

2025

CHART YOUR COURSE

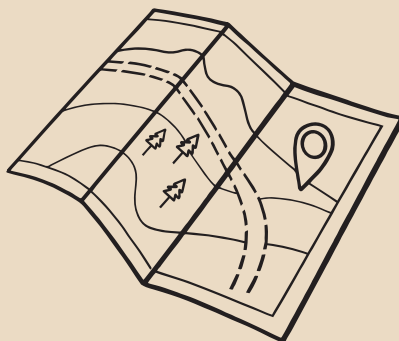
MITIGWA
PROGRAM GUIDE





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Meet Your Staff



**Scott
Robinson**
.....
Reservation
Director

This is Scott's fourth summer serving as Mitigwa Scout Reservation's Camping Director and his 19th year on camp staff. Previously he has served as Operations Director, Camp Akela Director, and Scout Craft Director.



**Angela
Massey**
.....
Associate
Reservation
Director

This is Angela's sixth year serving on Mitigwa Camp Staff. She has served as Trading Post Manager, Kitchen Manager, and Business Manager, and is excited to be back in the role of Associate Reservation Director. You will be able to find Angela oiling the gears and tightening the bolts to keep all the logistics of camp going this summer.



**Amy
Maiers**
.....
Program
Director

This is Amy's second summer on staff at Camp Mitigwa. She has previously served as Program Director for our Cub Scout summer camps. Amy loves hands-on learning and is taking our programming to even higher levels of fun this summer.



**Eli
Powers**
.....
Assistant
Program Director

This is Eli's fifth summer on camp staff and fourth summer at Mitigwa. He has served as program area director in Ecology, We are excited to have his energy and talent on our programming team this summer!



**Heather
Riedemann**
.....
Camp
Commissioner

This is Heather's second summer serving as Mitigwa Scout Reservation's Camp Commissioner. She is no stranger to camp though, and has served as a merit badge counselor and unit leader.

Tentative Schedule

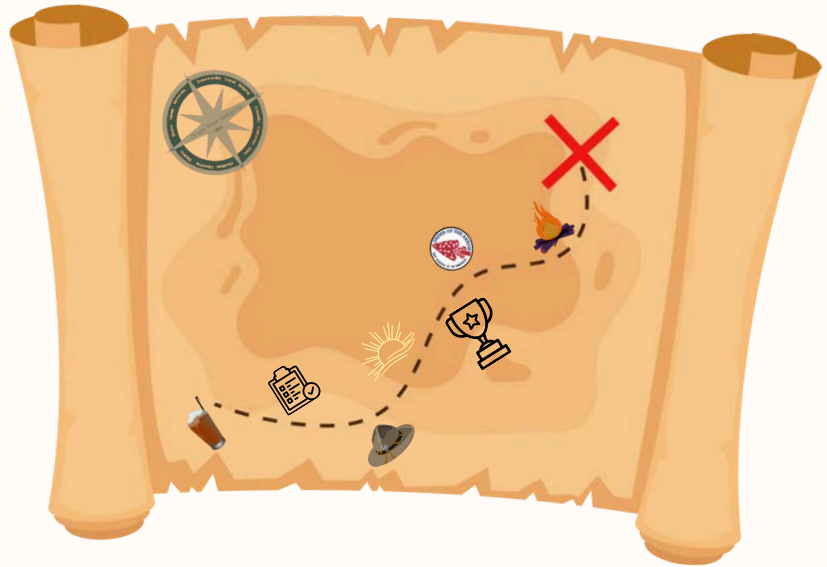
The following schedule is a ***tentative*** general timeline for day-to-day activities at Camp Mitgwa. A more detailed camp schedule will be given to you upon check-in.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		Sunrise Program					
6:30-7:00 AM		Open Breakfast					
7:50-8:00 AM		Flags and Morning Message 7:50					Checkout Begins at 7:00 AM
8:30-10:15 AM		Block A	Block A	Block C	Block C	Make Up and Ordeal	
10:35 AM-12:20 PM		Block B	Block B	Block D	Block D		
12:30 -1:15 PM	Check-in Begins 1:00 PM Arrival time assigned prior to your arrival at camp	Open Lunch 12:30-1:15pm					
1:30-3:00 PM		Camp wide Patrol/Troop Traveling Trophy Competitions					
3:00-5:00 PM	Med Checks, Swim Checks, Camp Set-up	Troop Time/Open Areas					
4:15-5:00 PM	All Adult Meeting in Chapel						
5:50-6:45 PM		Flags at 5:50pm & Dinner at 6:00pm					
7:00-8:00 PM	7:00 PM Leader's and SPL Meeting	Sunset Program		Camp Fire and OA Call Out	Sunset Program	Troop Time	
8:00 PM	Camp Fire						
9:00 PM	1st year camper Cracker Barrel	Twilight Program			Twilight Program	Camp Fire	
10:30 PM		Taps					

“The Scoutmaster must be alert to check badge hunting as compared to badge earning” ~ Lord Baden-Powell



NEW TO MITIGWA?



New Leaders Orientation

All are welcome to Mitigwa, and we are always happy to introduce new people to the Mitigwa Magic! For new leaders wanting information about camp operations or needing questions answered, we will host a New Leaders Orientation. Meet Camp Commissioner Heather Riedemann, and the Camp Commissioner Corps for all your needs. This meeting will take place at 5:00pm in the Amphitheater after the All Adult Leader Meeting.

Float Festival for our first-time Mitigwa Campers



Especially designed for first-year campers, the New Friends Float Festival is an ice cream float party for all new campers to Mitigwa. Join staff at the 3 Oaks Trading Post to get your sweet cool treat to welcome you to camp! Music will be played, with camper selections highlighted.



Sunrise Programs

"Vigorous Scout games are the best form of physical education because most of them bring in moral education." ~ Lord Baden-Powell



Ecology

Edible Plant Hike

Join us on an Ecology adventure as we hike through the woods to discover edible plants! Scouts will learn how to identify wild plants that are safe to eat, understand their nutritional benefits, and gain essential skills for foraging. It's a hands-on way to connect with nature and learn about the sustainable use of plants in the wild!



STEAM

Sugar Crystal Making

Explore the sweet side of STEM by making your own sugar crystals! Scouts will learn the science behind crystallization as they create beautiful, edible sugar structures by dissolving sugar in water and allowing it to form crystals over time. It's a fun and tasty way to understand the process of science in action!



Aquatics

Polar Bear

Get your morning going with a dip in the pool. Participants are encouraged to participate in water aerobics or lap swimming during this Polar Bear Session
Location: Pool



Scout Craft

Fishing

Spend the morning relaxing at the lakefront with a fishing pole.



Eagle Academy

Nature Hike

Explore the different plants and wildlife around Camp Mitigwa.
Location: TBD



COPE & Climbing

Open Zipline

Soar through the sky in legendary fashion on the Mitigwa Zipline! Participants are encouraged to line up early to ensure they get their chance during this morning session. Morning views through the river valley are truly rewarding.
Location: Zipline - Amphitheater side

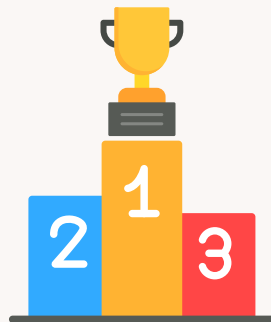


Range & Target Activities

Black Powder Challenge

Campers are invited to learn about pioneer shooting sports skills. Tickets available with cash in the camp office.
Location: Riffle Range

Patrol Competitions



Monday



Mad Scientist Monday

In this hands-on team building experiment, participants must work together to gather essential supplies for their final science challenge. Once all supplies are collected, teams will use their gathered resources to complete a fun and exciting final experiment.

Tuesday



Toss It Tuesday

On Toss It Tuesday, Scouts will put their knot-tying and lashing skills to the test by building catapults. Working in teams, they will construct their catapult before competing to see who can toss objects the farthest and most accurately. Along the way, Scouts will develop teamwork, problem solving skills, and a deeper understanding of pioneering techniques. Let the launching begin!

Wednesday



Which Way Wednesday

Put your navigation skills to the test in this exciting orienteering challenge! Scouts will use maps and compasses to locate hidden totems scattered throughout camp. Each found totem will be added to their team's Mitigwa Totem Chain, with the goal of collecting as many as possible. Along the way, Scouts will sharpen their outdoor skills, work as a team, and learn the importance of navigation in the wild. Will your team find them all?

Thursday



Titan Race Thursday

Gear up for the ultimate team relay adventure! In the Titan Race, Scouts will race across camp, tackling exciting challenges at each program area before passing the baton to their next teammate. From mastering outdoor skills to solving tricky puzzles, every challenge will test their strength, smarts, and teamwork. The team that conquers all the challenges the fastest will claim victory! Who will rise as the Titans of camp? Let the race begin!

Friday



Flotilla Friday

All hands on deck! Throughout the week, troops will work together to design and build a boat using cardboard and duck tape. On Flotilla Friday they will put their creations to the test, launching them on Lake Fischer and attempting to navigate a course before returning to shore-hopefully afloat! After the challenge, Scouts will practice Leave No Trace, ensuring all materials are properly cleaned up and disposed of. Will your boat sink or sail? Let's find out!

“It is important to arrange games and competition so that all Scouts of the troop take part.” ~ Lord Baden-Powell

Afternoon Open Areas

1



Trades (in Ecology)-Hydro Dipping

Get creative with Tradecraft in this exciting Spraypaint Hydro Dipping activity! Scouts will learn the art of transforming ordinary objects by dipping them into a water-based spray paint design, creating unique, colorful patterns. It's a fun and artistic way to explore craftsmanship while making one-of-a-kind creations!

2



Inspiration Outpost-Open Merit Badges

At Inspiration Outpost, Scouts have the chance to earn additional merit badges through creative and hands-on activities. Offered merit badges include Art, where Scouts can explore different mediums and techniques; Basketry, teaching the craft of weaving; Leatherwork, where Scouts create durable leather projects; Woodcarving, offering the chance to shape wood into art; Fingerprinting, focusing on forensic techniques; and Chess, helping Scouts sharpen their strategy and critical thinking.

3



Scoutcraft-Fishing

Fishing is a favorite pastime of Scouts and Scouters. Receive information on fishing practices and compete for the largest catch.

4



Aquatics - Free Swim or Inflatables & Water Crafts

Take a break from the summer heat at the pool or lake.

5



Range & Target

Monday, Wednesday, Friday - Rifle and Archery will be open.
Tuesday, Thursday - Tomahawk and knife throwing will be open

6



Disc Golf

Check out discs at the Deere Office and enjoy a round of Disc Golf. This activity it on your own.

“An invaluable step in character training is to put responsibility on the individual.” ~ Lord Baden-Powell

AQUATICS

Cassidy Ridge Swim – Pool

MONDAY

Given the popularity of the pool during this time, campsites are split into two groups for safety reasons.

Blank Ridge Swim – Pool

TUESDAY

Given the popularity of the pool during this time, campsites are split into two groups for safety reasons.

Lakefront Activities – Lake Fisher

MONDAY

TUESDAY

During these nights, the lakefront may be open (subject to staffing) or may be reserved or opened by unit leaders. Reservations may be made in the camp office with proper documentation of supervision requirements. Unit leaders should confirm with the Aquatics Director.

COPE & CLIMBING

Open Zip – Zipline Amphitheater side

MONDAY

Specifically for youth campers, this Zipline experience allows campers to soar over the lake. Scouts are encouraged to get in line early.

Open Climb – Tower

TUESDAY

Scouts and Scouters are invited to climb and rappel from Mitigwa's tower. As this is a recreational climb, those needing rappelling for Camping Merit Badge will have to arrange a different time. Volunteer belayers are always welcome.

RANGE & TARGET ACTIVITIES

Cowboy Action

TUESDAY

Test your skills like those that settled the West. Participants experience shotgun, lever-action rifle, and pistol shooting. Campers must be 13 years old and have a completed permission slip. (Attached at the end.)

Open Archery

MONDAY

TUESDAY

Campers are invited for a fun shoot. Scouts needing additional time for Merit Badge scores may also use this time to qualify.

Open Rifle Shooting

MONDAY

Campers are invited for a fun shoot. Scouts needing additional time for Merit Badge scores may also use this time to qualify.

OA Shoot Out

THURSDAY

OA members this night is just for you at the shooting range. Wear your sash and bring a friend.



SUNSET PROGRAMS

EAGLE ACADEMY

Totin' Chip & Firem'n Chit

MONDAY

For Scouts needing to earn or re-earn their knife or firecraft privileges, these courses teach safety basics and effective techniques. Eagle Academy participants are highly encouraged to participate.

Spam Cookoff

TUESDAY

A military staple and a shelf stable protein source, but is it yummy! Put your cooking skills to the test and see who can make the best Spam dish.

OTHER AREAS

Order of the Arrow – Blank Dining Hall

MONDAY

All OA members are invited to a special evening to celebrate their membership in the National Honor Society of Scouting. Please wear your sash!

Scoutcraft – Lumberjack Skills

Step into the woods and learn classic lumberjack skills with Scoutcraft! Scouts will master techniques like using an axe, saw, and knife safely, while building confidence in outdoor tools and woodworking. It's a fun, hands-on experience that teaches valuable survival and craftsmanship skills, all while connecting with the tradition of lumberjacks!

Ecology – Micro Terrariums

Get hands-on with Ecology by creating your own mini ecosystem with micro terrariums! Scouts will learn about plant biology and environmental balance as they build tiny, self-sustaining habitats inside glass containers. It's a fun way to explore nature while cultivating a deeper understanding of how ecosystems thrive!

STEAM – Silk Screen on T-shirt/Bandana

Explore the intersection of art and STEM with Silk Screen Designs! Scouts will learn the process of creating custom designs on T-shirts or bandanas using silk screening techniques. This hands-on activity combines creativity with science, as participants discover how different materials, inks, and screens work together to produce unique, wearable art!

Inspiration Outpost – Fiber Arts

Get creative at Inspiration Outpost with Drypoint Needle Felting! Scouts will use barbed needles to transform wool into soft, sculpted works of art, crafting everything from animals to intricate designs. It's a relaxing and hands-on activity that combines art and craftsmanship, sparking creativity while learning a new skill!



TWILIGHT PROGRAMS

STAR GAZING ECOLOGY

Combine the wonders of the night sky with the beauty of nature in this Ecology stargazing experience. Scouts will learn to identify constellations, planets, and celestial events. A perfect blend of science, nature, and the cosmos!

NIGHT CLIMB - GLOW STICK COPE & CLIMBING

Experience COPE & Climbing like never before — with glow sticks lighting the way! Scale the climbing wall in the dark, glowing with every move, or test your balance and teamwork by stacking and climbing crates as high as you can. It's a thrilling challenge of skill, strategy, and a little bit of glow-in-the-dark fun!

NIGHT HIKE SCOUTCRAFT

Venture into the woods after dark with Scoutcraft for a Night Hike like no other! Scouts will navigate by starlight, discover nocturnal wildlife, and test their night vision. Experience the thrill of the forest in a whole new way!

DNA FROM STRABERRIS STEAM

Dive into the world of genetics with STEM! Scouts will smash, mix, and filter strawberries to extract real DNA using simple household ingredients. Watch as the genetic material becomes visible before your eyes and learn how DNA is the blueprint of all living things!

“TEACH SCOUTS NOT HOW TO GET A LIVING, BUT HOW TO LIVE.” ~ LORD BADEN-POWELL

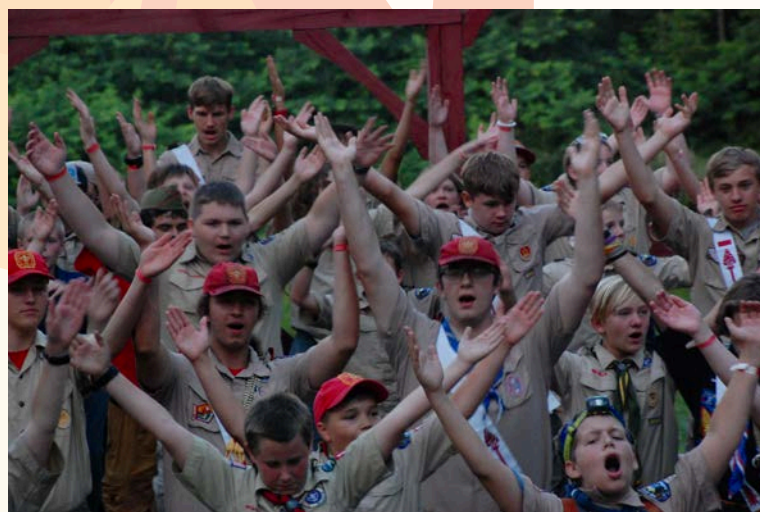
On Wednesday night, families and friends are encouraged to visit their Scouts at camp! We ask that visitors check in at the camp office when they arrive. Check-in begins at 4:00 pm and ends at 6:00 pm. Camp staff will be coordinating parking in the main camp lot. A limited number of camp vehicles may be available to transport those visitors requiring assistance getting around camp. Units are encouraged to arrange meals on their own via potluck or cooking for their visitors. For those unable to make those arrangements, the camp offers meals in the dining hall for visitors at \$10.00 per person. There is no charge for campers (youth or adult). Tickets for visitors may be purchased at the Trading Post. Units needing meals in the dining hall on Wednesday evening will need to sign up in the camp office.



FAMILY NIGHT

Units are also encouraged to provide programming for visitors to camp. Areas will be open early evening in an open house format to allow Scouts to show their families what they have been doing during the week.

A staff-led campfire will bring families and Scouts together in the amphitheater as family night activities wind down. The campfire will last approximately 30 minutes. Units will line up by the Maytag Pool and families will proceed to the amphitheater.



Family Night will conclude with the Mitigwa Lodge Order of the Arrow Call-Out Ceremony. Family night will end at approximately 10:30pm, so please plan accordingly.

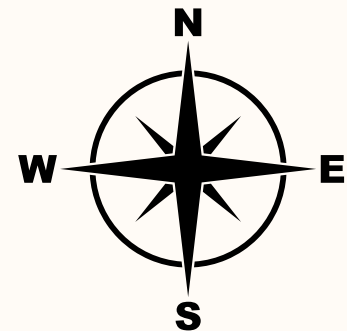
For those visitors desiring to leave before the OA Call-Out, they may do so following the campfire and before the call-out ceremony begins. Instructions will be shared at the campfire.

LEADER MEETINGS



Arrival Sunday Meetings

Sunday at 4:15 PM in the chapel, there will be a mandatory all-adult meeting to go over camp procedures and emergency information. During this time there will be supervised, camp staff-led activities for your youth. Immediately following this meeting will be the New Leader Orientation.



Senior Patrol Meetings

Scouting is a youth driven organization, supported by adults. This means we place a lot of ownership in the program with our youth leaders. Every day at 4:30PM, Senior Patrol Leaders will have a meeting hosted by the Program Director, at the Brown Benches. At this meeting, units will receive important program information, including being able to sign up for special program opportunities. Units are highly encouraged to have representation at these meetings.



Adult Leader Meetings

Adult Leader meetings are each morning at 7:00AM at the Apgar Pavilion. Coffee and breakfast will be served. This is a time set aside to remind leaders of program opportunities and alert them to changes. It is also a time that leaders can share insight into their camp experience. What things are going right? What things can camp improve on? Finally, it is also a time to check in as a camp community, raising concern about inter-unit relations and celebrate community achievements and support. Units will also have opportunities to sign up for adult programs and other unit level activities which require adults to sign Scouts up. Units are highly encouraged to have representation at these meetings.



“A week of camp life is worth six months of theoretical teaching in the meeting room.” ~ Lord Baden-Powell

AWARDS

and Challenges

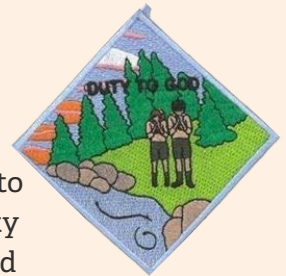


Legends Awards

In the spirit of awards from days gone by, we are introducing the Mitigwa Legends Award. This award will require your Scout to visit every area at Camp Mitigwa, and complete a variety of required skills dating back to the beginning of Scouting. Each Scout will be responsible for tracking their achievements on a checklist, and when completed they can turn the list in at 3 Oaks Trading Post and purchase the Mitigwa Legends Patch. This year for our 2nd year participants there is a second year award. We also added an Adult Legends Award.

Mitigwa Duty to God Award

Scouts that are hoping to achieve this award will be required to complete a series of requirements that demonstrate their Duty to God. When complete a Duty to God patch may be purchased at 3 Oaks trading post. Requirement cards will be available at check in on Sunday.



Commissioner Coffee Club

Leaders that attend 100 percent of the daily leaders meeting and training will be inducted into the Commissioner Coffee Club. Don't worry if you are a tea drinker, we are inclusive.



Helping Hand Award

We are always looking for a little extra help around camp. This award is for those leaders that forgo their nap and help around the reservation. Tasks can be designed to accommodate the interest of the leader. Please see our Camp Commissioner for more information.



“The Scout Oath and Law are our binding disciplinary force.”

~Lord Baden-Powell

UNIT RECOGNITIONS

Mitigwa Scout Reservation designs programs that serve multiple levels of engagement. Mitigwa's unit recognitions are for unit level participation in camp activities. There are two levels of recognition; honor troop and legendary troop. Patrol Leader Councils should strive for the best and make plans to achieve legendary status.

Honor Troop

The Honor Troop award recognizes units that participate in summer camp program and contribute to the Scouting spirit at camp, as a unit. Those units earning Honor Troop will receive a unit ribbon for their unit flag. To earn the Honor Troop award, please complete the following requirements:

1. Participate in a Baden-Powell service project.
2. Have a representative at every Leader Meeting.
3. Have a representative at every Senior Patrol Leader Meeting.
4. On time to flag ceremonies.
5. Unit participation in the Service Corps.
6. Unit participation in the Chaplain's Corps.
7. Earn the Clean Sweep Award.
8. Host or co-host a Scout's Own Service.



Legendary Troop

The Legendary Troop recognizes those units that go beyond the requirements of the Honor Troop award in an effort to make camp fun for everyone. Those units earning the Legendary Troop award understand summer camp as a community of Scouts and Scouters playing the game of Scouting together.

1. Unit represented at every leader training.
2. 50% Unit participation in Sunrise Program.
3. 50% Unit participation in Sunset/Twilight program.
4. 75% of leaders earn Mitigwa Legend award.
5. 75% of Scouts earn Mitigwa Legend award.

For a complete list of requirements visit the Deere Center while you are in Camp.

Registration

Session Dates:

Week #1 June 15 - June 21

Week #2 June 22 - June 28

Week #3 July 6- July 12

Week #4 July 13 - July 19

Week #5 July 20 - July 26



NYLT and Adult Training Camp

Scouts - \$400

Scouter - \$175

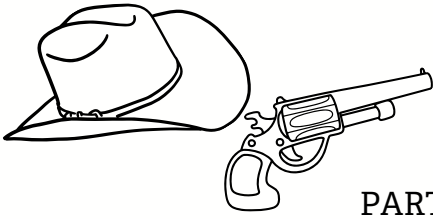
Registering for Camp:

Units may register for a campsite using <https://campiowa.org/>. A \$100 deposit is due at the time of reserving your campsite. Leaders may upload their unit roster at a later date with the names of youth and adults that will be attending camp. By March 1st, all campers must be named and any spots that were estimated but not named should be removed. There will be a \$150 minimum payment for each youth that is named.

Fees must be paid in full by April 1st. Merit badge class registration opens March 20th. Units may only register for merit badges after \$150 minimum payment per youth is made. This deters units from signing up Scouts who will not make it to camp and filling merit badge slots that may be better used to serve other units.

Camp Refund Policy:

The campsite reservation deposit is non-refundable. It will be used to help pay total unit fees. From April 1st through May 31st there will be a \$100 fee for any Scout or adult that is cancelled, though transfers are allowed. After June 1st, there will be no refunds allowed except per the regular council refund policy—<https://scoutingiowa.org/refundpolicy>.



**COWBOY ACTION SHOOTING PROGRAM
PARTICIPATION AND HOLD HARMLESS AGREEMENT**



Mitigwa Scout Reservation, Mid-Iowa Council will be conducting a Scout cowboy action shooting program. In this program, Scouts will shoot a rifle, pistol, and shotgun under the supervision of an NRA Range Safety Officer and NRA certified instructors. Scouts will be required to wear eye protection and hearing protection at all times while on the range. Scouts are expected to abide by all safety rules and the instructions of the Range Safety Officer(s) and rifle, pistol, and shotgun instructor(s).

I, the undersigned, give my child, _____, permission to participate in this program. I understand that participation in the activity involves a certain degree of risk. I have carefully considered the risk involved and have given consent for my child to participate in the activity. I understand that participation in the activity is entirely voluntary and requires participants to abide by the rules and standards of conduct. I release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all claims or liability arising out of this participation.

For safety, my child and I agree that they will do the following or they will be removed from the program. I understand that any additional cost associated with participation in this program will not be refunded if my child is removed for not following the rules below.

1. Complete a range safety briefing.
2. Wear all safety gear at all times while on the range.
3. Follow all the safety rules provided in the briefing.
4. Follow the instructions of the Range Safety Officer(s) and rifle, pistol, and shotgun instructor(s).
5. Do not handle the firearms until instructed to do so by the instructor(s).
6. Is 14 years of age, or 13 and has completed the eighth grade, as of the start of the class and will be in full compliance with all local, state, and federal guidelines, including age restrictions and original equipment manufacturer standards.

Participant signature _____ Date: _____

Parent/guardian signature _____ Date: _____

Parent/guardian printed name _____ Date: _____

Home phone _____ Cell phone _____

Email address _____

ACTIVITY CONSENT FORM AND APPROVAL BY PARENTS OR LEGAL GUARDIAN

First name of participant _____ Last name _____

Birth date (month/day/year) ____ / ____ / ____ Age during activity _____

Address _____ City _____ State _____ Zip _____

Has approval to participate in (name of activity, orientation flight, outing trip, etc.) _____
From _____ to _____

INFORMED CONSENT, RELEASE AGREEMENT, AND AUTHORIZATION

I understand that participation in Scouting activities involves the risk of personal injury, including death, due to the physical, mental, and emotional challenges in the activities offered. Information about those activities may be obtained from the venue, activity coordinators, or local council. I also understand that participation in these activities is entirely voluntary and requires participants to follow instructions and abide by all applicable rules and the standards of conduct.

In case of an emergency involving my child, I understand that efforts will be made to contact me. In the event I cannot be reached, permission is hereby given to the medical provider to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for my child. Medical providers are authorized to disclose protected health information to the adult in charge and/or any physician or health care provider involved in providing medical care to the participant. Protected Health Information/Confidential Health Information (PHI/CHI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.103, 164.501, etc. seq., as amended from time to time, includes examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

With appreciation of the dangers and risks associated with programs and activities including preparations for and transportation to and from the activity, on my own behalf and/or on behalf of my child, I hereby fully and completely release and waive any and all claims for personal injury, death, or loss that may arise against the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with any program or activity.

NOTE: The Boy Scouts of America and local councils cannot continually monitor compliance of program participants or any limitations imposed upon them by parents or medical providers. List any restrictions imposed on a child participant in connection with programs or activities below and counsel your child to comply with those restrictions.

List participant restrictions, if any:

Participant's signature _____ Date _____

Parent/guardian printed name _____ Parent/guardian signature _____ Date _____

Telephone number (best contact and emergency contact)

Contact the adult leader with any questions:

Name _____ Phone _____ Email _____