



**BOY SCOUT TROOP 965
ACTIVITY ANNOUNCEMENT/PERMISSION SLIP**



Activity: 15-Mile Appalachian Trail Backpack Trip (<http://www.bearsdencenter.org>)
 Location: Keys Gap to Bears Den Trail Center, 18393 Blueridge Mountain Road, Bluemont, VA 20135

Departing Location: Level Fire Hall Date: Fri. Oct. 19, 2007 Time: 3:00 pm
 Returning Location: Level Fire Hall Date: Sun. Oct. 21, 2007 Time: 1:00 pm
 Adult Leaders: Dave Brown Jack Hoy Shawna Ashman

Notes: Remember to fill your water bottles and/or reservoir! Pack all of your gear as directed on the packing list. Remember, there are no patrol meals on this trip, each scout is bringing his own backpack meals. Bring an easy, just add boiling water, backpack meal for dinner on Friday evening. Bring \$5.00 for fast food on the way home.

Activity cost is : \$10 per Scout (includes and fees, insurance, etc.) + \$5.00 for fast food coming home.

Check Troop website (www.troop965.org) for any late-breaking news.

Please detach and return the permission slip below by Thursday, October 11, 2007

Detach here, return lower section, and keep above handy for reference.



**BOY SCOUT TROOP 965
ACTIVITY ANNOUNCEMENT/PERMISSION SLIP**



I hereby give permission for _____ to attend the Scout activity from Fri., Oct. 19, 2007 at 3:00 pm to Sun., Oct. 21, 2007 at 1:00 pm at Appalachian Trail – Northern Virginia & Bears Den

PERMISSION SLIP MUST BE TURNED IN NO LATER THAN Thursday, October 11, 2007

IN CASE OF EMERGENCY, I understand that reasonable effort will be made to contact me. If I cannot be reached, I hereby give my permission to the physician selected by the adult leader in charge to secure proper treatment, which may include hospitalization, anesthesia, surgery, or injections of medication for my child. I also understand that I am financially responsible for all medical treatment rendered.

Health Insurance Co: _____ **Policy Number:** _____

During this Scout activity, I can be reached at _____ Phone: _____

An alternate (who will accept collect calls) is: _____ at _____

Phone: _____

Please list (on back) any medical condition, which should be made know to the adult leaders in charge or to medical personnel in attendance in the event of an emergency treatment. If your child is required to take medication during this activity, please note on back and discuss this with the group leader.

Signed by Parent or Legal Guardian: _____ **Date:** _____

I can provide transportation: Going – yes / no Returning – yes / no

Passenger capacity with seat belts (excluding driver): _____ .

Activity cost: \$ _____ per Scout x _____ Scout(s) = \$ _____ Amount Due (Total)

Check (payable to: **Troop 965 BSA**) \$ _____ **Cash** \$ _____ **Received by:** _____

From Scout Account \$ _____ → **Approved by Troop Treasurer** _____

Boy Scout Troop 965

15-Mile AT Hike Packing List (October 19-21, 2007)

Your Scout Handbook contains a lot of information about what and how to pack. The following gear is recommended for where we will hike and the expected weather during our hike. Wear layered clothing.

Wear:

- _____ Hiking pants and a hiking shirt. *Avoid cotton clothing.*
- _____ Class B uniform shirt on top of your hiking shirt. We'll take it off at the trailhead.
- _____ Hiking socks. *Avoid cotton socks.* Select socks with extra cushion in the heel and toe areas.
- _____ Sturdy hiking boots that will support your ankles.
- _____ Hat, either the Troop hat or a rain/sun hat.

In Your Backpack:

The backpack's **frame needs to be the correct size** for the hiker and should have a well-**padded hip belt** to transfer weight off your shoulders, **padded shoulder straps** and a **sternum strap** (strap that connects the two shoulder straps across the hiker's chest).

- _____ Line your backpack with a large, heavy-duty plastic bag to waterproof your belongings.
- _____ Sleeping bag, comfortable to 20° F
- _____ Sleeping bag stuff sack – this protects the sleeping bag and helps with managing bulk in the backpack. Keep your sleeping bag dry by lining the stuff sack with a plastic bag.
- _____ Foam sleeping pad
- _____ Pack cover or large plastic bag
- _____ Tent – your portion of the tent you are sharing
- _____ Light-weight backpack stove and fuel – **at least one per patrol**
- _____ Small cookpot – **at least one per patrol**
- _____ Pot lifter tool or small pliers – **at least one per patrol**
- _____ Matches
- _____ Light-weight plastic bowl, cup and spoon
- _____ **Food:** (each scout must supply all of his own meals)
Dehydrated meal or other appropriate backpack meal – don't forget the hot chocolate!
- _____ Dinner for Friday night – must be a dehydrated, just add boiling water, eat in the pouch type meal.
- _____ Breakfast for Saturday
- _____ Trail lunch for Saturday – no cooking
- _____ Dinner for Saturday
- _____ Breakfast for Sunday
- _____ Trail snacks – snack bars, trail mix
- _____ Zip-lock bag for food trash
- _____ Water bottles or reservoir (at least 2 quarts)
- _____ Bandana
- _____ Toothpaste/toothbrush
- _____ Sunscreen (small)
- _____ Sunglasses
- _____ Money for Sunday lunch stop (\$5)

10-Essentials Kit

- _____ Compass (map will be provided)
- _____ Whistle
- _____ Flashlight or headlamp (including spare batteries and, unless an LED, a spare bulb)
- _____ Pocket-knife or multi-tool (bring Totin-chip)
- _____ Pencil and paper (small!)
- _____ First-aid kit
- _____ Water purification system or tablets
- _____ *Essential clothing:*
- _____ Rain gear
- _____ Extra bootlaces
- _____ Large plastic trash bag (33 gal.) **or** "space" blanket
- _____ Emergency food (snack bar)
- _____ 2 pairs of wool or wool/synthetic blend socks
- _____ 2 pair of underwear
- _____ Wool sweater/fleece pile jacket
- _____ Wool or fleece hat
- _____ Fleece or waterproof gloves
- _____ Light-weight synthetic long underwear
- _____ Light-weight camp shoes
- _____ Sleeping clothes: can be a sweat suit, but fleece pile pants, thick polypro or wool are recommended
- _____ **Cathole kit:**
- _____ Plastic trowel
- _____ Toilet paper (small roll or personal pack tissues)
- _____ Hand sanitizer (small)
- _____ **Optional:**
- _____ Small pillow
- _____ Small binoculars
- _____ Disposable camera

10 ESSENTIALS FOR HIKING & BACKPACKING

Below are the items that should be carried on every hiking or backpacking trip. The “10 essentials” are necessary for personal health and safety — the emphasis is on “essentials.”

This list is designed for the mid-Atlantic hiking region. The 10 essentials are a guideline, not an absolute rule. What else you carry should be determined by the conditions where you will be hiking, your personal needs, and the time of year.

The 10 Essentials:

- **Map and compass** (and know how to use them)
- **Water** (including filter or purification tablets)
- **Emergency food**
- **First aid kit** (including personal medication)
- **Flashlight and/or headlamp** (including spare bulb and batteries)
- **Necessary clothing**
 - rain/wind protection
 - extra shoe laces
- **Pocket knife or multi-purpose tool**
- **Pencil and paper**
- **Large plastic trash bag** (33-gallon) **or emergency “space” blanket** (to serve as emergency rain protection, emergency shelter)
- **Signaling device** (whistle)

Also Recommended:

- Sun glasses/sunscreen
- Matches/lighter/fire-starter (in plastic bag)
- Insect repellent
- Toilet paper

Notes on Use:

- Each person carries their own 10-essential kit in case they get separated from the group.
- When backpacking, keep your 10 essentials together in one small bag that can be easily taken along if you leave your pack for any reason. Your 10 essentials can keep you safe only if you have them with you.

BOY SCOUT TROOP 965

BACKPACKING INFORMATION FOR SCOUTS AND PARENTS

BACKPACKING/HIKING OUTING, APPALACHAIN TRAIL, OCTOBER (19), 20-21

The backpacking trip is intended to be an activity for the entire troop. Three hike options are being offered in an effort to meet a range of skill and ability levels.

The novice 5-mile hike is an introduction to backpacking for our first time backpackers.

The 10-mile hike is designed to reinforce backpacking skills for those who have backpacked at least once before.

The 15-mile hike is offered for scouts who have mastered their backpacking skills and for those scouts who are currently working on their backpacking merit badge.

The 5-mile and 10-mile hikes will depart early on Saturday, October 20th and hike during the day Saturday to our campsite destination. The 15-mile hike will depart on Friday afternoon and camp that night in a backcountry setting then hike on Saturday to the same campsite destination as the 5-mile and 10-mile hikes.

During the meetings preceding the hike we will help our scouts prepare. The following backpacking instructional activities are planned for the meetings preceding the hike.

October 4, 11: Backpacking gear and food preparation.
Leave No Trace skills

October 18: Trail Mix "Cooking" competition
Final equipment check. Bring all equipment that you have, packed properly in your pack. Don't forget to fill your water bottles! Packs will be weighed and checked for appropriate gear. Packed backpacks will not go home for repacking, but will be left in the scout room to be loaded in vehicles when we depart for the hike. Additional items that are found to be necessary as a result of the pack inspection should be brought along when you come for the hike and added to your pack before starting on the trail.

THE INFORMATION BELOW SHOULD HELP AS YOU GET YOUR BACKPACKING GEAR TOGETHER.

The following equipment will be needed for the trail hike. As this is a once a year activity, borrowing or renting are options to consider. Ask the Scoutmaster or one of his assistants if you want more information on how to do this. If you want to purchase equipment, then check into the many sales this time of year or consider ordering from a discount mail order house. Start gathering gear now so that boots can be broken in and gear can be tested for fit and utility before the hike.

- a. Hiking Boots: Make sure they are comfortable, fit properly, and give ankle support. High-top sneakers will not do because they have no shank. You can purchase a pair of light-duty high-top hiking boots for about \$30 that would be suitable for this hike at Wal-Mart, Dick's or Sport's Authority. Remember when trying on hiking boots that your feet will swell as you hike and boots that just fit at the beginning of a hike will be too tight by the end of the hike.
- b. Backpack: This should be a reasonable quality internal or external frame pack. The pack needs to fit the hiker, that means that the frame size of the pack needs to match the torso size of the hiker. The function of the pack's frame is to reinforce and support your spine. To do this it must span your torso length. If the frame is too short it will not divert weight from the spine. If the frame is too long then too much weight will be diverted to the hips and the load may shift.

To find your torso size you will need someone else to measure it for you. Your torso length is measured along your spine from the top of the hip-line to the point where the slope of the shoulders

meets the neck (at the 7th cervical vertebrae).

Approximate pack size equivalents are:

16" - 17" Torso Small pack

18" - 19" Torso Medium pack

20" - 21" Torso Large pack

22" - 23" Torso Extra Large pack

The pack should have a well-padded hip belt to transfer weight off your shoulders. The hip belt also should fit the hiker correctly. Padded sections of the hip belt should wrap around your hips comfortably without touching in front. If, when you fully tighten the webbing straps at the front of the hip belt, the padded sections of the hip belt are touching, then the hip belt will not do its job correctly.

The pack should also have padded shoulder straps and a sternum strap; a strap that connects the two shoulder straps across the hiker's chest and prevents the shoulder straps from slipping off of the shoulder when under load.

The volume of the pack should fall in the range of 2500 to 3500 cu. in.; this size is frequently described as a weekend pack. Also, remember that the weight of the pack calculates into the total weight that the hiker will be carrying.

Avoid inexpensive external frame packs with plastic frames, if selecting an external frame pack look for one with aluminum tubing for the frame. Many internal frame packs now have molded plastic stays or frame sheets, this is fine.

If you are testing a pack for fit you should have approximately 20-30 lbs. of weight inside the pack.

Packs with frames can be rented from APG Recreation Services and possibly at local outfitter stores. Ask the Scoutmaster or one of his assistants if you need help locating a pack to borrow or rent.

- c. **Sleeping bag:** This should be a fairly light-weight four season bag. Any bag rated to 20° F or lower and weighing less than 5 pounds should be adequate. If your sleeping bag is not rated as low as 20° F you may want to supplement it with a sleeping bag liner, these generally add 10° to the bag's temperature rating. The sleeping bag needs to be packed in a stuff sack or compression sack that will protect the bag from damage as well as help to manage the bulk of it when being carried in or on the backpack. Lining the stuff sack with a plastic bag prior to stuffing the sleeping bag in will also help to ensure that the bag stays dry. The scout will also need a foam sleeping pad for under the sleeping bag to insulate him from the cold ground. Avoid air mattresses as they do not provide this same insulation.
- d. **Water bottles, individual cook kit and small lightweight stove:** The water bottles may be any light-weight containers that will seal tightly and hold a total of two quarts of water. The cook kit need only be a small, light-weight pot to boil water for dehydrated food, a plastic bowl, plastic cup and plastic spoon. Small backpacking stoves are sold at many stores and vary greatly in price. If your scout is just starting out in backpacking and wants his own stove one of the less expensive single-burner propane backpacking stoves by Coleman along with a small propane canister would be appropriate. A least one scout from each patrol will need to bring a stove, fuel and a cook kit.
- e. **Food:** Scouts should pack a bag lunch for Saturday, trail snacks such as trail mix and snack bars, and breakfasts and dinners to prepare on a backpacking stove. The lightest and simplest options are the pre-packaged dehydrated meals that can be purchased at most outdoor stores. These can be purchased in individual servings or multiple servings if two scouts want to share. It can be a good idea to test these at home to make sure that you like your selection before bringing it backpacking.

- f. Clothing: Synthetic fibers or wool rule in backpacking. Avoid cotton, since once it gets wet it loses all insulating qualities and takes an extremely long time to dry. Dressing in layers helps to manage body temperature and moisture from perspiring. Start with a wicking layer such as a synthetic fabric t-shirt and underwear to draw perspiration away from your skin. Next is your insulating layer, such as a fleece or wool pull over and a pair of nylon or fleece pants. Finally your outer wind/rain protection layer in the form of a rain suit – top and bottoms.

Socks made of wool or a wool/synthetic blend will wick moisture from your feet, helping to prevent blisters and will also continue to keep your feet warm even if they become wet. Specialized hiking socks have additional padding on the sole for comfort. If your boots are a little too large, you may want to consider using one of the thin, synthetic liner socks. These transfer the friction caused by the boot sliding around on your foot to the area between the two socks, helping to prevent blisters.

- g. Tent: Scouts will be sharing the troop tents, with each scout carrying a portion of his tent in his pack.

Outdoor retailers in our area include:

- a. Target in Aberdeen or Bel Air
- b. REI in Timonium
- c. EMS (Eastern Mountain Sports) in Newark
- d. Hudson Trail Outfitters in Towson
- e. PX, APG
- f. Wal-Mart in Aberdeen, Abingdon, North East or Elkton
- g. BJ's in Abingdon
- h. Costco in White Marsh
- i. Dick's Sporting Goods in Bel Air or White Marsh
- j. The Sport's Authority in White Marsh
- k. www.campmor.com

Backpacking is one of the most enjoyable and rewarding experiences in scouting. It is hoped that some advance information and planning can minimize cost while assuring that the scout acquires adequate equipment for a comfortable and enjoyable hiking experience. Please don't hesitate to contact the Scoutmaster or any of the Assistant Scoutmasters for help and advice.