



# WILLISTOWN TROOP 78

## Carlisle Backpacking Trip: Appalachian Trail

October 21-22, 2023

Hike the Appalachian Trail near Carlisle, Pennsylvania and enjoy a Troop 78 tradition of backpacking and comradery!

Pick from one of two treks:

**CHALLENGE TREK** (for visiting Webelos, young Scouts and new backpackers)

- Approximately 3.5 miles, this hike has some elevation gain 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 stop and enjoy a packed lunch enroute to our camping destination.

**LONGER TREK** (for senior Scouts and experienced backpackers)

Approximately 6.5 miles in length, with some nice elevation gain. Longer Trek crew will move at a faster pace and cover a greater distance to our campsite. Packed lunch to be eaten on the trail.

**SUNDAY TREK**

All participants will reverse course from camp and hike out to the starting point of the Challenge Trek.

**IMPORTANT: All trekkers are to wear hiking boots and wool or synthetic hiking socks. NO SNEAKERS ON THE TRAIL! See packing list.**

### SCHEDULE:

- **Packing and prep meeting Friday night October 20<sup>th</sup>, 7 PM at the Cabin.**  
**Backpacks, tents, food and equipment will be distributed at this meeting.**
- Participants meet at the Cabin on Saturday morning for a **7:00 AM SHARP** departure on the Troop bus to the put-in points. **BE EARLY and BE QUIET PLEASE!**
- Arrive back at the Cabin at approximately **11:00 AM on Sunday.** **Scouts will call when we are 20 minutes from the Cabin on our return.**

**Notify your Patrol Leader** by no later than the Troop meeting on **Friday, October 13th 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 13th if you will need a backpack from the Troop!**

**REGISTERED ADULTS WELCOME! (Adults MUST be registered with the BSA to attend this trip).**

**QUESTIONS?** Call your Patrol Leader. **See you on the Trail!**

**FRIDAY, OCTOBER 20<sup>TH</sup> MANDATORY PACKING MEETING FOR ALL PARTICIPANTS: For the packing meeting, bring your unpacked backpack, and bring 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 FRIDAY NIGHT.**

## WHAT TO BRING:

WEAR hiking boots (no sneakers on the trail)  
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 – see flyer for details)  
Sleeping Bag  
Small flashlight or headlamp, with good batteries  
AT LEAST **two (2) filled one QT/L water bottles** or a full Camelbak/hydration system  
Plastic drinking cup  
Bowl or large cup (consider a Tupperware or similar container); spoon or spork  
Toilet paper (about a quarter-roll. Pack in a plastic sealed bag)  
Toothbrush and toothpaste; soap (camping soap preferred)  
Small bottle hand sanitizer  
Pocketknife  
Compass  
Mole skin  
Sneakers (to wear in camp, on in the event you have problems with your boots)  
Wool or synthetic socks – wear a pair, bring TWO PAIRS  
Change of clothes  
Brimmed hat  
Small container of sunscreen; Chapstick  
Warm hat and gloves  
Rain gear  
Jacket (**not just a sweatshirt**)  
Layers (sweatshirt or sweater that can be removed during hike)  
Bungee cords (2)  
Pack cover and trashbag or 2 large trashbags

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

Be Prepared! Check the weather at:

<https://www.accuweather.com/en/us/carlisle/17013/weather-forecast/335346>

**Troop 78 – Backpacking Trip Permission Form**

**Please complete and return this page per terms of handout.**

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):  
\_\_\_\_\_

**Check here if you need to borrow a backpack from the Troop:**

(if both adult and Scout need a backpack, write “2” in the “checkmark” box)

**For Registered Adults:** Return form with a check made payable to: “Willistown Troop 78.”

Registered Adults, \$30. NO CHARGE FOR SCOUTS, VISITING WEBELOS OR VISITING WEBELO FATHERS (MUST BE REGISTERED WITH THE BSA TO ATTEND)

**Select your trek:**  Longer Trek

Challenge Trek

**Willistown Troop 78 October 21-22, 2023 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, his other parent/guardian, 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 and/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. Bennett (267 615 4236) 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 representative/delegates/agents, 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 and/or in connection with the Trip. If I cannot attend the trip for *any reason*, I promise that I will call Jim Bennett (267 615 4236) no later than 2 hours before the scheduled departure time.

\_\_\_\_\_ Date of signature: \_\_\_\_\_

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