



# WILLISTOWN TROOP 78

## 2024 Backpacking Trip

### Shenandoah National Park + Appalachian Trail

October 18-20, 2024 (Front Royal, VA)



Hike the Appalachian Trail in the beautiful (and hopefully peak fall color) Shenandoah National Park. Enjoy a Troop 78 tradition of backpacking and comradery! Pick from one of two treks:

#### Option A - CHALLENGE TREK (for all scout and scouters)



Approximately 5 miles, this hike has some elevation gain with one ascent to Compton Peak and will be challenging but manageable. Hikers on this trek will take turns setting the pace, leading the hike, and orienting the trail map. Hikers will enjoy great overlooks across the Shenandoah valley. A packed lunch will be eaten enroute to camping destination (Tom Floyd AT shelter).

**Scan the QR code for more details on the hike route.**

#### Option B - LONGER TREK (for experienced backpackers, requires scoutmaster approval)



Approximately 12 miles in length, with significant elevation gain at two ascents of Marshall and Compton Peak. Beautiful views of the Shenandoah valley along the hike. Longer Trek crew will move at a faster pace and cover a greater distance enroute to the Tom Floyd shelter. Packed lunch to be eaten on the trail. **This route requires scoutmaster approval**

**Scan the QR code for more details on the hike route.**

#### PACKOUT SUNDAY TREK



After breaking camp at the Tom Floyd shelter, all hikers will hike together 1.5 miles along the AT descending to the point that the AT crosses the road and Mr. Duff's driveway. Troop bus will be waiting to collect the hikers and begin to journey home. **Scan the QR code for more details on the hike route.**

## SCHEDULE DETAILS:

- **Departure:** Participants arrive at the Cabin on Friday evening at **5:30 PM**. Friday, we will drive & spend the night at Mr. Duff's property in Front Royal, VA. **BE EARLY!**
- **Return:** Arrive back at the Cabin at approximately **3:00 PM** on **Sunday**. Scouts will call when we are 20 minutes from the Cabin on our return.
- **Mandatory Packing Meeting:** Thursday October 17 @ 7:00pm is the mandatory packing meeting for **ALL PARTICIPANTS**. Bring your unpacked backpack and your personal gear (stuff you'll be packing) to the cabin packed in a SEPARATE duffel bag. You will then repack your personal gear, food and patrol equipment in your backpack. If you will be using your own backpack, please bring it to the packing meeting – but have your gear in your duffel bag for the meeting! **PACKED BACKPACKS WILL BE LEFT AT THE CABIN ON THURSDAY NIGHT.**

**Notify your Patrol Leader** by no later than the Troop meeting on **Friday, October 11th at 7:00 PM** if you will be attending. Let your PL know if your father is attending as well. If you do not own or cannot borrow a backpack, the Troop has a few to loan, but **you must let your Patrol Leader know by Friday, October 11th if you will need a backpack from the Troop!**

- **Dads**, we encourage you to join us and see what Troop 78 is all about.
- **Scouts**, this is a perfect opportunity to invite a friend in your neighborhood to visit and learn about Scouting and Troop 78! Please dress warm!

**QUESTIONS?** Call your Patrol Leader or talk to Mr. Campbell (610.999.1776 | [cac360@gmail.com](mailto:cac360@gmail.com))

## WHAT TO BRING:

**REMEMBER - LESS IS BEST, KEEP IT LIGHT.** The total weight of your pack (including patrol gear) should not be more than be 25-30% of your total body weight. **No Cotton – bring synthetic, wicking gear!**

- Hiking boots (**IMPORTANT no sneakers or Crocs on the trail**)
- Sneakers (to wear in camp)
- Wool or synthetic socks – wear a pair, bring TWO PAIRS
- Backpack (Troop has a **limited number available** for loan. **Let your PL know if you or your Dad need to borrow** one from the Troop)
- Sleeping bag **AND** ground pad
- Small flashlight or headlamp, with good batteries
- AT LEAST **two (2) filled one QT/L water bottles** or a full Camelbak/hydration system
- Durable Drinking cup
- Durable Plastic bowl or large cup & utensil
- Toilet paper (about a quarter-roll. Pack in a plastic sealed bag)
- Toothbrush and toothpaste
- Small bottle hand sanitizer
- Pocketknife and/or fixed blade
- Compass
- Mole skin
- Warm & comfortable hiking cloth
- Layers (sweatshirt, jacket or sweater that can be removed during hike)
- Brimmed hat, sunglasses and sunscreen
- Warm hat and gloves (weather dependent)
- Rain gear
- Bungee cords (2) for securing items to your pack
- Pack cover or 2 large trash bags for rain cover
- **Optional:** Stuff sacks for easy cloth & gear storage in backpack
- **Optional:** Small hiking pillow or cloth in stuff sack works great too!

**Troop 78 – Backpacking Trip Permission Form**

**Please complete and return this page per terms of handout to the scoutmaster’s office at the cabin or email a completed form to Mr. Campbell ([cac360@gmail.com](mailto:cac360@gmail.com)) .**

Scout name and patrol: \_\_\_\_\_

Adult attendee name: \_\_\_\_\_

E-mail address and MOBILE phone number: \_\_\_\_\_

Allergies – please indicate any food allergies, dietary restrictions (for religious, medical or social reasons) or other relevant allergies (e.g., bee stings, gluten, medications):

\_\_\_\_\_

**For Adults:** Return form with a check made payable to: “Willistown Troop 78.” Registered Adults, \$35.  
NO CHARGE FOR VISITING GUESTS

**Select your trek:**                     Challenge Trek     Longer Trek

**Longer Trek ONLY; Scoutmaster Approval** \_\_\_\_\_

**Willistown Troop 78 October 18-20, 2024 Backpacking trip (the “Trip”) Permission and Release Form**

**If I am signing for a Scout:** I am the parent/legal guardian of the Scout/guest named above, and my signature below constitutes my permission for my son to attend the Trip. By signing this form, I represent that I have read the Troop 78 COVID-19 guidelines found [at this link](#), and commit that the person for whom I am signing this permission slip has also read, understands and will abide by those guidelines. My signature below also: (a) authorizes any registered Willistown Troop 78 leader in attendance to obtain medical treatment for my son if, in the discretion of such registered leader, such treatment is warranted; and (b) serves as my agreement, on behalf of myself, my son and our respective legal successors and assigns, to hold Friends of Troop 78, Inc., Willistown Troop 78, and the directors, officers, leaders and their respective successors and assigns harmless of and from any and all claims, demands and/or causes of action whatsoever, occurring on or in connection with the Trip. If my child cannot attend the trip for *any reason*, I promise that my son will call both his Patrol Leader and Mr. Campbell (610.999.1776) no later than 2 hours before the scheduled departure time.

**If I am an adult attendee:** By signing this form, I represent that I have read the Troop 78 COVID-19 guidelines found [at this link](#), and commit that I understand and will abide by those guidelines. My signature below also: (a) authorizes any registered Willistown Troop 78 leader in attendance to obtain medical treatment for my son if, in the discretion of such registered leader, such treatment is warranted; and (b) serves as my agreement, on behalf of myself, my son and our respective legal successors and assigns, to hold Friends of Troop 78, Inc., Willistown Troop 78, and the directors, officers, leaders and their respective successors and assigns harmless of and from any and all claims, demands and/or causes of action whatsoever, occurring on or in connection with the Trip. If I cannot attend the trip for *any reason*, I promise that I will call Mr. Campbell (610.999.1776) no later than 2 hours before the scheduled departure time.

\_\_\_\_\_ Date: \_\_\_\_\_  
(parent signature, or signature of adult attendee if submitted by attending adult)