

## Troop 255

# Laurel Highlands Backpacking Trip

Saturday and Sunday, April 5th and 6th, 2014

**Overview:** We'll be backpacking Laurel Highlands Hiking Trail near Johnstown, PA. This is a T255 first.



The Laurel Highlands Hiking Trail is a highly regarded 70-mile-long hiking trail in Western PA that, like the Appalachian Trail, crosses a variety of park and private lands.

We will overnight at one of the trail's shelter areas. We'll bring tents, but we'll also have one 5-person shelter available.

**Assemble:** 6am, Saturday, at Chevy Chase United Methodist Church

**Return:** 3:00pm on Sunday at CCUMC

**Cost:** \$20 per person for transportation and camp permit costs.

**Food:** Bring a bag lunch for Saturday. Scouts will plan and prepare dinner and breakfast by patrol. Bring money for fast food on the way home.



**Weather:** Expected temperature range is in the 40s during the day on Saturday and in the 30s Saturday night. Be prepared for warmer and cooler, and of course, be prepared for rain. Sunscreen and bug repellent are always a good idea.

**Packing:** This is a backpacking trip, see next page.

# Troop 255

## Be Prepared

for

## Laurel Highlands

**UNIFORM:** No Scout uniform needed for this trip.

**BACKPACK:** Be sure that you have a backpack suitable for an extended hike. If you are unsure or do not have one, contact an adult leader.

**CLOTHING:** Be sure to dress in layers, and appropriate for the weather. Carry extra layers for when it is cooler. Hats and gloves are a good idea. Sturdy hiking boots are essential.

**SLEEPING BAG:** Use a sleeping bag rated for 30 degrees or lower. Contact an adult leader if you do not have one.

**TENT:** You will need to carry your share of a tent.

**FOOD:** Bring a bag lunch for Saturday, and your share of your patrol's food for Saturday dinner and Sunday breakfast.

**WATER:** Bring a minimum of 2 liters of water. We expect to have potable water at the overnight camping area.

**GEAR:** Be sure to bring a flashlight and eating utensils. A knife might be handy.

**COMMON GEAR:** You'll need to carry your share of any common gear (such as cooking equipment) that your patrol needs, plus your share of troop common gear.

**RAIN GEAR:** Do not leave home without it

**MONEY:** Bring \$ for lunch on Sunday.

Adults will bring stoves and fuel.

There are some excellent backpacking checklists on the T255 website under the Lists hyperlink. Our standard "Mr. Rose's New & Improved Packing List For Backpacking" can also be found under Lists at [http://www.t255.com/080518\\_PackingListForBackpacking.pdf](http://www.t255.com/080518_PackingListForBackpacking.pdf)

Be sure to dress in layers appropriate for the weather.

**ADVICE ON HOW TO DRESS:**

For a full discussion of how to dress for colder weather see T255 web site. Click on Pack Lists, and then select Dressing for the Outdoors (<http://www.t255.com/Dressing%20for%20Outdoor%20Activities.pdf>).

APPROVAL / PERMISSION SLIP

This approval/permission is valid for the April 5-6, 2013 Laurel Highlands Backpacking Trip.

SCOUT: \_\_\_\_\_

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

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.

\_\_\_\_\_  
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