

WINTER CAMPOUT!!

HIDDEN VALLEY

Come join friends for fun, snow and food. The sledding is outstanding so bring those sleds!

THE DETAILS:

Meet: 8am sharp. St. Brigids Saturday January 23rd **BRING SACK LUNCH**

Return: 3pm (estimate) Sunday January 24th

Cost: \$10.00 plus \$\$ for fast food lunch on Sunday

We will be using tents at a site near the parking lot but will be hauling gear in on sleds a short distance.

Please see the Troop 160 Website for Winter camping equipment list. The troop has a few extra sleeping bags which could be doubled up with summer bags.

REI also rent 0 and -20 degree sleeping bags.

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Permission Slip for Winter Campout Return to Meg Bonnell-Bradley by January 7th

_____ has my permission to participate in the Troop 160 event as
Name of Scout

described above and on the troop Web site. As with most such events, there may be significant time spent outdoors with significant physical exertion. The patrol method will be followed and most food will be prepared by Scouts with some adult supervision.

Please list any allergies—food or medicine: _____

Please list any medications, including epi pens, which your son might take or use during the event:

In the event that my son is injured and I cannot be reached, I grant permission for him to be appropriately treated.

During the event, I can be reached at (please list all phone numbers):

Signature of parent or guardian

We may need help with drivers or transporting equipment:

I can drive up on Saturday: _____ # Scouts _____

I can pick up on Sunday: _____ # Scouts _____

I want to drive and stay overnight: _____ # Scouts _____

Minimum Gear for All Day Hikes

- Day pack
- At least 1 liter of water
- Flashlight
- Rain gear
- Clothing appropriate to the weather – Dress in layers
- Appropriate footwear – sneakers or gym shoes are not a good idea
- Whistle
- Personal first aid kit

Minimum Gear for All Overnight Hikes

- Pack – Should have room for shared equipment
- At least 1 liter of water
- Flashlight
- Rain Gear
- Clothing appropriate to the weather – Dress in layers
- Appropriate footwear – sneakers or gym shoes are not a good idea
- Whistle
- Personal first aid kit
- Sleeping bag
- Ground cloth – a piece of plastic will do
- Sleeping pad – a plastic air mattress is not appropriate
- Extra socks
- Change of clothes
- Mess gear – many Scouts bring just a plate or bowl, cup, and large spoon
- Hat or cap

Other Gear to Think About

- Additional water
- Compass
- Scout manual
- Knife
- Sun screen
- Gloves
- Additional clothing for colder weather
- Insect repellent
- Merit badge books for badges you are working on

Gear to Leave At Home

- All electronics – iPod, radio, electronic games, etc.
- Junk food

Event Cost Calculator

Quan. Item	Unit Cost	Total Cost
Admission fees	\$ _____.	\$ _____.
Breakfasts	\$ 3.00	\$ _____.
Lunches	\$ 3.00	\$ _____.
Suppers	\$ 4.00	\$ _____.
Misc. Costs	\$ _____.	\$ _____.
Replacement of expendables (gas, etc.)	\$ 3.00	\$ 3.00

Total		\$ _____.
Share of Adult Costs		\$ _____.

Grand Total		\$ _____.

Note: These are placeholder costs. We need to do some work on figuring out what good meals actually cost us.

Guide to Food Selection

Concentrate on recipes that are:

- ❑ Filling
- ❑ Easy to clean up after
- ❑ Reasonably healthy
- ❑ Easy to transport
- ❑ Don't use huge amounts of water
- ❑ Take into account what you have to cook with
- ❑ Take into account food allergies of others (check!!!)

Use only moderate quantities of:

- ❑ Ramen (incredible salt content)
- ❑ Packaged soups (almost as much salt)

Be careful of:

- ❑ Hamburger (spoil easily)
- ❑ Chicken (spoil easily and liquid runoff can be contaminated—if you insist on chicken, CLEAN THOROUGHLY all utensils and surfaces it touches)
- ❑ Pancakes (if you don't know how to cook them, they can be very messy and the pans are almost impossible to clean on the trail) French Toast is a lot easier to make.
- ❑ Cake mix (if you don't have a Dutch oven, forget about making a cake. If you do bring a cake mix, think about a vanilla cake rather than chocolate. It is much easier to clean up)

Remember to pack:

- ❑ Spices
- ❑ Garlic and Onion
- ❑ Salt and Pepper
- ❑ Aluminum foil
- ❑ Spare matches (just in case)
- ❑ Cooking oil (if needed)

Check List for Event Coordinator

Immediately

- Find assistant coordinator(s)
- Develop permission slip
- Develop cost of event using Event Cost Calculator
- Start application for tour permit
- Advertise event and give due date

PLC Prior to Event

- Present plan to PLC

Two Meetings Prior to Event

- Due date for permission slips
- Patrol organization
- Meal planning—tell PLs what they have to spend on food
- Pack patrol boxes
- Pack leader box
- Pack shared equipment box
- Make sure there are enough tents
- Make sure you have enough gas and other expendables

Shortly After Due Date

- Apply for tour permit with council

One Meeting Prior to Event

- Meet with patrols for final preparation and instructions
- Reimbursement for food expenses with grubmasters

Upon Return From Trip

- Hang tents and tarps
- Open patrol boxes and coffin and allow to air out
- Account for all equipment
- DON'T SEND ANY TROOP GEAR HOME—MUCH OF IT NEVER COMES BACK**
- Send list of participants to data entry person so that it can be entered into Troopmaster

Meeting After Trip

- Roll tents and fold tarps
- Clean all cooking equipment and repack
- Clean patrol boxes and store
- Clean stoves and store
- Clean lanterns and store
- Meet with patrols for debrief session

Final Act

- Write trip report and file so the next coordinator of the same or similar event won't have to reinvent the wheel