

Troop 255

Valley Forge

Saturday and Sunday, February 15th – 16th, 2014

Overview: The Valley Forge Pilgrimage and Encampment is the oldest annual Scouting event in the World. It was first held on February 22, 1913 (George Washington's 181st birthday), and has been held every year since. The event is hosted by the Cradle of Liberty Council and commemorates the soldiers of the Continental Army who braved the winter of 1777-78 at Valley Forge.



In keeping with our American history theme, on Sunday we'll stop by the Hegley museum, site of the gunpowder works founded by E. I. du Pont.



Assemble: 5:00am on Saturday at at CCUMC

Return: 3pm on Sunday at CCUMC

Cost: \$45 per participant plus money for fast food breakfast AND fast food lunch on the way home.

Food: Bring something for breakfast in the car on the way up. Bring a bag lunch for Saturday. Dinner will be provided by the troop. Sunday's breakfast and lunch will be fast food on the way home.

Weather: Historical average temperature range is between mid-20s and low 40s. Be prepared for warmer or colder, and of course, be prepared for rain. Sunscreen is always a good idea.

Packing: We will drop off our stuff and need to carry it as far as a couple hundred yards to our campsite. We don't need to be traveling as light as backpacking, but we need to be portable.

Troop 255

Be Prepared

for

Valley Forge

CLOTHES

For a full discussion of how to dress for colder weather see the T255 web site. Click on Pack Lists, and then select Dressing for the Outdoors:

<http://www.t255.com/Dressing%20for%20Outdoor%20Activities.pdf>

- Wear your normal hiking boots with two pairs of socks. NO SNEAKERS.
- Bring two or more extra pairs of socks so that you can change into dry ones, especially before bed.
- Wear at least two layers on your lower body. A base layer (long underwear) and your regular pants works. Something like sweatpants can be used as the second layer, if necessary.
- Wear 4 layers for your upper body. Wear a base layer (long underwear or long-sleeved shirt). Wear another shirt over that. Since it is Valley Forge it will be your scout shirt. Wear two more outer layers. One would be a warm outer coat (waterproof shell is ideal). Under the outer coat have a warm sweater, hoodie or similar that can be added for additional warmth.
- Be sure to bring rain gear.
- A warm hat is absolutely essential, especially for night time.
- Bring a wool or Polartec scarf or balaclava (a thing that covers your whole head and just leaves your eyes, nose, and mouth exposed).
- Bring a spare set of clothes.
- Wear a dry set of clothes in your sleeping bag at night.
- Dry, warm socks, and a hat or balaclava are really great for sleeping.
- Oh yeah, gloves. Don't forget gloves or mittens.
- When you are moving, your body is generating heat, so to keep from overheating pull off a hat, remove a layer, or just unzip. When you stop, you put a layer back on or zip up.

SLEEPING

- Be sure you know your tenting plan.
- Use 20 degree rated bag if possible. Contact an adult leader if you do not have one.
- Using a sleeping pad is very important, to insulate you from the ground.
- You can bring extra blankets or put something like cardboard in the bottom of the tent.

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Trip Permission Slip

SCOUT: _____

TRIP: Valley Forge

TRIP DATE: February 15th and 16th, 2014

This approval/permission is valid for the trip listed above.

Approval/permission is granted by the parents/guardians of the Boy Scout named above for their son/scout to participate in the activities of Troop 255, Chevy Chase, Maryland, National Capital Area Council, Boy Scouts of America. Approval/permission is granted to the adult members of Troop 255 to authorize treatment of the Boy Scout named above in the event of an accident or emergency.

Adult members of Troop 255 that authorize treatment of the Boy Scout in the event of an accident or emergency shall be released from any or all liabilities. Troop 255 will obtain local and national tour permits when necessary.

(Permission slip needed for scouts only. Siblings accompanied by a parent do not need a permission slip.)

Parent Signature

Parent Name (Print)

Date

WHO SHOULD WE CONTACT IN AN EMERGENCY OR FOR CHANGE OF PLANS?
PLEASE LIST NAMES AND TELEPHONE NUMBERS BELOW: