



Troop 103 Appalachian Trail Hike
Fri. - Sun., Nov. 12-14, 2010

Fri., 11/12/10:

6:00 pm: Drop Off at St. Joseph Church [**Bring a Sack Dinner or eat first**];
Drive to Camp Tuckahoe (Dillsburg, PA); Tent in Indian Village

Sat., 11/13/10: (5.5 miles hiking approx.)

Morning: Breakfast, Pack a Lunch
Hike Appalachian Trail to Center Point Knob (historic center point of the Appalachian Trail) & White Rocks; Lunch on the Trail

Afternoon: Hike to Alec Kennedy Shelter

Evening: Dinner at Alec Kennedy Shelter; Sleep

Sun., 11/14/10: (2.2 miles hiking approx.)

Morning: Breakfast
Hike back to Camp Tuckahoe, Return to Hanover
10:15 a.m. Mass at St. Joseph Church in Hanover

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Emergency Contact Information:

Jeff Rosenzweig: (717) 968-6533 (c)
Jeff Evich: (410) 935-2128 (c)
Bob Zinn: (410) 259-3521 (c)

(Leave this page home with your parents after you have packed everything)



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Bring: (Check off)

- _____ **Signed Permission Slip**
- _____ **FOOD** (3 meals Saturday, Sunday breakfast & snacks. Note: Do not pack heavy things like canned goods. Pack lightweight food to which water can be added. (i.e. oatmeal, ramein noodles)
- _____ **WATER!** Be sure to bring big enough bottles, probably enough to hold 2-3L of water (for drinking, cooking & cleanup)
- _____ **Medications with Instructions**
- _____ Hiking Boots or Sturdy Shoes w/ankle support; multiple pairs of wool socks, liners
- _____ Backpack w/trash bag cover
- _____ **RAINGEAR/Poncho**
- _____ Suitable Hiking Clothes (**BE PREPARED!** --- check the weather forecast. Dress in layers. Consider long johns & long sleeve shirts, short sleeve shirts, gloves, etc.)
- _____ Personal First Aid Kit **with moleskin for blisters**
- _____ Sun block
- _____ Compass, Pocket Knife, Matches/Lighter
- _____ Whistle (for emergencies)
- _____ Hat (optional)
- _____ Toothbrush, Toothpaste
- _____ Toilet paper
- _____ Headlamp or Flashlight w/extra batteries
- _____ Sleeping Bag w/garbage bag cover, sleeping bag pad
- _____ Mess Kit
- _____ Portable Stove (or share with another scout who has one)
- _____ Boy Scout Handbook
- _____ Class B Uniform - Wear it when we meet on Friday
- _____ Class A Uniform (includes Neckerchief)



OTHER INFO AND RELATED MEETINGS

Shakedown: Tues., Nov. 9, 2010

Time/place: normal meeting time in scout room

Info:

- Bring your fully packed backpack and the hiking shoes that you plan to wear during the trip.
- We will be doing a demonstration and conducting a shakedown.
- If you do not have a pack, put your gear in a large garbage bag and bring it to the meeting, and the troop will provide you with a pack.

Important notes to remember for packing:

- Your pack should weigh about 25-30% of your body weight
- EACH SCOUT IS RESPONSIBLE FOR HIS OWN FOOD!!, so you will need a cooking device. If you do not have a cooking device, you should contact others attending the trip to see if you can share one with a buddy.
- Don't pack too heavily.
- You will have to carry water during the hike. Be sure to bring big enough bottles, probably enough to hold 2-3L of water.
- Do not pack all of your clothes in your backpack because you will want to wear a lot of layers to shed if you start to get hot.
- You will want to pack your clothes in plastic freezer bags so that if your pack gets wet your clothes won't. Your sleeping bag should also be protected by a waterproof cover or garbage bag.

Pack your Class "A" uniform separately for transportation in one of the vehicles.
Your uniform will be worn on Sunday while attending church services.