

## **Map 8 Appalachian Trail Camp Out**

### **Saturday and Sunday, December 12-13, 2009**

In T-255's great tradition of always looking for new adventures and trails to hike, we are off to TWO winter hikes and campouts that are new for us. This is our **first** true backpack hike for the season.



**Long Crew:** For older and/or hearty Scouts: Start at Ashby Gap on Rt. 50, Virginia. Starting at 1000 feet, they will head south with a slow climb up to 2000 feet into the Richard Thompson Wildlife Management area. The view west will look over the Shenandoah River and Valley. After 10 miles, they will reach the Manassas Gap Shelter. As this shelter is only rated for 6, it may be tight. (Scouts only in Shelter) So some tents will likely be necessary. The next morning is an easy 2.4 miles downhill to the pick-up point at the Manassas Gap parking lot next to I-66.



**Short Crew:** For new Scouts: Start at Bear Hollow on US-522, Virginia. Starting at 1000 feet, it is a quick climb to 2000 feet between High Knob and Ravensden Rock. Thereafter, hike an easy downhill, and, after 5 total miles, arrive at the Denton Shelter. As this shelter is only rated for 7, it may be tight. (Scouts only in Shelter) So some tents will likely be necessary. Next morning, hike mostly downhill to the pick-up point at the Manassas Gap parking lot next to I-66.

**Assemble:** 8:00 AM Saturday at CCUMC.

**Return:** 2:00 PM Sunday at CCUMC.

**Cost:** \$5.00 transportation (unless parent driving). Make checks to Troop 255 BSA.

**Emergency Contact:** Mr. Rose's cell **301-807-6441**. Mr. Watson's cell **301-832-0543**.

**Special Adult Opportunity:** Don't want to hike and sleep in the cold, but are willing to visit Front Royal or Strasburg, VA then go home to a warm bed? We need adults to shuttle cars from the Ashby Gap and Bear Hollow drop-off points to the pick-up point at Manassas Gap parking lot. Please make note on the Permission Slip or talk to the Scout Master.

**Permission Slips and checks due December 8, 2009** to Mr. Pierce. Questions: 301-951-5290 or [hkp255@piercehome.us](mailto:hkp255@piercehome.us)

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

**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.

## **ESSENTIAL EQUIPMENT:**

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

Also:

---Water: Bring all the water you will need. Minimum 2 liters (quarts) for drinking.

---Food: Bring ready-to-eat lunch for Saturday plus snack food. Make sure you know who is bringing dinner, breakfast and cook gear for your patrol.

Check with your Patrol Leader 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: Plan on taking a tent as the shelters are small and must be shared with other hikers. (Adults definitely 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). 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.

## 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, Montgomery 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 December 12-13, 2009, Map 8 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**

\_\_\_\_\_  
Name of Emergency Contact

\_\_\_\_\_  
Telephone

Parents/Adults:

I am eager to join this hike and camp in the cold: \_\_\_\_\_

I can drive; my vehicle has \_\_\_\_\_ seat belts including the driver.

I can be a shuttle driver: \_\_\_\_\_