

# CAMP MEDICINE BOW



## 2026 PROGRAM HIGHLIGHT SHEET WEEKLY THEMES

<p><b><u>Week 1: Arctic Week</u></b> It'll be colder than normal during this week at Camp Medicine Bow! Bundle up nice and warm because we're taking a tour through the arctic! Keep an eye out for penguins and sea lions while you're building your igloo!</p>	<p><b><u>Week 2: Music Through The Decades Week</u></b> Spin some vinyl, grab your walkman, and find that favorite radio station because it's time to get musical here at Camp Medicine Bow with Music Through The Decades Week! From Beethoven to Taylor Swift, this week will have something in store for every member of your band! (Or troop!)</p>
<p><b><u>Week 3: Myths and Legends Week</u></b> Legends tell of mythical beings that roam these very woods. Ever heard stories of Bigfoot, the Chupacabra, griffins, The Mothman, Yggdrasil, and much more. The tales are endless. What legends will you discover at Camp Medicine Bow?</p>	<p><b><u>Week 4: Cowboys Vs. Aliens Week</u></b> It's high noon on Planet X! An epic battle between the wild west and the new frontier, this week at Camp Medicine Bow will be one for the history books! Take to horseback or spacecraft as this intergalactic duel will be a battle to remember.</p>
<p><b><u>Week 5: Fantasy Week</u></b> Elves, Dragons, fairies, and so much more will be waiting for you at Camp Medicine Bow! Perhaps you'll be a studious mage training in the art of sorcery or a brave hero who fights on the front lines to triumph over evil. Be the hero of your own story! Your fantasy is what you make of it!</p>	<p><b><u>Week 6: Lego Week</u></b> Yawgoog wasn't built overnight, but it would have been if we used Legos! Join the Medicine Bow staff as we take a look at Camp from a new perspective, brick by brick. Do you have what it takes to be a master builder?</p>
<p><b><u>Week 7: Peanuts Week</u></b> Good grief! Charlie Brown, Lucy, Linus, and the rest of the group are spending this week at Camp Medicine Bow. So get ready for a week full of dancing, football kicking (or missing), and, most of all, fun with this iconic bunch. And I know Snoopy's no Elmo The Elk, but he's pretty cool himself.</p>	

### **Elmo's Troop of the Week**

The Troop with the greatest participation, accomplishment, and Scout Spirit will earn Medicine Bow's greatest honor, Elmo's Troop of the Week! Earning medallions from the activities may help you earn this honor, but it is not the only thing Elmo looks for! Representing the Scout Law, Oath, Motto, and Slogan, and having a positive attitude plays a key role in Elmo's judgment.

### **Fred's Troop of the Week**

The Troop that displays the most Scout Spirit will earn this equally great honor, Fred's Troop of the Week! Earning medallions from the activities may help you earn this honor, but it is not the only thing Fred looks for! Representing the Scout Law, Oath, Motto, and Slogan, and having a positive attitude plays a key role in Fred's judgment!



# Medicine Bow Troop Activities



## **Troop Tournament & Scoutmaster Tournament**

Get ready to go head-to-head with other troops each day after lunch in a certain sporting activity or scoutcraft skills competition. Events could include ultimate frisbee, volleyball, pioneering competitions, and many others! Scoutmasters will be competing each day after lunch in Horseshoes or Cornhole!

## **Sunday Night Campfire (Sunday)**

Join the Medicine Bow staff at 8 pm in the Medicine Bow Amphitheatre as we kick off the week with a great campfire accompanied by some skits and songs!

## **Silver CY Cracker Barrel (Monday)**

This event will occur in the Medicine Bow Dining Hall at 8:30 pm. It is required for Silver CY Candidates, Senior Patrol Leaders, and open for any other senior leaders in the troop who may want to attend. The Program Commissioners will be providing a variety of skills and knowledge to develop their leadership capability!

## **Kayak Race (Tuesday)**

Head on over to Ashaway at 7 pm and make sure to bring your swimmers tag! This is a chance to race against other troops around the pond and show off your kayaking skills! The winner will be announced at the dress parade.

**Scavenger Hunt (Tuesday)** The Scavenger Hunt is a fun and fast-paced scramble to acquire all of the items on a list. The list will be given to two representatives at the Medicine Bow dining hall at 8:15 pm. The items should be returned to the dining hall by 9 pm to be judged! Results will be announced at the following lunch.

## **Bake-Off (Wednesday)**

The Bake-Off is a tasty and creative way for troops to get involved! Each Troop will bring their own ingredients and submit a baked dessert or food item to the stage of the Dining Hall before dinner. The judging of the Bake-Off will take place directly following dinner. Entries will be judged based upon taste, level of difficulty, and relation to the theme! The item must be baked! (Dutch ovens available if requested)

**Canoe Race (Wednesday)** A race against the rest of Camp Yawgoog! Send two troop representatives to take a canoe from the Medicine Bow Waterfront and paddle to Ashaway Aquatics Center, directly following dinner. The race starts at 7:15 pm! Show that you have what it takes to be the best paddlers in camp!

## **Snacks with the Staff (Wednesday)**

Ever wonder what it's like to work at camp? Come on down to the staff lounge at 8:30 pm to hang out and grab some snacks with the Medicine Bow Staff! Get the chance to ask them questions, share some stories, or learn more about us and our experience! We have staff from all over the country who could share a thing or two!

## **Trivia Night (Wednesday)**

Join staffers and Yawgoog alumni at the Medicine Bow Dining Hall at 8 pm, to enjoy a fun game of trivia. You can have up to 8 people per team and you will be competing for prizes! Make sure to bring all your camp knowledge!

## **Sailing Regatta (Thursday)**

The Sailing Regatta takes place directly following dinner at the Ashaway Aquatics Center. The race begins at 7 pm and is an exhilarating opportunity to show you are the best sailing crew in all of Yawgoog!

**Campsite Decoration Contest (Thursday)** Troops should use creativity and scouting skills to decorate their campsite to match the week's theme! Decorative gateways and fun props are always a great way to show off your scout spirit! The Program Commissioners will be judging each campsite directly following dinner!

## **Costume Contest (Thursday)**

Show off your spirit by attending dinner in a fantastic costume dressed for the theme of your week. Each troop will be able to send one representative to the stage at dinner to show off their troops' camp spirit.

**Swim Carnival (Friday)** After lunch, there will be a fun-filled competition at the waterfront! There will be all types of aquatic events such as the Relay to the Tin Man! No one can forget the immense creativity we always see in the Scoutmaster Splash, too!

**Friday Night Show** As the week winds down, there is always the Friday Night Show to look forward to! After we line up on Middle Camp Road at 7:45 pm, we will walk down to the J. Harold Williams Amphitheatre. All three camps join together to watch a great performance put on by the staff!

**Dress Parade (Saturday)** After breakfast, all of the troops are recognized for their weeks' worth of hard work and accomplishment. We will all come together for one last time on the Tim O'Neil Field. Be sure everyone in your unit has a full class A uniform for the parade!