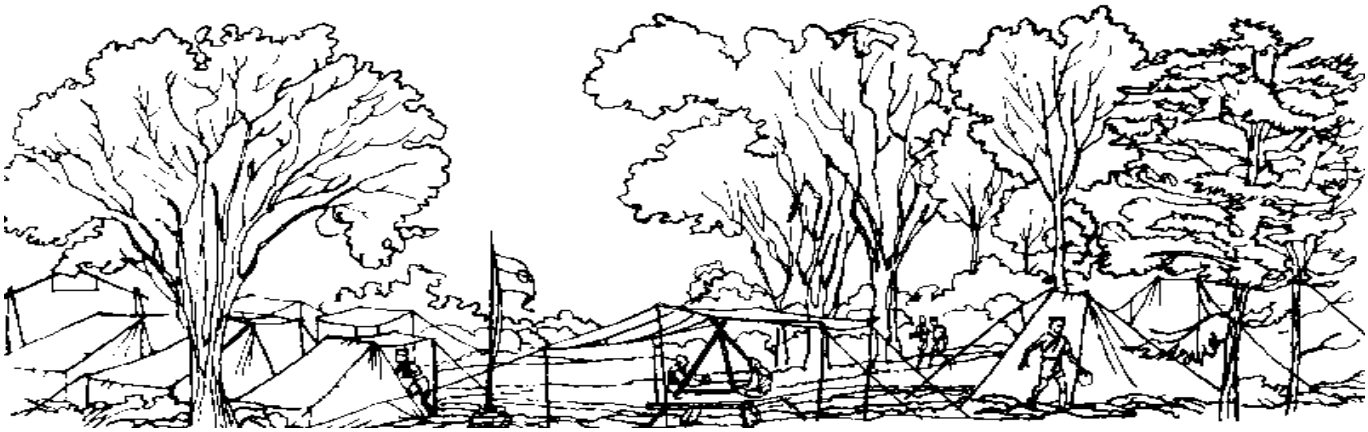
Monmouth Council B.S.A
Philmont Expedition 2002
October 12-14, 2001 Shakedown Hike



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.

Directions to Harriman State Park and to Tiorati circle ranger's station.

FRIDAY NIGHT: Leave Monmouth Mall parking lot at 5:30 sharp. We will proceed to Rte. 18n (north) toward and through New Brunswick on 18n until we reach 287n. Then take Rte. 287n to the end where you will be required to get on the New York Thruway for only a short distance-heading north. Once on the thruway travel about 1 mile to exit 15 where you will get off and it will put you onto Rte. 17n. When you get onto 17n heading toward, into and thru Sloatsburg, you will come upon a traffic signal at the end of town. At that signal make a right turn and proceed on SEVEN LAKES DRIVE, follow this road to Tiorati circle.
(You will pass thru two other circles on way there.)

NOTE: This small circle has a ranger station in the middle of it. Go ¾ of the way around and park in the parking lot. We will leave the cars there and hike 0.35 miles to the group camping area just east of the circle, where we will stay for the night.
NOTE*:* The local Police and the NY State Troopers use radar on this road quite frequently, and let us not forget the Park Rangers patrolling Seven lakes Dr., please try to obey all posted speed limits.
NOTE: There will be $ 10.00 travel and other expense fee for this outing.

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Shakedown Hike - October 12- 14, 2001

THE TRAILS AGENDA:

Saturday: Wake up will be at 6am, we will not eat breakfast in camp! You will stop along the trail. Hiking will begin at 7am; first crew packed and ready will go first.

The Trail:

To be provided at Harriman

SPECIAL Note: There is NO safe water in Harriman State Park! All water must be purified either by filter, iodine tablets or boiling. 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 7am 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 busses.

We want to be on the bus and heading home by 10am expecting to arrive at Monmouth Mall at approximately 12 Noon.

Trails End Bag: Pack a complete change of clothes and footwear in a small gym bag or stuff sack that will be left in one of the vehicles locked up. If your hiking cloths become wet at the end of the trail, you will have something to put on for the ride home.
Note: 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 your gear get wet.

Cotton socks, shirts and insulated underwear are not acceptable 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 have to 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.

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 a crew is expected to carry their fair share of the food and / or equipment.

_____ Dining fly or tarp (12' x 12')

_____ 2-Foot 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 ¼" nylon rope (for bear bag)

_____ 1 small shovel

_____ 1 large spoon & ladle

_____ 1 measuring cup

_____ 1 water sack (3 gallon)

_____ Cooking pots with lids 1- 10qt. and 2 – 8qt.

_____ 2 nylon scrubbies or brillo pads (depends on type of pots)

_____ 2 large nylon or burlap bags (bear bags)

_____ 1 bottle of mountain suds (each person should have 1-4oz. Bottle)

_____ 2 rolls of all-purpose paper (toilet paper)

_____ Water purification filter or crystals or tablets (have maint. Kit for pump)
(**ALL WATER ON THE TRAIL MUST BE PURIFIED)**

This 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.

Other notes to keep in mind:

- Does any one 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 3 quarts/liters of water on the trail. There is NO purified water available at the camping area.

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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.
_____ Sleeping clothes, worn only in sleeping bag.
_____ Straps to hold sleeping bag on pack. (NO BUNGY CORDS OR ELASTIC STRAPS)
_____ Foam sleeping pad
_____ Waterproof ground cloth
_____ 2 man tent

Wearing: (or packed in pack in plastic bags if possible)

_____ Hiking boots well broken in!
_____ Lightweight sneakers or camp shoes.
_____ 2 pairs of heavy wool socks.
_____ 2 Pairs of lighter liner socks.
_____ Change of under wear.
_____ Hiking shorts.
_____ Long sleeve shirt.
_____ Long pants.
_____ 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 or plate
_____ Cup ----- Measuring style
_____ Spoon
_____ Water Bottles------ 2 – 1quart/liter bottles and 1—1 quart/liter. For crew

Personal & Miscellaneous stuff:

_____ Small pocket knife
_____ Matches or lighter
_____ 50' ft 1/8 of nylon cord.
_____ Flashlight ---- small with batteries
_____ 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

Optional:

_____ Belt
_____ Watch
_____ Rubber bands
_____ Foot powder

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 foot 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 unhappy your crew will probably be unhappy too.

First, you must get a sturdy boot. There are a number of suitable types. EMS has a good selection of boots. 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 that 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 an a mid-to-heavy weight wool or blend hiking sock 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 bread 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 cloth, 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 2 liters.

And remember to drink a lot of that 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 for a nominal fee if you do not want to purchase your own. Locally packs may be rented at EMS in Freehold Mall. And when you are securing your gear to your pack, use straps with sturdy buckles - bungee cords are not satisfactory.

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 soak 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.

PHILMONT NOTE 1

Scout Manners

When you are out in public, meeting people from all over the country and sometimes with people from other countries, your actions and manners will be on display. Other people will be judging you and your actions. This includes ticket agents, airline personnel, bus drivers, our hosts at places we stay, people who operate the places we eat, and anyone we meet. All of these people automatically form an opinion about us, good or bad. Our actions, manners or lack of manners will give them the basis for that judgment. The wearing of a Scout uniform brings this judgment into finer focus. By being Scouts we are expected to be a cut above the rest in our actions and manners. It is important that you don't forget the small things, such as **"PLEASE"** when asking for something, and **"THANK YOU"** when you are served or helped. Being courteous and respectful doesn't cost anything except a few words and thoughtfulness. Many times someone will extend you a courtesy. It may be an invitation to some extra portions; a free tour, discount or help may be offered. Scouts pride themselves on paying their own way and being a help to others. This does not mean you may not accept someone's kindness, but do not ask for special treatment because you are a Scout. Also when someone is kind or generous to you, make sure you show your appreciation and say **"THANK YOU"**.

One of the worse things that can happen is for a Scout to **"MISBEHAVE"** or **"HORSE AROUND"** in a public place and cause the rest of the group to be embarrassed because of his actions. This can lead to your group and other Scout groups that follow to not be asked back, or allowed back at that particular establishment.

In summary remember that you and your actions either give people a good or bad impression **of you and the rest of the group**. Be courteous and say **"PLEASE"** when asking for something and **"THANK YOU"** when you are served. You will generally be treated with the same amount of respect that you gave.

BE PROUD THAT YOU ARE A SCOUT AND SHOW IT.

CREW ADVISORS NOTE:
Do not assume that your Crew members are automatically courteous. They may need a GENTLE reminder. It is suggested that all Crew Advisors read or relay the above informative "REMINDER" to all Crew Members.

Also see: Guidebook to Adventure - Page 6, Harassment
Philmont Advisor's Guide - Page 27, Women at Philmont