

# Troop 255



## Old Rag Hike and Camping Trip

**Saturday and Sunday,  
March 10th and 11th, 2018**

**Overview:** On Saturday we will be hiking 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 backcountry area at the bottom of the mountain.



**Assemble:** 7:00 am on Saturday at Chevy Chase Elementary School

**Return:** 1:30pm on Sunday at Chevy Chase Elementary School

**Cost:** \$15 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

### HIKE

We'll be hiking from the parking area to a backcountry campsite near the bottom of Old Rag. Those who would like can leave backpacks there. Inside your backpack, have a separate daypack packed 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. Always carry extra layers including a raincoat. Of course, you can also carry your full pack all day if you prefer.

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 backcountry camping. The cars will be more than a mile 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 may not be a source of drinkable water at the campsite.

#### Checklist for Day Hike

- ☐ day pack
- ☐ hiking boots
- ☐ water
- ☐ lunch
- ☐ layers
- ☐ flashlight
- ☐ raincoat / extra layers

#### 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)