

# 2021 Backpacking Information for Scouts, Adults, and Parents

**THIS IS A BACKPACKING TRIP – IF YOU DON'T PACK IT YOU WON'T HAVE IT! ADULTS ARE TAKING JUST WHAT THEY NEED SO THEY WON'T HAVE ITEMS YOU FORGET! PLAN AHEAD AND DON'T CARRY MORE THAN YOU NEED.**

## **General Logistics**

- We must keep this as close to a **true** backpacking trip as possible and that means **everyone** walks into our campsite with everything they need and a portion of the group gear! No visitors! We will NOT be camping Friday Night. Our campsite Saturday night is in a field at Cromwell Valley Park.
- There will be room to park all the vehicles for people hiking. However, any vehicle staying after the park closes at sunset **MUST** be parked in the gravel lot or the overflow lot by the Willow Grove Nature Center (see travel directions on the website). Park in any other location and you may be ticketed. **The Park staff will LOCK the gates at sunset and reopen them at sunrise.** The Troop 497 sign should be visible through your windshield. (see troop announcements for the trip)
- Patrols should take the Patrol gear they need from the shed during the meeting on Thursday, 28 October and bring it with them on Saturday. (See the website for updated information.) The patrols should divide up their gear, food, tents, etc. in the Cromwell VP parking lot Saturday morning before the hike.
- The quartermaster and individuals with troop gear will bring them to the Cromwell VP parking lot Saturday morning. The adults should divide up their gear, food, tents, etc. in the Cromwell VP parking lot Saturday morning before the hike.
- Read the travel directions on the troop web site.

## **Water**

- Bring the water you need for your hike with you from home. There is potable water available Saturday night about 5 minutes from our campsite. Each patrol and some adults should bring empty gallon jugs for transporting water to our camp.

## **Animals**

- There are signs of animals in this area. Everyone is responsible for keeping the area clean and free of food waste. **EACH PERSON is responsible for bringing trash bags for their own use and disposing of their food and other waste.** Patrols should pack extra trash bags for their patrol. The adult trash bags are for adult trash only.

## **Menu**

- Eat before you leave home on Saturday morning. You cannot eat Saturday's lunch as a patrol because the patrol members will be split between long and short hikes. **EVERYONE, Scouts and Adults, is responsible for bringing their own lunch and a trash bag for Saturday' hike.** Take foods high in energy including items like GORP or a power bar for the hike.

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- The adults will be cooking for all adults for Saturday evening and Sunday morning.
- Saturday dinner for Scouts:

The adults will have about 5 backpacking stoves to heat water for everyone. **We will not be able to cook meals on the stoves.** Your meal can be:

- A one pot meal **for the entire patrol** requiring only the addition of boiling water and waiting. At most, we can heat your pot for a maximum of 5 minutes after you add the hot water. Make sure you calculate exactly how much hot water you will need to add. Internet search for “one pot meal” & “backpacking” and you will have many simple menu suggestions to choose. DO NOT bring canned foods, they are heavy and create a disposal item. You can precook some items at home, so they will be better preserved and easier to prepare. You can also purchase meat and fish in sealed foiled bags instead of cans.
- Individual nutritious meals that only require the addition of water. Note: Ramen alone is not nutritious enough for a backpacking meal. You must add other items.
- Sunday Breakfast:
  - Plan for a quick no cook patrol and adult breakfast on Sunday morning or one that only requires hot water. The adults will have hot water available on Sunday morning. Plan on a hot drink mixed with water.
- Bring hot chocolate mix or cider mix for hot drinks Saturday evening and Sunday morning. It will help warm you up.

### ***Fires***

- **A fire is permitted in the single fire ring – nowhere else.** Cut wood will be available. Water must be available at the fire ring whenever a fire is burning and water must be used to douse the fire when we retire for the night.

### ***Cleaning of cooking pots and personal eating utensils:***

- Choose finger-foods, eat-in-package items, etc. for breakfasts and lunches to avoid using personal eating utensils. If you don't use it, you don't have to clean it!
- Bring some nylon scouring pads, a very small container of dish soap, and a paper towels in a resealable bag as part of patrol gear.
- Consider less gooey one-pot meals to make cleaning of cooking pot easier – avoid cheese.
- Try to cook only what you'll eat and eat all you cook to avoid having to remove excess food from your pot.

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- As soon as you finish your meal, squeegee out your personal bowl and spoon and rinse with a small amount of water. If you do this right away, the food won't have a chance to stick. Rinse again with hot water to sanitize. Store your bowl and spoon in a resealable bag.
- An alternative that eliminates cleaning your bowl is to bring a resealable bag large enough to fit over your bowl. Before putting food into your bowl, turn the bag inside out and slip over your bowl. Eat your meal. Remove the bag and turn it right side out and seal it. Use it as a personal trash bag the rest of the trip and pack it out. Bring one bag for each meal needing a bowl.
- As soon as you are done, empty out your pot of food into a resealable bag you brought from home and add water before food starts to dry out.
- NEVER dump leftovers into lakes, streams, etc. OK to use this water but either, dump excess food in an out-of-the-way place or preferably strain it thru a colander, strainer or other device and dispose of strained food in you trash.
- Immediately scrub with the scouring pad and paper towels to clean out pot. Rinse and rinse again with hot water. No soap in lakes, streams.
- Adults will provide small quantities of hot water for cleaning pots.

### ***Trash disposal:***

- We practice ***Leave No Trace*** while on backpacking trips and we ***Carry In/Carry Out***. Eliminate items that will become trash by repackaging your food items before you leave home. Leave all unnecessary packaging at home (bring your food preparation instructions) - you will have less to dispose of and a lighter pack. Unlike most trips, you and your patrol are responsible for your own trash during a backpacking trip as there are no trashcans or dumpsters around.
- **Everyone should have several plastic resealable bags to put trash in to carry out so you can split your trash among your patrol. Adults won't have any trash bags to give you!**
- Crush and consolidate your trash so it takes up less space in your pack.
- Never bury trash in the woods! It should always be carried out with you to be disposed of at home or other approved places.
- Keep your site clean and dispose of trash as you create it. Policing will be much easier later.

### ***Patrol Gear***

- All crew gear is to be divided fairly among all crew members. (younger, smaller members will not be overloaded; larger, stronger Scouts should take more of the load)
- All packs will be checked by seniors and adults before we hike to make sure crew gear is fairly distributed and so no unnecessary items are carried.
- **You will need tents for your patrol.** Each tent, ground cloth, poles, and stakes being carried should be split among three Scouts as we would normally do on a backpacking trip. Because

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Scouts BSA rules allow only one person to sleep in a tent because of Covid, the trip quartermasters will arrange for extra tents to be available at our campsite.

- Standard Troop's stakes are very heavy. **Bring your own plastic or other lightweight stakes** if you have them instead. The troop has some lightweight stakes so ask for them when you get your tents to pack. You need 8 stakes to pitch a Troop tent.
- One empty gallon jug for carrying water from the water source to camp.
- If you are cooking a patrol meal, bring one 6-8 qt pot (smaller if fewer Patrol members) with a tight-fitting lid for cooking your meal and cleaning your dishes. **DO NOT** take a larger pot – it is heavy and the water may not boil in it.
- Large serving spoon (and ladle if your one pot meal will be watery).
- Nylon scrubbing pad, a VERY SMALL bottle of soap (about 1 oz), some paper towels, trash bags.

### **Adult Group Gear**

- All adult crew gear and food is to be divided fairly among all adults based on their abilities. The amount of personal gear is not a consideration.
- **Bring your own backpacking tent or arrange with the trip Quartermaster for a Troop tent,** ground cloth, and stakes. You are expected to carry ½ of a troop tent if you use one. The normal Troop stakes are very heavy. Bring your own plastic or other lightweight stakes if you have them. The troop has some lightweight stakes so ask for them when you get your tents to pack. You need 8 stakes to pitch a Troop tent.
- Adults will be identified who will provide at least five high output backpacking stoves with fuel bottles and necessary accessories. We need at least 5, 6-8 qt pots with lids for boiling water and two more pots for cooking our meal. In addition, we need a ladle, serving spoon, nylon scrubbing pad, and a small amount of soap. We need several adults to bring empty gallon jugs for carrying water from the spring to camp.
- One or two lightweight tarps with ropes depending on the number of participants and the weather.
- Compasses, maps, first aid kits, and cell phones for the long and short hikes.

### **Personal Gear – Scouts and Adults**

Pack light and you will enjoy the backpacking more. Bring just what you must have and no more. Choose the lightest of items you are considering. Avoid cotton items; instead take polyester, fleece, nylon, or wool. It is important that you and your son have two good pairs of hiking socks. Plan your clothing in layers for different temperatures – you should be wearing just about everything you brought when it is the coldest. Shed items of clothing as you get warmer or put back on as you get colder to avoid moisture build up in your clothing.

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## *In Pack*

- pack cover (heavy duty plastic trash bag works also)
- sleeping bag in plastic bag in nylon stuff sack; sleeping clothes inside bag
- sleeping pad – ¾ or full length, lightweight
- 2 – 1 liter water bottles – full, 1 hydration bag with drinking hose (optional)
- your share of a tent with ground cloth and stakes
- In resealable bags:
  - 1 pr. Underwear
  - fleece jacket
  - pants (if not wearing them) – wear nylon blends instead of cotton, avoid jeans
  - an extra pair of wool hiking socks and wicking sock liner
  - extra short or long sleeve T-shirt (polypropylene preferred)
  - knit or fleece hat and gloves
  - fleece or flannel PJ bottoms or long underwear (for extra warmth if needed)
- lightweight rain suit (jacket & pants) or other rain gear with hood or waterproof hat
- extra resealable bags
- lightweight flashlight with fresh batteries
- compass, trail map, 25' small cord, small wash cloth
- eating kit (in a resealable bag): small plastic bowl, spoon, cup – depending on menu
- toiletry kit (in a resealable bag): powder, toothpaste/brush, small bottle of sunscreen, camp soap, plastic washbasin (made from the bottom of a 1 gal. milk jug – optional), **toilet paper – NOT optional** (in a resealable bag)
- personal 1st aid kit, small (in a resealable bag), including moleskin and Band-Aids
- several plastic grocery bags (trash, protect feet from wet shoes, etc.)
- enough room for crew gear including share of tent, food, cooking gear etc. (see separate list)

## *Wearing*

Depending on the weather you should either be wearing or carrying these items:

- hiking boots (broken-in) if you have them or sturdy shoes
- **wool hiking socks** with sock liners
- pants, zip pants, or hiking shorts depending on weather, avoid cotton jeans
- t-shirt – polypropylene or thermal undershirt (pack what you don't wear)
- warm shirt or lightweight fleece
- waterproof windbreaker
- hat/cap
- bandana
- hand sanitizer
- emergency whistle on your pack
- pocket knife (requires you have Totin' Chip)

## *Going to the bathroom in the woods:*

- Always carry a small roll of **toilet paper** in a resealable bag in your pack. **You are responsible for carrying what you need.**

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- Consider a small plastic shovel as part of your Patrol crew gear.

### #1

- easy – enough said – at least 200 feet from lakes, streams, tents, and camping areas, etc. Go on the ground and not on any live vegetation. The urine attracts animals who may damage the trees and plants. We are hiking and camping in public areas so look around for other people before you go!

**#2: Use the porta pot in the park when in our campsite – do not use the woods. The porta pots are about 5 minutes from our campsite near the Nature Lodge. These instructions are when you must go in the woods.**

- Go #1 first.
- Find an out-of-the way, level, soft spot at least 200 feet from lakes, streams, tents, and camping areas, etc. Never pick trails or traveled areas or spots within site of them. Use a stick, a rock, your heel or a small shovel to dig a small hole (called a 'cat hole') no deeper than 4-5 inches (any deeper and waste will not decompose easily).
- Squat over the hole (it is easier if you find a small tree to hold onto with one hand and lean back), wipe and bury everything including toilet paper. Make sure no paper is visible. Cover the spot with leaves and other debris. Put a stick or other object over the spot so no one steps in it.
- Use hand sanitizer on your hands (you should have brought some with you)