



## Troop 84 Venture Crew

# Sages Ravine Backpack Trek

- When: Friday, April 27<sup>th</sup> to Sunday, April 29<sup>th</sup>, 2007
- Highlights: Backpack 10 miles over 3 days. Climbing the Lion's Head and Bear Mountain and camping with a possible quick swim at Sages Ravine. After Sunday's hike out we will meet the Troop at the Maritime Aquarium at Norwalk with highlights being the sharks, sea otters, an I-Max movie and a 4-D experience
- Hike Plan: Trek on the A.T. in Connecticut. Start/Camp Friday : Plateau Campsite near Route 41 near Lakeville. Camp Saturday : Sages Ravine. End Sunday : Undermountain Trail, Parking Lot at Route 41.
- Depart: 3:30 pm sharp, Friday night from First United Methodist Church
- Return: Sunday, approximately 5 pm at the troop garage, you will be called.  
Contact: Mrs. Shelley Nolan or Mrs. Lori Quinn.
- Camp: Mace Donia State Park, Connecticut  
Ranger: 860-927-3238
- Signup: Sign-up and permission slips are due Monday, April 16<sup>th</sup>.
- Trip Cost: \$20 due with permission slip at signup.
- Food Cost: \$14 due in cash to Crew Chief at signup on April 16<sup>th</sup>.
- Equipment: Follow attached list carefully.
- Special Meal Instructions: Eat Friday dinner before you leave or bring bagged lunch on the way. Bring Sunday lunch money; we will eat at the Aquarium.
- Shakedown: You must attend shakedown on Thursday, April 26<sup>th</sup> from 7- 8 pm at Mr. Munley's house. Plan on staying the entire hour.
- Leaders & Parents: If you are joining us on this trip and are driving, note the additional information requested for this trip on the sign-up sheet. We need the make/model and license plate of the car you will be using.

# Troop 84

## Backpack Notes/Tips

- >> Cotton kills!! Stay Away from as much cotton as possible.
- >> No Blue Jeans – They weigh a ton to carry and take forever to dry!
- >> Patrol Gear will be divided among all participants; so don't fill your pack with unnecessary items.
- >> Pack should only weigh 20% of your weight.
- >> Make sure everything is secured well.
- >> Crew will share backpack soap.
- >> Leave those 5 pound flashlights at home.
- >> Think Light.
- >> We will use trail tarps to keep weight down.
- >> Waterproof your boots before trip (if not Gore-Tex) and check your laces.
- >> Clip your toenails. Don't forget the moleskin.
- >> You will not have room for a winter jacket. Bring a light one and dress in layers.
- >> Troop will supply everything that is not on the trip equipment list.

QUESTIONS: Call Mr. Munley @ 908-722-9579

# Sages Ravine Backpack Trip Equipment List

To be worn on departure: (be ready to backpack!)

Hiking Boots \_\_\_\_\_ Hiking Socks \_\_\_\_\_ Sock Liner \_\_\_\_\_

Long Pants (no jeans) \_\_\_\_\_ T-Shirt (non-cotton) \_\_\_\_\_ Sweat Shirt \_\_\_\_\_

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

To be packed in your Daypack and brought on Friday night:

(The daypack, change of clothes & sneakers will stay in the car during the campout and be used on Sunday for the aquarium. The rest of the items must be ready for backpacking!)

Daypack \_\_\_\_\_ Rain Jacket \_\_\_\_\_ Rain Pants \_\_\_\_\_

Change of Clothes \_\_\_\_\_ Sneakers \_\_\_\_\_ Car Games (optional) \_\_\_\_\_

Wallet – Lunch Money \_\_\_\_\_ Friday Dinner \_\_\_\_\_ Flashlight \_\_\_\_\_

To be packed in your Backpack: (save space for food and troop gear)

Backpack \_\_\_\_\_ Light Weight Sleeping Bag (in stuff sack) \_\_\_\_\_

Ground Cloth \_\_\_\_\_ Sleeping Pad \_\_\_\_\_ Pillow Case \_\_\_\_\_

1 pair Hiking Socks \_\_\_\_\_ Sock Liners \_\_\_\_\_ 1 Underwear \_\_\_\_\_

1 Pair Pants –no jean, no cotton \_\_\_\_\_ 1 Long Sleeve Shirt \_\_\_\_\_ Sock Hat \_\_\_\_\_

Shorts \_\_\_\_\_ T-Shirt (non-cotton) \_\_\_\_\_ 1 sweat shirt \_\_\_\_\_

Vittle Kit \_\_\_\_\_ Large Cup \_\_\_\_\_ Lite Clean-up Kit \_\_\_\_\_

Extra Batteries \_\_\_\_\_ 2 medium sized garbage bags \_\_\_\_\_

Personal First Aid Kit \_\_\_\_\_ Pocket Knife \_\_\_\_\_ Compass \_\_\_\_\_

2 Filled Nalgens each 1 liter \_\_\_\_\_ Backpack towel \_\_\_\_\_ 1 Swimsuit/shorts \_\_\_\_\_

¼ roll toilet paper in sandwich bag \_\_\_\_\_ Backpack Cover or Large Trash Bag \_\_\_\_\_ Optional : Camera \_\_\_\_\_

# Sages Ravine Backpack Venture Trip

## Permission Slip Due April 16<sup>th</sup>

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

**If you are driving provide the following vehicle information of the car to be used:**

**Make/Model** \_\_\_\_\_ **License** \_\_\_\_\_

**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 Sages Ravine Backpack Venture Trip

WHICH WILL BE HELD AT Mace Donia State Park, Connecticut

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