

MOUNTAIN MAN



Must be 13 years of age or older. Adults are welcomed register for an additional fee.

Register as a crew of 10 (8 youth and 2 adults) or sign up as a provisional scout and join a crew!

Mountain Man is a five-day expedition that may consist of, but not limited to, the following: backpacking, white water rafting, rock climbing, rappelling, mountain biking and various water sports. Upon arrival at camp on Sunday, participants will gather for a shakedown activity, equipment check, get to know one another activities, swim check and a skills assessment. Mountain Man is led by seasoned guides, and promises to be fun for any participant. At the end of the week, upon completing the trek, each participant who completes the trek will be granted a shirt and named Mountain Man! Scouts will leave camp on Monday morning and return to camp on Friday evening prior to campfire.



*RAPPELLING

*ROCK CLIMBING

*BACKPACKING

*MOUNTAIN BIKING

*SHOTGUN OR BLACK POWDER SHOOTING

*HIKING – WATERFALLS/SWIMMING

*EAST TENNESSEE MOUNTAINS

*WHITE WATER RAFTING – OCOEE

*AND MUCH MORE

A SUNDAY AFTERNOON SHAKEDOWN MEETING WILL TAKE PLACE, SCOUTS SHOULD BE AT CAMP AND CHECKED IN BY 2:00 PM TO PARTICIPATE.

Mountain Man Equipment Checklist

	Field uniform (class A) plus one Scout T-shirt. Uniforms are worn in Base Camp.
	External or Internal frame backpack with hip belt
	Sleeping Bag (inside waterproof bag)
	Sleeping Pad and ground cloth, large garbage bags work well
	Hiking Boots.... (BROKEN IN!!!)
	Three pairs hiking socks
	Three pairs underwear
	2 Short Sleeve T-shirts
	1 long Sleeve T-shirt
	1 lightweight Jacket, Sweater or Sweatshirt
	3 pair Hiking Shorts
	1 hooded Rain Jacket
	1 pair Rain Pants
	1 small towel
	2 one-quart water bottles
	Toilet Articles: soap, wash cloth, tooth brush & paste, toilet paper in zip lock bag
	Eating Utensils: plate or bowl, fork and spoon
	Hat or Cap with brim and sunscreen
	Pocket Knife
	Flashlight (small AA) with extra batteries
	Small container of insect repellent
	Small container of sun block
	Backpack Rain Cover
	Personal Medications----Bee Sting Kits, etc.

OPTIONAL

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| 1. Camera | 5. Sandals |
| 2. Sunglasses | 6. Compass |
| 3. Extra plastic bags | 7. Backpacking Tent |
| 4. Mountain Bikes may be brought – staff has final approval for use in program | |

PLEASE REMEMBER THAT ADDITIONAL PATROL EQUIPMENT & FOOD WILL BE ADDED TO YOUR PACK BEFORE LEAVING BASE CAMP

NOTE: Hikers **WILL NOT** be permitted to carry overweight packs regardless of age, size or experience. Each item on the equipment checklist should be included and additional items are discouraged. Backpacks loaded with the items on the checklist should weigh between 18 and 25 pounds. There should be enough room left in the pack to accommodate patrol equipment and food. **We do not allow overweight packs to go on the trail.** Unnecessary items (overweight) will be stored at Base Camp.