



Troop 84

Sages Ravine Backpack Trek



- When:** Friday, May 16th to Sunday, May 18th, 2008
- Eligible:** ALL Hawks, Panthers, Cobras, Dragons & Scorpions are eligible for this backpack trek regardless of their Venture status.
OR You can join the Troop on the Sleeping Giant Campout & Hike if you are interested in being a guide or opting for a less aggressive hike.
- Highlights:** Backpack 10 miles over 3 days. Climb the Lion's Head and Bear Mountain and camping with a possible quick swim at Sages Ravine. We will breakdown crews based on patrols and go out independently.
- Hike Plan:** Trek on the A.T. in Connecticut. Start/Camp Friday : Plateau Campsite near Route 41 near Lakeville. Camp Saturday at Sages Ravine. End Sunday at 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:** Macedonia State Park, Connecticut
- Ranger:** 860-927-3238
- Signup:** Sign-up and permission slips are due Monday, May 5th.
- Trip Cost:** \$13 due with permission slip at signup.
- Food Cost:** \$16 due in cash to Crew Chief at signup on May 5th.
- 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 for a stop on the way home.
- Shakedown:** You must attend shakedown on Thursday, May 15th from 7- 8 pm at Mr. Munley's house. Plan to stay the entire hour.

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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 Trek 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 will be used on Sunday for the ride home. 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 _____ Bathing suit _____

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 _____

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Permission Slip Due May 5th

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 : May 16 Trip Cost : \$13 Scout/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 Sages Ravine Backpack Trek

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