

Deep Freeze Camping Trip 2007

WHERE: Rolfson Acreage in Albion, Maine

DATE: Saturday, February 17 – Monday, February 19

Sign up due by February 8

DEPART: Meet at St. Brigid's church parking lot at 8:00 a.m. sharp!!!

RETURN: 3:00 pm at St. Brigid's parking lot. Troop will be dismissed after camp equipment is turned in and hung up.

MEALS: **Bring your own lunch for Saturday.** Patrols' meals include:

Saturday – Dinner, snack; Sunday – Breakfast, Lunch, Dinner, snack; Monday – Breakfast

COST: \$30 due by February 15th

Fee covers camp fees and reimbursements for patrol food

BRING: Enough clothes to keep you warm when you are sitting in camp, but don't overdress for times you are working hard. Winters in New England are unpredictable. **BE PREPARED** for anything from bare ground to deep snow and temperatures from melting to below zero with wind. Pack everything in a **pack you can carry**. If there is snow, a plastic sled can be used to carry gear. Bring fishing gear, snowshoes or X-C skis if you have them.

You will need a **winter sleeping bag**; mummy style that covers your head is best, and a **sleeping pad** to insulate you from the cold ground. A fleece sleeping bag liner is great to have. **Water:** Bring a water bottle to carry with you. A small bottle that fits inside your jacket won't freeze shut.

Here are some clothing basics to keep in mind:

Feet: Winter boots are essential. Good hiking boots that have been sealed with water repellent (snow-seal) and have room for plenty of warm socks are OK. Wool or synthetic socks are essential. Cotton socks will get wet from sweat or snowmelt and they will NOT keep you warm. Bring extra socks to change and have a dry pair for sleeping. Gaiters keep snow out your ankles if you have low hiking boots.

Lower Body Polypropylene or silk (or equivalent) long underwear is the best. – it won't absorb moisture and keeps its insulation even if you get damp. Wool is good, too, but heavier. If you only have one set use them in the day and save cotton long underwear for sleeping. Wool or synthetic pants make a good over layer. Wind or rain pants are essential to keep snow and wind out. Cotton denim (jeans) is a poor choice for winter because the fabric holds snow and the pants will get wet and then freeze.

Upper Body Layers are important here. Air trapped between layers is your insulation. You need to take off layers when you get warm and put them back on before you cool off. An inner layer of polypropylene underwear is best. Cover this with a synthetic or wool shirt, a sweater, vest or fleece, and a wind parka or shell as needed during the day when you are moving around. Bring a heavy winter parka for when you stop at night and get up in the morning.

Head A hat that will cover your ears and face is best. If you don't have a balaclava, bring a separate scarf or neck gaiter, and/or a face mask. A headband or earmuffs to cover just your ears is good if it starts to get warm.

Hands Wool or synthetic liners with a water resistant shell are best. Gloves or fingerless mitts are good when you want to use your hands, but mittens are best when you really want to keep your hands warm. Bring enough or keep the ones you have dry.

Trip Leader: Ron Beauliou, Trip Coordinator: Charles Hatvany, E-mail: charles@hatvany.com

Approval: My son(s) _____ has/have my approval to participate in the winter camping trip to Albion, Maine, February 17-19,

\$ _____ Payment enclosed (\$25 each on or before 2/15/06)
Cash or check payable to **Troop 160**

_____ I can join you for the campout, or _____ I can drive (# passengers _____).

Signed: _____ Date: _____

Phone #: _____

E-mail: _____

Emergency phone numbers (weekend of February 17-19): _____

I give permission to the leaders of the above unit to render First Aid, should the need arise. In the event of an emergency, I also give permission to the physician, selected by the adult leader in charge, to hospitalize, secure proper anesthesia, order injection, or secure other medical treatment, as needed.

I further agree to hold the above named unit and its leaders blameless for any accidents that might occur during this outing, except for clear acts of negligence or non-adherence of BSA policies and guidelines.

(parent or guardian)

(date)
