

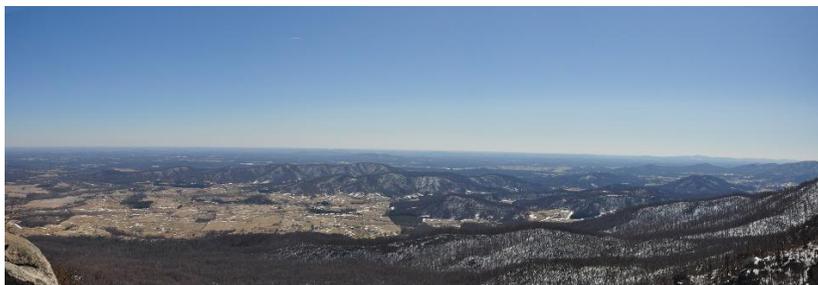
## Troop 255

# Old Rag Day Hike and Camping Trip

**Saturday and Sunday, March 21st and 22nd, 2015**

**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. We will camp in a field at the bottom of the mountain.



**Assemble:** 6:30am on Saturday at Chevy Chase Elementary School.

**Return:** 2:30pm on Sunday at Chevy Chase Elementary School.

**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 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 trail 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.

We will be leaving for the hike in the morning and we'll be hiking all day on the mountain. We'll set up camp after the hike in the late afternoon.

### 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.

#### Checklist for Day Hike

- day pack
- hiking boots
- water
- lunch
- layers
- flashlight

#### Checklist for Camping

- backpack
- 2 liters of water
- sleeping bag and pad
- your share of your tent
- your share of your food
- eating utensils (bowl/cup/spoon)
- toiletries
- flashlight
- clothes
- rain jacket
- sunscreen/bug repellent
- money for Sunday lunch
- pocket-knife (optional)
- book/cards (optional)

**Troop 255**

**Trip Permission Slip**

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

**TRIP:**           **Old Rag**

**TRIP DATE:**   **March 21st and 22nd, 2015**

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: