

Troop 255

Old Rag Day Hike and Camping Trip

Saturday and Sunday, March 22nd and 23rd, 2014

Overview: On Saturday we will be taking a day hike on Old Rag Mountain, where we'll have lunch on top of the mountain. This hike is famous as one of the best day hikes on the East Coast.



Saturday night we will camp in a field at the bottom of the mountain.



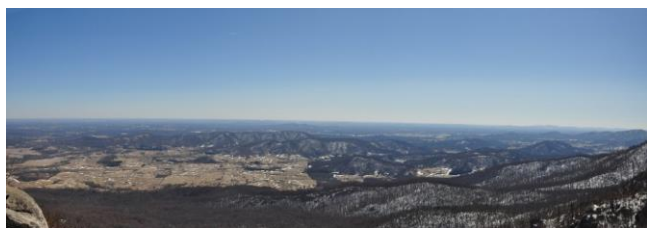
Assemble: 6:30am on Saturday at CCUMC

Return: 2:30pm on Sunday at CCUMC

Cost: \$10 per participant for transportation.

Food: Saturday: bag lunch. Saturday dinner and Sunday breakfast: patrol cooking. Bring money for fast food on Sunday on the way home.

Weather: Historical average temperature range is between the low 30s and to the low 50s. Be prepared for warmer or colder, and of course, be prepared for rain. Sunscreen is always a good idea.



Troop 255
Be Prepared
for
Old Rag

DAY HIKE

Bring a daypack with at least a liter of water, a bag lunch, and snacks. It's a good idea to carry a flashlight in case we're late getting off the mountain.

Wear shoes with plenty of support and shock-absorbing soles. Hiking boots with two layers of socks, wool or synthetic, are best. Make sure your boots are broken in and comfortable. Consider carrying extra socks.

Wear layers so you can shed them when you're warm, and add them back when you're cold. Be prepared for wind and rain.

CAMPING

We are car camping. The cars will be a few dozen yards from where we are camping.

Make sure you have a warm sleeping bag and extra clothes to sleep in. Overnight temperatures may drop below freezing.

Tenting is by patrol. Make sure you know where you are sleeping.

Bring additional water. There will not be a source of drinkable water at the campsite.

Know your food plan! Know your tenting plan!

Troop 255

Trip Permission Slip

SCOUT: _____

TRIP: **Old Rag**

TRIP DATE: **March 22nd and 23rd, 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: