

Willistown Troop 78 Appalachian Trail Backpacking Trip

Hike along the Virginia / West Virginia line

October 14 - 15, 2017

Basic Information:

Leave cabin Saturday morning on the bus, hike on the Appalachian Trail in West Virginia and Virginia south of Harpers Ferry. We will have two different hikes: one longer and with more difficult terrain and one shorter with easier terrain. Scouts and adults can choose which hike they can best complete. It is expected those who plan to go to Philmont this coming summer 2018, will complete the longer hike, and hike and eat meals with their Philmont hiking crew.

If you plan to attend:

Scouts: you must tell your Patrol Leader by 9PM Monday October 9th.

Adults: please tell Mr. Bilson you plan to attend by 9PM Monday October 9th.

Arrive at the Cabin at 6:00 AM SHARP on Saturday morning October 14th !

Please approach the cabin slowly and quietly!!! We must respect our neighbors.

Return to the Cabin at about 2:00 – 3:00 PM on Sunday October 15. Scouts must stay and help unpack Troop gear before heading home.

Parents – Scouts will call with pick-up time when we are 15 – 30 minutes out, our exact arrival is variable on this trip.

PLEASE TURN IN THE SIGNED PERMISSION SLIP PORTION OF THIS DOCUMENT AND RETAIN THE REST

Two great hikes on the Appalachian Trail in Virginia and West Virginia!

CHALLENGE TREK (recommended for young Scouts and new backpackers)

- 6.0 mile ridge hike north to south, West Virginia Route 9 to the Blackburn Appalachian Trail Center.

LONGER TREK (for senior Scouts, Philmont crews, and experienced backpackers)

- 7.5 mile hike south to north from Virginia Route 7 to Blackburn Appalachian Trail Center.

SUNDAY TREK

Reversal of Challenge Hike back to the take-out at WV Rt 9.

SCHEDULE:

MANDATORY 7:00 PM packing meeting for all participants on Friday, October 13, 2017. Bring your gear in a duffle bag, and also bring your unpacked backpack. Those who need backpacks will be issued them that evening. **ALL BACKPACKS WILL BE LEFT AT THE CABIN ON FRIDAY NIGHT. WEAR YOUR HIKING BOOTS TO THE MEETING ON FRIDAY NIGHT!!**

Meet at the Cabin by 6:00 AM on Saturday morning sharp!

Arrive back at the Cabin at approximately 2 PM on Sunday.

Scouts will call when we are 15 minutes from the Cabin.

All Scouts must help with clean-up upon return.

HOW TO SIGN UP:

Turn in the accompanying sign-up form (bottom of this handout) to your Patrol Leader by no later than Monday, October 9th at 9:00 PM if you will be attending. If you do not own or cannot borrow a backpack, the Troop has packs to lend.

DADS WELCOME – \$20 meal charge for adults with a current Troop registration; \$35 for adults without a current Troop registration. Pay at sign-up time. See accompanying sign-up form.

See the attached packing list and packing tips.

October 14 and 15, 2017 Troop 78 Backpacking sign-up form
TURN THIS PAGE IN AND RETAIN THE REST OF THE HANDOUT

This form must be turned in to the Patrol Leader of the Scout who is attending (and/or that Scout's father/the participating adult) by Monday, October 9th at 9:00 PM.

Read carefully and complete all information. If not applicable, write "N/A" on that line.
TURN IN THE FORM OR YOU WILL NOT BE PERMITTED TO JOIN THIS TRIP!

Name (last name, first name): _____ Circle one: Scout Adult
(For adults, circle one: I am / am NOT currently registered with the Troop.)

Patrol (if Scout): _____

For adults: Attach check made payable to: "Willistown Troop 78".
\$20 for adults with a current Troop 78 registration; \$35 for adults not currently registered with the Troop.

Allergies – please indicate any food allergies, dietary restrictions or other allergies (e.g., bee stings, medicines, etc.) here: _____

CHECK HERE IF YOU NEED TO BORROW A TROOP BACKPACK: _____

For adults: You must have a Youth Protection Training (YPT) certificate, valid through December 31, 2017, to attend.

<http://www.cccbsa.org/youthprotection>

Adults please check one of the following:

____ YPT certification attached ____ YPT certification on file with Troop

I am the parent/legal guardian of the Scout named above, and my signature below constitutes my permission for my son to attend the October 14 - 15, 2017 Willistown Troop 78 backpacking trip. If my son does not attend the trip for any reason, I understand that \$35 will be deducted from his Scout account to reimburse the Troop for expenses incurred.

If I am an adult attendee, my signature below is my agreement that my remitted payment will be forfeited in the event that I do not attend the trip for any reason.

(parent signature, or signature of adult attendee if submitted by attending adult)

QUESTIONS? CALL YOUR PATROL LEADER or THE SPL

Backpacking Trip Packing List

In a backpack (if you do not have a backpack, the Troop has backpacks to lend. Please ask Mr. D.)

Line your pack with a contractor-grade plastic bag. Remember that you will need to leave room to carry tentage, Troop gear, and food. Bring your personal gear to the packing meeting in a duffle bag, not in your pack – but bring your backpack, too. Duffle bag will be used to stow any items you decide not to take on the trip, and will help you to see and keep track of your gear.

WHAT TO BRING (wear appropriate items to the hike, based on the weather):

Winter sleeping bag or sleeping bag w/blanket or sleeping bag liner (plan on overnight temps below freezing).

Sleeping pad

Pack cover or trash bag to use as a pack cover

AT LEAST three (3) liters of water. Platypus / Camelbak recommended but bring at least three liter of water in Nalgene/unbreakable water bottles

(clean Gatorade bottles work well) holding at least 1 liter of water each (Do NOT put anything in the bottles EXCEPT water)

Contractor-grade trash bag to line pack

Ten (10) 1 gallon Ziplock bags

Three (3) bungee cords

Second trash bag for used clothing

Flashlight or headlamp (new batteries)

Weather-appropriate gloves; hat with visor; knit hat**

Small bottle of sunscreen; small tube of lip balm

Change of pants, shirt (jeans are heavy and bad when wet. Avoid sweatpants, which are bulky and heavy) – bring synthetics if you can

¼ roll of toilet paper (that is, a roll that has been largely used up) of toilet paper (in sealed plastic bag) and a small bottle of hand sanitizer

Long underwear**

Synthetic pullover

Synthetic underwear (wear a T-shirt and pants; pack another of each)

Mole skin, Band-Aids in a sealed sandwich bag

Toothbrush and toothpaste

Small pack of unscented baby wipes

Rain jacket; rain pants (If you have rain pants, but don't buy them just for this trip)

WEAR sturdy hiking boots

PACK sneakers to wear as camp shoes (no sneakers for hiking)

Wool or synthetic hiking socks – wear 1 pair, pack 2 pair (no cotton socks)

Dads – bring at least 8 ibuprofen tablets

Troop mug (or equivalent); spoon or spork (mug should hold 12 oz., minimum and will be used for all food and drink)

Spending money for road stop

Trekking poles (if you want to have them)

** It is best to dress in layers. The trail could be quite warm during the day and camp could be cold at night, or cold all day. **BE PREPARED!**

How to have a great backpacking experience

Keeping your pack weight light and packing smart are the keys to a great experience. Consider these guidelines as you're getting ready for the trip:

- Line your pack with a contractor-grade trash bag. Lining your pack with a contractor-grade trash bag will keep moisture out, and help you to stay warm and dry.

- Pack your clothing in gallon-sized "zip" bags. Use those gallon-sized food bags to pack your individual outfits. Squeeze the air out of the bags and your clothing will take up less space in your pack. And, the bags can be used to repack the damp clothes you remove when you change into your dry stuff.

- No cotton clothing! Cotton – including jeans – absorbs moisture. Moisture robs heat.

Leave the cotton home.

- Wool and synthetics mean warmth and dryness. Synthetic materials wick moisture away from your body. They're lightweight and they dry quickly. Wool / fleece tends to wick moisture and keeps its insulating properties even when wet. Wear wool socks and a wool hat, and synthetic shirts and pants. Bring at least 3 pairs of wool or synthetic socks – wear the first on the hike, bring a second pair for bed, and have a third pair to wear for the trip home.

- Wear hiking boots and pack a pair of lightweight sneakers. We insist that hikers wear hiking boots, so they have good footing and ankle support when hiking. But having a pair of sneakers means you can wear comfortable shoes in camp, and if something happens to your boots, you have an emergency pair of shoes for walking. Borrow boots from an older Scout if you need to, but make sure they fit.

- Dress in layers. Hiking is hard work. If you dress in layers, you can remove layers as you warm up and add layers when you get cool. On this trip, it will be warmer during the mid-day but colder at night and early in the morning.

Check the weather before we leave. On the Friday night before our Saturday departure, check the weather for the **Harpers Ferry, West Virginia** area at the following website:

<https://weather.com/weather/today/l/USWV0326:1:US>

We've had rain, snow, cold and high temperatures on prior trips. Check the weather and make sure that you are bringing appropriate weather gear.

Remember that:

- Your backpack should weigh no more than about 25% of your total body weight. Count on carrying 5 lbs. of Troop gear, plus half of your tentage (your tent-mate will carry the other half) and factor that into your packing. Remember that you'll only be out for one night. Keep it light and you'll feel right.

- Leave your snacks at home. **We will be in bear country.**

Don't be the guy who smells like candy. We'll have enough for you to eat on this trip.

- Bring three liters of water (three liters is about 3 quart-sized bottles).

DON'T GET CAUGHT SHORT ON WATER!

Remember that your water containers are for water, not for Gatorade, hot chocolate or other flavored beverages. Don't be "bear bait."