

Troop 880 Backpacking Trip



Date: March 28th -30th 2008
Where: Appalachian Trail in New York
Pawling to Poughquag
Level of difficulty: moderate
Cooking: food purchased / cooked by patrol
Hike counts toward fifty miler patch



Spring 2008 Appalachian Trail Backpacking Trip

March 28th, 29th, 30th



Depart Friday night the 28th of March from the church at 5:00pm
Returning Sunday afternoon at about 1pm March 30th
Cooking will be by Patrols
Cost 5.00

The spring trip will be in the Pawling area of New York. The troop will be hiking a section of the trail between the Poughquag and the town of Stormville. We will depart from the church parking lot Friday night at 5pm and camping at Pawlings Edward Murrow Park. Saturday morning we will be up early, eat breakfast, break camp and start our hike. All cooking on this trip will be by Patrol. Each scout will need his own mess kit and eating utensils. This trip I would like to see everyone bring a Freeze dried dinner. It is not mandatory but it would be an excellent opportunity to learn how to prepare a freeze dried meal. EMS, Farris all have them. This hike will be a 7.2 mile stretch of the Appalachian Trail. The troop will be camping at the Morgan Street Shelter Saturday evening.

Troop 880 March A.T. Backpack Permission slip

- Appalachian Trail Hike Permission Slip
- This form must be completed and returned before March 22nd
- Scout _____ has my permission to attend the Spring Appalachian Trail hike on March 28 - 30 with Scout Troop 880 in New York.
- Emergency medical treatment is authorized in case parents can't be contacted. Phone numbers where parents can be reached in an emergency during the trip. (____)-_____
_____.
- We will be meeting at church at 5pm on March 28th and returning about 1 pm on March 30th.
- This trip is patrol cooking. The patrol or individuals will be responsible for purchasing their food and planning for Sat .lunch & dinner and breakfast on Sun.
- Will Scout be bringing any medications or inhalers? Yes____ No_____
- Please provide name of medications / inhalers _____. All medications need to be in original container and handed to Scout leader by parent.
- _____ I can drive_____ I have room for_____ scouts including gear.
- _____ I will be attending as an adult leader
- Cost: \$5.00 per person. Food not included.
- Name of Parent _____ Signature _____ date _____
- Hand in or mail to Mr. Maneeley 326 Quarry brook Drive S. Windsor, CT. 06074

Backpacking Equipment Planner

Backpack	sleeping bag
Tent	sleeping pad
Stove and fuel	water bottles
Matches	water purifier /Filter
Cooking pot	plastic bowls fork spoon
Food	Coffee tea tang
Toothbrush paste	Pocket Knife
Toilet paper	Maps Compass GPS
Flashlight Headlight	Cell Phones Phone numbers
First Aid Kit	Plastic bags Water Jug
Boots	Wool Socks
Underwear thermals	Coolmax Tees & Pants
Wool Shirts & Pants	Rain Jacket, Rain Pants
Outerwear: Fleece or Down	Crampons, Snowshoes
Wool Fleece Hat	Insulated Gloves

Other items

Sunglasses	Sunscreen
Insect repellent	Biodegradable soap
Hiking Shorts	Camera & Film
Glasses	Bear Bag
Whistle	Rope, Nylon Cord
Safety Pins	Shorts

Special Considerations

Medications	Disposable razors
Condiments	Contact lens Solutions
Camp Shoes	Bandana & Towel
Camp Chair	Aluminum Foil
Weather Radio	Ear Plugs

Backpacking Packing Fundamentals

Your pack should weigh no more than 25 percent of your body weight. Your pack should allow for four pounds of patrol gear. This is do-able as long as you select the right gear and don't bring more than you need. Example: If you weigh 100lbs, your pack should weigh no more than 25 lbs, including 4 lbs for patrol gear. Therefore, your pack **before patrol gear** is added should weigh no more than 21 lbs.

How to save weight:

Watch the ounces, and pounds will take care of themselves. Examples:

Light weight	Heavy weight
Flashlight power by 2 AA Batteries	Flashlight powered by 2 D batteries: 20oz.
Stainless steel mess kit with just what you need: pot pan (double use as either plate or pot lid). Plastic up: 23oz	Complete mess kit: small pot ,small bowl, lid: 18 oz. + 23 oz. = 41 oz.
Toothpaste travel size tube: 1oz.	Toothpaste large tube: 8 oz.
Deodorant Travel size:0.5 oz.	Regular size: 3 oz.
Wind pants 7oz.	Jeans: 16oz.
Small bottle of hand soap: 1.5oz	Bottle of hand soap from store 8 oz.

Total weight saved: 15 oz. + 18 + 7 + 2.5 + 6.5 + = 9 =58 oz. Or 3.6 pounds

This is an actual list of the items you'll need and the approximate weight.

	Pounds	ounces
Backpack	5	0
Sleeping bag	4	0
Mattress pad	2	0
Patrol gear	4	0
Full water bottle	1	6
Flashlight		4
First aid Kit		9
2 extra AA batteries		2
Trail mix		6
Compass Matches Paper Pencil Whistle fire starter		4
Poncho		12
Pocketknife		3
Mess Kit (pot pan cup)	1	7
Fork Spoon (heavy plastic)		1
Toothpaste Tooth brush Liquid hand soap deodorant (small sizes)		4
Rope (50 ft. 3x16)		4
Half Roll Toilet Paper		4
Extra Socks		5
Long Underwear		12
Wind pants		5
Hat and Gloves		6
Total	17	93
Total pounds 22.8 lbs including Patrol gear.		