

## **Aquatics**

***Three Waterfronts located on two unique bodies of water!***

### **PATROL / TROOP / CREW ACTIVITIES**

#### **AQUATIC CRAZE** (Main Waterfront)

*Enjoy exclusive use of the inflatable obstacles (trampolines, climbing iceberg, etc.) at Main Waterfront on Lake Eileen! HUGE fun!*

#### **ASSAULT BOATS** (Main Waterfront)

*A Hidden Valley staple! Can you keep your rowboat afloat longer than your opponent? Guaranteed laughter and fun to be had!*

#### **CANOE TRIP** (Sunset Waterfront)

*Take your Troop on a tour of Sunset Lake!*

#### **DEAD FISH WATER POLO**

*Essentially lacrosse on water! The dead fish is actually just a sponge, though!*

#### **KAYAK SOCCER**

*Combines balance, speed, and creativity to stay afloat yet also score on your opponent's goal!*

#### **OPEN SWIM** (All waterfronts – at times listed below)

*No advanced signup required...Enjoy a swim at Chase Waterfront at 2pm, Sunset Waterfront at 3pm and Main Waterfront at 4pm.*

#### **TROOP SAIL & FREE SAILING** (Chase Waterfront)

*Troops may reserve Hidden Valley's Hobie-Bravo Catamaran sailboats for a two-hour block (2pm-4pm) any afternoon Monday through Friday.*

#### **PIRATE'S BREAKFAST** (Main Waterfront – or Swamp – your choice!)

*A chance to traverse Lake Eileen or the swamp in the misty hours of 6:30am-8:30am and anchor ashore for an outdoor breakfast!*

*This activity is only available on Tuesday or Thursday mornings. Troops will not eat in the Dining Hall on this morning.*

#### **CANOE RACE** (Sunset Waterfront)

*Who can paddle out to the island in the middle of Sunset Lake and back the fastest???*

#### **WATER BASKETBALL** (Chase Waterfront)

*It's amazing how the 'compete level' rises when you add a few feet of water to this American classic!*

#### **WATER JOUSTING** (Main Waterfront)

*Buddy pairs demonstrate their strength & balance to see who can stay standing on their joust pad without getting knocked into the water! (NOTE: This activity is better suited for smaller-sized Units/Patrols.)*

#### **WATERMELON SCRAMBLE** (Chase or Main Waterfront)

*Ever played football with a watermelon...in a lake? Two teams...two sides...one watermelon! Winner gets to eat the delicious trophy!*

#### **WALK ON WATER** (Main Waterfront)

*See if you can balance your way to the center of Lake Eileen!*

## **Ecology**

***The largest program area on the Reservation...because, we use the entire Reservation!  
The Ecology area is located at the far end of the 'back' parking lot – to the far left when  
facing Main Waterfront.***

### **HIKES AROUND THE RESERVATION**

#### **LAKE WALK**

*Explore the shoreline trail around Lake Eileen and learn the watershed ecology of Hidden Valley. [NOTE: Other lakes are possible, upon request.]*

#### **SWAMP WALK**

*Experience the natural cycle of the Ecology Swamps on a shoreline tour through the ecosystem. [NOTE: Sturdy shoes are recommended.]*

#### **SHANNON HIKE**

*Take a guided nature hike over Mt. Shannon while also enjoying a 'bird's eye view' of the Hidden Valley main camp with many hills beyond!*

#### **MACK 'N BACK**

Take an extended hike to the Mack Ridge and back... customize what topics you want the Ecology Staff to cover, or just enjoy the views!

#### **NOCTURNAL NATURE HIKE**

Experience the Ecology Swamp at dusk and learn to identify Hidden Valley's nocturnal creatures! (Start time: 8:45pm) [NOTE: Flashlights will not be used much, but should be brought for safety's sake.]

### **LEARN SOMETHING AWESOME!**

#### **TREE IDENTIFICATION**

What is a Tree Farm? What types of trees grow at Griswold Scout Reservation? What does it take to manage a forest?

#### **STAR GAZING**

The Ecology Staff will announce which nights the summer constellations will shine best for a chance to learn about the sky's celestial bodies and the myths which accompany their storied history. Start time: 9:00pm

### **ADVENTURES IN ECOLOGY**

#### **CONSERVATION PROJECT**

Help maintain Hidden Valley and practice the Outdoor Code! Choose between one, two or three hours and levels of 'dirtiness!' New in 2016: Your unit will be able to select the exact conservation project of your choosing at your pre-camp meeting 13 days before arrival.

#### **SWAMP CANOE TRIP**

Get an inside view of the Ecology Swamp through a guided canoe trip across the murky swamp and beyond.

#### **AQUATIC EXPLORATION**

Explore the underwater plant and wildlife community while snorkeling the glacial Sunset Lake shallows.

#### **BOULDER EXPLORATION**

Climb boulders and explore 10,000 year-old glacial caves while ascending the southwest slope of Mt. Shannon.

## **Emergency Skills**

*Located next to South Shower house on the ridge behind Gilbert Dining Hall.  
Are you prepared? Can you master these 'everyday' skills?*

### **REALISTIC FIRST AID**

Learn how to create a life-like emergency situation using everyday household items. It is an easy, fun way to spice up First Aid instruction and a great idea to bring back and use at regular Troop meetings!

### **WOODLAND RESCUE**

Practice (with the assistance of the Hidden Valley Staff) those all-important Tenderfoot-through-First Class First Aid skills on a realistic "victim." But first, you have to find him... treat his wounds... and bring him back safely!

### **FIELD GAMES**

Backed by popular demand the "S" in EMS stands for SPORTS! Camp staff will coordinate and organize your choice of two hand touch football or ultimate frisbee!

## **Handicraft**

*Handicraft is located under the 'circus tents' on the northern edge of the Conservation Pond. How creative are you? Can you make everything with nothing?*

### **ICE CUBE CANDLEMAKING**

Grab a paper cup, add a wick, pour some wax and then add some ice cubes...what do you get? One of the most incredible – and easy – candles you've ever seen! You'll have to try it to believe it!

### **LEATHER SLIDE MAKING**

Take this opportunity to build a slide for your neckerchief that would make even Baden-Powell proud!

### **MINIATURE CATAPULT & CASTLE BUILDING**

In this activity, Patrols compete against each other to create catapults out of popsicle sticks and build the strongest castle structure they can out of film canisters! Who can destroy the enemy's castle first or win the accuracy contest?

### **PATROL FLAG MAKING**

The Patrol Method is the most important method in all of Scouting. What better way to show your Patrol Spirit, than with a Patrol Flag you can be proud of having made as a team! Show your new flag off at a camp-wide assembly!

### **BRIDGE MASTER**

Do you like to build stuff? How much weight will your bridge built of straw support?

### **TOTEM MAKING**

Have you ever wanted to make a three-dimensional 'monogram' for yourself using Scout-approved materials? Now is your chance!

### **CHESS TOURNEY**

Can you out-strategize the other members of your Unit? Can you be thrifty in the manner you approach the competition?

## **Scoutcraft**

*Scoutcraft is located on next to the Trading Post and conservation pond.  
Can you put the Outing in Scouting? Do you have the skills every Scout should have?*

### **DUTCH OVEN DESSERT COMPETITION**

With guided instruction, learn and do every step of the process of preparing and cooking a delectable campfire masterpiece!

### **DUTCH OVEN DEEP FRY!**

Can't make it to Dunkin' Donuts? No problem! Learn the secrets and try it yourself with guidance from our Staff! It's easy!

### **REFLECTOR OVEN BAKED GOODS**

Do you think you can turn a cardboard box into an oven which bakes delicious biscuits or scones? Test your luck!

### **FIREBUILDING / FIREM'N CHIT**

If your Scouts wish to practice (or even receive an introductory lesson) in fire building – as well as fire lays – this is the place to be! What are the differences between a log cabin, teepee, cooking, lean-to, council, reflector, etc...find out all about them: here! It's also a great way to brush up on how to start a fire in the rain. This presentation can include Firem'n Chit certification.

### **PIONEERING CHALLENGE**

Come on down and practice pioneering fundamentals! Our Staff can customize your session to be as basic or advanced as you wish. Challenge yourself to create the most innovative camp tool! A great team-builder and communication enhancer. Specialty knots can also be offered (just let the Staff know in advance for supply preparation).

### **MAP & COMPASS & GPS SKILLS**

Test your knowledge of using a compass, orienting a map, taking a bearing or proving your know your map symbol's! Basic use of a GPS can also be instructed, as desired (with advanced notice).

### **ORIENTEERING COURSE**

Try an orienteering course...or, make your own! This is really a ton of fun...give it a try!

### **MASTER ROPES COURSE**

Learn to make ¼ inch rope using bow string and twine. Who knew it was this easy and fun? Forget having to whip or fuse the end of your rope...learn to splice the ends like back in the good ol' days! Crown knots, round splice, eye splice, etc, etc...rekindle a lost art and learn effective splicing techniques!

### **TOTIN' CHIP**

This session teaches safety, care, usage and storage rules for pocketknives and woods tools. A game or two is added to reinforce the lesson.

### **WILDERNESS SURVIVAL SKILLS**

Scouts learn the basics of surviving in the wilderness. This includes basic outdoor survival, fire building, shelter construction & what you need.

### **MONKEY FIST MAKING**

So, you want to learn how to make a monkey fist? Here's your chance! (will require supplies – buy at Trading Post or bring from home)

### **SIGNALING**

Learn the various methods to communicate with others and, after mastering them, spend some time using alternative forms of sending messages!