
Scout's Name

**Troop 89 Backpacking and Hiking Trip
White Mountain National Forest
New Hampshire
September 19-20, 2009
TRIP INFORMATION**

Signup and Cost:

Signup will be at the troop meeting September 10, 2009. Cost will be \$35 per person, due at sign-up deadline September 10. This covers 4 meals, overnight campsite fees, and transportation. Scouts should bring their own pocket money. There may be opportunities to stop on the hike at a location where hot chocolate, snacks etc. may be purchased.

Trip Description:

We will return to the Crawford Notch area of the White Mountain National Forest. A group or groups of backpackers will hike in the surrounding mountains and stay at established backcountry tent sites. Younger Scouts will stay at Dry River campground and take part in a scenic day hike.

Adult Leadership:

Because this trip involves dividing into groups for hiking activity, we particularly need adult leaders. Thus, Scout parents are especially encouraged to attend this trip. We welcome any new adults who have not attended a trip in the past and would like to participate for the first time.

Logistics:

Saturday, September 19, 6:30 am: - meet at the Scout Shed for prompt departure. Patrol leaders and grubmasters will report at 6:00 am.

Sunday, September 20, 3:00 pm: Approximate return arrival at the Scout Shed. Scouts will be dismissed for pickup after normal procedures for unloading and stowing gear.

Be prepared:

Being prepared is your responsibility and you should make sure YOU PACK all of the suggested equipment, clothes and safety items for the trip. Please make sure to bring this newsletter and equipment list on the trip. We will do a quick inspection prior to departure to make sure everyone has the necessary equipment.

Scouts must be prepared for COLD weather both at night and while hiking. It is mandatory to bring multiple layers of warm clothing, a wool hat, and mittens or gloves. Scouts must also bring at least 3 Liters of water bottle capacity. Despite cool weather it is easy to become dehydrated when hiking strenuously, so it is important to drink plenty of water.

Parental Approval:

Form must be on file with the troop.

Environmental Impact:

We will practice "Leave No Trace" low impact camping in the backcountry. As a mandatory part of trip preparation please read the attached "Leave No Trace - Outdoor Ethics" guidelines which come from the White Mountain National Forest management.

Base campers will also practice low impact camping methods. We will be camping in a cluster of individual tent sites with other sites around occupied by families, so it is important to be courteous in our behavior.

Meals:

Scouts should eat a hearty breakfast Saturday before coming to the Scout Shed. Lunch and dinner Saturday and breakfast and lunch Sunday are included in the trip cost. Lunch on Saturday will be a trail lunch.

Advancement Note:

For those working on Camping Merit badge, the trip will count towards a night camping and fulfill requirements 9.b.1 (hike up a mountain, gaining at least 1,000 vertical feet) and for those backpacking, 9.b.2 (backpack for at least four miles).

For those working on tenderfoot, second class or first class, there will be opportunity to complete camping, hiking and cooking related requirements. Be sure to let your patrol leader and an adult know in advance what requirements you would like to complete.

PERSONAL EQUIPMENT LIST:

- This list, ready to review with leader
- Backpack
- Day pack, if you are day hiking
- Water bottles, minimum 3 L total capacity
- Ground cloth
- Sleeping pad
- Sleeping Bag (Winter weight)
- Hiking Boots
- Wool socks (2 pairs)
- Underwear (2 pair)
- Long pants

- Hiking shorts
- T-Shirts (2) - NOT cotton for hiking
- Long Sleeve T-shirt
- Wool shirt
- Sweater or down vest
- Fleece jacket
- Windbreaker
- Wool hat and mittens
- Raingear
- Long underwear to sleep in
- Personal mess kit, utensils, cup
- Plastic Trash Bag
- Hand Towel
- Personal toilet kit with Brush/Comb, Tooth Brush, Tooth Paste, soap
- Personal Basic First Aid Kit, with moleskin
- Any personal medications needed
- Flashlight or headlamp with Good Batteries
- Sun hat or sunglasses
- Compass
- Pocket knife (with Totin' Chip card only)
- Waterproof matches/firestarter
- Emergency whistle
- Emergency blanket (if you have one)
- Camera (optional)
- Scout handbook
- Spending \$\$

Do not bring personal electronics (including cell phones, I-pods, and CD players). Scout uniforms will not be required. Any questions, please e-mail Mr. Lester tripcoordinator@troop89medfield.org.