

# Mt. Katahdin Trek

Shakedown: Friday, August 15<sup>th</sup> 6:30-7:30 -  
At Mr. Munley's - Bring your backpack.

Planning Meeting: Will discuss a good time with crew

Departure: Saturday Morn. at 5am-Be Prompt!

Contact: Mrs. Shelly Nolan, Mrs. Lori Quinn

Return: Saturday, August at 6pm-Mr. Munley's

Wear: Seasonal hiking clothes, socks, boots Troop hat.  
watch - we must be ready to hike!

Bring: Day Pack, breakfast, lunch, drink, change of  
clothes, sneakers, wallet w/spending money.  
Car games, DVDs, bathing towel.

Equipment: See attached list, follow carefully.

Parents: Read and keep itinerary.

Physicals: We will use most recent one we have. Let us  
know if there are any health changes.

Balance Due: \$390.00 -minus the two \$50.00 deposit's  
= \$290.00 w/permission slip on June 17<sup>th</sup> at the  
Picnic Court of Honor.

Adult Leaders: Mr. Chris Munley and Mr. Paul Smith

Mt. Katahdin - Gear List

*In Backpack - leave plenty of room for Crew gear and  
A weeks worth of food!*

See what you can do without - at the shakedown we  
can try and pare down what we bring as well.

Do not bring any cotton clothing

Light Weight Sleeping Bag: \_\_\_\_\_ Stuff Sack: \_\_\_\_\_  
Compass: \_\_\_\_\_ Pocket Knife: \_\_\_\_\_  
Large Cup: \_\_\_\_\_ Vite Kit: \_\_\_\_\_  
Flash Light: \_\_\_\_\_ Tooth Brush: \_\_\_\_\_  
2 Sets of Extra Batteries: \_\_\_\_\_ ½ Roll-Toilet Paper: \_\_\_\_\_  
Bathing Suit: \_\_\_\_\_ Ground Cloth: \_\_\_\_\_  
3 Pair Sock Liners: \_\_\_\_\_ 3 pair Hike Socks: \_\_\_\_\_  
Rain Jacket: \_\_\_\_\_ Rain Pants: \_\_\_\_\_  
2 Nalgeen's Filled: \_\_\_\_\_ Aqua Socks: \_\_\_\_\_  
Underwear: \_\_\_\_\_ Backpack Cover: \_\_\_\_\_  
2 Medium Garbage Bags: \_\_\_\_\_ Personal First Aid: \_\_\_\_\_  
Mole Skin: \_\_\_\_\_ Bug Repellant: \_\_\_\_\_  
Personal Medication: \_\_\_\_\_  
Light Weight Fleece Jacket or Sweater: \_\_\_\_\_  
3 T Shirts: \_\_\_\_\_ 1 Long Sleeve Shirt: \_\_\_\_\_  
2 Pair Pants: \_\_\_\_\_ 2 Pair Shorts: \_\_\_\_\_ (1 can be the  
bathing suit)

(zip on pant legs are best. Deduct a pair of shorts or  
pants depending what your going to wear on the day of  
the trip)

Optional:

Sleeping Pad: \_\_\_\_\_ Camp Pillow: \_\_\_\_\_  
Camera: \_\_\_\_\_ Dr. Schools: \_\_\_\_\_  
Insulated Underwear: \_\_\_\_\_ Light Sock Hat: \_\_\_\_\_  
Baby Powder: \_\_\_\_\_ Binoculars: \_\_\_\_\_

Mt. Katahdin - Preparation

- \* New shoe laces on your boots
  - \* Waterproof your boots
  - \* Crew will bring a tube of toothpaste and a bottle of backpack soap for all.
  - \* Clip your toe nails
  - \* Make sure your boots are well broken in.
  - \* Bring all clothes in a waterproof bag - like a stuff sack.
  - \* If you wear loose clothes, bring a belt
  - \* Baby powder will help chafing and keeping your feet dry - bring a little in a film container.
  - \* At the shakedown, we can decide on some Personal items to leave behind - for instance we really don't need 6 compasses.
- \*Don't hesitate to contact Mr. Munley if you have any questions.

Crew Gear We will take:

2 Trail Tarps: _____	2 back Pack Stoves: _____
Extra Fuel: _____	First Aid Kit: _____
2 Water Filters: _____	Backpack Soap: _____
Toothpaste: _____	1 Cell Phone: _____
1 Backpack Saw: _____	2 Pots: _____
2 Fry Pans: _____	2 Pot Grabbers: _____
Matches: _____	Lighter: _____
Guide Book: _____	Maps: _____