

Troop 103

May 16-18, 2008

IMPORTANT INFO FOR BACKPACKING TRIP

Date: May 16-18, 2008

Cost: TBD (Expected costs will probably between 5 and 10 \$ a boy)

Departure: Fri. May 16

Time: 4:00 pm

Depart: St. Joseph's Church parking lot

Other important info: Either eat a dinner before you come or pack one for the trip

The drive is about one hour and 15 min.

Hike to campsite area along the Appalachian Trail and camp near the Tumbling Run Shelters in the Michaux State Forest (near the Old Forge Road)

Saturday, May 17

Backpack from Tumbling Run Shelters to Caledonia State Park at the Hosack Run Campground.

Possible Resting stops at Chimney Rocks, and Snowy Mountain Fire Tower

Return: Sun. May 18

Time: TBD

Place: St. Joseph's Church parking lot

Other important info: we will be attending church before we arrive back at the parking lot.

Emergency Contact Phone Numbers:

- Tim Boyle (717) 634-5330 (h)
- Paul Race (717) 817-4553 (c)
- Richard Slusser (717) 451-1908 (c)
- Bob Zinn (410) 259-3521 (c)
- Michaux State Forest (717) 352-2211
- Caledonia State Park (717) 352-2161

Nearby Hospitals: Waynesboro Hospital
501 East Main Street
Waynesboro, PA 17268
(717) 765-4000

Chambersburg Hospital
112 North Seventh Street
Chambersburg, PA 17201
(717) 267-3000

OTHER INFO AND RELATED MEETINGS

Shakedown: Tues. May 13

Time/place: normal meeting time in scout room

Info:

- Bring your fully packed backpack and the hiking shoes that you plan to wear during the trip.
- Alan and Tim Boyle will be doing a demonstration and conducting a shakedown.
- If you do not have a pack, put your gear in a large garbage bag and bring it to the meeting, and the troop will provide you with a pack.
- See the list is included in the end of this email of what to pack.

Important notes to remember for packing:

- Your pack should weigh about 25-30% of your body weight
- EACH SCOUT IS RESPONSIBLE FOR HIS OWN FOOD!!, so you will need a cooking device. If you do not have a cooking device, you should contact others attending the trip to see if you can share one with a buddy.
- We will be hiking about 10 miles on the second day, so don't pack too heavily
- You will have to carry water during the hike. There is a spring at the first night's site and a water source at the Saturday night's site. Be sure to bring big enough bottles, probably enough to hold 1.5- 2L of water.
- Do not pack all of your clothes in your backpack because you will want to wear a lot of layers to shed if you start to get hot.
- You will want to pack your clothes in plastic freezer bags so that if your pack gets wet your clothes won't. Your sleeping bag should also be protected by a waterproof cover or garbage bag.

Pack your Class "A" uniform separately for transportation in one of the vehicles. Your uniform will be worn on Sunday while attending church services.

What to Bring

<p><u>Sleep and Shelter</u></p> <ul style="list-style-type: none">- backpack- sleeping bag with protective garbage bag cover- ground sleeping pad (lightweight)- pillow- tent and tent ground cloth - Tents will be provided by the troop but carried by the scouts. (Tent parts will be split up with tent buddies to share weight)- backpack cover(optional) <p><u>Clothing</u></p> <ul style="list-style-type: none">- hiking boots- multiple pairs socks and sock liners- underwear- long johns- short sleeve shirts- long sleeve shirts- sweatshirt- RAIN GEAR- long pants- shorts- hat (optional)- Class "A" Uniform (Pack Separately for car) <p><u>Toiletries</u></p> <ul style="list-style-type: none">- toilet paper- toothbrush- toothpaste- deodorant- hand wipes(optional)	<p><u>Food/ Food supplies</u></p> <p>Note: Do not pack heavy things like canned goods. Pack lightweight food that needs water added. (i.e. oatmeal, ramen noodles)</p> <ul style="list-style-type: none">- Fri. snack(optional)- Sat. breakfast- Sat. lunch- Sat. dinner- Sun. breakfast- Snacks for the trail- Portable CAMP STOVE- MESS KIT <p><u>Miscellaneous</u></p> <ul style="list-style-type: none">- flashlight/ headlamp- batteries- pocket knife- matches/lighter- first aid kit- talc powder- garbage bag- watch (optional)- water purification device (optional) or iodine water treatment tablets.- bug spray/ sunscreen (optional)- scout book if you wish to work on your rank advancement- map & compass(optional but recommended)- whistle – for emergencies.
---	--

