

**Monmouth Council, B.S.A.
Philmont Expedition 2008
October 19-21, 2007, Fall Shakedown Hike
Stokes State Forest**



Scout Manners

Take Note:

Whenever the Philmont Contingent or any crew travels together and is in the public view:

ALL SCOUTS AND SCOUTERS WILL WEAR THE FULL CLASS "A" UNIFORM
NO EXCEPTIONS!

FOOD: All of the food will be provided for this weekend. There is no need to bring ANY additional snack food. It will be a problem. One scout having their own snack food can be very divisive to the crew. Our goal is to mold the crew into a single team. Also the food will have to be put in the bear bag at night. Under no circumstances is any food or smellable to be anywhere else at night. It may not be left out, it may not be left in a pack and it absolutely must not be taken into the tent. Smellables include: food, candy bars, treats, garbage, soaps, shampoos, deodorants, lotions of any kind, toothbrushes and toothpaste, feminine hygiene products, sunscreen, lip balm, insect repellent, film and cameras, First Aid kits.

Directions to Stokes State Forest Group Camping Area:

Garden State Parkway North to exit 145

Route 280 West to Route 80 12 miles

Route 80 West to Route 15 12 miles

Route 15 North to Route 206 18 miles

Route 206 North to Entrance to Stokes State Forest 7 miles

Turn right into park on Coursen Road 2 miles

Turn left on Kittle Road to Group Camping area.

FRIDAY NIGHT: Arrive at the Monmouth Council Scout Center on Ginesi Drive in Morganville at 5:30 pm **SHARP**. Load gear in equipment vehicle, board buses and leave parking lot at 6:00 p.m. sharp. Anybody not riding the bus will be responsible for their own transportation and for informing their crew advisor. Each crew must have at least one crew advisor on the bus. Anybody not planning on riding the bus should inform the crew advisor. Any crew not riding the bus should inform the contingent leader.

Philmont Expedition, 2008

Shakedown Hike - October 19 - 21, 2007

THE TRAILS AGENDA:

Friday Night: Arrive at Stokes State Forest. Crews will be assigned camping areas. Crews will be expected to put up a bear bag with all personal smellables.

Saturday: Wake up at 6 a.m. We will not eat breakfast in camp! Pick up your crew's food in the parking lot. You will stop along the trail to have breakfast and lunch. Hiking will begin at 7 a.m. Entire Crew must report to the parking to pickup food, and then will be sent on the trail.

THE TRAIL:

Designated hiking trail and maps will be provided when you pick up your food.

SPECIAL NOTE: Drinking water **is not** available on the trail. All persons will have and carry at least two quarts of water in their packs before hitting the trail on Saturday morning!

TRAILS END

Sunday: Wake up will be at 7 a.m. You will plan to make a cooked breakfast in camp. When breakfast is done, everyone will pack up, break camp and put all gear in the truck and get on the buses.

We want to be on the bus and heading home by 10 a.m., expecting to arrive at Monmouth County at approximately 12:00 p.m.

Note: Going home on Sunday we will travel in full class "A" Uniform.

Clothing Suggestions: October can be a warm month. Temperatures can range from sunny and warm to cold and damp. You must **make sure** you and your crew brings the proper clothing for any and all types of weather conditions that may arise during the outing. A rain suit is highly recommended. Ponchos in windy conditions just blow around and let you gear get wet.

Cotton socks, shirts, and insulated underwear **are not** suitable clothing for cold weather trail wear. Cotton holds water and perspiration and loses its ability to keep the wearer warm. Wool blend socks, shirts and sweaters and polypropylene, Thermax, Thermax wool underwear are far better insulators and will keep the wearer warm when damp or wet.

MENU

Friday: Every crewmember should eat before departure for camp Friday night. If you or your crewmembers decide to bring a brown bag meal or snacks on the bus we must be sure to clean up after ourselves. **All crewmembers on that bus will be responsible for the buses clean up on arrival at camp and upon arrival back home on Sunday.**

All other meals on Saturday and Sunday will be provided.

Other notes to keep in mind:

- Does anyone in the crew have any dietary restrictions?
- Don't forget your spice wheel or sugar / salt / pepper / ketchup / mustard, etc.
- Bring your own trail mix / snacks coffee / tea / hot chocolate / ice tea mix, etc.
- Each person must carry 2 quarts / liters of water on the trail.

Philmont Expedition - Crew Equipment Requirements:

This is the minimum required crew equipment that must be taken by each crew on the shakedown hike. Each member of the crew is expected to carry his or her fair share of the food and / or equipment.

- _____ Dining fly or tarp (12' x 12')
- _____ 2' tent pole sections (four) for fly set up.
- _____ 10 Tent pegs
- _____ 50 feet of 1/8" nylon cord
- _____ 2 liquid fuel stoves (with repair kit for those particular stoves)
- _____ 2 one-liter fuel bottles
- _____ 100' of 1/4 " nylon rope (for bear bag) WE WILL HANG BEAR BAGS!
- _____ 2 large nylon or burlap bags (bear bags)
- _____ 1 small camp shovel
- _____ 1 large spoon & ladle
- _____ 1 measuring cup
- _____ 1 water sack (3 gallon)
- _____ 2 - 8 qt. Cooking Pots with lids
- _____ 2 nylon scrubbies or Brillo pads (depend upon pots)
- _____ 2 large nylon or burlap bags (bear bags)
- _____ 1 - 4 oz. Bottle of mountain suds
- _____ 2 rolls of all-purpose paper (toilet paper)
- _____ Water purification filter or crystals or tablets (have maint. Kit for pump)

NOTE: This equipment is the minimum equipment list your crew might need. Your crew may bring other equipment to suit their need or wants. Be sure that the more you bring the heavier the packs will be.

- **Philmont Expedition 2006**

Shakedown Hike Suggested Personal Equipment Listing:

Packing:

_____ Pack with Padded strap
_____ Pack Cover, waterproof nylon or large trash bag

Sleeping:

_____ sleeping bag in waterproof bag (plastic garbage bag)
_____ Sleeping cloths, worn only in your sleeping bag (because of bears)
_____ Straps to hold sleeping bag on pack. (NO BUNGY CORDS OR ELASTIC STRAPS)
_____ Foam sleeping pad
_____ Waterproof ground cloth
_____ 2 or 3 man tents as applicable (scouts will not sleep alone)

Wearing: (or packed in pack in plastic bags)

_____ Hiking boots well broken in
_____ Lightweight sneakers or camp shoes
_____ 2 pairs of heavy wool socks
_____ 2 pairs of light liner socks
_____ Change of underwear
_____ Hiking shorts
_____ Long sleeve shirt
_____ Short sleeve shirt - NOT NYLON
_____ 1 Sweater or fleece - Wool Preferable
_____ 1 Lightweight jacket or wind breaker
_____ 1 Hat or wool cap
_____ 1 STURDY RAINSUIT

Eating:

_____ Deep bowl, plate, or plastic Frisbee
_____ 1 Cup (for hot and cold liquids)
_____ Spoon
_____ Water Bottles: (2) -1 quart / liter and (1) - quart / liter (share with crew needs)

Personal and Miscellaneous stuff:

_____ Small pocketknife
_____ Matches or lighter
_____ 50 feet of 1/8 " nylon cord.
_____ Flashlight --- small with batteries
_____ (Remember, an ounce in the morning is a pound in the afternoon)
_____ Compass
_____ Bandanna or handkerchief
_____ Biodegradable soap e.g.; Mountain suds type soap
_____ Toothbrush & Paste
_____ Comb
_____ Small towel
_____ Mole Skin or mole foam or Compeed
_____ Personal first aid kit
_____ AP Paper
_____ Watch

Shakedown Gear Essentials

The Scout motto is "Be Prepared" and when backpacking being prepared can make all the difference between having a great trip or being miserable. We will spend a lot of time between now and when we leave for Philmont on all the proper equipment and preparations but these notes along with the Personal Equipment List provided will help you be prepared for the first shakedown hike.

Footwear: The proper boots, properly fitted, well broken-in, and worn over the right socks will prevent most problems.

Once we hit the trail, your only mode of transportation will be your feet. If you don't take the proper care of your feet you may be a very unhappy hiker - and if you are an unhappy your crew will probably be unhappy too.

First, you must get a sturdy boot. There are a number of suitable types. You do not need a heavy-duty boot. A mid-duty, high-top boot with a sturdy sole and fabric upper is fine. Many have had good success with work boots. Find a pair that fit and make sure you break them in well before the trip.

Next, you need the proper socks to prevent foot problems. A two-sock system consisting of a light polypropylene liner sock and a mid-to-heavy weight wool or blend hiking socks should be used. Do not use cotton socks as they hold sweat and any other moisture and will lead to foot problems on the trail

When on the trail remember to stop at the first sign of any foot problem and treat it immediately. Don't try to gut it out - it will only get worse and cause you and your crew problems later.

Rain Protection:

On occasion, we have encountered sunshine of the "liquid" variety while hiking. It doesn't have to spoil a nice hike if you are prepared for the moisture.

There are a number of key things that you need to keep dry on the trail. They are:

1. Your feet - wet feet will cause the foot problems we talked about earlier. Make sure that your boots are waterproofed properly. In a pinch, carry some plastic bags to slip over your socks in your boots to help keep your feet dry. Spare socks are also a must.
2. Your body - if you get wet and the wind comes up and the temperature drops you can be subject to hypothermia. This is not something any of us want to deal with. You must bring some type of rain gear along. A sturdy rain suit with jacket, hood, and pants is strongly recommended. Ponchos will not keep you dry when it is windy.
3. Your gear - you need to pack your gear so it will stay dry. You will want a dry change of clothes, socks and camp shoes if you do get wet. And nothing is worse than trying to sleep in a wet sleeping bag. Use lots of plastic bags of all sizes when packing. Line your stuff sack with a heavy garbage bag before you put your sleeping bag in it. Put your spare clothes in zip-loc bags and then into a bigger bag in your pack to keep them dry. Bring along a couple of extra heavy-duty garbage bags as they can be used for many purposes on the trail: ground cover, pack cover, sleeping bag cover should your tent leak, etc.

Water

We talked about keeping water off you and your gear but it is also important to keep water in you too. Every one should carry at least 2 or 3 liters of water on the trail. At times depending upon availability of water you will carry 4 liters.

You do not need expensive water bottles such as the Nalgene bottles. The one-quart Gatorade bottles are sturdy and have proven ideal. One-and - two liter soda bottles work fine as spares for those times when you need to carry more than two liters.

And remember to drink a lot of water too. Dehydration can cause you many problems on the trail. - especially at Philmont with the high-altitude and low humidity.

Backpack

You will need a sturdy backpack to allow you to carry 35 to 50 pounds of your own gear plus your share of the crew gear and food. It may be an internal frame or an external frame pack. If you do not have a suitable pack for the shakedown, see if you can borrow one from someone in your troop for the weekend. When we get to Philmont you can rent a pack, or you may rent a pack at an EMS outlet, should you wish not to purchase a pack. When securing gear to your pack, use straps with sturdy buckles - bungee cords will not do the job.

Clothing

Make sure that you have enough clothes with you. It can get chilly in the woods in the evening especially if it is wet and windy. Plan to have layers of clothing so you can adjust to the temperature. Do not bring sweatshirts or sweatpants that will sock up any moisture; a wool sweater or fleece are most practical. Blue jeans are not recommended; wool pants or scout pants are preferred. Lightweight thermal underwear (polypropylene) can be very welcome on a chilly night.