insect toxin <input type="checkbox"/> Any condition that may require special care, medication, or diet <input type="checkbox"/> ADHD (Attention Deficit Hyperactive Disorder) <input type="checkbox"/> Asthma <input type="checkbox"/> Convulsions <input type="checkbox"/> Heart trouble <input type="checkbox"/> Contact lenses <input type="checkbox"/> Diabetes† <input type="checkbox"/> Fainting spells <input type="checkbox"/> Bleeding disorders <input type="checkbox"/> Dentures EXPLAIN _____	
III. PARENTAL STATEMENT Has it ever been necessary to restrict applicant's activities for medical reasons? <input type="checkbox"/> No <input type="checkbox"/> Yes Does applicant take medicine regularly or have special care? <input type="checkbox"/> No <input type="checkbox"/> Yes If yes, explain. _____ To the best of my knowledge, the information in sections I, II, III, IV, and VI is accurate and complete. I request a licensed health-care practitioner to examine applicant, to give needed immunization, and to furnish requested information to other agencies as needed. I give my permission for full participation in BSA programs, subject to limitations noted herein. In the event of illness or accident in the course of such activity, I request that measures be instituted without delay as judgment of medical personnel dictates. Parent or guardian _____ (Must sign if applicant is 18 or younger) Applicant's signature _____ Date signed _____		IV. IMMUNIZATIONS If disease, put "D" and year. Last year given Tetanus _____ Diphtheria _____ Pertussis _____ Measles _____ Mumps _____ Rubella _____ Polio _____ Chicken Pox _____ Religious preference _____	
		V. LICENSED HEALTH-CARE PRACTITIONER'S EVALUATION AND ADVICE Approved for participation in: <input type="checkbox"/> Hiking and camping <input type="checkbox"/> Water activities <input type="checkbox"/> Competitive sports <input type="checkbox"/> All activities Specify exceptions _____ Recommendations (explain any restrictions OR limitations): _____ Signed _____ Date _____ *Licensed health-care practitioner *Examinations conducted by licensed health-care practitioners other than physicians will be recognized for BSA purposes in those states where such practitioners may perform physical examinations within their legally prescribed scope of practice.	

PLEASE TYPE OR PRINT.
 NAME _____
 UNIT _____
 NOTE: Keep original form for your personal record. Make reproductions for agency use. Be sure information and signatures are legible on reproduced copies. This upper section may be reproduced and carried with you for emergency identification and care.

VI. MEDICAL HISTORY
 Parent (or applicant if 18 or older): Fill in sections I, II, III, IV, and VI before seeing a licensed health-care practitioner. Check immunizations to be given at this time. Be sure to include any emergency information and restrictions or special care that should be observed. Especially be sure to record any injuries, illnesses, surgery, or significant changes in condition of health of applicant since last complete examination.

- Date of most recent complete physical examination (month and year) _____ 19____
- Are you aware of any current health problems? No Yes
- Now under medical care or taking medicines? No Yes
- Has there been any surgery, injury, illness, allergy, or change in health status since last complete physical examination? No Yes

Give dates and full details below for any "Yes" answers.

IS THERE DISEASE OF (OR PAST OR PRESENT HISTORY OF):	No	Yes	Year	Details
Serious illness	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Serious injury	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Deformity	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Surgery	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Skin, glands	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Ears, eyes	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Nose, sinus	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Teeth, tonsils	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Dentures	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Bridge	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Chest, lungs	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Heart	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Murmur	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Rheumatic fever	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Stomach, bowels	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Appendicitis	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Kidneys or urine	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Albumin	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Sugar	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Infection	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Bed-wetting	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Menstrual problems	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Hernia (rupture)	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Back, limbs, joints	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Sleepwalking	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Nervous condition	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Other (explain)	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____

VII. HEALTH EXAMINATION
 Licensed Health-Care Practitioner: _____

The applicant will be participating in a strenuous activity that will include one or more of the following conditions: athletic competition, adventure challenge or wilderness expedition (alot or afloat) that may include high altitude, extreme weather conditions, cold water, exposure, fatigue, and/or remote conditions where readily available medical care cannot be assured.

- Please insist applicant furnish complete medical history (VI) before exam.
- Review immunizations; for youth (18 or younger) tetanus and diphtheria toxoids, measles, mumps, and rubella vaccines, and trivalent oral polio vaccine are required; youths and adults must have had tetanus booster within 10 years. A measles booster is recommended at age 12.
- After completing section VII, summarize any restrictions and/or recommendations in sections II and V, above, and sign.

Date _____	VISION: _____	HEARING: _____
HT _____	Normal _____	Normal _____
Wt _____	Glasses _____	Abnormal _____
B.P. _____ / _____	Pulse _____	Contacts _____

Check box if normal; circle if abnormal and give details below:

<input type="checkbox"/> Growth, development	<input type="checkbox"/> Teeth, tonsils	<input type="checkbox"/> Genitourinary
<input type="checkbox"/> Skin, glands, hair	<input type="checkbox"/> Respiratory	<input type="checkbox"/> Skeletomuscular
<input type="checkbox"/> Head, neck, thyroid	<input type="checkbox"/> Cardiovascular	<input type="checkbox"/> Neuropsychiatric
<input type="checkbox"/> Eyes, ears, nose	<input type="checkbox"/> Abdomen, hernia, rings	<input type="checkbox"/> Other (specify) _____

COMMENTS _____

LABORATORY: Urinalysis (Dip stick) Albumin _____ Sugar _____

FOR THOSE ATTENDING PHILMONT OR NATIONAL HIGH-ADVENTURE BASES:
 * The minimum age for all participants is 13 by January 1 of the year of participation. No exceptions.
 † Trail food is by necessity a high-carbohydrate, high-calorie diet. It is high in wheat, milk products, sugar, corn syrup, and artificial coloring/flavoring. Dinner meals contain meat. If those food products cause a problem in your diet, you need to bring appropriate substitutions with you and so advise base personnel.
 Note: Licensed health-care practitioners representing high-adventure bases reserve the right to deny access to the trails or other program activity on the basis of a medical evaluation performed at the base after arrival.

Please list all medications taken including herbals and over-the-counter medications on back of this sheet

Adults over 40 years old must have a Doctor's signature annually.

Suggested Equipment List for Middle Sister Climb

Courtesy of Troop 106, SM Dan Howells

Equipment Item	Quantity	Description/Comments	Check
Hiking Layer			
Hiking boots	1 pr	Sturdy backpacking boots with good ankle support and lug soles.	
Heavy Socks	2 pr	Heavy ragg wool or heavy wool/polypropylene blend. Bring an extra pair in case they get wet coming down the glaciers.	
Liner Socks	2 pr	Lightweight “wick dry” socks. Polypropylene, Capilene work great. You will need at least 2 pairs if you wear them in combination with heavy socks for hiking.	
Underwear	1 spare pr	Polypropylene or Capilene preferred over cotton.	
Hiking Shorts or Convertible Pants	1 pr	Quick dry fabric best. Denim is not good.	
Camp Shoes	1 pr	Running, tennis, or athletic shoes.	
T-shirt	2	Cotton or lightweight polyester.	
Hat or Cap	1	A flexible or wide brimmed hat is recommended for protection from the sun.	
Insulating Layers – Cold, Wet, and Windy			
Rain Gear	1 pr	Ponchos are NOT recommended. A sturdy, waterproof jacket with a hood is recommended. Both coated nylon as well as breathable fabrics (Gortex®) is acceptable. Rain pants will be used to protect you when glissading down glaciers.	
Mid Weight Polypro long sleeved top	1pr	Mid weight top preferred. Second top can be used for sleeping top if weather is colder.	
Mid Weight Polypro bottoms	1 pr	Can be worn under hiking shorts on cold days or in conjunction with convertible pants.	
Long sleeved shirt or sweater	1	Wool or fleece recommended.	
Insulating Vest or Top	1	Polartec® 200 weight preferred, but down will also work if kept dry. Recommend bringing either a vest or jacket, but not both unless you are a cold blooded person.	
Wool or Fleece hat	1	A warm hat to be worn on cold mornings or to sleep in at night.	
Gloves/Mittens	1 pr	1 pr light weight liners (polypro) and/or wool gloves or mittens	

Packs and Packing			
Backpack with padded hip belt	1	External frames need to be ~ 4,000 cubic inches and internal frames need to be ~ 5,000 cubic inches.	
Waterproof Pack Cover	1	Waterproof, sized to fit your pack when loaded. Large garbage sacks work great !	
Lash Straps	1-2 pr	Recommend straps at least 24" long for lashing additional gear to packs	
Small Stuff Sacks or Zip Lock Bags		Stuff sacks can be used to organize clothing and other equipment in your backpack. Zip-locs (1 gallon size) can also be used.	
Plastic Trash Bags	1-2	Heavy-duty lawn and garden bags (33 gallon size) for additional waterproofing as well as extra protection inside bear bags.	
Day Pack	1	Either a small daypack or Camelback™ (~ 400-750 cubic inches) for summit day. Sufficient to carry spare clothing, food, water, and camera.	
Sleeping Equipment			
Sleeping bag	1	Sleeping bag with stuff sack rated to a temperature to 15°F recommended. Down bags OK but will need to be kept dry.	
Sleeping pad	1	Full length or three quarter length closed cell pad recommended for insulation.	
Ground Cloth	1	A waterproof sheet/layer to go between your sleeping pad and the tent floor. Sportsman blankets work well.	
Whistle	1	Emergency signal device	
Tent	Optional	Light-weight backpacking tent or trail tarp. Mountains make their own weather. Don't assume it will stay sunny.	
Cooking, Eating			
Insulated Mug	1	12 oz to 20oz capacity with a lid preferred.	
Bowl	1	Plastic or Lexan® preferred.	
Spoon	1	Lexan® preferred.	
Water Bottles	2 +	2 one-quart capacity water bottles. Collapsible containers like platypuses are OK, but at least one container needs to be hard shelled.	
Camp Stoves	At least 1	At least one stove for every 4-5 participants	
Fuel		Whatever fuel your stove uses, bring enough.	
Water Purification		Required – either a filter or purification tablets	
Food		Plan food for 2 lunches, one dinner, one cold breakfast, and plenty of trail snacks per person.	
Cooking Pots & Gear	At least 1	At least one pot sufficient to boil water.	

Personal, Miscellaneous, and Optional Items			
Small Pocket knife	1	Small, 1 or 2 bladed knife.	
Flashlight/Headlamp	1	Durable and lightweight. Bring your own spare batteries and/or bulb as this will be used for predawn hiking.	
Bandannas	2		
Gaiters, optional but very useful	1 pr	Knee high and durable. Work especially well in the snow for keeping your feet dry when glissading down the glaciers & keeping gravel out of your socks.	
Lip Balm/Chapstick	1	Stick or tube with at least SPF 25.	
Mosquito Repellant		Recommend pump spray type (non aerosol) and mosquito head net as well if the bugs are really bad.	
Individual 1 st Aid Kit	1	Camp Melakwa will provide a crew 1 st Aid Kit, so bring whatever individual items you need – meds, moleskin, band aids, Tylenol, etc.	
Repair Kit	1	One per crew that includes a sewing kit, duct tape, zip ties, etc.	
Rope/cord	1	Approximately 50' of 1/8" nylon/parachute cord.	
Disposable lighters & matches		Carry in a waterproof container.	
Toilet Articles		Toothbrush, toothpaste, comb, small towel, toilet paper, tampons (if female), biodegradable soap. Each person to bring their own. Bags for glacier disposal.	
Sunglasses, glasses, contacts & case.	1 pr	Sunglasses should block out UV. Bring a spare pair of glasses or contacts if needed.	
Watch		Not necessary although at least one person in the crew should have one that has an alarm feature.	
Notebook and <u>pencil</u> (<u>not pens</u>)	1	A small, lightweight pad is OK. "Rite in the Rain"™ paper is great.	
Camera		Expensive cameras are discouraged.	
Sun protection lotion	1	One per two or three climbers. A sunburn is no fun and there's a lot of light coming off the snow.	
Iceaxe and Crampons	Optional	Very nice to have but don't go out and buy them unless you expect to use them after camp and (2.) You are sure the weather will let you climb. (3.) Consider renting. "Melakwa's climbing routes are chosen for scouts without such equipment" says Pat.	