

## Conestoga Trail Trek – What to Bring

### ESSENTIAL gear for hike to be taken by each participant:

- o Permission slip signed by parent
- o \$17 fee for transportation and camp fees
- o Day pack (**Use zip-lock bags to keep items dry and clean**)
- o Water (2 quarts/liters)
- o Ready-to-eat lunch and snack food
- o Rain gear
- o Extra clothing for warmth including gloves and hat
- o Gloves for inside cave that can get dirty.
- o Lights (2) – 1 light can be a headlamp, if you have one.  
Recommend one be a light that casts a beam.  
Many of our headlamps provide relatively dim localized light that is not so great for looking in the distance for passages in a cave.
- o Hard hat or bike helmet to protect your head inside cave.
- o Note: Be prepared – Expect to get your clothes and daypack dirty.

### Gear for camping:

- o Normal gear for winter camping - if you don't know ask someone  
or Click on Pack Lists at the Troop web site at  
<http://www.t255.com>
- o Food:
  - Sat lunch: ready-to-eat lunch brought from home
  - Sat dinner: foil dinners (check with Patrol Leader for responsibilities)
  - Sun breakfast: planned by patrol (check with PL for responsibilities)
  - Sun lunch: stop at fast food restaurant (**BRING LUNCH MONEY**)

### Group gear:

- o Rescue rope and/or provide 10-ft knot ropes to all participants
- o Chemical-light sticks (14)
- o First aid kit
- o Latrine kit
- o Cell phone
- o Compass/GPS
- o Maps
- o Water treatment

### Emergency Info:

- o T255 contact 301-807-6441 (Rose cell)
- o National Cave Rescue Commission (24 hrs) 804-674-2400
- o Cave Rescue (per Terrapin Trail Club) 814-863-1111