



Participants Manual

(Youth and Leader Guide)



FLEUR DE LIS
YOUTH DEVELOPMENT



Welcome Letter

Thank you for considering attending the 2025 Winter Challenge.

We are looking forward to showcasing our inaugural Winter Challenge at the beautiful Camp Koinonia.

This new participant manual includes a wide range of information, activities and experiences for the attendees to create new memories, skills, and have fun in a safe environment.

Please read carefully to ensure you are prepared for the weekend and its activities. If there are any outstanding questions, please email winter-challenge@googlegroups.com.

See you soon!

2025 Winter Challenge Team

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Getting to Camp

Making the Reservation

This camp is an external event so all standard preparations should be undertaken as per other camps to state parks, sporting events, or similar.

The camp runs from Friday 2:00 pm, Saturday, until Sunday 1:00 pm, however a group may attend the whole time, only one night, or even visit just for Saturday. (Friday is a student free day for Lake Washington School District, so groups are welcome to arrive during the day). The foundation fee is \$40 per person but discounted to [\\$30 per person if booked prior to Feb 28th](#).

The Foundation per person fee includes

- Tenting or RV accommodation (no hook-up) for two nights
- Saturday and Sunday breakfast for everyone
- Saturday lunch and networking event for adults only
- Saturday Friendship Campfire hot chocolate and cider
- Dog sledding demonstration from the Northwest Sled Dog Association (on Sunday)
- Most Winter Challenge activities

Optional Activities

There are also some optional activities that you can pay to do...

- **Escape Room**
This fun challenge targeted at youth is fully supervised by Camp Koinonia Staff and typically takes 45 minutes to complete. A great added extra to bring a new challenge to the weekend.
\$40 for teams up to 10 people (1 hour)
- **Snowshoe Hire**
Using the locally rentable snowshoes there are tracks available to challenge yourselves to this popular winter activity.
\$5.00 per person per hour



Inside Accommodation Upgrade

If camping in the snow isn't your thing, then you have the added option of upgrading to inside accommodations. There are a range of rooms available for rent. This can be for all your attendees or just a few. It can be used as the base for a core group with the remainder camping nearby.

Please review the options below and book accordingly.

Act quickly because once they are gone, they are gone.

Sleeping Areas of Camp:
Correct Number and Style of Beds, but Rooms NOT to scale. Cots available upon request.

Retreat Center
Sleeps 18-26
2 Indoor Bathrooms & 4 Showers

Bunk Room #1
Sleeps 8; 4 Bunkbeds

Bunk Room #2
Sleeps 10; 4 Bunkbeds and two twin beds

Private Room #1
Sleeps 4; 1 Bunkbed & 1 Double Bed

Private Room #2
Sleeps 4; 1 Bunkbed & 1 Double Bed

Leadership Cabin
Sleeps 4-8
Indoor Bathrooms & 2 Showers

Downstairs Room #1
Sleeps 2, Twin Beds (2)

Downstairs Room #2
Sleeps 2, 1 Double Bed

Upstairs Loft
Sleeps 3-5; 1 King, 2 Twins, 2 Cots

Heritage Cabins 1-3
3 Cabins; Sleeps 12 Each
Central Shower House (2 Separate Sides)

Single Room
Sleeps 12, 6 Bunkbeds

Heritage Cabin 4
1 Cabin; Sleeps 14
Indoor Bathrooms & Showers

Single Room
Sleeps 15, 6 Bunkbeds, 3 Twin Beds

Capacity:
Ideal/Comfortable: 120-145 Maxed Out 169

Meadow Cabins
4 Cabins; Sleeps 16 Each
2 Indoor Bathrooms & 2 Showers

Side #1
Sleeps 8, 4 Bunkbeds

Side #2
Sleeps 8, 4 Bunkbeds

Cabela Tents
2 Tents; Sleeps 8 Each
Access to Central Shower House

Side #1
Sleeps 8, 4 Bunkbeds

Heritage Dorms
4 Rooms; Sleeps 3-5 Each
Central Shower House

4 Individual Rooms
Sleeps 3-5 Per Room in Bunks, Twins and Cots



More information and photos of the accommodation can be found [here](#)

Meal Purchases

If cooking in the snow seems like one thing too many, no worries we have you covered! You can purchase the two meals not provided, Friday and Saturday Dinner.

The meal will consist of a hearty main course and dessert.

Cost: \$12/per person per meal



[Register Now](https://fleurdelisyd.com/winter-challenge-2025/)

<https://fleurdelisyd.com/winter-challenge-2025/>



Packing for Camp

Event Specific Gear

- 2 cans of your favorite soup (one for use during the event and one for the food bank)
- Gold nugget pouch
- Team water container plus individual water
- Sled with harness
 - o Secure spot for team flag
 - o Canvas or tarp lining to hold sled gear
 - o Back-up wheels in case of lack of snow
- Ingredients and equipment to cook Saturday lunch on the parade field. This should be simple and stand alone as it will be cooked on the parade field during the Chilkoot Challenge.

10 Essentials

TEN ESSENTIALS

'Be prepared'! Just like every Scout every camper should be equipped with these ten essentials on any camping trip:

Contingency & First Aid Kit 1

"Contingencies" (someone forgot a flashlight, wet weather makes fire building difficult, etc.) are more common than emergencies. A first-aid kit supplemented with a spare flashlight, spare whistle, trail food, matches, and fire starters is your 'air bag' -- essential but you hope, (like the air bag in your car), you'll never need it.


 First Aid Kit Bag
 + Spare Whistle
 + Spare Flashlight
 + Trail Food
 + Matches and Fire Starters

Flashlight 2

A sturdy headlamp is better than a hand-held flashlight. LED lights (one with a brightness of 35 lumens is more than adequate) use less power and batteries last longer.



Trail Food 3

Carry a few granola bars, protein bars, trail mix, or other compact, high-energy, high nutrition food (avoid sugar-based snacks). Carry a couple of additional nutrition bars in the Contingency & First Aid Kit.



Matches & Fire Starters 4

There are any number of fire starter alternatives; many can be made at home. If you need to get a fire going in difficult circumstances, you want a proved fire starter and matches in a waterproof container.



Sun Protection 5

In direct sun in hot weather sunburn and some level of heat exhaustion are common. Staying hydrated, using sunscreen and wearing a broad-brimmed hat are important.



Whistle 6

If you become lost or separated stay put and use a whistle. Signal by blowing three blasts (a well-known emergency signal).

Spend a little more on one designed to signal over distances; cheap insurance should you need it.



Rain Gear 7

Staying warm is crucial, and it's hard to stay warm if you are wet.

Rain pants and a rain jacket are essential. Ponchos restrict movement and don't trap warmth near your body.



Water 8

An adequately sized (32 ounces), wide-mouthed rugged water bottle. In dry or hot climates carry two. Include some simple way to purify water, tablets or other chemical treatments don't take up much space.



Map & Compass 9

A simple base-plate compass is best.

Buy a reliable brand rather than a cheap knock-off, it's worth spending a bit more for an accurate compass.



Pocket Knife 10

A sturdy, well-made simple combination knife is ideal for camping.



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Personal Equipment

- Mess Kit
- Winter Clothing
- Insulated Boots
- Insulated sitting pad or small chair so not sitting directly on the snow
- Sweater or Jacket
- Rain Gear
- Hat and/or Bennie
- Long Pants
- Closed Toe Shoes or Hike Boots
- Pajamas
- T-Shirts
- Underpants & Socks
- Sleeping Bag
- Sleeping Mat
- Tent (or confirm one with the group)
- Toothbrush and Toothpaste
- Towel and Washcloth
- Comb
- Soap
- Deodorant
- Paper with Pen or Pencil
- Flashlight (with charged batteries)
- Personal First Aid Kit
- Pocket Knife
- Day Pack
- Sunglasses (optional)

Group Equipment

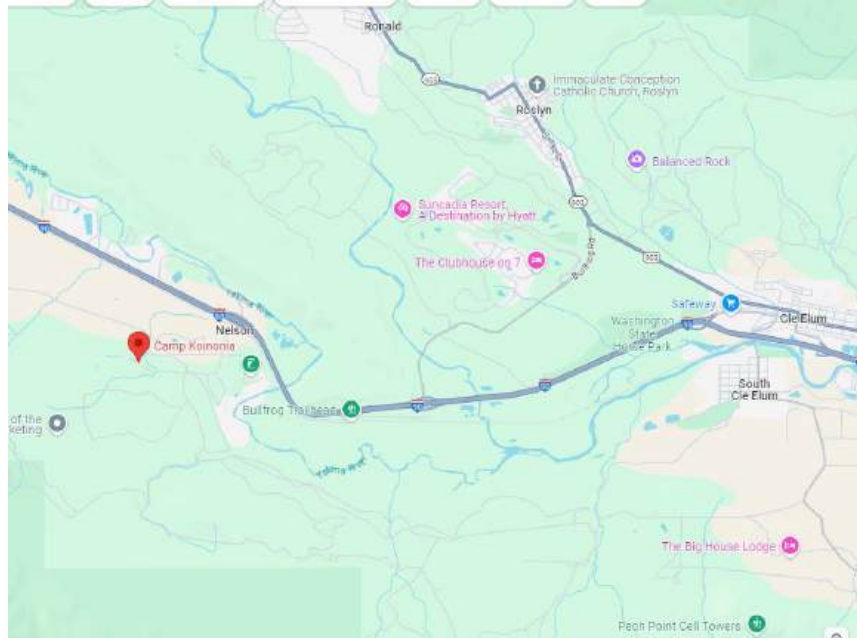
- Cooking Equipment
- First Aid Kit
- Group Tents (or ensure campers are bringing)
- Group Flag
- Lighting (lantern or similar)
- Medical Forms

Meal Plan

- Friday Dinner – on way to camp, bring to camp, or purchase
- Saturday Breakfast – Provided
- Saturday Lunch – Youth: bring to cook on the parade field. Adults: Provided
- Saturday Dinner – Patrol Cooking or purchase provided meal
- Sunday Breakfast - Provided
- Sunday Lunch – bring to camp, on way home, or at home

Driving to Camp

Address for the GPS : **850 Camp Koinonia Ln, Cle Elum, WA 98922**



From either direction

- Follow I-90
- Take **Exit 78**
- Follow Golf Course Road and Nelson Siding Road to Camp Koinonia Lane
- Arrive at Camp

Check-in

Check-in is between 2:00pm and 10:00pm on Friday night and Saturday 8:00am to 9:00am. If you are arriving outside these windows, please coordinate with the Winter Challenge Team.

On arrival head to the check-in station where the team is to confirm final numbers and check your group in.

Give your final list of teams for the Chilkooot Challenge, including the team's name. Teams of up to but not more than 10 are accepted. The ideal size is 5 - 8 youth. Teams that are smaller or larger than this could be challenged at some of the events.

From here you will be directed to your campsite or if upgraded, cabin.

It will be necessary for you to walk from check-in (or approved parking spots) to your campsite so please pack appropriately.



Medical Forms

Reminder that the 'Medical Forms' **must** be completed to stay at camp by **all** attendees.

This may be...

American Camping Association medical form [link](#)

or

Scouting America form set (*Part A – Informed Consent, Release Agreement, and Authorization | Part B – General Information/Health History*) [link](#)

It is your group's responsibility to manage this process the same as other external events. The Winter Challenge team will check that you have them to meet the Camp Koinonia terms of use requirements.

At Camp

General Camp Reminders

- No person is allowed to leave camp unless they complete the checkout process. If leaving the site outside the departure time this is done via the safety office / first aid building. Any person who is found off property will be sent home.
- No trees may be cut down without approval of the camp ranger or camp director.
- Private firearms and target equipment are prohibited. This includes but is not limited to firearms, ammunition, BB guns, air guns, pellet guns, archery equipment, throwing hatchets, sling shots, throwing knives, and similar.
- Intoxicating substances are banned. This includes but is not limited to cigarettes, vaping, alcohol, marijuana, and illegal drugs.

Parking

Please note that parking spaces are limited, and certain portions of the roadway are narrow. **Carpooling is strongly encouraged.**

Some of these areas will be restricted for safety reasons and to permit access by emergency vehicles. To avoid traffic congestion, all vehicles, except identified staff vehicles, must park in the designated parking area. Your cooperation in not parking in restricted areas is extremely important to the safety of Winter Challenge.

Parking in campsites is not permitted, unless special permission is obtained for good reasons (e.g. a handicapped person needing close access to a vehicle.) A Winter Challenge parking permit will be provided.

Campfires and Fires

- Fires may only be lit after looking up the fire ban status and confirming they are allowed and any constraints (should be right in the snow).
- Water buckets and tools must be available and at a convenient distance from the fire.
- All fires must be always attended by an adult and contained within the fire pit.
- Fireworks are banned.
- No flames of any kind in tents or buildings.
- All liquid fuels and fire lighters must be stored in safe space and only used by an adult or under close adult supervision.

Water

Camp has a fresh water supply in the Lodge and Cafeteria, but it is a long walk from tent camping. Some water may be available in some towns during the Chilkoot Challenge.

Leave No Trace

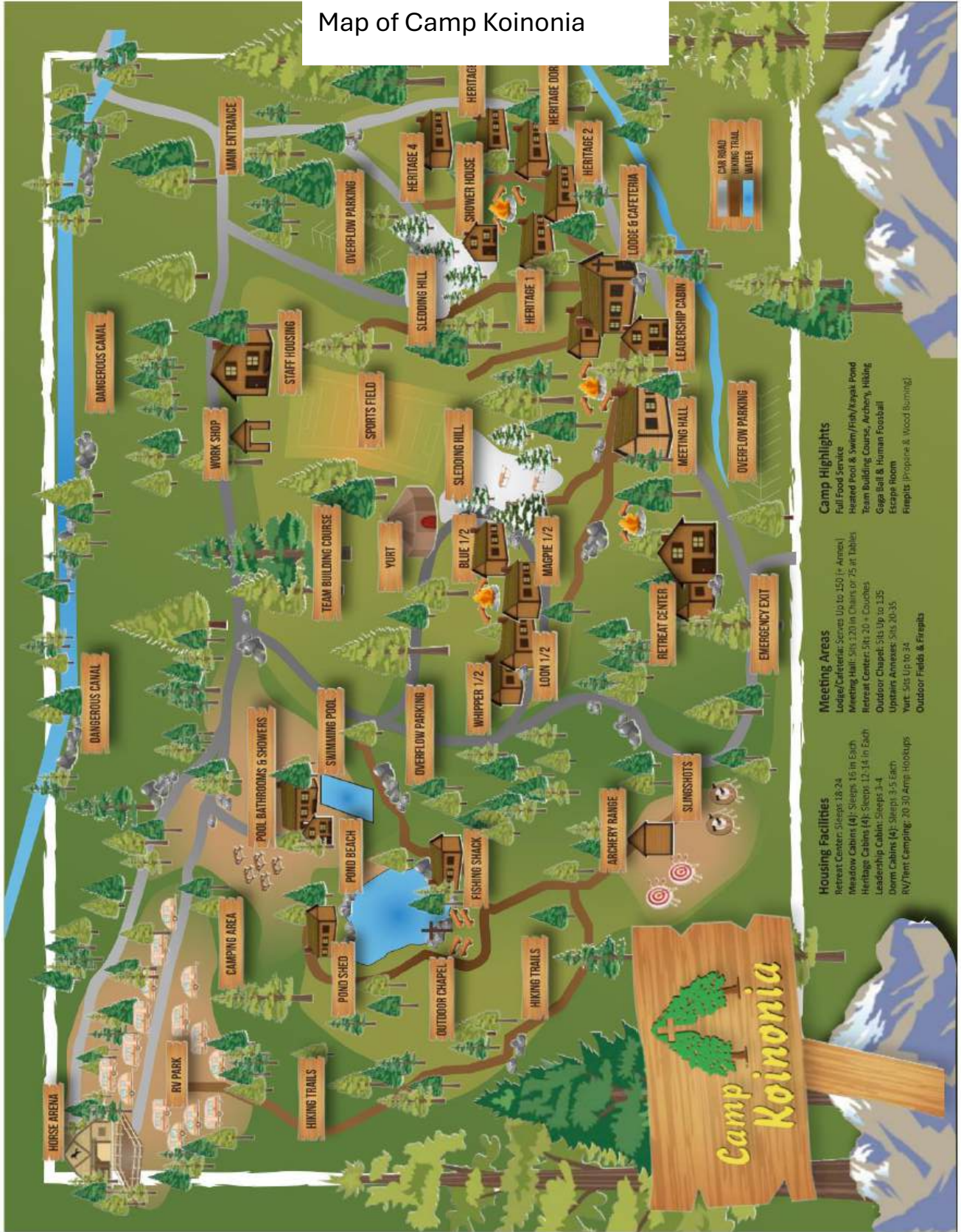
Leave No Trace™
Center for Outdoor Ethics | LNT.org

THE LEAVE NO TRACE SEVEN PRINCIPLES

- 1 PLAN AHEAD AND PREPARE**
Know the regulations and special concerns for the area you'll visit. Prepare for extreme weather, hazards, and emergencies. Schedule your trip to avoid times of high use. Visit in small groups when possible. Consider splitting larger groups into smaller groups. Repackage food to minimize waste. Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.
- 2 TRAVEL AND CAMP ON DURABLE SURFACES**
Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow. Protect riparian areas by camping at least 200 feet from lakes and streams. Good campsites are found, not made. Altering a site is not necessary. In popular areas: Concentrate use on existing trails and campsites. Walk single file in the middle of the trail, even when wet or muddy. Keep campsites small. Focus activity in areas where vegetation is absent. In pristine areas: Disperse use to prevent the creation of campsites and trails. Avoid places where impacts are just beginning.
- 3 DISPOSE OF WASTE PROPERLY**
Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter. Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished. Pack out toilet paper and hygiene products. To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.
- 4 LEAVE WHAT YOU FIND**
Preserve the past: examine, but do not touch cultural or historic structures and artifacts. Leave rocks, plants and other natural objects as you find them. Avoid introducing or transporting non-native species. Do not build structures, furniture, or dig trenches.
- 5 MINIMIZE CAMPFIRE IMPACTS**
Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light. Where fires are permitted, use established fire rings, fire pans, or mound fires. Keep fires small. Only use sticks from the ground that can be broken by hand. Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.
- 6 RESPECT WILDLIFE**
Observe wildlife from a distance. Do not follow or approach them. Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers. Protect wildlife and your food by storing rations and trash securely. Control pets at all times, or leave them at home. Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.
- 7 BE CONSIDERATE OF OTHER VISITORS**
Respect other visitors and protect the quality of their experience. Be courteous. Yield to other users on the trail. Step to the downhill side of the trail when encountering pack stock. Take breaks and camp away from trails and other visitors. Let nature's sounds prevail. Avoid loud voices and noises.

Infographic by Earth River SUP, a proud partner of the Leave No Trace Center For Outdoor Ethics
Leave No Trace Seven Principles © 1999 by the Leave No Trace Center For Outdoor Ethics; www.LNT.org

Map of Camp Koinonia



- Housing Facilities**
- Retreat Center: Sleeps 18-24
 - Meadow Cabins (4): Sleeps 10 in Each
 - Heritage Cabins (4): Sleeps 12-14 in Each
 - Leadership Cabin: Sleeps 3-4
 - Dorm Cabins (4): Sleeps 3-5 Each
 - RV/Tent Camping: 20-30 Arms/Hubcaps
- Meeting Areas**
- Lodge/Cafeteria: Seats Up to 150 (4-Armel)
 - Meeting Hall: Sit 120 in Chairs or 75 at Tables
 - Retreat Center: Sit 20 + Couches
 - Outdoor Chapel: Sit Up to 135
 - Upstairs Annex: Sit 10-35
 - Yurt: Sit Up to 34
 - Outdoor Fields & Firepits
- Camp Highlights**
- Full Food Service
 - Heated Pool & Swim/Fish/Kayak Pond
 - Team Building Course, Archery, Hiking
 - Gaga Ball & Human Football
 - Escape Room
 - Firepits (Propane & Wood Burning)

Winter Challenge Program

Friday

- 1400 Registration and arrival starts
- 1500 Camp set-up and group time.
- 1800 Sunset
- 1800 Purchased dinner in Lodge and Cafeteria
- 2030 Games and popcorn in the Meeting Hall
- 2215 Taps (*"Taps" is a military term that signals "lights out" at the end of a day*)

Saturday

- 0630 Sunrise
- 0630 Breakfast starts in the dining hall (0630, 0700, & 0730 sittings)
- 0800 Chilkoot Challenge team registration opens
- 0830 Chilkoot Challenge team leaders (youth) meeting and safety briefing at Yurt
- 0900 Flags and Announcements
- 0910 Chilkoot Challenge adult meeting and task allocation at Yurt
- 0930 Sled Inspection
- 1000 Morning Chilkoot Challenge activities
- 1200 Lunch – youth on the parade field | adults Lodge and Cafeteria
- 1300 Afternoon Chilkoot Challenge activities
- 1500 End of Chilkoot Challenge activities – return to parade field
- 1530 Iditarod Challenge Race
- 1630 Chilkoot Challenge recognition, awards, flag ceremony
- 1700 Quiet time and meal prep
- 1800 Sunset
- 1800 Purchased dinner in Lodge and Cafeteria
- 1915 Friendship Campfire at the Yurt (hot chocolate and cider provided)
- 2215 Taps (*"Taps" is a military term that signals "lights out" at the end of a day*)

Sunday

- 0630 Sunrise
- 0800 Breakfast – all-you-can-eat pancakes
- 0845 Flag Ceremony and Announcements
- 0900 Union Church – guided reflection
- 1000 Activity options Sled Dog Demonstration | Snowshoeing | Sledding | tubing hill | snowman making | More to come!
- 1300 Closing flags and ceremony
- 1400 All participants off site (can leave any time Sunday after checking out)

The Winter Challenge

Winter Challenge activities are all “**challenge by choice**”. There are various activities to choose from including a dog sledding demonstration, an escape room, two sledding hills, Chilkoot Challenge, a Klondike-themed series of events, snowshoeing, and much more!

The option also exists to simply go as a group do self-guided/self-planned activities at this beautiful location. This experience can be whatever you plan it to be.

Chilkoot Challenge

When the first Alaska Gold miners hit the pass at Chilkoot, the Mounties stopped them and would not let them enter the Klondike area until they passed certain conditions. This included proper equipment, sufficient supplies and proper attitude. Our Saturday event attempts to re-create those conditions for those groups willing to test their mettle and take on the Chilkoot Challenge!

Pre-Challenge Check

Prior to the start of the Saturday Chilkoot Challenge there will be a pre-challenge check, this will also have points allocated.

The sled is the key element and must be homemade. The sled should be sturdy enough to transport one team member and all the team’s gear. Google ‘Klondike Sled Plans’ to gain a wealth of knowledge if you need to build one.

Each sled will contain all the items needed to complete the challenges. Many a miner has failed to hit the gold mother-load due to lack of proper planning and supplies. For example, be sure to bring fire building materials (there won’t be any wood available in the gold fields, no flammable fluids), first aid supplies, rope, and anything else the team may need or want to complete each of the events (refer to instructions below). BE PREPARED

The check will include all the items below and the ultimate check of a well packed sled is if it is turned upside down nothing falls out.

- 10 essentials per team member
- Appropriate cold weather clothing
- Canvas or tarp lining to store and protect gear
- Gold nugget pouch
- Lunch ingredients and cooking gear
- Mess kit per team member
- Sled (skis in snow – wheels if snow free)
- Team and individual water
- Team flag well secured

Challenge Structure

Throughout the day each group (4 to 10 youth) with their sled will explore a variety of 'towns' set-up to represent a variety of predicaments and challenges that the early gold rush participants may have faced. Alternatively, it could test a skill that you may have needed to survive.

Each town will have a variety of activities based on their theme. If a town is full, it may be a good strategy to move to another one.

Ultimately throughout the day there are five hours to do as many activities and earn as many points as possible.

Challenge Activities

The final challenges will become apparent on the day, however, to help with preparation here is a list of activities that *may* be offered this year...

- Arrows Led the Way
- Compass Calamity
- Cook it Up
- Forging Onward
- Ice Fishing
- Ice Rescue
- Panning For Gold
- Prepare the Dogs
- Salmon Fry Transfer
- Salmon Toss
- Saw and Brand
- Signal Tower
- Smoosh Boarding
- Snowballs Chance
- Surviving the Gold Rush
- Train Stop

Scoring and Awards

Each activity will be scored, this will be based on the following criteria...

Achievement | Teamwork | Team Spirit

There will be three award categories that teams will be striving for:

1. **Cheechakos** Greenhorn, tenderfoot, newbie, inexperienced in mining or surviving Alaskan winters, "Thanks for showing up" award, as long as you successfully complete at least some minimum number events you should achieve this.
2. **Prospectors** Somewhere in-between. You have not "struck gold" yet but are on your way there. Your team still needs some more seasoning and experience.
3. **Sourdoughs** Highest honor, after a certain amount of time or experience, one becomes a "sourdough", you have arrived and know your stuff. You have struck it rich!

Your reward at each event will be gold nuggets for your poke!

Lunch Challenge

Teams should plan on preparing a hot lunch for midday during the Chilkoot Challenge. Points will be allocated by adults tasting your culinary delights! Outstanding lunch menus will be recognized at closing. Presentation, preparation, flavor, teamwork, etc. will be considered in the score.

Iditarod Race

Named after a famous dogsled race, the Iditarod is the final event of the day.

When the siren sounds marking the finish of all the challenges all team leaders must make their way to the 'Assay Office' (near the Yurt). The 'Assay Office' is where miners went to get their gold weighed.

On arriving, each team will hand over the gold collected through the challenge and exchange it for a gold ticket, which is the entry into the Iditarod race,

Other Tasks and Challenges

Unstaffed activities available for your group to do

- Glow-in-the-Dark 9 Square Year
- Firepits & Smores
- Tubing Hill #1
- Tubing Hill #2
- Snowman Building

Escape Room

\$ 30 per group up to 10 participants

This challenging escape room is a great distraction from the other events going on during Saturday. Inside it is also a welcome relief to the cold conditions. Unfortunately, it does not get points towards the Chilkoot Challenge.

Snowshoeing

\$5 per person

Snowshoes are available for rent to give this popular winter activity a go. There are a variety of paths on the property to safely give this winter sport a go.

The Union Church Participation

This morning interdenominational Union Church will occur allowing each youth to self-reflect on the meaning of reverence and what it can look like in action.

REVERENT. Be reverent toward God. Be faithful in your religious duties. Respect the beliefs of others.

Adults Only Saturday Lunch

This event is to encourage networking between adults over soup and bread rolls that will be prepared by Fleur De Lis members. Adults include all participants over the age of 18.

Fleur De Lis: *This will be a great opportunity to meet with and discuss the non-profit Fleur De Lis Youth Development, what its mission is, goals are, and if this may be something you are interested in being part of.*

Sled Dog Demonstration

Northwest Sled Dog Association (NWSDA) will be giving a demonstration on Sunday. This well-known winter sport will offer a unique opportunity to get up and close with the teams on Sunday. Worth staying the night for this rare experience.



Leaving Camp

Check Out

All participants must check out, this will include a campsite/building inspection.

The event patches will be handed out as part of the check-out process.

- This is done in the same place that you checked in.
- If a need arises where someone needs to leave during the camp at an earlier time, this may be done via the First Aid location.
- Sunday is a self-guided activity day and you may check out at any time, however all participants must be off site by 2pm.

Prior to checkout each group must clear out their camp site or accommodations including moving their trash to the central disposal location.

Lost and Found

During the camp this will be located at the first aid building.

At the end of camp these items will be moved to the sign-out location.

Contact Us

Still got questions? Please email us and we will answer as soon as possible.

winter-challenge@googlegroups.com