

Troop 103
August 14-16, 2009
IMPORTANT INFO FOR BACKPACKING TRIP

Date: August 14-16, 2009

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

Departure: Fri. August 14

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 1 hour and 10 minutes

Drive to the Cobber Cabin located 1.7 miles east of Laurel Lake

446 Pine Grove Road, Gardners, PA 17324

Camp on the Cobber Cabin Property

Saturday, August 15

Backpack 8 miles along the Appalachian Trail from Cobber Cabin to Pine Grove Furnace-Group Camping Area

Stopping for lunch at Pole Steeple Overlook (weather permitting)

Return: Sun. August 16

Time: TBD

Place: St. Joseph's Church parking lot

Other important info: we are looking at options to attend church services in the Pine Grove Furnace area.

If none are available we will attend mass at St. Joseph Catholic Church, Hanover.

Emergency Contact Phone Numbers:

- Jeff Rosenzweig (717) 968-6533 (c)
- Pete Slusser (717) 476-8885 (c)
- Bob Zinn (410) 259-3521 (c)
- Michaux State Forest (717) 352-2211
- Pine Grove Furnace State Park (717) 486-7174

Nearby Hospitals: Carlisle Regional Medical Center
45 Sprint Drive
Carlisle, PA 17013
717-249-1212

OTHER INFO AND RELATED MEETINGS

Shakedown: Tues. August 11

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.
- Ethan Grove 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 that is included in the end of this email of what to pack.

Important notes to remember for packing:

- Your pack should weigh no more than 25-30% of your body weight
- EACH SCOUT IS RESPONSIBLE FOR PURCHASING, CARRYING AND COOKING HIS OWN FOOD!! 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 8 miles on the second day, so pack light.
- You will have to carry water during the hike. There is a water source at the first night’s site and a water source at the Saturday night’s site. No water source for the majority of the hike. Be sure to bring big enough bottles, probably enough to hold 1.5- 2L of water (50 - 67 fl oz..)
- You will want to pack your clothes in plastic freezer bags so that if your pack gets wet you 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>Sleep and Shelter</p> <ul style="list-style-type: none"> - backpack - sleeping bag with protective garbage bag cover - ground sleeping pad (lightweight) - pillow (optional) - 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>Clothing</p> <ul style="list-style-type: none"> - hiking boots - multiple pairs socks and sock liners - RAIN GEAR - underwear - short sleeve shirts - shorts - Swimming shorts - long johns (winter, early spring, late fall) - long sleeve shirt - sweatshirt - long pants - Troop hat (optional)/ or headband - Class “A” Uniform (Pack Separately for car) <p>Toiletries</p> <ul style="list-style-type: none"> - toilet paper - toothbrush - toothpaste - deodorant - comb - hand wipes(optional) - towel 	<p>Food/ Food supplies</p> <p>Note: Do not pack heavy things like canned goods. Pack lightweight food that needs water added. (i.e. oatmeal, ramon noodles)</p> <ul style="list-style-type: none"> - Fri. snack(optional) - Sat. breakfast - Sat. lunch (light lunch, no cooking) - Sat. dinner - Sun. breakfast - Snacks for the trail - Portable CAMP STOVE (you can share w/buddy) - Stove fuel - MESS KIT with utensils fork/Spoon - water /hydro reservoir/water bottles - water purification device (optional) or iodine water treatment tablets. <p>Miscellaneous</p> <ul style="list-style-type: none"> - flashlight/ headlamp - batteries - sun screen / bug spray - sun glasses - insect repellent - pocket knife - matches/lighter - first aid kit - talc powder - garbage bag - watch (optional) - scout book (working on your rank advancement) - map/compass/GPS (optional but recommended) - whistle – for emergencies. - camera (optional)
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