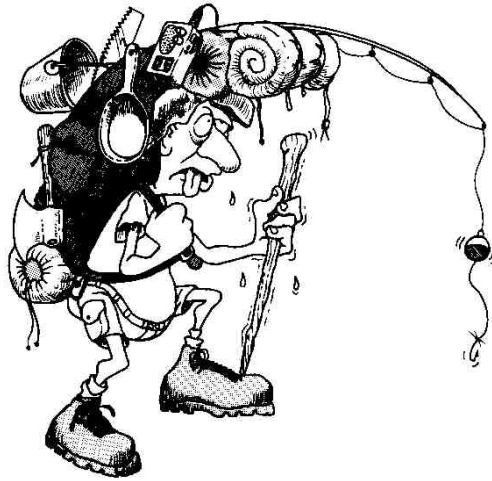


**For Troop 629 registered scouts**

**Appalachian Trail overnight backpack trip.**



***Meet at Mt. Pisgah 7:30AM  
Saturday November 11, 2006***

***Return 3:00 PM  
Sunday November 12, 2006***

***Each scout will select a buddy and will be  
cooking, eating and sleeping as a team.  
Everything needed (water, food, equipment) will be  
brought by the team, packed in and out!***

***Cost: Food that “the scout purchases” plus  
money for fast food lunch stop on return.  
Suggested pack list attached***

***Permission slip (attached) needs to be returned by November 6, 2006  
along with a pack and food check that night.  
Only scouts that pass pack check on Nov 6<sup>th</sup> will be allowed to attend.***

## **EQUIPMENT LIST**

### ***(personal carry)***

- \_Pack with straps (plenty of waterproof bags) & rain cover
- \_Sleeping bag
- \_Groundcloth (or plastic sheeting) & foam pad
- \_Eating utensils (knife, fork, spoon)(cup & bowl or sierra cup)
- \_Toilet articles (soap, toothpaste/brush, paper, comb, towel, etc.)
- \_Small flashlight with fresh batteries
- \_Extra change of clothes (3pr-socks, shirts, trousers or sweat suit)
- \_Wet weather gear (rain suit or poncho)
- \_Scout red T-shirts (for travel).
- \_2-2qt water containers (full)
- \_Knit cap and gloves.
- \_Lunch, Supper and Breakfast meal for yourself/trash bags(zip locks)
- \_medicine as required
- \_reading material/relaxation items as desired

### ***(personal wear)***

- \_Boots or hiking shoes/socks
- \_Coat/ windbreaker.
- \_Wide brim hat (cooler weather use knit cap and gloves)
- \_Sunglasses
- \_Hiking pants/shorts
- \_Underwear/T-shirt/warm outer shirt
- \_Sunglasses/sun lotion
- \_Maps/compass/directions as required
- \_Bandana

### ***(group share- you will get something else to carry)***

- \_Tent with rainfly/groundcloth/pegs and poles
- \_Cook kit and utensils
- \_Stove and fuel – Troop will have some stoves available.
- \_Matches (strike-anywhere type)
- \_Scouring pad/sponge/soap/mesh bag for air drying
- \_food bag/ropes

## TROOP 629, BSA PERMISSION FOR ACTIVITY

**TROOP 629, BOY SCOUTS OF AMERICA IS PLANNING AN ACTIVITY AND NEEDS A PARENT'S WRITTEN PERMISSION FOR THEIR SCOUT TO ATTEND. PLEASE FILL OUT THIS FORM AND RETURN WITH PAYMENT FOR ACTIVITY.**

My son \_\_\_\_\_ has my permission to participate in (fill in activity) \_\_\_\_\_. He is in good physical condition and has not had any serious illness or operation since his last health (physical) exam, except as noted below:

*Special conditions to monitor* \_\_\_\_\_  
*and medications* \_\_\_\_\_.

During this activity, I may be reached by:  
phone \_\_\_\_\_, pager \_\_\_\_\_, or cell phone \_\_\_\_\_.  
If I cannot be reached in the event of an emergency, the adult Scout Leader in charge is authorized to act on my behalf to hospitalize, secure proper anesthesia, or to order any injection(s) for my son.

In order to expedite, in the event of any unforeseen emergency the Troop must have the following information, (to be kept confidential)

MEDICAL INSURANCE PROVIDER: \_\_\_\_\_

POLICY OR GROUP NUMBER: \_\_\_\_\_

DOCTOR NAME: \_\_\_\_\_ AND PHONE NUMBER: \_\_\_\_\_  
\_\_\_\_\_. WILL PICK UP MY SON FOLLOWING ACTIVITY.

My son also has my permission to be transported to and from this activity by car, van or Mount Pisgah Church vans. I understand the driver of the vehicle will be licensed, insured, and will do all driving in accordance to the law, and will abide by the Boy Scouts of America transportation rules and regulations. My son knows the importance of a safe trip and therefore he will wear a seatbelt, sit still at all times, listen to the driver, and refrain from any unruly behavior, loud noise, unsafe objects (laser pointers, throwing objects, opening his scout knife, etc.). I also understand that my son might be eating a bag supper in the vehicle and that he will be responsible for the contents in the bag, before, during and after the trip. I understand that sometimes trips may be delayed either in departing or arriving, and I will help in any way we can to assure a positive attitude in my son and myself. In turn, I can expect to be informed via phone tree or car phone from my son's vehicle of any major delays or emergencies. The Scout Oath and Law are our way of life. Every Scout's behavior while on our activity is expected to reflect the Oath and Law in all ways.

Scout signature: \_\_\_\_\_ Date: \_\_\_\_\_

**My parent \_\_\_\_\_ wishes to attend as well and can drive \_\_\_\_\_ passengers.**

Parent or guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **Trail meal suggestions (Troop backpack stoves will be available for all to share)**

If you are hiking, what food to pack is an important decision. Canned goods are safe, but heavy. Buying pre-packed trail food can be very expensive. Dried foods are the mainstay of backpacker's meals. Favorite dried foods for backpackers are grains, cereals, dried meat, dried fruits, dehydrated soups and powdered milk, milk beverages and juices. You can find most of these foods in supermarkets; they will be more expensive if you buy them in individual packets at an outdoor store. They are lightweight, keep well in warm temperatures and usually are quick and easy to prepare. Advances in food technology have produced relatively lightweight staples that do not need refrigeration or careful packaging. For example:

- \* peanut butter in plastic jars
- \* instant or quick-cooking rice
- \* dried fruits and nuts
- \* canned tuna, ham, chicken, beef
- \* dried noodles and soups
- \* dehydrated foods
- \* beef jerky and other dried meats
- \* noodles, macaroni, angel hair
- \* Powdered milk and fruit drinks.
- \* concentrated juice boxes

Powdered mixes for biscuits or pancakes are easy to carry and prepare, as is dried pasta. There are plenty of powdered sauce mixes that can be used over pasta, verify the required ingredient list. Carry items like dried pasta, rice, and baking mixes in plastic bags. Take only the amount you will need.

### **Breakfast ideas**

- Instant hot oatmeal packet(s)
- Granola Bar(s)
- Hot chocolate(s)
- Dried Fruit (bag)
- Dry cereal with powdered milk
- Honey or sugar and raisins
- Powdered juice drink and hot tea, coffee or cocoa
- Store bought complete breakfast menu

### **Lunch ideas**

- Spreadable meat and cheese
- Crackers
- Fruit drink mix
- Orange or apple
- Candy or high energy bar
- GORP/trail mix
- Beef Jerky
- Dry fruit
- Drink mix
- Pita bread or bagel
- Peanut butter and jelly portions in zip lock bag
- Granola bar or high energy bar
- Fruit drink mix or self container

### **Supper ideas**

- Store bought pre-packaged dehydrated, freeze-dried or "self heating" meal of choice.
- Ramen noodles or macaroni /cheese or angel hair pasta w/meat sauce in separate container
- Individual applesauce or fruit cups
- Cookies, fruit drink or tea
- Instant soup packets with beef supplement/crackers
- Red Beans and Rice packet/or instant potatoes
- Chicken or tuna helper using canned or packet of meat/fish

Repack all items out of boxes and sort by meal in zip lock bags to cut back on bulk and excess trash.