



Crew Checklist

Check off everything on this list to be sure you're ready to go. Visit the web pages in the Online Resources section for more details.

PLAN YOUR TRAVEL

- Decide how you are going to travel to your site
- Enter your travel plans in your MySCA portal
- Complete a travel support application if needed
- Add your Crew Leaders' numbers to your phone or notebook
- Make a plan to contact your parent/guardian when you arrive at your crew location

SCA Prepare for Service Page:

<http://www.thesca.org/serve/youth-programs/national-crews/prepare>

COLLECT YOUR GEAR

- Review the packing list on <http://www.thesca.org/crew-gear>
- Borrow or purchase gear that you don't already own
- Pack 2 sets of any medications that you listed on your medical form (for example: Epi-pens and inhalers)

SCA Gear Page:

<http://www.thesca.org/crew-gear>

GET PHYSICALLY AND MENTALLY PREPARED

Take time between now and your crew start date to get yourself ready for your experience.

- Break in your boots if they are new to you. Wear them for a couple of hours a day a few days a week to soften the material and get your feet used to them.
- Get your body ready by exercising at least 3 times a week for 30 minutes at a time. Have fun with it: run, dance, play basketball, Frisbee, soccer, etc. The goal is to get your heart beating faster.
- Get mentally prepared to live without TV, internet, running water, and other things that you might be used to at home. Spend time outside. Leave your phone at home for a day...

Crew Experience Page:

<http://www.thesca.org/serve/crew-experience>

PARENT/GUARDIAN CHECKLIST

Do you know?

- The address to use to send mail or packages to your child (it is on their crew assignment email).

Do you have?

- SCA's 24 hour emergency number in your phone: 1-800-YO-SOGGY (1-800-967-6449). Use this number to contact SCA for emergency situations that occur after hours.
- SCA's crew hotline and email address. Use these to contact SCA staff for non-emergencies: crews@thesca.org or 1-888-722-9675 x1496.

Member and Parent/Guardian Handbook:

<http://www.thesca.org/serve/youth-programs/national-crews/welcome>

LAST MINUTE CHECKLIST

Make sure you have everything checked off below before you leave home.

Do you know?

- Where your Crew Leaders will meet you when you arrive? Talk to them if you don't!

Do you have?

- Your Crew Leaders' names and phone numbers in your phone or notebook
- SCA's 24 hour emergency number in your phone or notebook: 1-800-YO-SOGGY (1-800-967-6449)
- Travel documents: tickets, identification, etc.
- TWO** sets of inhalers or Epi-pens if you listed them on your medical form
- Two sets of any other medications that you listed on your med form. Meds need to be in their original container.
- All of the required gear from the gear list
- A small amount of cash in case you need to buy snacks, etc. during a travel delay

ONLINE RESOURCES

Welcome Page

<http://www.thesca.org/serve/youth-programs/national-crews/welcome>

View the Member and Parent Handbook
Read details about the enrollment process

Getting Ready Page

<http://www.thesca.org/serve/youth-programs/national-crews/prepare>

Get the Travel Support Application form
View directions for entering travel details
Link to the Gear Page

Crew Gear Page

<http://www.thesca.org/crew-gear>

View the Gear List and tips

MySCA Portal Login

<http://thesca.force.com/members>

Enter your travel information
Track your enrollment
View your leader contact information

Frequently Asked Questions

<http://www.thesca.org/serve/camping-crew-faq>

CONNECT WITH OTHER MEMBERS

- Join the National High School Crews group on www.conservation-nation.org
- Follow SCA on Twitter @the_sca
- Like [SCA on Facebook](#)

GET HELP FROM SCA

1-888-722-9675 x1496

Crews@thesca.org

