

Troop 303 Trek Sheet	CASTAIC/PYRAMID LAKE CANOE TREK July 18 and 19, 2009
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Description: This is a two-day canoeing training trip. This is another great opportunity to practice on some beautiful open water. We will be camping at Camp Verdugo Oaks which is near the lake. Everyone planning to attend the Sacramento River Canoe Trek and those who just want to have fun should attend.

Prerequisites: BSA Swim Test within the last 6 months and be familiar with Safety Afloat principles.

Meals: We will be having lunch on Saturday and Sunday on the water, and Saturday dinner and Sunday breakfast at Camp Verdugo Oaks.

What To Bring: See attached Checklist.

Trek Fee: \$30.00 per person this includes camping fee, Troop Trek fee, food, transportation, and launch fee.

Schedule:

Saturday, July 18, 2009

- 7:00 pm Assemble at Scout House
- 9:00 pm Arrive at Castaic or Pyramid Lake (we will make a final determination based upon conditions present on this day) to being Touring.
- 12:00 pm Lunch on lakeside
- 4:00 pm Leave lake
- 5:00 pm Arrive at Camp Verdugo Oaks

Sunday, July 19, 2009

- 6:00 am Reveille, break camp, breakfast, Scout's Own
- 8:00 am Depart for lake
- 9:00 am Arrive at lake to begin touring
- 12:00 pm Lunch on lakeside
- 4:00 pm Leave lake
- 5:00 pm Arrive back at Scout House

Equipment: Class A Uniform shirt, standard car camping equipment, day pack with 10 essentials (page 207 of the Scout Handbook) (**SUN PROTECTION**, hat, water clothes, swimsuit, **WATER**, sunscreen)

Questions: Contact your Patrol Leader, then contact trek leader Mr. Ringel (626) 893-0015 or assistant trek leader Mr. Sandmeyer (818) 331-4232.

BACKPACKING CHECKLIST

Plan Pack Used

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Shelter & Sleeping

- ~~Backpack~~
- P Ground cloth (one per tent)
- Pack cover or large trash bag
- Sleeping bag & stuff bag (use trash bag in stuff bag for rain/snow)
- Sleeping pad (3/4 length okay)
- Straps (attach bag, tent, etc.)
- P Tent (incl. poles & stakes)

Boots & Clothing

- Bandanna or handkerchief
- Belt or suspenders (as needed)
- Camp shoes or sandals
- ★ Extra clothing for emergency (part of regular clothing)
- Heavy socks w/ extra pair (No Cotton)
- ~~Hiking boots (waterproofed)~~
- Knit cap or balaclava (wool or fleece; depends on weather)
- Liner socks w/ extra pair (polypropylene or similar)
- Long sleeve shirt (depends on weather)
- S Long underwear (polypropylene preferred, No Cotton)
- Mittens or gloves (wool, fleece, etc.)
- Pants (depends on weather)
- Rain gear
- Short gaiters (keeps rocks & scree out of boots)
- Shorts (depends on weather)
- Sun hat
- Sweater or extra shirt
- Tee shirts ____ (plan one per day except long trips)
- Underwear
- Warm jacket (depends on weather)
- Wind breaker (can be rain gear)
- WATERPROOF TENNIS SHOES
- DRY BAG

Cooking & Eating

- ★ Extra Food (for emergency)
- Bowl
- Cup
- Spoon
- P Aluminum foil (heavy duty)
- P Bear canister
- P Bear rope (50+ ft - 1/4 to 1/2 in diam.)
- P Camp suds (soap) sponge & scouring pads
- P Cooking gear (pots & pans)
- P Food (divide among crew)
- P Fuel (white gas or propane)
- P Matches or lighter
- P Oil & juice bottles
- P Paper towels
- P Plastic bags
- P Spices (salt, pepper, & others as needed)
- P Stove & windscreen (white gas or propane)
- P Stove repair kit
- P Utensil set (spatula, spoon, etc.)
- P Water jug, collapsible (4-10 lit)

Safety & Comfort

- ★ Compass
- ★ Fire starter (candle, etc.)
- ★ Flashlight w/ extra bulb & batteries
- ★ Individual First Aid Kit
- Insect repellent (no more than 30% DEET)
- ★ Maps of area (topo maps are best)
- ★ Matches & waterproof case
- P Metal or plastic mirror
- Money & telephone coins
- Nylon parachute cord (50 ft)
- Pencil & paper (for note taking, journal, etc.)
- ★ Pocket knife
- P Small Repair Kit
- Small washcloth & towel
- ★ Space blanket
- ★ Sun glasses w/ strap
- ★ Sunscreen
- ★ Toilet Paper (in plastic bag)
- Toothbrush & paste
- P Trowel (for sanitation)
- ★ Water bottles (2 -1 liter) or dromedary bag (2 lit)
- P Water filter or purifier tablets
- ★ Whistle

Optional Gear

- Binoculars (small)
- Camera & film
- Daypack or fanny pack
- Fishing gear
- Fishing license (age 16 and older)
- P Knife sharpener
- Swimsuit
- Watch

Additional Gear for Snow Camping

- S Cross country skis, boots & poles
- SP Extra fuel
- S Extra full-length sleeping pad
- SP Extra ground cloth for inside tent
- S Foam pads (for sitting & cooking)
- SP Large pot (for melting snow)
- S Long gaiters (knee high)
- S Over-mittens or gloves (waterproof)
- S Pile or wool pants
- SP Plastic bags for tent deadmen stakes (one per stake)
- S Plastic trash bags (33 gal or larger)
- S Ski pole w/ repair kit
- S Sleeping bag liner
- SP Snow shovel
- S Snowshoes
- ★ Sun glasses with side protections or ski goggles
- S

Note: Keep total pack weight to 25-30 percent of body weight if possible

Adjust list to match trip length, conditions and personal needs.

- Solid dot is required equipment for all trips; use best judgment for other items depending on menu, weather & conditions
 - P Patrol gear - Split up among patrol with food
 - ★ Ten Essentials - Keep in a small stuff sack or day pack
 - S Snow camping equipment; depends on type of trip and activities
- Use blank lines to add extra items if really necessary. Use good judgment.

After the trip, go through what you brought and decide whether you used each item. If not a Ten Essential, consider leaving home next time.