



## Troop 84

# Block Island Bike Trip

*Voted Troop 84's Best Trip Ever*

- When:** Friday, September 28<sup>th</sup> to Sunday, September 30<sup>th</sup>, 2007
- Highlights:** According to *The Nature Conservatory*, Block Island is “One of the 12 Last Great Places in the Western Hemisphere.” Block Island is 12 miles from the coast of Rhode Island and is only about 11 square miles big. Block Island is famous for it’s 17 miles of public beaches with sparkling clear water, dramatic bluffs, 365 freshwater ponds, 2 lighthouses and miles of great places to ride bikes.
- Our adventure begins with a ferry ride to the Island. Everyone will be transporting their own bike on the ferry. Our bikes will be the only source of transportation while we are on the Island. We will camp 2 nights in the heart of the Island and bike Saturday & Sunday to scenic cliffs, to the old harbor and to an animal farm. We will also visit a historic lighthouse and go swimming at the town beach.
- Venture Crew Highlights:**  
Venture Scouts will go off on their own, exploring the island and hitting some mountain biking trails like Roman’s Hollow, which is under sea level. There are also miles of dirt roads that can be explored, many of which end at scenic 100 foot bluffs.
- Depart:** 11:15 am Friday morning from First United Methodist Church
- Return:** Approximately 5:00 pm at garage, you will be called.
- Contact:** Mrs. Lori Quinn, Mrs. Denise VanHorn
- Camp:** Block Island, Rhode Island, Narragansett Council – Sandsland Scout Reservation
- Phone:** No Phones at Camp Site (Police 401-821-7005)
- Signup:** Signup was in June. Check with Scoutmaster for availability.
- Cost:** \$18 (plus \$25 already paid for deposit) due on September 17<sup>th</sup>.
- Food Cost:** \$14 due in cash to patrol on September 17<sup>th</sup>.
- Meal** Friday Lunch : Bring Lunch to eat in car on the way up
- Instructions:** Friday Dinner : Bring Dinner to eat on ferry.  
Sunday Lunch : Bring money to eat on Island or on the way home  
Bring some spending money.
- Special** There will be a Bike Shakedown Thursday, Sept 27<sup>th</sup> 6:30 –7:30,. You must drop
- Instructions:** off your bike and gear the night before the trip. See separate pages for full details.

## Block Island Bike Trip Equipment List

### To be worn on departure:

Troop Hat \_\_\_\_\_

Hiking Boots \_\_\_\_\_

Seasonal Clothing \_\_\_\_\_

Seasonal Jacket \_\_\_\_\_

Watch \_\_\_\_\_

### To be packed in your Daypack:

Daypack \_\_\_\_\_

Rain Jacket \_\_\_\_\_

Rain Paints \_\_\_\_\_

Personal First Aid Kit \_\_\_\_\_

Pocket Knife \_\_\_\_\_

Compass \_\_\_\_\_

Flashlight \_\_\_\_\_

Filled Water Bottle \_\_\_\_\_

Friday Lunch \_\_\_\_\_

Friday Dinner \_\_\_\_\_

Sunday Lunch Money \_\_\_\_\_

Spending Money \_\_\_\_\_

Optional : Car Games/Cards/Book \_\_\_\_\_

### To be packed in your Duffle Bag (prefer duffle bag over backpack): - Bring to Shakedown!!

Duffle Bag \_\_\_\_\_

Sleeping Bag (in stuff sack) \_\_\_\_\_

Ground Cloth \_\_\_\_\_

Sleeping Pad \_\_\_\_\_

Pillow or Case \_\_\_\_\_

Extra shoes(sneakers)\_\_\_\_\_

2 pairs Hiking Socks \_\_\_\_\_

Underwear \_\_\_\_\_

Sleepwear \_\_\_\_\_

Sweat Shirt \_\_\_\_\_

Sweet Pants \_\_\_\_\_

1 Pair Pants \_\_\_\_\_

1 Long Sleeve Shirt \_\_\_\_\_

Shorts \_\_\_\_\_

T Shirt \_\_\_\_\_

Vittles Kit \_\_\_\_\_

Large Cup \_\_\_\_\_

Clean-up Kit \_\_\_\_\_

Extra Batteries \_\_\_\_\_

Extra Water Bottle filled \_\_\_\_\_

Optional : Camera \_\_\_\_\_

Bathing Suit (a must) \_\_\_\_\_

Small Bathing Towel \_\_\_\_\_

Sun Glasses \_\_\_\_\_

Tire Tube \_\_\_\_\_

Bike Gloves \_\_\_\_\_

### To dropped off at Bike Shakedown :

Bike \_\_\_\_\_

Bike Helmet \_\_\_\_\_ (Adults also)

# Block Island Bike Trip

## Shakedown Instructions

Thursday, September 27<sup>th</sup> anytime between 6:30 & 7:30 pm

Why A Shakedown:

- ?? So that we can take off on Friday without delay.
- ?? So that we can check bike both mechanically and for safety.
- ?? So that we don't waste time on our trip repairing bikes.
- ?? So that we can pack camping gear and safely pack helmets.

Note: This is not a meeting. You can come over anytime during the prescribed shakedown time. This check only takes 10 minutes. Your parents should stay while your bike/helmet and camp gear is inspected and packed into the trailer.

Adults: If you are going on the trip you should bring your bike and helmet. Your bikes will be inspected also. If you plan on transporting your own bikes they still must be inspected during the shakedown.

Conflict: If anyone has another commitment during this shakedown, please let the Scoutmaster know so that we can set up another drop-off/inspection time. This must be done before the shakedown date, as the gear and bikes will be leaving before the rest of the troop!

DATE: Thursday, September 27<sup>th</sup>

TIME: 6:30 – 7:30 pm (anytime during this hour)

WHERE: At Mr. Munley's house

WEAR: Street Clothes

VOLUNTEERS:

Parents and Scouts we need your help to inspect and pack bikes. Please sign up!

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*Please detach and hand in with your sign up*

Bike Shakedown Volunteer Sign-up

Name (s): \_\_\_\_\_

I can help with bike repairs: \_\_\_\_\_

I can help with inspections / packing: \_\_\_\_\_

Comments : \_\_\_\_\_

# Block Island Bike Trip

## Bike Inspection

### NOTE TO PARENTS

Please check out all bikes that will be going on the trip ASAP and get them professionally repaired now!! Don't wait to the day before the trip to figure out what bike to use and if it is working!

### Equipment Warning::

At the shakedown the Troop can make minor adjustments, like tighten loose parts, adjusting seat height and filling tires. But we cannot make major repairs! For break, gear adjustments and repairing flat tires take the bike to a professional!

Trail is rated for any size tire but a Mountain Bike or a Hybrid will do best. Trick bikes are too small for the mileage.

### Special Bike Equipment:

- ?? Helmets – All riders including parents must wear helmets.
- ?? Bike Gloves – For extended bike trips, bike gloves prevent hand fatigue, numbness and blisters and protect your hands when you fall.
- ?? Sun Glasses – Are great for protecting your eyes from bugs, branches and dust.

### Parents Safety Check List

- \_\_\_ Brakes: Front and back should stop tires with controls only ½ way depressed.
- \_\_\_ Gear Shift: In good working order.
- \_\_\_ Chain: Lubricated.
- \_\_\_ Handle Bars: Must be at proper height/tight and perpendicular to bike frame.
- \_\_\_ Seat: Proper height, tight and inline with bike frame.
- \_\_\_ Helmet : Please adjust to properly cover forehead and fit snug.

Parents Signature: \_\_\_\_\_

Comments: \_\_\_\_\_

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***Bring signed form to shakedown***

# Block Island Bike Trip

## Signup and Payment Due September 17<sup>th</sup>

Scout \_\_\_\_\_  Will Participate  Will Not Participate  
Parent \_\_\_\_\_  Will Participate  Will Not Participate  
Parent is available to provide transportation  Yes  No  
If Driving, Number of Seat Belts (including driver) in Vehicle is

Trip Date : September 28 Trip Cost : \$18 Scout / \$18 Parent Total Paid : \_\_\_\_\_ by (Circle One) Cash Check Scout-Account

**BOY SCOUTS OF AMERICA**  
**TROOP 84 SOMERVILLE, NJ**  
**WAIVER AND PERMISSION FORM**

MY SON \_\_\_\_\_ HAS PERMISSION TO PARTICIPATE  
(FIRST NAME) (LAST NAME)

WITH THE TROOP ACTIVITY KNOWN AS Block Island Bike Trip  
WHICH WILL BE HELD AT Block Island, RI

MEDICAL CONDITIONS/RESTRICTIONS: \_\_\_\_\_

MEDICATIONS: \_\_\_\_\_

IN THE EVENT THAT YOU FIND IT NECESSARY FOR MY SON TO BE RETURNED HOME DUE TO ILLNESS OR OTHER REASONS, I MAY BE REACHED AT (PHONE) \_\_\_\_\_

OR AS AN ALTERNATIVE, CONTACT MR. /MRS. \_\_\_\_\_ AT \_\_\_\_\_

I hereby authorize the scout leaders to seek emergency care and further authorize the physician(s) to provide emergency treatment to my child for any laceration, fracture, other traumatic injury, any symptom, disease or injury which, in the judgment of attending physician, if untreated may be reasonably expected to increase the risk of harm to my child. This consent to care is to be in effect "only" after reasonable efforts have been made to contact and obtain my specific consent to any emergency treatment.

\_\_\_\_\_  
Parent's name (Print)

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

In the event my son has a minor injury, I give my consent to the adult leader in charge to use his/her best judgment to decide if or when to administer the following over-the-counter medications:  
Please check consented medications.

For headaches:	Acetaminophen (Tylenol)	_____
For muscle aches:	Ibuprofen (Advil)	_____
For hay fever, bee stings, poison ivy:	Antihistamine	_____
For upset stomach:	Antacid (Tums)	_____

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date