

SOUTH CENTRAL CONFERENCE MASTER GUIDE PROGRAM



2018 Master Guide Training Camp

Elder Lorenzo B. Shepherd
Youth Ministries Director

Elder Roger R. Wade
Associate Youth Ministries Director

Coordinator Byron Philips
SCC Master Guide Curriculum / Training Coordinator

PURPOSE:

The purpose of the annual Master Guide Training Camp is to train Master Guide Students in the concepts of camp leadership in fulfillment of the NAD Requirement for Master Guide Investiture.

OBJECTIVES:

The objectives of the Master Guide Camp are to:

1. Provide Master Guides-in Training with the venue to meet the practical honor requirements for the Backpacking, Campcraft, Orienteering, Edible Wild Plants, Fire Building, and requisite skills in a supervised setting.
2. Provide uniformed instruction on camp leadership and team building in the areas of pitching and striking a campsite, programming with spiritual, social and instructional emphasis as well as overall camp operation and discipline.
3. The annual South Central Conference Master Guide Training Campout is a Requirement based camping experience in a primitive setting.

THEME:

“FIT FOR ETERNITY”

VENUE:**The VISION MINISTRY**

187 Oscar Webster Road
Huntsville, AL 35803

Arrival and Camp Pitch-	Thursday, April 19	1:00pm – 4:30pm
	Friday, April 20	6:00am – 6:30am
Opening Assembly Ceremony-	Friday, April 20	8:00am
Camp Strike and Departure-	Sunday, April 21	11:30am

As much as possible areas must arrive together. The time of arrival must be communicated to the camp hiking director. Campers arriving later than the scheduled arrival time must also notify the hiking director.

Campers arriving after 8:00 a.m. on Friday will not be allowed to participate.

STAFFING DIRECTORY

GENERAL CAMP PERSONNEL:

Administrative Campout Director

Director Roger R. Wade

Campout Site Directors:

Coordinator Byron Phillips

Coordinator Tony Brown

Operations Officers

Officers in Charge of Set up

Coordinators Willie Bridges / Willie Nelms

Officers in Charge of Inspection/ Assembly

Director Benson Prigg

Officer in Charge of Adventurer Development

TBD

Officer in Charge Emergency Medical Response:

Coordinator Linda Anderson

Officer in Charge of Spiritual Discovery/Chaplain

TBD

Red Team Leader

TBD

Blue Team Leader

TBD

Green Team Leader:

TBD

STAFF ASSISTANTS

Specialists

HIKING MASTER

Thomas Rhem/Calvin Lokko

CAMPING SKILLS MASTER

Coordinator Tony Brown

ORIENTEERING MASTER

Arthur Henley

EDIBLE WILD PLANTS MASTER

Jasmine Rhem

TEAM ASSIGNMENTS

1. Red Team Leader

- Campcraft & Fire Building/Camp Cookery
- Backpacking
- Edible Wild Plants
- Orienteering and Hiking
- Instructional Assistants

TBD

Director

Director

Director

Director

1 Director

2 Director

2. Blue Team Leader

- Campcraft & Fire Building/Camp Cookery
- Backpacking
- Edible Wild Plants
- Orienteering and Hiking
- Instructional Assistants

TBD

Director

Director

Director

Director

1 Director

2 Director

3. Green Team Leader:

- Campcraft & Fire Building/Camp Cookery
- Backpacking
- Edible Wild Plants
- Orienteering and Hiking
- Instructional Assistants

TBD

Director

Director

Director

Director

1 Director

2 Director

2018 Master Guide Camp Budget Projections

Cost per Trainee **\$40.00**

Income Projections:

TRAINEES (15)	@ 40.00	\$600.00
Total		\$600.00

Expenditure Projections:

Budget Item	Unit Price	Total Cost
1. Camp Site		0.00
1. Camp Set Up Expenses (transportation)		0.00
2. Instructional Supplies		150.00
3. Shirts – Staff 20 @ \$15.00	15.00 ea	300.00
4. Shirts – T shirts for Candidates 15 @ \$8.00	8.00 ea	120.00
TOTALS		570.00

Pre-Registration:

To facilitate order and efficiency, all campers must be pre-registered for the camp by **APRIL 10, 2018**. The Area Coordinators will determine of the Master Guide Candidates who should attend to meet requirements or receive a refresher course.

Certificates will only be granted to those trainees that meet the outlined requirements and have satisfactorily participated as determined by the Director.

DESIGN OF THE SHIRTS

1- Candidates: Yellow Gold T-Shirt with Official Program logo

2- Staff: Yellow Gold Polo Shirt with Official SCC Program logo on left breast side.

ARRIVAL AND CAMP PITCH:

- Candidates are expected to arrive at the campsite on Thursday, April 19 between the hours of 1:00pm and 5:30pm. **For safety reasons the Camp Ranger will not allow campers on trails after a certain hour.**
- Candidates are expected to disembark at the camp grounds parking lot and hike to the campsite with their personal belongings.
- Note that due to the volume of Candidates and Staff, we will allow equipment such as tents, supplies, etc. to be unloaded at the campsite itself. This means that while the candidates are hiking to the site, a STAFF MEMBER FROM THE AREA needs to be available to unload the buses until they arrive at the site. PLEASE MARK EVERYTHING BY TEAM.**
- Upon arrival at the site, candidates will be expected to work together in an organized fashion to create a camp site for their team. The campsite for the individual Areas must make use of lashing skills learned in

the Master Guide Class. Each site is expected to have an entrance with a sign indicating their Area Name and a basin for washing their hands. Each site is to have a regulation size fire pit for team cooking, instruction, evening warmth and socializing.

5. TEAMS will be responsible for cleaning and sanitizing the out-house toilets at the beginning and throughout the camp (gloves, anti-bacterial agents).

PRIMITIVE CAMPING:

1. It must be **emphasized** that this is a primitive camp setting. This means that the camp site is not established with showers, lavatories (bathrooms) or running water. There are toilets at the pool house and all water must be pumped on a daily or as needed basis.
2. This is a Conference-wide Master Guide Training Camp in a primitive setting. We are allowing propane stoves however at least ONE meal a day must be prepared on the open fire pits that each team must prepare.
3. Portable potty's and urinals can be purchased at Dick's Sporting Goods or Cabelas.

TEAM CAMPING CONCEPT:

Candidates are currently receiving theoretical training in Orienteering, Camp Craft, Hiking, Fire Building and Camp Cookery in the various Area Master Guide Classes in preparation for this camp. However, to enhance the learning experience, you will be placed into teams before arrival at the Camp. You will camp, cook eat, be instructed and do everything else by teams. This concept will challenge and enhance your team-building skills. For this to work you must:

1. Get to know one another and communicate.
2. Determine by April 15 who is going to handle what assignment such as: team captain, guidon bearer, worship leader, chow master, communications officer and social officer.
3. Make arrangements for-
 - Tents and sleeping assignments
 - Stoves and propane
 - Supplies in terms of food, toilet paper, etc.
 - Equipment i.e. axes, hatchets, knives, lanterns, bug spray, shovels, first aid/medical response kit, rope
 - meal planning
 - How each Area organizes before they arrive will determine their comfort and enjoyment during of the Master Guide Training Campout experience.

OPERATIONAL ASSIGNMENTS:

1. **Team Leaders** will be a senior Master Guide Instructor selected by the Camp Director and associates to oversee the instructional development of the candidates during the encampment. Team Leaders will report to the Campout Director.
 - There will be three (3) Instructional Teams as follows:
 1. Red Team
 2. Blue Team
 3. Green Team

2. **Master Guide Camp Instructors**
 - Camp instructors will be selected by the Camp Director and his associates to provide expert instruction in a specific area.
 - Areas of instruction are Backpacking, Campcraft/Fire Building/Camp Cookery, Orienteering and Edible Wild Plants.
3. **Team Captains** provide leadership to their teams and is the point person responsible for team participation and are responsible for their teams of Master Guide Trainees.
4. **Team Guidon Bearer** will be selected for each team by the team members prior to the Campout to assist the Captain and be the Guidon bearer.
5. Each team will be responsible for Flag lowering or raising and a devotional service as follows:
 - Friday Morning Flag Raising and Worship: Blue Team
 - Friday Evening Flag Lowering and Vespers: Red Team
 - Sabbath Morning Flag Raising and Worship: Green Team
 - Sabbath Evening Flag Lowering and Vesper: Red Team
 - Sunday Morning Flag Raising and Worship: Blue Team
 - Sunday Closing Ceremony Flag Lowering: Green Team

GENERAL REQUIREMENTS:

AREA PREPARATIONS:

Area Coordinators are tasked to ensure that all Master Guide Students come to the campout equipped to discuss and demonstrate proficiency in basic camping skills. To this end all Areas will be responsible for the following preparation prerequisites:

- a) Transportation, Risk Management protocols and management for a campout.
- b) Thorough knowledge of camping skills 1 and 2 including the categorizing of various camping
- c) Basic knowledge of knots and lashing
- d) Basic Knowledge of Drilling and Marching
- e) Knowledge of camp pitching, camp designing and the mandates for campsite kitchen, First Aid and supply tents.
- f) Meal planning: (Each Team is required to have ready for inspection, the meal plan prepared by the Master Guide Students throughout the encampment.)
- g) Each Team will bring rope for tower and bridge building as well as rope for campsite picket and lashing.
- h) Each Area Coordinator will submit an Honors worksheet for each candidate that indicates the completion of all theoretical requirements for the honors receiving practical instruction at the camp.**
- i) Each Area will be responsible for conducting a Pre-Camp Training Session with their candidates.

TEAM REQUIREMENTS:

- a) Teams will be selected at random by April 10, 2018. All activities and Instruction will be done as a team.

CANDIDATE PREPARATIONS:

1. Master Guide Students are expected to Pre-register for the camp by paying the camp fee of \$40.00 in full and submitting the forms (Camping fee is part of the \$75 Master Guide Program Fee) by the **April 10th, 2018** deadline. After this date, Candidates will be assigned to teams for the purpose of the Camp.
2. Each Candidate will be required to secure and have a available Backpack.

PROGRAMMATIC ISSUES

- 1- All activities will be team focused.
- 2- Each camper is required to hike into the campsite with full pack carrying personal item. Master Guide Candidates are not allowed to drive or be driven into the campsite except for medical reasons.
- 3- The Director will coordinate with the Backpacking and Orienteering instructors to design a hike that will satisfy the requirements for the Hiking, Backpacking and Orienteering honor simultaneously.
- 4- The Campcraft instructors will ensure that each TEAM has an entrance with which knot tying and lashing are used. Each camp must also have some form of USABLE camp furniture built using lashing skills. Very Campsite will have at least one usable sink/basin.
- 5- The Fire Building and Camp Cookery Instructors will ensure that each team prepares and consumes one meal a day over the campfire.
- 6- To complete Hiking, Backpacking and Orienteering requirement, each team will carry and prepare their breakfast meal on the hike.

CAMPOUT INTINERARY:

Thursday, April 19

1:00PM -	4:30PM	Arrival and Camp Pitch
7:00PM-		Supper
8:30PM -	9:30PM	Campfire Pep Rallies/ Orientation by <u>Teams</u>
9:45PM-		Retreat/Lights Out

Friday, April 20

5:30AM		Reveille/ Half mile run
6:30AM –	7:00AM	Flag Raising, Morning Worship Assembly
7:00AM	8:00AM	Breakfast
8:15AM –	8:45AM	Site inspection
9:00AM –	10:50AM	Instructional Session # 1
11:00PM –	12:50 PM	Instructional Session # 2
1:00PM --	2:30PM	Lunch/Break
2:45PM –	4:45PM	Instructional Session #3
4:45PM -	6:00PM	Sabbath Preparation
6:00 PM –	7:00PM	Supper
7:00 PM –	9:00PM	Flag Lowering, Evening Assembly and Sabbath Vespers

9:00 PM – 10:30 PM	10:00PM	Team Meeting Retreat/ Lights out
-----------------------	---------	-------------------------------------

Sabbath, April 21

5:30AM		Reveille-Half mile run/walk
6:30AM –	7:00AM	Morning Assembly
7:00AM –	8:00AM	Breakfast
8:00 AM –	9:00AM	Site Inspection
9:00AM –	10:00AM	Sabbath School Session & Worship by Teams
10:00AM –	10:15AM	Break
10:15AM –	12:15PM	Breakout Session # 4
12:15PM –	2:15PM	Lunch/Rest
2:15 PM –	4:15PM	Breakout Session # 5
4:15PM	5:00PM	Break
5:00PM –	7:00PM	Breakout Session # 6
7:10PM --	7:30PM	Flag Lowering Assembly
7:30PM –	8:30PM	Supper
8:30PM –	10:00PM	Instructional Session # 7
10:00 PM –	12:00PM	Team Building Social
12:00 PM		Retreat/ Lights out

Sunday, April 22

5:30AM		Reveille
6:30AM –	7:00AM	Morning Assembly (COME FULLY PREPARED FOR HIKE)
7:00AM –	9:00AM	Backpacking & Orienteering Hike WITH BREAKFAST
9:00AM –	11:00AM	Instructional Session #8
12:00PM-	1:00PM	Closing Assembly (feed-back session)
1:00PM –		Strike Camp and Departure

Instructional Locations:

Assemblies:	Open Field
Instruction:	Fire pits and as the Team Leader directs

Uniform Discipline and Courtesies:

All uniform courtesies are to be adhered to while at campout. (These courtesies should also be established practice for Pathfinder Ministry at all times and everywhere) Officers are to be saluted and properly addressed. Fellow Officers are to adhere to this requirement as well as use the private counsel method to resolve any issues.

DRESS CODE:

ARRIVAL Day	Thursday,	April 19	Class B Field Dress with club Shirt
OPENING CEREMONY & DAY	Friday,	April 20	Class B Field Dress with Area Shirt
SABBATH	Sabbath,	April 21	Class B Field with Master Guide Program Shirt
FINAL DAY	Sunday,	April 22	Class B Field Dress with Conference Shirt

1. Males will wear the T-shirts of the **Field Dress** Uniform tucked into their jeans or pants at all times. Jeans are not to be worn baggy or hanging below the waist.
2. Females will wear the T-shirts of the **Field Dress** Uniform out of their jeans/pants covering their middles at all times.
3. T-Shirts worn with the **Class B Service Dress** uniform of both males and females will be tucked into the pants and skirt respectively. Service Dress is the specified Shirt with the Uniform Pants and Shoes to be worn at Worship Services, etc. (**Master Guides Pathfinder Staff, and Adventurer Staff will wear black bottoms for Sabbath Hours**)
4. Campers are to wear nothing in public that is revealing and immodest.
5. **Make-up and heavily decorated/polished fingernails are STRONGLY DISCOURAGED, as is of course jewelry.**

CAMP and CAMPOREE RULES:

1. **For the Purposes of the Master Guide Camp, Master Guide Campers will be known as Candidates.**
2. Park and unload cars in designated parking areas only.
3. Use only facilities assigned to your unit.
4. Check your site upon arrival, report any damage to the Campout Director or Ranger.
5. Report any injuries or accidents to the Director or designated staff. .
6. Build campfires in established fire rings, keep it small and never leave fires unattended.
7. The use of liquid fuels (gasoline, kerosene, white gas, liquid fire starter, etc.) is prohibited. Propane and butane appliances are permitted.
8. Do not ditch tents for any purpose.
9. Do not wash dishes or bathe at water spigots.
10. Do not cut or injure any standing (dead or alive) trees or shrubs.
11. Use only permanent latrines or comfort stations located throughout the camp.
12. Drugs, tobacco and/or alcoholic beverages of any type are strictly prohibited.
13. Pets are not permitted in camp.
14. Do not scare, trap, abuse or kill any wildlife.
15. The following items are prohibited in camp: Firearms, bows, arrows, chainsaws, fireworks, BB guns, and slingshots.
16. Certificates will only be granted to those trainees that meet the outlined requirements and have satisfactorily participated as determined by the Director.

REQUIREMENTS FOR UNIFORM INSPECTION:

Master Guide Class "B" Field Uniform

- ◆ One of the authorized Shirts i.e. Conference, Master Guide Program, Club in either T-shirt or Polo style.
- ◆ Black/blue jeans
- ◆ White tube socks
- ◆ Black or white Sneakers or Black field shoes or boots.
- ◆ Males will wear the shirts of the **Field** Uniform tucked into their jeans at all times. Jeans are not to be worn baggy or hanging below the waist.
- ◆ Females will wear the shirts of the **Field** Uniform out of their jeans/pants covering their middles at all times

ADDITIONAL UNIFORM REQUIREMENTS

- Braids and dreadlocks are strictly prohibited in male hair;
- Extra make-up, colored nail polish, nail decorations and nail extensions are strictly prohibited. Nails must be neatly clipped and clean;
- Jewelry of any kind (except a simple watch for telling time, and engagement and or wedding rings) are strictly prohibited;
- The use of the white shirt and black pants/skirt combination IS NOT a part of the uniform!

MASTER GUIDE CAMP HONORS:

(Items highlighted in blue will be covered at the Master Guide Camp. Theoretical items are to be covered in Master Guide Class prior to the camp.)

Backpacking

1. Discuss with your instructor the meaning of the motto: "Take nothing but pictures and leave nothing but footprints."
2. Know the essentials of proper clothing, shoes, and rain gear to use in backpacking.
3. Know the principles in selecting a good quality backpack. In an emergency, what might be used in place of a backpack?
4. Know the essential items to be taken on a backpack trip.
5. What kind of sleeping bag and pad are best for your camping area? Know at least three kinds of each that are available.
6. Know how to pack a pack properly.
7. What types of food are best for backpacking? Visit a grocery store and list the foods found there that are suitable for backpacking. With your instructor:
 - a. Prepare a menu for a weekend backpack trip using foods obtained from a grocery store.
 - b. Learn the techniques of measuring, packaging, and labeling backpack foods for your trip.
 - c. Make a trail snack.
8. Know the prevention and symptoms of, and the first aid for:
 - a. Sunburn
 - b. Blisters
 - c. Frostbite
 - d. Hypothermia
 - e. Heat stroke
 - f. Heat exhaustion
 - g. Snake bite
 - h. Cramps
 - i. Dehydration
9. Have a first aid kit in your pack and know how to use it.
10. According to your weight, what is the maximum number of pounds you should be allowed to carry?
11. Know three ways to find direction without a compass. Demonstrate at least two.
12. Show the proper way to put on and take off a backpack alone and with a partner.
13. Participate in a weekend backpack trip of at least five miles (8 km) to a site not accessible by a vehicle and cook your own meals.

Skill Level 2

Prerequisites for Hiking and Backpacking,

In order to prepare for the Hiking, Backpacking and Orienteering practical aspects that will take place during Master Guide Camp, please complete the theory for each of these honors.

The work during the Master Guide Camp will be to apply the theory that has already been learned.

Upon arrival, Area candidates will be required to hike to the campsite. Staff will be available at Camp entry to provide instructions regarding the hike. Each candidate will be expected to carry full backpack that will include personal items. Personal items include clothes, toiletries; personal eating utensils, sleeping bag/pad, etc. Area group items, such as group tents, food and camp cooking utensils, will be driven to the campsite.

Candidates will not be allowed to ride or to drive to the campsite. Candidates, who have a medical condition that prevents participation in this hike, must have previously submitted a letter from medical professionals to the Camp Director or Designate. The letter should include the medical condition and the activity limits for the Camp.

If a candidate will not arrive with the rest of the candidates, let the Camp Directorate know ahead of time, the name(s), Area and expected time of arrival. Remember, candidates who arrive after 8:00 am, Friday April 20, 2018, will not be able to participate in the Camp.

The completion of this initial hike into the campsite will fulfill Item #13 of the Backpacking Honor.

There will be another hike on Sunday morning. This hike will fulfill the requirements of both the Hiking and the Orienteering honors. Breakfast and whatever is needed to prepare the breakfast must be carried in backpacks for this hike. Items 5, 6, 8 and 10 of the Orienteering honor and Item 11-B, of the Hiking honor will be completed during this hike.

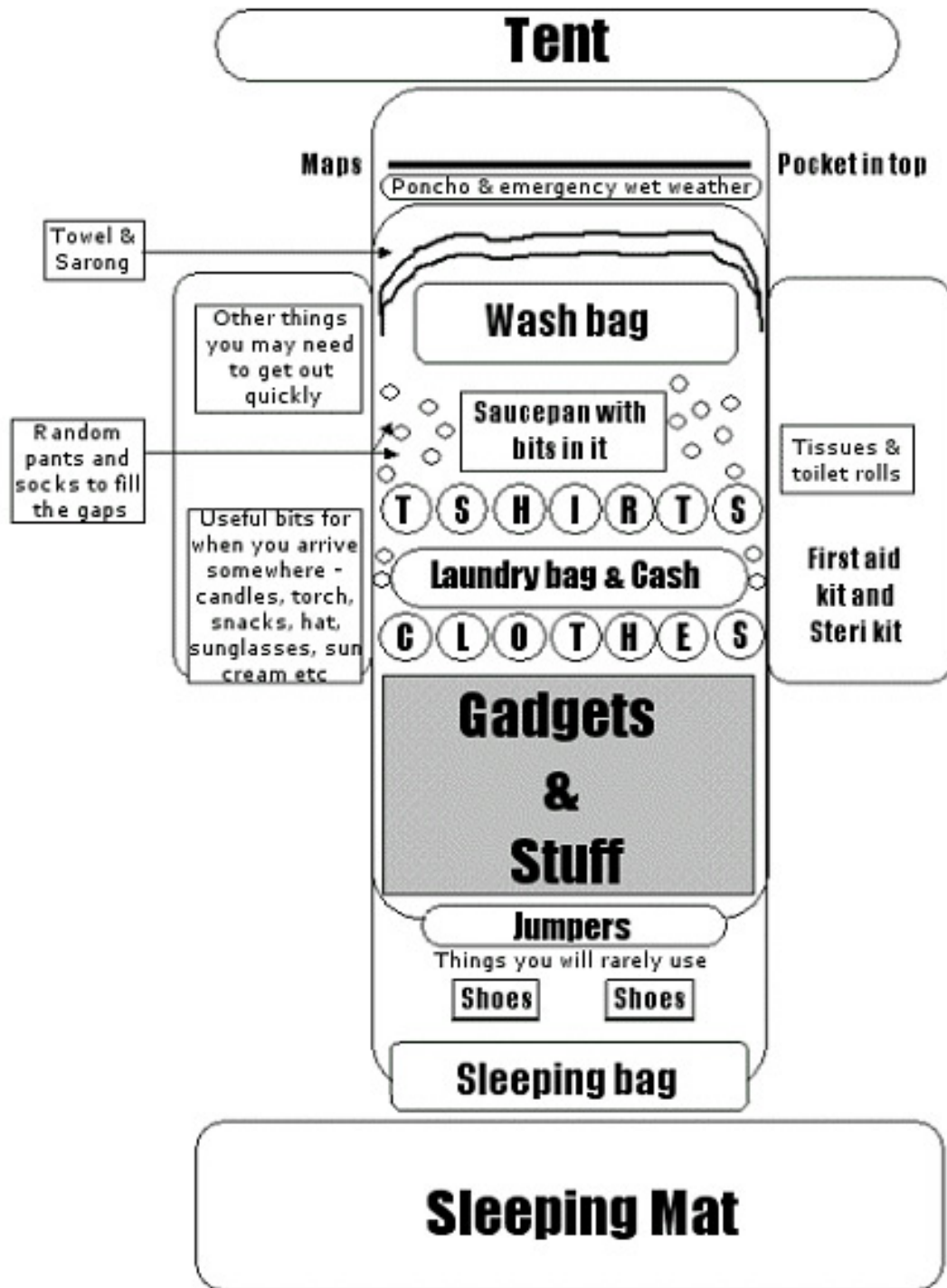
You will be expected to carry the Ten Essentials on your hikes. Each candidate must carry each of these items in their backpack.

Updated Ten Essential "Systems"

- | | |
|---------------------------------|--|
| 1. Navigation (map and compass) | 2. Sun Protection (sunglasses/sunscreen) |
| 3. Insulation (Extra Clothing) | 4. Illumination (headlamp/flashlight) |
| 5. First Aid Supplies | 6. Fire (waterproof matches/lighter) |
| 7. Repair Kit and Tools | 8. Nutrition (Extra Food) |
| 9. Hydration (Extra Water) | 10. Emergency Shelter |



Common Item Locations in a Backpack



Campcraft

1. Explain how and why weather, season, and water supply are considered when choosing a campsite.
Explain what care to take with regard to safe water, sanitary facilities, and emergencies.
2. Prepare a list of clothing you would need for an overnight camp in warm and cold weather.
3. Know and practice the safety rules in camping.
4. Show your ability to use a camp knife by demonstrating or explaining safety rules for its use and making shavings for tinder.
5. Prepare for an overnight camp with a group by making a list of personal items and group items that will be needed.
6. Prepare balanced menus for one cooked breakfast, lunch, and supper.
7. Complete the following while on an overnight camping trip:
 - a. Prepare ground properly for comfortable sleeping.
 - b. Correctly pitch and strike a tent.
 - c. Prepare a proper safe area for a campfire. Show proper use of wood tools in getting and preparing fuel for a fire.
 - d. Show how to protect your camp against animals, insects, and wet or bad weather.
 - e. Show how to take proper care of the environment as you camp and leave the area with no trace of having been there.
8. Know eight things to do when lost.
9. Camp for a continuous three days and two nights, sleeping each night under the stars or in a tent.
Be actively involved in cooking at least two of the meals.
10. Considering the things learned in this honor and the camping done, what is the meaning and the reason of the Pathfinder Camping Code?

Skill Level 1

Fire Building and Camp Cookery

1. Lay five different kinds of fires and know their uses. Two of these fires must be cooking fires.
2. Safely make wood shavings or fuzz sticks.
3. Show correct techniques for starting a fire.
4. Start a fire with one match and keep it going for at least ten minutes.
5. Know and practice fire safety rules.
6. Show how to correctly and safely cut and split wood for a fire.
7. Start a fire on a rainy day.
8. Demonstrate the following cooking techniques:
 - a. Boiling
 - b. Frying
 - c. Baking bread on a stick
 - d. Aluminum foil baking
 - e. Reflector oven baking
 - f. Simmering
9. Know one method of keeping food cool while camping other than with ice.
10. Know ways to keep your food and utensils safe from animals and insects.
11. Why is it important to keep your cooking and eating utensils clean?
12. Showing knowledge of proper nutrition and food groups, make up a complete and balanced menu for six camping meals. Include the following:
 - a. A breakfast, lunch, or supper good for a trail hike where light weight is important. The meal should not need cooking but should be nutritious.
 - b. The remaining five meals may be made up of any type of food: canned, fresh, frozen, or dried. One of the five must be a one-pot meal.
13. Make up a supply list of items that will be needed to prepare the above six meals.
14. Know how to properly and safely handle food, dispose of trash and garbage, and wash your gear.

Skill Level 2

Orienteering

1. Explain what a topographic map is, what you expect to find on it, and three uses for it.
2. Identify at least 20 signs and symbols used on topographic maps.
3. Give the nomenclature of an orienteering compass.
4. Know the meaning of the following terms:
 - a. Elevation
 - b. Contour interval
 - c. Magnetic North
 - d. Declination
 - e. Scale
 - f. Measuring
 - g. Back-azimuth
 - h. True North
 - i. Azimuth
 - j. Distance
5. Demonstrate how to shoot a magnetic azimuth.
6. Demonstrate how to march on a magnetic azimuth.
7. Know two methods to correct for declination and when correction is necessary.
8. Be able to orient yourself and a map by inspection and by compass.
9. Explain resection and its use.
10. Prove your ability in the use of a map and/or a compass by following a one-mile (1.6 km) cross-country course with at least five given readings or control points.

Prerequisites for orienteering

Before attending the 2018 MG Camp, candidates should

** Complete Orienteering AY Honor requirements #1, 2, 3, 4, 7*

During the 2018 MG Camp, candidates will be able to:

- * explain the parts of an orienteering compass*
- * identify structures or buildings that will appear as symbols on a topographical map*
- * demonstrate how to shoot magnetic azimuth.*
- * demonstrate how to march on a magnetic azimuth.*
- * apply a method to correct compass reading for declination*
- * create a hiking course by using a compass*

What to bring:

- * an orienteering compass (compass must have bearing index, dial, compass needle/red north with fluorescent bar)*
- * a section copy of a topographic map (any area)*
- * pocket writing pad and a pencil*

Please visit these links as reference for the topographic maps.

<http://www.mytopo.com/maps/>

<http://nationalmap.gov/ustopo/index.html>

















Edible Wild Plants

1. Photograph, collect pictures of or sketch fifteen edible wild plants. Identify each plant in the wild.
2. Identify in the wild five trees and five shrubs which are edible.
3. Identify, prepare, and eat three kinds of wild berries or fruits, three kinds of beverages, three salad plants, three potherbs (greens), and two tubers or roots.
4. Demonstrate the preparation of wild foods in each of the following ways:
 - a. Boiling
 - b. Frying
 - c. Roasting
 - d. Baking
 - e. Demonstrate how to prepare four parts of the common milkweed or day lily for food.
6. Explain how to identify three "odd-shaped" edible fungi and how to identify the deadly mushroom amanitas.
7. What root plant can be dried and ground into meal?
8. Know at least 8 families embracing the poisonous or doubtful plants.
9. What is the cardinal edibility rule?

Skill Level 2

EDIBLE WILD PLANTS

Master Guide Training Camp

<p>Crabapple</p>  <p>3" MA2</p>	<p>Eastern White Pine</p> <p>needles in bundles of 5</p>  <p>3-5" PIST</p>	<p>Sugar Maple</p>  <p>4-6" ACSA2</p>	<p>Pin Oak</p>  <p>3-5" QUPA</p>
 <p>Wild Grape <i>Vitis</i> spp. To 100 ft. (30 m) Large leaves are lobed or toothed. Elongate flower clusters are succeeded by amber to purple berries, often with a white sheen. Eat young leaves and berries.</p>	 <p>Wild Strawberry <i>Fragaria</i> spp. To 8 in. (20 cm) Leaves have 3 hairy leaflets. Five-petaled flowers are succeeded by the familiar fruit. Dried leaves are good in teas.</p>	<p>Thistle <i>Cirsium</i> spp. To 6 ft. (1.8 m) Leaves are scalloped and prickly. Leaves can be rendered palatable by boiling in several changes of water. Peeled young stalks are a good raw snack. Thistle seeds can be ground into flour.</p> 	 <p>White Clover <i>Trifolium</i> spp. To 12 in. (30 cm) The common lawn clover, it has rounded white to red flowerheads and leaves with three leaflets. Entire plant is edible raw or cooked. Fresh or dried blossoms can be used to make tea.</p>
 <p>Curly Dock <i>Rumex crispus</i> To 5 ft. (1.5 m) Large leaves have curled or wavy edges. Flowers are succeeded by small, heart-shaped winged seeds. Sour-tasting leaves are a thirst-quenching trail snack and a tasty addition to any dish calling for cooked greens.</p>	 <p>Cattail <i>Typha</i> spp. To 10 ft. (3 m) All green parts of this marsh plant are edible. The roots of young plants (called Cossack's asparagus) are the most delectable. Green seed spikes can be prepared and eaten like corn on the cob. Collect pollen by shaking flower heads into a plastic bag and adding water to make a dough.</p>	 <p>Lamb's Quarters <i>Chenopodium album</i> To 6 ft. (1.8 m) Leaves and stems have a whitish cast. Seeds develop in dense clusters at the junctions of leaves and stems. All parts of plant are edible and are high in vitamins A and C. Seeds can be ground into flour or used whole in soups, stews and baked goods.</p>	 <p>Common Dandelion <i>Taraxacum officinale</i> To 16 in. (40 cm) The flowers, leaves and roots of this common lawn weed are edible raw or cooked. Flowers are used in wine-making.</p>
 <p>Chicory <i>Cichorium intybus</i> To 6 ft. (1.8 m) Wheel-shaped flowers are varying shades of blue. Leaves are good in salads. Roasted roots can be ground and used as a coffee substitute.</p>	 <p>Wild Onion <i>Allium</i> spp. To 24 in. (60 cm) Plant has a strong onion-like odor. Prepare the bulb and greens like commercial varieties. Avoid any similar plants that lack onion odor since some are poisonous.</p>	 <p>Butternut <i>Juglans cinerea</i> To 60 ft. (18 m) Leaves have 11-17 leaflets. Oval fruits are 4-ribbed. Harvest and prepare nuts as for walnuts.</p>	 <p>Wild Red Raspberry <i>Rubus idaeus</i> To 6 ft. (1.8 m) Leaves have 3-5 leaflets. Fruits appear in summer.</p>

CHECK	ITEM	NOTATION
	BACKPACK OR MILITARY DUFFEL BAG BACK-PACK IS REQUIRE FOR THIS CAMP	NO SUITCASES AND NO SHOPPING BAGS
	Sleeping Bag	3LBS AND WATERPROOF
	Two Blankets	ONE SHOULD BE WOOL
	Ground Cloth	
	Mess Kit	THIS IS THE CAMPING SET OF PAN, PLATE , CUP AND COVER
	Chow set	THIS IS THE CAMPING KNIFE, FORK AND SPOON
	Wash basin	SMALL AND DURABLE
	Flashlight	BRING AT LEAST TWO SETS OF BATTERIES
	Raingear	A QUALITY WEATHER SET IS RECOMMENDED BUT PONCHO OR PARKA WITH BOOTS FOR FEET WILL DUE.
	All Weather Jacket, Hat and gloves	SECURE A HEAVY COAT FOR WINTER, SPRING AND FALL AND A HEAVY JACKET FOR COLD SUMMER NIGHTS
	BIBLE and quarterly (Morning Watch Book)	WE WORSHIP WHEN WE CAMP
	Towel and Wash Cloth	
	Toiletries	ITEM ARE FOR HYGIENE AND SHOULD NOT BE PERFUMED.
	Black Oxford leather lace-up Shoes	UNIFORM SHOES- NO SUEDE, PATENT LEATHER OR LOAFERS
	CLASS "B" Field Uniform	BLUE OR BLACK JEANS CLUB, AREA, CONFERENCE T-SHIRT (STAFF FIELD UNIFORMS SHIRTS FOR STAFF ONLY)
	Under garments	COMPLETE CHANGE OF UNDERGARMENTS FOR EACH DAY IN A PLASTIC ZIP FOOD BAG. (INCLUDE SOCKS)
	Sweat suit	FOR SLEEPING IN
	Sneakers	CONFERENCE STANDARD OF WHITE OR BLACK
	Swim wear	APPROPRIATELY DESIGNED FOR MODESTY

Note:

1. Before camping trips or Camporee all items are to be inspected.
2. Every item should have the owner's name on it in waterproof ink. (ALL ITEMS)
3. Some items may be worn or carried and need not be packed.

NATURE WALK WORKSHEET

(To be included in written summary of the camp that is part of the Master Guide Folder)

NAME OF MASTER GUIDE CANDIDATE: _____

DATE: _____

TREES	SHRUBS
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.
ROCKS AND MINERALS	AMPHIBIANS
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.
MAMMALS	BIRDS
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.
INSECTS	REPTILES
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.
	11.

Master Guide Camp

Camp Meal Planner

NAME OF TEAM: _____ NUMBER IN TEAM: _____

CHOW MASTER: _____ COOK: _____

MEAL DATE: _____

BREAKFAST

MENU	SUPPLIES NEEDS

LUNCH

MENU	SUPPLIES NEEDS

SUPPER

MENU	SUPPLIES NEEDS

NOTE:

1. Each Team will be responsible for seven (7) meals Breakfast: Sabbath and Sunday, Lunch: Friday, Sabbath, Supper: Thursday, Friday and Sabbath
2. Two meals per day must be prepared on the open fire during the encampment.

3. The Sunday breakfast meal must be prepared during the hike from food stuffs carried in the team's backpack.

Example of Breakfast Meals

- Fruits
- Hot Cereal
- Hot Drink (Postum or Roma)
- Juice and Water
- Linkettes or prosauge
- Eggs
- Muffins

Example of Lunch Meals

- Juice and Water
- Chili
- Spaghetti and veggie meat sauce
- Sandwich

Example of Supper Meals

- Juice and Water
- Dinner Roast
- Cut Green beans
- Veggie Dogs
- Peas and Corn

FIRE SIDE ONE POT MEAL

- Roast Potatoes
- Roast Corn on the Cob
- Veggie Meat
- Bread/Biscuit



*South Central Conference Master Guide Program
2018 Master Guide Camp*

MASTER GUIDE CAMP STAFF REGISTRATION FORM

Thank you for agreeing to serve on the Staff of the **South Central Conference Master Guide Training Camp** to be held at the VISION Ministry Campground, 187 Oscar Webster Road, Huntsville, AL 35803. **Please complete this form and submitted it (with Staff shirt fee of \$25.00 if you desire it) to the Youth Ministries Office by April 10.**

Please print

NAME: _____

T-Shirt Size: _____

ADDRESS: _____

TELEPHONE No. _____

CHURCH: _____

CLUB: _____

CLUB/FEDERATION POSITION: _____

*Included with this form is the Staff shirt fee of \$25.00 if applicable, my Health Record, and also if applicable a Trip Permission Slip sign by my Parent/Guardian. **(Make Money Orders payable to the South Central Conference.)***

Signature of Camp Staff Member

Date