

TROOP 255 South Mountain Appalachian Trail Backpacking Campout

WHEN: January 20 & 21, 2007 (Saturday & Sunday)

ASSEMBLE:

8 am Saturday 1/20 at the Chevy Chase United Methodist Church parking lot.

**Bring signed permission slip,
Ready-to-Eat lunch for Saturday,
\$5 for transportation fee,
money for lunch on Sunday, and
Essential Equipment addressed below.**

RETURN: 2:30 pm Sunday 1/21 at the Church parking lot.

**EMERGENCY CONTACT: Mr. Rose's cell 301-807-6441.
(may not have connectivity while on South Mountain)**

BE PREPARED: Temperatures in the daytime will be in the 30's F, and will dip to around 20 at night.

SLEEPING BAG: Contact Mr. Pierce or Mr. Rose if you do not have a warm winter mummy-type sleeping bag. We will try to round you up one. Also let us know if you need additional winter clothing like long underwear, hat, gloves, etc.

OVERVIEW: We will be backpacking on the Appalachian Trail in Maryland, from Crampton Gap (at Gathland State Park)(site of the Townsend War Correspondents Memorial) southbound to Harpers Ferry, WV. There is no access by vehicle anywhere along our itinerary on South Mountain until we descend Weverton Cliffs on the Sunday. This is a moderately difficult hike with very mild grades for the first 6 miles to Weverton Cliffs, followed by a plummet down switchbacks 1000 feet to a level stretch to complete the trip. We will backpack 4 miles on Saturday and camp for the night at the Ed Garvey Shelter. This shelter is a recently constructed, very nice three sided, roofed building with two levels. It can sleep 20 easily. I suspect, as in the past, the adults will sleep in tents and let the Scouts have the shelter. There is a nice fire ring and table. There is a spring a moderate distance down the mountain, but we cannot count on it having water. Sunday we will backpack 3 to 6 miles, depending on where the agreed-on pick-up spot is.

HIGHLIGHTS: T255 will be backpacking along the Appalachian Trail on historic and beautiful South Mountain in Maryland. The highlight of the trip will be the breathtaking view at Weverton Cliffs. At this point one looks out over a 1000-foot-high, sheer cliff above the confluence of the Shenandoah and Potomac rivers at Harpers Ferry. One can easily see three states (Maryland – where you are standing, Virginia, and West Virginia). If one were to launch a Frisbee it would sail a mile.

ESSENTIAL EQUIPMENT:

---Normal equipment for winter backpacking

(see web site – Click on Pack Lists)

<http://www.t255.com/Pack%20Lists.htm>

Also see the following special notes

---Water: Bring all the water you will need.

**Minimum 2 liters (quarts) for drinking
plus whatever you need for cooking dinner and breakfast.**

---Food: Bring ready-to-eat lunch for Saturday plus snack food

Make sure you know who is bringing dinner, breakfast and cook gear.

Check with your Patrol Leader (Adam or Andrew) if in doubt.

Bring money for lunch on Sunday.

Adults will bring stoves and fuel.

We will have a campfire, but we will have to forage for wood.

Wood is usually scarce in the immediate vicinity of shelters.

---Rain Gear: Do not leave home without it – we can't afford hypothermia.

---Uniform: No Scout uniform needed for this trip.

---Tent: Not needed by Scouts (Adults need tents)

ADVICE ON HOW TO DRESS:

For a discussion of how to dress see web site

– Click on Pack Lists, then select Dressing for the Outdoors

<http://www.t255.com/Dressing%20for%20Outdoor%20Activities.pdf>

We all can be comfortable at all times on this trip with the following steps:

Wear your normal hiking boots with two pairs of socks.

Bring two or more extra pairs of extra socks so that you can change into dry ones, especially when you turn in for the night.

Have two layers for your lower body. Wear, or bring, long underwear or something else, like athletic pants, that you can wear under your normal pants.

Wear or bring 4 layers for your upper body. Wear a synthetic shirt for your base layer that will transmit rather than absorb moisture. Wear another shirt over that. Bring or wear two more outer layers. One would be a warm outer coat (waterproof shell is ideal). Under the outer coat have a warm sweater, polartec, wool something that can be added for additional warmth.

A warm hat is absolutely essential (it is said that somewhere between 40 and 200 percent of your body heat is lost through you head).

Bring a wool or polartec scarf or balaclava (a thing that covers your whole head and just leaves your eyes, nose, and mouth exposed).

Bring a spare set of clothes in your pack stored in zip-lock plastic bags to assure they stay dry even if it rains and your pack leaks (and this happens, a lot).

Wear a dry set of clothes in your sleeping bag at night.

Dry, warm footwear, and a hat or balaclava are really great for sleeping.

Oh yeah, gloves. Don't forget gloves or mittens.

And bring your chemical hand warmers if you have them.

Be prepared, but do not be worried. It is easy to stay warm while hiking even without all these layers. We usually don't wear half this stuff when hiking because the exercise warms us up.

When not hiking, while hanging around camp, when one would tend to get really cold, we will have a roaring fire that will keep us warm.

PERMISSION SLIP: Bring the following permission SIGNED with you.

APPROVAL PERMISSION SLIP

Approval/permission is granted by the parents/guardians of Boy Scout

_____ **for their son/scout to participate**
in the activities of Troop 255, Chevy Chase, Maryland, Great Falls District,
National Capital Area Council, Boy Scouts of America.

Approval/permission is granted to the adult members of Troop 255 to
authorize treatment of the Boy Scout named above in the event of an
accident or emergency. Adult members of Troop 255 that authorize
treatment of the Boy Scout in the event of an accident or emergency
shall be released from any or all liabilities.

This approval/permission is valid for the January 20-21, 2007,
South Mountain Appalachian Trail backpacking campout.

Parent Signature

Parent Name (Print)

Date

WHO SHOULD WE CONTACT IN AN EMERGENCY OR FOR CHANGE OF PLANS?
PLEASE LIST NAMES AND TELEPHONE NUMBERS BELOW.