



Backpacking Pine Mountain! February 20 - 21, 2021

for all registered
Troop 629 members

Join us for a short-hike (4 miles) or a long-hike (8-9 miles) on the Pine Mountain Trail at FDR State Park.

Depart: Saturday 7:30am on February 20th

Departing Mt. Pisgah South Campus parking lot; Eat breakfast before arriving!

Return: Sunday noon on February 21st

Cost: \$15 to cover trail/campsite fees and transportation



Important! All backpackers need to coordinate with a buddy to pack in all gear including tent, share of troop gear, water AND their food for a lunch, supper and breakfast. Troop will provide water purification and stoves/pots for hot water only.

Registration / Permission due by Feb 8th Troop Meeting

**For more details contact PL, then SPL, then SM
Mr. Sutton at 404-502-7537 or jason@grubbyboys.com**

EQUIPMENT LIST

(personal carry)

- Backpack with straps (plenty of waterproof bags) & rain cover
- Sleeping bag & foam pad
- Eating utensils (knife, fork, spoon, cup & bowl)
- 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)
- Class "B" field red T-shirt (for vehicle travel up & back, no Class-A)
- Two 2qt water containers / Nalgene (full)
- Knit cap and gloves
- Medicine as required
- Reading material/relaxation items as desired
- Tent with rainfly, groundcloth, pegs & poles (team up with a scout or you may go solo); hammocks are OK as well
- **Food for your lunch, supper, & breakfast. Snacks as desired.**

(personal wear)

- Boots or hiking shoes/socks
- Coat / windbreaker
- Wide brim hat
- Sunglasses
- Hiking pants / shorts
- Underwear / T-shirt / warm outer shirt
- Sunglasses / sun lotion
- Bandana

(group share - leave room as you will carry some of these Troop items)

- Cooking Pots and utensils
- Stove & fuel/windscreen/rack
- Matches (strike-anywhere type)
- Scouring pad/sponge/soap/mesh bag for air drying
- Bear bag and ropes
- Folding saw
- Dining Fly and poles/pegs
- Water-purifier system and/or tablets

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:

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|------------------------------------|---------------------------------|-------------------------|
| * 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
- Granola bar
- GORP/trail mix
- Beef Jerky
- Dry fruit
- Pita bread or bagel
- Peanut butter and jelly (individual servings or portions in a zip lock bag)

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.

TROOP 629, BSA PERMISSION FOR ACTIVITY

TROOP 629, BOY SCOUTS OF AMERICA IS PLANNING AN ACTIVITY AND NEEDS A PARENT 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) Pine Mountain Backpacking FEB-2021. 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 _____, e-mail _____, 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 sons and ourselves. In turn, I can expect to be informed via phone tree or car phone from our 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 _____ can drive ____ passengers and plans to stay Y ___ N ___

Parent or guardian signature: _____ Date: _____