

# Totally Tetons Tribune

July 2008

**ARROWCORPS5**  
A HIGHER ADVENTURE

Volume I

Issue 7

## In This Issue

**Page 2**  
Operations  
Project Update

**Page 3**  
Project Safety—  
Heat Illness

**Page 4**  
Check-in and  
Registration for  
B-T

**Page 5**  
Frequently Asked  
Questions (FAQ)

**Page 6**  
Contact info. for  
the Bridger-  
Teton project

# Final Issue!

**Alex Kahler is the editor of the *Totally Tetons Tribune* and can be reached at [oa.bridgertetons.org](http://oa.bridgertetons.org).**

This is the final issue of the *Totally Tetons Tribune*. We hope the information provided in these newsletters has helped you in your planning for the Bridger-Teton ArrowCorps5 project. Please continue to visit the contingent web site (<http://totallytetons.org>) and the national Bridger-Teton AC5 project site ([www.aa-bsa.org](http://www.aa-bsa.org)) for the most up-to-date information concerning the project.

We will continue to keep contingent leaders informed through official project updates which will be e-mailed periodically. So, watch your inbox if you are a contingent leader.

Be safe on the road and in the skies—  
we'll see you soon in Jackson Hole, Wyoming!

# Operations Project Update

The BT project is close at hand and the staff is busy at work to ensure that this will be one of the best experiences you will have in the OA. As you prepare to attend please take the time to make sure that you have everything that you will need. Please be sure to visit the web site for the most up-to-date gear list to make sure you have everything.

We have prepared a list of helpful tips from the previous AC5 projects this summer.

## **PERSONAL ITEMS:**

Leather is the best choice for your boots. Your work / hiking boots need to be broken in. If your boots are very new and/or stiff, you can apply some boot oil to soften them and help with the break in. Your work gloves must be leather. Fabric gloves do not hold up and do not protect you from metal and sharp objects. Make sure you have a hat that will provide protection from the sun. A wide-brimmed hat is preferable. Don't forget the sun screen! Being at a higher elevation means the sun's rays are more intense. Some Arrowmen have found it useful to wear a bandana under their hat to shade their neck from the sun. If it is very hot, the bandana can be soaked with water to help keep you cool. Remember, you will be required to wear the hard hat when on the "job". Long pants and a long sleeved shirt for working in is a must. Insect repellent is a must and there are ticks in the woods, so make sure to check yourself. Bring those water bottles! Drinking plenty of water is important.

## **TENTAGE**

Make sure your tent is in good repair and you have remembered to bring a ground cloth for it. The expectation is that there will be two Arrowmen. There is not room for family size tents. Space has been allocated on this expectation that 2-man tents will be used.

## **MEDICAL**

Make sure your medical form is completely filled out and signed by the doctor and a parent if under 18. Make sure you have paid all your fees in full. It is best to bring copies of receipts just in case. This will help to expedite the check-in process when you arrive.

## **SAFETY**

You will be sleeping in tents and as we all know they do not have locks on them. Although we are Boy Scouts who live by the Scout Oath and Law, we also strive to "Be Prepared". Please be mindful of the things you bring. Have a system for keeping money and other valuable items safe. Hiding them under your pillow does not count!

Begin to watch the weather for the project and plan for it. This is a rain or shine activity. Work will only stop if it poses a safety / health issue.

Be mindful that we are guests of Jackson Hole and the USFS. Be considerate to all. You are representing your home Troop, Lodge, Section, Council, and the BSA. Let's make sure that the Order of the Arrow is held in high regard.

# Baby It's Hot Out There!

## Heat Illness and Prevention

So, how hot will it be in Jackson Hole and the surrounding area? The average temperature will be around 90 degrees. Not too hot compared to where you live? Here's the kicker; the humidity is in the 20% to 30 % range. Your sweat will evaporate so fast that you won't even know that you're sweating. Without plenty of water, you too could see Jackson Hole through a hospital window. What can you do to make sure you get to enjoy your stay and avoid hyperthermia?

First, wear light colored clothing. You need to make sure that it is sturdy enough to keep you from being scraped while working around bushes. Cotton actually works pretty well if you make sure to change to dry clothes in the evening. Next, you need to drink plenty of water. Drink small amounts frequently. The easiest way to tell if you are hydrated is if your urine is clear and copious (this means you pee a lot). You may have to drink up to 2 to 3 gallons a day depending on conditions. You need to take breaks frequently and make sure that you find shade. This may mean using tarps at some of the locations.

So what happens if you ignore this advice? First you can become dehydrated. Symptoms of dehydration include tiredness, headache, confusion and body aches. You may notice that your fingers are swelled as well. If you suffer from dehydration, notify your squad leader and medical staff immediately, and then seek shade and sip water until you feel better.

What comes next if you ignore your symptoms? Heat exhaustion will arrive. Your skin will be pale and clammy from heavy sweating. You'll be nauseated and tired. You may be dizzy and faint. Finally, you may have a headache, muscle cramps and weakness. Treatment includes lying in a cool, shady place with your feet raised. You'll want to remove excess clothing and have people apply cool wet cloths to your body. If you're fully alert, you can sip water and eat small amounts of salty food. You should be able to recover fairly quickly.

Wanna go for broke? Heatstroke is the final stage before death. You'll have hot red skin that can be either dry or sweaty. You'll also be confused with a rapid pulse. This is a medical emergency. You need to seek shade immediately and remove heat from your body any way you can. People will need to use water to keep your body wet and cool.

So, the best medicine will be to stay hydrated and take breaks often as necessary in the shade to ensure we all enjoy our stay in Jackson Hole.

# Checking in at Registration

## When You Arrive at B-T

The Registration Director for the Bridger-Teton ArrowCorp5 site is Joe Glenski (glenski@cray.com). Please contact him with any registration issues, questions, or concerns.

### ***Contingent Summary Registration Report now available online:***

A report showing a summary of the registration data received so far is available in the Registration Info section of the B-T Contingent Website (<http://totallytetons.org>). All Contingent Leaders are asked to read the Contingent Summary Registration Report page on that website and check the data for their council contingent.

### ***Be Prepared for Check-In:***

Due to the nature of the ArrowCorps5 project, **each individual participant needs to go through the check-in process**. Unlike a NOAC, where only the contingent adult and youth leader handle registration for the entire group, at Bridger-Teton everyone will need to check-in separately. While our registration staff has been planning carefully for this event, there may be times when participants will need to wait in line for a while. This is especially likely to occur when a large group of people arrive all at the same time, such as when a bus full of Arrowmen arrives. Please be patient while waiting to check-in. You can help to speed up the process by making sure all your payments have been made and properly recorded by the national OA office, all your form C's have been received by us in advance, and everyone in your group has the correct forms to hand in at check-in with them.

### ***Forms to Bring With You:***

#### **1) Medical Forms:**

All participants and staff at Bridger-Teton AC5 will need to have the proper medical form with them on arrival to hand in as part of the check-in processing. Please make sure that everyone in your contingent has the necessary forms with them before you leave home. Do not mail your medical forms in, bring them with you. (See the March "Totally Tetons Tribune" page 1 article for more details on what Medical form is required.)

#### **2) Mountain Biking Assumption of Risk Agreement:**

Everyone who may be going on the Mountain Biking trip must complete and sign a Day Tour & Bike Rental Assumption Of Risk Agreement wavier, available on the Recreational Opportunities & Waivers page of the B-T Contingent Website (<http://totallytetons.org>). All youth under age 18 must also have a parent or guardian sign the form. Anyone who has listed the Mountain Biking trip as one of their recreation choices must bring a completed form with them to hand in at check-in. Do not try to send the forms into us in advance.

#### **3) Whitewater Rafting Participation Agreement:**

Everyone who may be going on the Whitewater Rafting trip must complete and sign a Teton Whitewater Participation Agreement wavier, available on the Recreational Opportunities & Waivers page of the B-T Contingent Website (<http://totallytetons.org>). All youth under age 18 must also have a parent or guardian sign the form. Anyone who has listed the Whitewater Rafting trip as one of their recreation choices must bring a completed form with them to hand in at check-in. Do not try to send the forms into us in advance.

See you in Jackson Hole!

# FREQUENTLY ASKED QUESTIONS

For the final issue of the *Totally Tetons Tribune*, we answer the most frequently asked question during the month of June. If you have a question that has not been answered, please e-mail us at [oa.bridgertetons@gmail.com](mailto:oa.bridgertetons@gmail.com) and then check the web site at <http://totallytetons.org> for the most up-to-date list of FAQ. we'll get you an answer!

**Q: Do I need to bring a stove and water purification / filtration materials with me to B-T?**

**A: NO!**

In the June Issue of the *Totally Tetons Tribune*, there was an article titled Water, Water Everywhere! Not a Drop to Drink. Apparently, this has caused some confusion on the potable water issue for all of the Bridger-Teton sites (Jackson High School and the spike camps at Goosewing and Gros Ventre). The article was meant only to provide some general background information on usability of water from non-reliable water sources (e.g., steams), especially for those Scouts and Scouters who may not get into the backcountry but only a few times (or less) a year.

However, we want to assure everyone that potable water will be available at all camp areas for drinking, cooking, and cleaning. As the article stated, we will be using what are simply called QBs. The QBs (hold 5-gallons of water) will be filled on a daily basis with fresh, clean potable water. No site will have to worry about the need to purify water. There is no need to bring water filters or any other treatment remedies.

Again, all sites will have clean, potable water available for everyone to use.

A complete set of back issues of the *TOTALLY TETONS TRIBUNE* is available at <http://totallytetons.org> and by following the Bridger-Teton link at [www.oa-bsa.org](http://www.oa-bsa.org).

If you need to contact one of the ArrowCorp<sup>5</sup> Bridger-Teton Key Staff, please use the e-mail addresses below. You can also submit questions to the official e-mail address for our project at [oa.bridgertetons@gmail.com](mailto:oa.bridgertetons@gmail.com).



General Questions - Alex Kahler, Admin/Finance Deputy Chief [oa.bridgertetons@gmail.com](mailto:oa.bridgertetons@gmail.com)

Squad and Assistant Squad Leader Questions - Brian Seeton, Operations Section Chief [bseeton@aol.com](mailto:bseeton@aol.com)

Logistics staff questions - Ken Davis, Logistics Section Chief [daviskenjared@aol.com](mailto:daviskenjared@aol.com)

Planning staff questions - Andy Martin, Plans Section Chief [apmrunner@hotmail.com](mailto:apmrunner@hotmail.com)

Finance and Admin staff questions - Bill Lenker, Finance/Admin Section Chief [billandstace@sio.midco.net](mailto:billandstace@sio.midco.net)

Youth Leadership - Sam Fife, Deputy Youth Incident Commander [sam.e.fife@gmail.com](mailto:sam.e.fife@gmail.com)