

**TOP  
SECRET**

# Arrow of Light SAS-WALK Program Guide

Buried deep in the back country of the Northwest Georgia mountains lies a base camp. Thru-hikers and adventurous backpackers who use the camp during their treks come back spooked and talk of mysterious sightings of a large figure hiding in the woods, food going missing from their base camp, and other strange occurrences. Locals nervously joke and say it's just the friendly neighborhood Sasquatch, but won't travel through those same woods at night alone. Do YOU have what it takes to survive 24 hours deep in the woods at the base camp? Or will you become just another story the locals tell to warn people away?



## Welcome to the SAS-WALK Program Guide!

In this guide you'll find more detailed information about the Camp Sidney Dew Arrow of Light SAS-WALK program. This 24-hour program is designed to introduce and strengthen skills that Arrow of Light scouts will need when they cross over to Scouts BSA troops in the following Spring.

At their first Summer Camp with their Scouts BSA troop, first-year campers at Camp Sidney Dew participate in the Spike Buck program, which teaches participants the basic skills that all Scouts must master to become proficient in camping and outdoor activities. Camping, first aid, rope work, map and compass work, nature, hiking, and basic knowledge of how Troops and Patrols work are all covered in the Spike Buck program.

While we hope to see all Arrow of Lights in the Spike Buck program at next year's Summer Camp, they still have a way to go before they get there. The SAS-WALK program is designed to be a quick and brief prequel to Spike Buck. Although the SAS-WALK program won't cover everything due to time restraints, we hope that all participants leave feeling more confident in their outdoor skills and excited to join a troop in the Spring.

**Our goal is to keep parents and leaders informed of program activities; however, a major component of the SAS-WALK is the mystery and surprises surrounding the program. We ask that you not share the details of this guide with Scouts and reserve the information in this guide for only parents and leaders.**

### PARTICIPANT PROGRAM

Our SAS-WALK participants begin their trek in the Dining hall where they will assemble their lunches, grab their gear (brought to the dining hall at breakfast), and wave good-bye to their units.

From there, they will be led on a roughly 1.5 mile hike through some of the lesser used trails on camp property before arriving at their base camp for the next twenty-four hours. On the hike, their guides will stop often for teaching moments on nature, hiking, and map work, and participants will break to eat lunch along the way as well.

Once at base camp, participants will set up their tents while being instructed in campsite selection. Next, it's time for rope work! They'll have just enough time to build some fun camp gadgets using their newly acquired lashing skills before their guides realize that their food supply has mysteriously disappeared while they were gone to collect the participants. The participants will have to learn map and compass skills to find the scattered pieces of their dinner. And of course, when they return from finding their food, their tents may have been

tampered with by a visitor. What kind of animal leaves THAT big of a track?! After re-setting tents, if time allows, participants will get to relax with some fun team-building challenges before receiving cooking skills instruction and making dinner. After dinner clean-up it's time to learn how to build a campfire and make a dutch oven dessert to prepare for the evening's guests. Participants will be joined by their parents and leaders for dessert and a campfire at 8:30 PM. After saying good-night and wishing safe travels to their guests, our SAS-WALK participants will prepare for bed and it's lights out at 10:00 PM. Did you hear that branch snap?!

Participants will be up with the sun the next morning to prepare their breakfast and jump back in to skills instruction. First aid is incredibly important (especially with all the weird things that have been happening) and they'll get the chance to practice what they've learned when a confused and disheveled group of hikers stumbles into base camp needing help. After treating their new friends and getting them back on the trail, participants will spend some time learning more about the Patrol method and playing some fun games. Then it's time to break camp and start the hike back to civilization. Arrow of Light scouts will arrive back at the Dining Hall just in time for lunch, a little dirtier, a little more tired, but hopefully with "old-man memories" and eagerness to cross over to Scouts BSA.

**A QUICK NOTE:** Throughout the program, radios may crackle with talk of "weird things" happening around base camp and if they are paying attention, participants may even return from the SAS-WALK with their own Sasquatch sighting to share! Rest assured, our adult leaders on the SAS-WALK will carefully monitor each participant's comfort level and adjust odd occurrences accordingly.

## PARTICIPANT SCHEDULE

### SUNDAY, JUNE 26

<b>12:00 PM</b>	Assemble lunch in Dining Hall and start hike to base camp
<b>1:30 PM</b>	Arrive in base camp
<b>1:45 PM</b>	Campsite selection & Tent set-up
<b>2:30 PM</b>	Rope work & Lashings
<b>3:15 PM</b>	Map/Compass work & Scavenger hunt
<b>4:00 PM</b>	Team Building Challenges
<b>5:00 PM</b>	Prepare, eat, and clean up dinner
<b>7:00 PM</b>	Nature & Hiking
<b>7:45 PM</b>	Campfire skills & Dutch oven cooking
<b>8:30 PM</b>	Campfire & Dessert with guests
<b>9:30 PM</b>	Guests depart
<b>10:00 PM</b>	Taps & Lights out

## MONDAY, JUNE 27

<b>7:30 AM</b>	Reveille
<b>7:45 AM</b>	Prepare, eat, and clean up breakfast
<b>9:15 AM</b>	First aid & Hiker Help
<b>10:15 AM</b>	Patrol Method & Challenge games
<b>11:00 AM</b>	Break camp & hike back to Adventure Camp
<b>12:00 PM</b>	Arrive at Dining Hall & Lunch

## PARENT PROGRAM

While the SAS-WALK program is designed to prepare Arrow of Light Scouts to cross-over to Scouts BSA troops, the parent program is meant to help you do the same. Things work a little differently (or a lot differently, depending on the topic) in Scouts BSA troops than they do in Cub Scouts. We've put together this program to help you learn what is expected of you as a Scout BSA parent and introduce you to some of the fun things you'll get to do in Scouting once you're no longer following your Cub Scout around!

Just as the Cub Scouts have their dens and den chiefs, all our parents will be in patrols with troop guides, to help you learn more about troop structure. Your troop guide will be with you throughout the program to answer questions and help you with whatever you may need.

## PARENT SCHEDULE

### SUNDAY, JUNE 26

<b>12:00 – 2:00 PM</b>	Lunch & Rest Period
<b>2:00 PM</b>	Pack to Troop Transition – What to Expect Led by Scoutmaster Max McAdams
<b>3:00 PM</b>	Scout Skills Instruction Led by Summer Camp Staff
<b>4:00 PM</b>	Patrol Meeting
<b>5:50 PM</b>	Assembly on Parade Field outside of Dining Hall
<b>6:00 PM</b>	Flag Ceremony
<b>6:10 PM</b>	Dinner
<b>7:15 PM</b>	Canoes and Kayaking on Lake Goodyear
<b>8:30 PM</b>	Dessert and Campfire at SAS-WALK Campsite
<b>10:00 PM</b>	Depart SAS-WALK Campsite Lights out Quiet hours begin

## MONDAY, JUNE 27

7:45 AM	Flag Raising at Parade Field
8:00 AM	Breakfast
9:00 AM	Cardboard Boat Battle Prep
10:00 AM	Project C.O.P.E.
11:00 AM	Top Shot Competition

### WHAT TO BRING – SAS-WALK PARTICIPANTS

Backpack to fit all personal gear

Tent and everything you need to set it up

Sleep System (bag or blankets, pad, optional pillow)

Water bottle

Mess kit (plate, cup, utensils)

Rain gear

Flashlight/headlamp w/extra batteries

First aid kit

Sun Protection

Compass

Pajamas

Overnight toiletries

An open mind

A positive attitude

Tips: Pack lightly! You will be carrying all your overnight gear to your base camp just like you will when you cross over to a Scouts BSA troop. We will go over in the parent meeting how to pack everything up in order to carry it easily. Tents will be transported to base camp by camp staff but please choose a 2-4 person tent instead of a large, cabin-style tent as space is limited!

