Troop 188 Backpacking Trip
September 18 and 19, 2004
Zimmerman Lake

Troop 188 will be substituting our scheduled Fall Fun 188 camping trip with an all troop backpacking trip. Our camp will be located at Zimmerman Lake near Cameron Pass. The hike to camp will be approximately 1.25 miles long and a 600 ft. elevation gain. This trip is a good introduction to backpacking and boys of all ages are encouraged to go.

We will be leaving the Linton parking lot at 7:00 AM Saturday September 18 and returning back to the parking lot around 3:00 – 4:00 PM on Sunday September 19.

This is a backpacking trip so each scout will need to carry their own personal gear plus some of the shared troop gear. Nobody should plan on carrying more than 20% of their own body weight. For a younger scout only weighing 100 pounds that is only 20 pounds of gear. This includes backpack, tent, sleeping bag, clothes, cooking gear, food and water. There will be a backpacking demo at a troop meeting prior to the trip. There will be a gear check in the parking lot before we leave.

For those scouts interesting in going backpacking but do not have all the appropriate gear, you can rent most of what you need at EMS for approximately (Boy Scout discount: $10 for the first item and $5 for each item after that).

Each scout will be paired up with another scout to plan and buy their meals and share a tent. Most backpacking meals are package in two serving sizes. Backpacking meals can be purchased at REI, EMS, Jax's or Sportsman's Warehouse. The dinner meal should include at least some kind of main course and a dessert. A vegetable or side dish can also be added as an option. Each pair of scouts will be responsible for planning and purchasing their own meals for a lunch and dinner on Saturday, and breakfast and lunch on Sunday. Scouts with access to backpacking stoves should bring them, but if not we will just share the ones we do have.

Fishing is available in Zimmerman Lake, however the fish in the lake are a protected species so anyone interested in fishing should bring lures or flies only. All fish will need to be returned to the water immediately.

Boy Scout Backpacking Checklist

- Backpack (make sure it fits) can be rented at EMS
- Sleeping bag (compressible) can be rented at EMS
- Tent (to be shared with another scout)
- Small flashlight or headlight
- Large trash bag
- Plate / utensils / cup
- Toothbrush and toothpaste
- Toilet paper and shovel
- Rain poncho
- One pair of shorts
- One pair of long pants
- One pair of socks
- One change of underwear
- Class A uniform for trip up and back (will leave in car)
- Class B tee shirt
- One pair of thermal underwear
- Jacket or sweat shirt
- Compass
- Sunglasses
- First aid kit
- Sunscreen
- Fishing rod and tackle (optional)
- Water filter (optional)
- Stove (optional)
- 32 oz. of water
- Suggested foods (purchased from camping or grocery store)
  - freeze dried meals
  - oatmeal
  - trail mix / hard candy
  - cup a soup
  - jerky
  - Gatorade
  - power bars
  - pancake mix (water only mix)
  - peanut butter and jelly on tortilla
  - tuna on tortilla

Permission Slip

As the parent or legal guardian of _____, I hereby give my permission for him to participate in the Troop 188 Backpacking trip to Zimmerman Lake near Cameron Pass on September 18 and 19, 2004.

I give permission to the leaders of the above unit to render First Aid, should the need arise. In the event of an emergency, I also give my permission to the attending adults to seek emergency medical treatment, as needed. I further agree to hold the above named unit and its leaders blameless for any accidents that might occur during this outing except for clear acts of negligence.

In case of emergency, I can be reached by phone at _____ .

Insurance Carrier: _____

Policy Number: _____

Signed: _____ Date: _____
       (Parent or Guardian)

As a condition of my participation in this activity I agree to conduct myself in a manner consistent with Scouting principles, and to abide by the rules set forth in the Scout Law, Oath, and the Outdoor Code.

Signed: _____ Date: _____
       (Scout)