

Troop 160 - Lexington
White Mountains Camping and Hiking Information
October 6 to October 8, 2007

Coordinator: Alan Simpson 781-863-0250 (w) acssic@aol.com
Asst. coordinator: David Belford

Respond by: Thursday, September 20
Meet: Saturday, 7:30 a.m. - St. Brigid's parking lot
Depart: 8:00 a.m. sharp
Return: Monday, 3:00 p.m. - St. Brigid's parking lot

Meals: **Saturday breakfast - eat before you arrive at St. Brigid's**
 Saturday lunch - bring your own bag lunch
 Saturday and Sunday dinner - patrol cooking at the house - plan your meal
 Sunday and Monday breakfast - troop meals provided at the house
 Sunday lunch - trail lunch provided
 Monday lunch - bring money for "fast-food" stop on the way home

Cost: \$15 per scout plus late fee = \$5 for registrations received after September 20

Bring:	bag lunch for Saturday	plate, bowl, cup
	shoes suitable for hiking	knife, fork, spoon
	warm clothes	day pack (for extra clothes for hike)
	change of clothing	canteen
	raincoat or poncho	warm sleeping bag
	sleeping pad	towel & washcloth
	flashlight	toothbrush, paste, soap

"There's no such thing as bad weather, just bad attitude and inappropriate clothing."

Comments: Hiking in the White Mountains can be rigorous and subject to severe weather changes.
The weather can get very cold at night, so "Be Prepared" with warm clothes, at least one change of clothes, a warm sleeping bag and a sleeping pad.
Don't bring too much gear. Scouts will be sleeping three to a tent.

Approval: My son _____ has my approval to participate in the camping and hiking trip in the White Mountains.

___ Please check here and on the reverse side of this slip, list any allergies and list any medications, including epi pens, which your son might take or use during the event

___ payment enclosed (**Troop 160** or cash: \$15 on/before 9/20, \$20 after)

___ I will attend and can help with supervision and transportation

I will drive up on _____ drive back on _____ and can transport _____ scouts

signature

date

Troop 160 - Lexington

White Mountains Camping and Hiking Information for Adult Volunteers

October 6 to October 8, 2007

Coordinator: Alan Simpson 781-863-0250 (w) acssic@aol.com
Asst. coordinator: David Belford

Camping: Alan Simpson's house: 45 Waterthorn Road, Thornton, NH
 The event takes place at Alan's vacation home in a country neighborhood. Respect for the home and the neighborhood is appreciated. No hiking boots inside, please.

Hiking: White Mountain National Forest

Description: The troop needs adult volunteers to provide transportation and participation in the activities. Transportation is needed back and forth from Lexington to Thornton, plus back and forth from the house to the activities. The scouts divide into groups of 6-8 for each activity. The activities are primarily hiking in the White Mountains, but other activities have included overnight backpacking, renting mountain bikes and rock climbing. There must be at least two, and preferably 3-4 adults with each group. With the exception of backpacking, adults select their activity at the house. Some choose to go with their son, others go on separate activities.

Meet: Saturday, 7:30 a.m. - St. Brigid's parking lot

Depart: Saturday 8:00 a.m. sharp

Return: Monday, 3:00 p.m. - St. Brigid's parking lot

Meals: **Saturday lunch - bring your own bag lunch**
 All other meals provided, except "fast-food" stop on the way home

Sleeping: The house has room to accommodate 6-8 adults. Most adults choose to sleep outside in tents in the designated adult area. If you sleep inside, you will still need a sleeping bag. If you sleep outside, bring your own tent.

Cost: No fee for adult volunteers. No reimbursement for gas, but you can take a **charitable tax deduction for mileage and expenses** (220 miles round trip plus side trips).

Bring: bag lunch for Saturday plate, bowl, cup
 shoes suitable for hiking knife, fork, spoon
 warm clothes (+ hat & gloves) day pack (for extra clothes for hike)
 change of clothing canteen
 raincoat or poncho warm sleeping bag
 sleeping pad towel & washcloth
 flashlight toothbrush, paste, soap
 change of shoes to wear in the house (no hiking boots inside)

Comments: Hiking in the White Mountains can be rigorous and subject to severe weather. The weather can get very cold at night, so prepare with warm clothes, at least one change of clothes, a warm sleeping bag and a sleeping pad.