

TROOP 255 Appalachian Trail/Maryland Northern End Backpacking Campout

WHEN: December 8 & 9, 2007 (Saturday & Sunday)

ASSEMBLE: 8 am Saturday 12/08 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.
Essential Equipment (see below).

RETURN: 2:30 pm Sunday 12/09 at the Church parking lot.

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

BE PREPARED: Temperatures in the daytime may be in the 40's F, and will dip to around, or below freezing at night.

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

OVERVIEW: We will be backpacking the northern-most section of Appalachian Trail (AT) in Maryland, from Admiral Cowall Shelter, where the AT intersects Wolfsville Road (MD 17), 5 miles to the Devils Racecourse Shelter for the night. Sunday we will finish with a 5-mile backpack to the Maryland/Pennsylvania border at Pen Mar, where the AT intersects Pen Mar Road. There is road access to the AT at mile 1.5 (Foxville Road/MD 77), at mile 3.5 (Raven Rock Hollow Road/MD 491), and at mile 7 (High Rock Road-out of Pen Mar). This is a moderately difficult hike, with moderate elevation changes.

HIGHLIGHTS: This trip offers, not only fantastic air and the possibility of wildlife sightings, but several opportunities for spectacular views, including Raven Rock and High Rock. The town of Pen Mar came into existence, many years ago, as a travel destination for Baltimore residents who wanted to get into the "wilds" and see the spectacular views from Raven Rock and High Rock.

ESSENTIAL EQUIPMENT

t Normal equipment for winter backpacking. See web site – Click on Pack Lists.
<http://www.t255.com/Pack%20Lists.htm>

Also see the following special note.

t **Water:** Bring all the water you will need. Minimum 2 liters (quarts) for drinking plus a 3rd liter for Patrol cooking for dinner and breakfast.

t **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 S. Or George) 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.

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

t **Uniform:** No Scout uniform needed for this trip

t **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 List, then select “Dressing for the Outdoors.” <http://www.t255.com/Pack%20Lists.htm>

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.
- 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. 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 slip 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, North Capital Area Council, Boy Scouts of America.

Approval/permission is granted to the adult members of Troop 255 to authorized 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 December 8 & 9, 2007, Northern end Appalachian Trail backpacking campout.

Parent Signature Parent Name (Print) Date

Adult: Participating? ____ Car Pool Up? Seats ____ Car Pool Back? Seats ____

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