



# Camp Guidebook

## 2023



BOY SCOUTS OF AMERICA®  
NORTHEAST GEORGIA COUNCIL

**Northeast Georgia Council  
Boy Scouts of America  
P.O. Box 399  
Jefferson, GA 30549**

**TO: All Participants of the 2023 Ranger Camp**

**FROM: Dan Fredericksen Ranger Camp Director**

**Subject: Information and requirements for attending  
2023 Ranger Camp**

**Enclosures:**

Included in this guide is the training schedule with emergency telephone numbers, a list of required equipment, things not to bring, payment structure, a copy of the Ranger Camp rules, directions and a map to Camp Merrill, a Participant Agreement form, Ranger Camp Medical Alert Memo and the New Annual Health and Medical Record form (ALL PARTS ARE REQUIRED). Please read all these materials carefully. Complete and return all appropriate forms and provide all the information requested. Incomplete forms or omission of necessary information will delay your registration.

**About Ranger Camp:**

The Ranger Camp training expedition is designed to be an ***intensive, physically demanding*** High Adventure week where participants will travel light and fast. You will hike an average of 4 miles each day, carry all your equipment, and participate in climbing, rappelling, rope bridge construction, and other High Adventure activities. Adult participation is encouraged, and adults are expected to participate in the same manner as the youth. Carefully read all the attached information and rigidly adhere to the list of required equipment. Limit what you bring to what you can carry on your back and write your name on everything. Leave expensive personal items at home.

You **need** to arrive at Camp Merrill between 7:00 a.m. and 8:30 a.m. on Sunday, June 25<sup>th</sup> (see-enclosed map). Wear your BSA Field Uniform, Standard Crew, or Explorer Uniform. If you arrive in Dahlonega early on Sunday, remain in town until the time to check in – do not come to Camp Merrill until after 7:00 a.m. Follow the signs from the front gate to the barracks.

Those coming from Camp Rainey Mountain (CRM) **need** to be at Camp Merrill on the same schedule as above as this is an important learning day. It is suggested to make alternate plans to camp in Dahlonega the night before or have dedicated drivers to get participants to camp on time as training begins at 9:00 a.m. on Sunday.

**Arrival and Departure Schedules:**

Ranger Camp begins at 9:00 a.m. on Sunday, June 25<sup>th</sup> immediately following Check-in. We will be at Camp Merrill from Sunday through early Wednesday morning. Wednesday, June 28<sup>th</sup> through Friday, June 30<sup>th</sup>, the training will take place at Mount Yonah located between Cleveland and Helen, Georgia. Ranger Camp participants will return to Camp Merrill Friday afternoon for the graduation and recognition ceremony at 4:30 p.m. Family members and others are invited to attend this ceremony, which will take place at the Camp Merrill “Lowers” bleachers (Directional signs will guide you to the ceremony site). Please arrive early enough to be seated in bleachers shortly before the ceremony begins. Departure time from camp is **promptly** at 6:00 p.m. following the ceremony on Friday, June 30<sup>th</sup>.

***Schedule your transportation to arrive and depart on schedule. No transportation will be provided to and from Camp Frank D. Merrill (any exceptions will be handled on a case by case basis and may include an additional transportation fee).***

**The following items of paperwork must be completed / provided and returned to the Northeast Georgia Council Service Center no later than Friday, June 16<sup>th</sup> 2023.**

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1. Proof of current BSA membership (provide a copy of your membership card).
2. Proof of current insurance coverage (provide a copy of personal/family insurance card, front & back).
3. An Annual BSA Health and Medical Record Form – **(NEW FORM #680-001, 2019 Printing)**, completed and signed by a physician (copy enclosed). **All 3 parts are due Friday, June 16th, 2023.**
4. Participant Agreement form signed by participant and a parent if the participant is under 21-years of age (copy enclosed).
5. Provide a small head and shoulders photograph of the participant (print name on back). **This photograph will not be returned.**

**Adults are encouraged to accompany participants to check-in to ensure that all paperwork has been completed.**

**Full Payment must be returned to the Northeast Georgia Council Service Center by Monday, June 5<sup>th</sup>, 2023.**

**KEEP THIS SHEET FOR YOUR INFORMATION**

**Northeast Georgia Council  
Boy Scouts of America  
RANGER CAMP 2023**

**Telephone Numbers for Emergency Contacts:**

**Camp Frank D, Merrill  
5th Ranger Training Battalion  
Camp Wahsega Road  
Dahlonega, GA 30533  
Camp Merrill HQ - (706) 864-3327**

**BSA Northeast Georgia Council, Jefferson Service Center – (706)-693-2446**

**KEEP THIS SHEET FOR YOUR INFORMATION**

## **RANGER CAMP 2023 REQUIRED EQUIPMENT FOR PARTICIPANTS**

Ranger Camp is a weeklong expedition with daytime temperatures in the 90's and nighttime temperatures in the 60's. The possibility of rain is high, and all outdoor activities will continue, except in extreme weather conditions. Up to 60 scouts and scouters will live and work in close contact for the week. *Carefully read the following information and rigidly adhere to the list of required equipment.* Limit what you bring to what you can comfortably carry on your back and write your name on everything. Leave expensive personal equipment at home. Arrive in uniform with your equipment packed and prepared.

### **Required Personal and Camping Equipment:**

**Uniform:** Arrive on Sunday in Class "A" uniform (BSA Field Uniform, Standard Crew or Explorer Uniform). You must also be in Class "A" uniform for Friday's Completion ceremony. The uniform of the day is the Class "B" work shirt (3 shirts are provided by the camp), hat, and Class "B" shorts or pants. More information on pants and shorts can be found under

**Personal Items:** Two towels, soap, shampoo, toothpaste, toothbrush, shower shoes, shaving accessories, deodorant (no aerosol cans), prescription medication, allergy medication, special diet supplements, laundry soap (PODS work well), and prescription glasses/contacts. Replacement contacts are strongly encouraged. Contacts may be contaminated during water crossings.

**Other Clothing:** Bring clothing for 3 days, or 6 days if you do not plan to do laundry. Laundry facilities are available on Tuesday night and enough time will be allotted to wash. Clean clothes are required daily. Order 3 additional shirts if you do not plan to wash.

Olive Drab Work Shirts will be received upon check-in and worn during training sessions. Tank or halter-tops are not permitted. Shirts should fit snug to keep from interfering with climbing and rappelling equipment. **Shirts are to be tucked in at ALL times. Loose shirts are considered a potential hazard. (Order the correct size shirt)**

Long pants must be worn each day during the climbing and rappelling training. Your pants should have *ample room in the thighs and seat*, allowing a full range of leg motion, and should be green in color to be uniform with the Company. BDU's are not recommended.

If the daytime temperature is extremely high, staff may allow shorts to be worn. Shorts should also have room in the seat, and come down to mid-thigh or lower, and be green in color. Shorts may be worn at night in the barracks.

**Socks:** Bring at least two fresh pair of socks for each day. Wool hiking socks are preferred. Take good care of your feet.

**Jacket:** A hoodie or light jacket will be needed for Mount Yonah.

**Rain Gear:** Bring suitable rain gear for a variety of unexpected wet weather conditions. Rain gear should be water repellent, not water resistant. **No capes or ponchos.**

**Gloves:** Bring new **leather work gloves with reinforced palms** or clean rappelling gloves. Be sure the gloves fit well enough that they do not fall off. **Do not bring finger-less gloves.**

**Hat:** All participants are required to wear a hat. If you purchased a Ranger Camp hat last year, please bring a different hat to wear at camp. Participants who purchase 2023 Ranger Camp hats will receive the hats at the Completion Ceremony. **Bring your own hat.**

**Belt:** In addition to your uniform belt, a thin and lightweight belt that will not interfere with climbing or rappelling activities. Sagging pants are not allowed.

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**Hiking Shoes or Boots:** *Remember to break-in your footwear before you arrive at camp.*

**Athletic Shoes:** Athletic shoes may be worn during many activities, including climbing or rappelling.

**Old shoes or water shoes:** Bring shoes that can be worn in a water exercise. They must be secure on your feet: Crocs or other loose shoes will be sacrificed to the Etowah River for eternity. Water shoes should be in addition to daily athletic shoes. Hiking in wet shoes may cause blisters.

**Running shoes: Optional** Individual participants may have an opportunity to run cross country with the Rangers EARLY each morning while in camp. Running shoes and clothes will be required. This activity is voluntary.

**Climbing Shoes:** Climbing shoes are optional and can be carried in your daypack while on Mount Yonah.

**Watch/Clock:** An inexpensive watch may be worn but is not needed. Watches are to be stowed during training. Alarm clocks are not needed.

**Backpack:** Backpack should be large enough to hold all of your personal items and camping equipment, but small (light) enough for you to carry up a mountain.

**Daypack:** (Book bag size) Daypack should be large enough to hold your climbing helmet, harness, climbing hardware, leather gloves, rain gear, water bottle (**2-1 liter bottles preferred**), compass, insect repellent, sunglasses, sun block, lip moisturizer, jacket or long-sleeved shirt (optional), small flip notebook, pen/pencil, personal first aid kit, and a daily lunch ration (MRE, provided by camp). **No fanny packs or hip packs.**

**First Aid Kit:** Bring sufficient personal first aid supplies to handle your routine problems. Moleskin for blisters is a good item to include.

**Water:** Your water container(s) should have a minimum of a **2 qt. capacity** and have a secure lid (**2-1 liter bottles work well**). Hydration systems are **not** recommended, please **do not** bring them. Water will be available at each training site to refill personal water containers. Dehydration is a major concern. **Begin hydrating the day before arriving at camp as well as the morning before you arrive.**

**Combination Lock:** Bring a combination padlock to secure your gear in the barrack locker. **No key locks.** Keep a copy of your combination in your daypack.

**Compass:** For land navigation, Not a GPS. This item is on the required daily checklist and every participant must have one.

**Detergent and Dryer Sheet:** One load should be enough.

**Insect Repellent:** Insect repellent may be in a plastic spray bottle or a roll-on. No aerosols. Chiggers are a major concern in this area. There is a chemical spray, **Sawyers**, available at Walmart and

some outdoor gear shops that will deter chiggers. It is sprayed onto the clothing and allowed to dry. Regular insect repellent does not work well for chiggers. Make your own decision between chiggers and chemicals. If you are fair skinned you will be a veritable feast for chiggers.

**Lip-Moisturizer:** Such as Chap-stick or Vaseline.

**Sunblock:** You will be in the sun for up to 10 hours a day. Bring sunblock for your skin's SPF rating in a plastic squeeze bottle preferably 20-40 range. Plastic squeeze bottle. No aerosols.

**Itch Relief Medicine:** You will be exposed to poison ivy, mosquitoes, stinging bees and wasps, and chiggers. Additional information will be shared with you at a later date.

## Required Camping Equipment

**Tent:** A small, lightweight, backpacking tent with a rain fly and ground cloth. It is highly recommended that the tent be rain repellent, not rain resistant. Older tents should be checked for leaks and the seams resealed if needed. Participants can share a tent with family members or youth of the same gender per Youth Protection Training. **NO HAMMOCKS ON THE MOUNTAIN. PERIOD.**

**Sleeping Bag:** A lightweight sleeping bag and pad are recommended for Mount Yonah. You may bring sheets, a small pillow, and a blanket for use in the barracks, but this is optional.

**Sleeping Pad:** An air mattress or lightweight sleeping pad is recommended, but optional.

**Flashlight:** A compact size flashlight with extra batteries may be helpful. A simple headlamp is suggested for hiking trails at night. Those that have the optional red light will be nice, but not required. Compressed gas or liquid fueled lanterns or stoves are not allowed.

**Trash Bags:** 2 Kitchen size plastic bags to stow your dirty clothes, to cover your pack, or stow a wet tent.

**Money:** Friday is the only day you may purchase drinks, snacks, t-shirts, etc.

## Things Not To Bring:

1. **Do not bring any type of electronic equipment including CELL PHONES!!!**
2. Cameras are not allowed in camp. Photos will be taken by a BSA staff member and shared electronically after being edited.
3. Do not bring any device that uses compressed gas or liquid fuels, such as lanterns or stoves. Matches, lighters, or any flammable fire starting items are not allowed.
4. Do not bring food or snacks. The only exception is for special diet needs or medical needs.
5. Do not bring any tobacco products of any form or chewing gum.
6. Alcoholic beverages, illegal drugs, and firearms are strictly prohibited.
7. Do not bring a duffel bag, footlocker, suitcase, or any other container. Limit your gear to what you can carry in your backpack and daypack.

8. You are not allowed to carry a knife in your pocket. All pocketknives must be stowed in your backpack at all times. Sheath knives, hatchets, saws, etc. are not allowed.
9. Other than leather work-gloves or rappelling gloves (no finger-less gloves), and (optional) climbing shoes, do not bring any other personal climbing equipment. Do not bring personal webbing, harness, carabiner, rope, or other accessories.

## **Northeast Georgia Council Boy Scouts of America RANGER CAMP 2023**

### **Rules for BSA Ranger Camp**

1. You must be a registered member of the Boy Scouts of America (provide a copy of your membership card or a copy of your application form). Contact your local council for a copy if necessary.
2. You must provide proof of insurance coverage (a copy of personal or family insurance card) and submit a completed Annual BSA Health and Medical Record Form, #680-001, 2019 printing, All 3 Parts (copy attached). Signed by a physician. The BSA Health and Medical Form must be current. **Due 10 days prior to the start of camp. Friday, June 16<sup>th</sup>, 2023.**
3. **You must be at least 14 years of age. NO EXCEPTIONS**
4. Special Diet needs should be addressed before camp. Call the Council office.
5. Clearly state all food allergies on the Health Form.
6. All necessary paperwork and financial requirements for Ranger Camp must be completed.
7. You must wear an UIAA approved climbing helmet for all training activities. Helmets are provided by the camp.
8. You must bring the appropriate equipment (see attached list), participate in all training activities, and adhere to all rules. *Refusing to participate or failure to follow the rules is cause for a participant to be sent home, without refund.*
9. Other than the dining hall and your assigned sleeping quarters, *all other buildings at Camp Frank D. Merrill are off limits* and are to be entered only in the accompaniment of Ranger Camp Staff.
10. Other than hiking shoes or boots (climbing shoes optional) and gloves for rappelling **do not bring/use any type of personal climbing equipment** such as webbing, carabineer, rope, helmet, harness, or other climbing accessories.
11. Everyone will attend breakfast and supper, and the required dress is a Class B or Standard Crew/Explorer Uniform. Dirty and/or wet clothing will not be worn in the dining hall.
12. Long pants, with room in the seat (No Jeans) and work shirt (**no** tank, halter tops, or cut off shirts) are to be worn to all training activities and all meals. Shirttails are to be tucked in at all



times. No sagging pants. Bring a belt to hold them up. We will maintain a uniform military look. Shorts may only be worn at the discretion of the instructors.

13. **Do not bring any type of electronic equipment including CELL PHONES and CAMERAS.**
14. Do not bring/use compressed gas or liquid-fueled lanterns or stoves (bring a battery powered flashlight only).
15. Do not bring/use sheath knives, hatchets, saws, etc. If you bring a pocketknife, store it in your daypack, not on your person. Knives are a safety hazard.
16. Do not bring tobacco products of any form. Do not bring chewing gum or bubble gum of any form. Do not bring alcohol or illegal drugs of any form. Consumption of alcohol or illegal drugs is strictly prohibited.
17. While at Camp Frank D. Merrill, *each participant **will** shower daily and wear appropriate clean clothes.* All male participants will shower in the barracks in an open bay shower with multiple shower heads. Male youth participants will have assigned shower times based on ages: 14-15 is one group, 16-17 is another group, Adult male participants (Youth) 18-20 is the final group. All adult males participants, 21 and older will shower as a group. Female youth will be housed in separate quarters. Female youth participants will share a room with an enclosed shower. Adult females will share a room with an enclosed shower.
18. *The barracks/sleeping quarters, campsites and training sites will remain clean and neat at all times.*
19. All valuable personal items stored in the barracks are to be padlocked in the metal lockers available in the barracks.
20. Any climbing equipment issued to participants by the Scout Office that is *lost or misplaced will be paid for by the responsible party* (after an exhaustive search has been completed). The responsible individual(s) will be required to make restitution should any damage occur to governmental property.
21. Participants are not to leave the assigned training areas or sleeping quarters without permission of the Ranger Camp Staff.
22. Participants are not allowed to operate private or military owned vehicles during the Ranger Camp.
23. **No** open toes shoes are to be worn around camp. They may only be worn in the shower.
24. ***Visiting Camp is highly discouraged during the week. It disrupts training and finding the Company will be very difficult.***
25. ***We are guests of the U.S. Army, and you will conduct yourself accordingly.***
26. ***Inappropriate behavior will not be tolerated.***

### **Directions to Camp Merrill from Dahlonega**

1. Head northeast on US-19 toward S Derrick St
2. Turn left to stay on US-19 2.2 mi 5 min
3. Turn left at Camp Wahsega Rd 5.3 mi 15 min
4. Turn right to stay on Camp Wahsega Rd 3.2 mi 8 min
5. Turn slight right on Camp Merrill Dr. to get into base at Main Gate 0.1 mi
6. Follow signs/guides from gate to barracks for check-in.



Main Gate

Parking

Barracks

Parking

Graduation

by Ahp Heliport

river

Black Falls

Google

Camp Wahsega Rd

Camp Merrill Dr

Army Merrill Camp

Camp Merrill

Hightower Church Rd

Hightower Church Rd

Hightower Church Rd

Hightower Church

Cloverleaf Trail

## Ranger Camp Medical Alert Memo

Due to the extreme level of difficulty associated with this camp extreme caution must be used when participating. All participants must be knowledgeable of their own medical problems and should know the basics in first aid as well to help identify others suffering from environmental ailments. While a medic is on staff the one who has full knowledge over one is yourself. Participants are encouraged to bring along their own first aid kit.

The difficulty associated with this camp ranges from physical to mental. Pushing oneself beyond physical and mental bounds one thought capable of possessing.

Some of the “stressing factors” associated with this camp are:

- Heat. Ranging from low 80’s to high 90’s and up. Dehydration is a common daily occurrence in extreme cases heat exhaustion symptoms may be present. Extreme heat conditions are part of the training due to the scheduling of the camp.
- Sleep deprivation. Due to the likeness of the RANGER training and the amount of training exercises packed into every day, sleep is not abundant every night. The average per night is 6-7 hours or less if participating in morning Physical Training (PT).
- Extreme daily schedule. A typical day lasts 17-18 hours. Little down time between exercises and training. Average mileage walked up to 4 + miles. Pull-ups before every meal on base.
- Adverse weather conditions: Rain, high winds, little to no cloud cover, etc.
- Mental stress caused by loud vocal instruction. By no stretch is either BSA or RANGER cadre there to demoralize, dispirit, or harass students. We do try to make it as close to actual military training as possible without crossing the threshold.

Participants who have the medical issues listed below are advised to consult with BSA staff prior to signing up for camp.

- Diabetes
- Asthma
- Panic attack/ paranoia/ other psychiatric conditions
- Recent surgeries
- Musculoskeletal issues
- Seizures
- Sleep disorders
- Allergies: insect bites and certain plants
- Heart problems
- Respiratory issues
- Any other issues or disorders that might concern you or your child.

RANGER CAMP Medic

**Northeast Georgia Council  
Boy Scouts of America  
RANGER CAMP 2023**

**Payment Structure**

**Full Payment: Required by Monday, June 5<sup>th</sup>, 2023**

**Refund Policy**

Refunds are not offered. However, registration fees can be transferred to another event in the case of an emergency (For In-Council Units Only).

**Participation**

This program is designed to give the youth a feeling of what the Army Rangers go through while learning mountaineering.

Adult participants will be in the same platoons as the youth. Adults are expected to participate in the same manner as the youth. Adults will always have the option to step back if necessary.

At all times “***The Rangers and BSA Instructors Will Be in Charge***”.

**Northeast Georgia Council  
Boy Scouts of America  
RANGER CAMP 2023**

**Participant Agreement Form**

I understand and realize that the U.S. Army and the Boy Scouts of America accepts no responsibility for accidents or injuries that may incur or be subject to while attending Ranger Camp 2023. I understand each individual attending Ranger Camp 2023 must have his or her own personal insurance coverage while attending. I accept the responsibility of providing this insurance coverage and agree to provide proof of this coverage to the Boy Scout of America's Ranger Camp Staff.

I agree to accept and follow the rules set forth while I am attending Ranger Camp 2023. I also agree to participate in all training activities and follow all instructions given during Ranger Camp. Furthermore, I understand that participation in all training activities is required and that failure to follow the rules is sufficient cause for me to be sent home, without refund.

I understand and accept that participation in the Northeast Georgia Boy Scouts of America Ranger Camp involves risks and dangers that are inherent with all Boy Scouts of America High Adventure activities. In deciding to attend and participate in Ranger Camp, I understand and accept that camping, hiking, rappelling, traversing ropes, wading streams, exposure to summer heat, and other risks associated with the Boy Scouts of America Ranger Camp, are physically exerting activities, which will subject me to dangers and possible harm. I understand and accept that among the many risks and dangers inherent with Boy Scouts of America Ranger Camp there are physically exerting activities, which will subject me to dangers and possible harm. I understand and accept that among the many risks and dangers inherent with the Boy Scouts of America Ranger Camp are the possibilities of falling objects, being struck by falling objects, abrasion from ropes, rocks, other items, and a variety of other injuries.

\_\_\_\_\_  
Participant's Signature / Signature of Parent (if participant is under 21)

\_\_\_\_\_  
Print Name Print Parent's Name (Print)

\_\_\_\_\_  
Participant's Height, Weight, & Waist Size

Provide a small head and shoulders photograph of the participant (print name on back). This photograph will not be returned.

In the case of emergency, provide information for contacting two individuals:

\_\_\_\_\_  
Name

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Address

\_\_\_\_\_  
Day Telephone

\_\_\_\_\_  
Day Telephone

\_\_\_\_\_  
Night Telephone

\_\_\_\_\_  
Night Telephone

\_\_\_\_\_  
Cell Phone

\_\_\_\_\_  
Cell Phone

**Mail To: BSA RANGER CAMP / NEGA Council, BSA  
P.O. Box 399 / Jefferson, GA 30549 or email to: Heather.Sisk@scouting.org  
Return by Friday, June 11th, 2023**

**Northeast Georgia Council  
Boy Scouts of America  
RANGER CAMP 2023**

**Checklist of Items**

- Registration Fee Made: \_\_\_\_\_
  - a. Full payment of \$395 due by Monday, June 5th, 2023 (or \$420 if registered after April 15<sup>th</sup>.)
- Participant Agreement returned: \_\_\_\_\_
- Annual Health and Medical Record (# 680-001, 2019 Printing) Completed (Parts A, B, and C) and returned by Friday, June 16th, 2023: \_\_\_\_\_  
Part B of the Annual Health and Medical Record includes the following:
  - a. Informed Consent and Hold Harmless/Release Agreement (Waiver)
  - b. Talent Release Agreement (Photo Release)
- Personal Photograph returned with Annual Health Form: \_\_\_\_\_
- Additional Shirts ordered: \_\_\_\_\_ (1 suggested)
- Read Rules: \_\_\_\_\_
- Travel Arrangements made: \_\_\_\_\_
- Broke in Hiking Shoes: \_\_\_\_\_
- Checked Equipment sheet: \_\_\_\_\_
- Plan to HAVE FUN: \_\_\_\_\_

**A complete checklist and any new information will be emailed to each participant no later than 10 days before camp begins.**