
Scout's Name

**Troop 89 Hiking Trip
Mt. Cardigan, New Hampshire
September 18-19, 2010
TRIP INFORMATION**

Signup and Cost:

Signup will be at the FIRST meeting on September 2, 2010. Cost will be \$30 per person, due at sign-up deadline. This covers 3 meals (Sat. lunch, dinner, Sun. breakfast), overnight campsite fees, and transportation. Scouts should bring their own pocket money.

Trip Description:

We will travel to the Appalachian Mountain Club's Mt. Cardigan Reservation in Alexandria, NH, just west of Newfound Lake in the Lakes Region of NH. We will day-hike Mt. Cardigan and then camp in a group site at the base facility, close to the AMC's Cardigan Lodge. Mt. Cardigan is one of the most popular day hikes in New England. The bare rocky summit, at 3,121 feet, affords an outstanding panoramic view stretching from the rural New Hampshire Lakes Region in the foreground to the summits of the White Mountains to the north, and the Green Mountains of Vermont to the west. It is a similar effort and similar rewarding view to Mt. climbing Monadnock.

Adult Leadership:

For the day hike we will divide into groups to reduce impact on trails, so 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. (Please note, all adults participating must complete Youth Protection Training if they have not already; it is a 20 minute online training available through MyScouting.org.)

Logistics:

Saturday, September 18, 6:30 am: - meet at the Scout Shed for prompt departure. Patrol leaders and grubmasters will report at 6:00 am.

Sunday, September 19, 1:00 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:

The "TROOP 89, BSA, PERMISSION SLIP AND MEDICAL RELEASE FORM FOR SCOUT MEMBERS" must be on file with the troop, and it must be the new version for the current year and it must also have a copy of the insurance card attached.

Environmental Impact:

We will practice "Leave No Trace" low impact camping. 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.

We will also be camping at an area near other tent sites occupied by families, so it is important to be courteous in our behavior.

Our group campsite will require a short walk-in from the parking lot, so Scouts should pack gear in a backpack and be prepared to carry it in.

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).

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.