

Troop 61 Newsletter

June 2011

Backpacking Trip at Round Valley Recreation Area

By Troop 61's World Renowned Scribe

This month, Troop 61 will be going to Round Valley Recreation Area for a 6 mile backpacking hike and camping. The scouts will be leaving the parking lot between 10 and 11 AM Saturday, hike with all of the gear 3 miles to the camp site, eat lunch and set up camp. On Sunday, after eating breakfast, the scouts will hike the 3 miles back to the parking lot.

This is the first time in many years that the troop has done a trip like this. Very few current troop members have done an actual backpacking campout before. Fortunately, the hike will be short one, and the members that have done backpacking trips before are very knowledgeable and will do their very best to make sure all the scouts return home in one piece (but seriously, if there was any real problem, we're 3 miles away from civilization, it's not a tragedy).

A lot of preparation is required for a campout like this. First, all of the hikers should have a backpack with a frame so they can help carry all of the equipment. Not only does everyone need to carry their own clothing and water, but the food, the cooking equipment, the equipment for the campsite, and the tents must all be divided up and carried to the campsite. As long as no one over packs, everyone will be carrying between 20 and 40 pounds of gear (the smaller scouts will obviously be carrying less than the larger scouts). While this may seem like a lot of weight, the backpacks, especially the external frames, are designed to spread around the wearer's back, while being supported by the wearer's hips (as opposed to being supported by the shoulders, which can lead to back problems. When the weight is on the wearer's hips, their skeleton is holding the weight. When the weight is on a person's shoulders, their muscles are holding most of the weight. While muscles are good for lifting heavy object, the skeleton is a lot better for holding the heavy objects for long periods of time).

What everyone packs will be very important for this campout. Not only will a packing list be sent out, but everyone's packs will be checked for good organization and to make sure that no one is bringing anything that they will obviously not need on the campout. This will be done at the Round Valley parking lot before the scouts start on the hike. Also done at that time will be the dividing up of the troop gear.

Despite all of the tedious preparation, this should be a fun, and hopefully education, campout for all of the participants.

Mr. G says "Take a Hike"

If you check the lexicon (or you just may remember) take a hike was a term for get lost, scam or just plain go away. My meaning here is one of encouragement.

Walking or hiking is a great form of exercise and costs little. If you pick a nice route you'll see many sights you would miss if covering the same ground by car or even bike. The ease and pace of a hike allows you to tune your senses to all the things around you.

I want to cover some tips for hiking but will start out with the two most important. First, do not go alone unless/until you are an experienced adult. Second, always be sure someone back home knows where you're going as well as when to expect you back.

Here's a list of stuff you should have on a hike. Note that this can vary depending on the type of hike.

- Headlamp
- Personal first aid kit
- Sunblock
- Trail food
- Fire- match or flint and steel - what works best for you
- Multi-tool
- Water - canteen - nalgene - hydration pack again what works best for you
- Clothes - no you cannot hike in your birthday suit - dress in layers
- Compass and how 'bout a map
- Poncho or other rain gear
- Boots that are broken in and comfortable

- Know your route
- Know the weather forecast
- Eat and drink often
- Have fun
- Thirst for adventure

Take only photos...leave only footprints

Note from the Troop Webmaster

That's Mr. Weibel, if you didn't know that

If you forgot our calendar of outings, or if you want to see pictures of recent camping trips or even Eagle Projects, you should go to:
<http://www.pack61eastbrunswick.org/Troop61/troop61.html>. The Troop Newsletters are also posted there.

June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Atlantic Hurricane Season Begins	2. New Moon	3.	4.
5. PLC; World Environment Day	6. Waxing Crescent	7.	8.	9. First Quarter	10.	11. Round Valley Backpacking Hike
12. Round Valley Backpacking Hike; Waxing Gibbous	13. Last Troop Meeting	14. Flag Day	15. Full Moon	16.	17. Half Day	18. Troop Picnic and Court of Honor
19. Father's Day; Waning Gibbous	20. Last day of School; High School Graduation	21. First Day of Summer	22.	23. Third Quarter	24.	25.
26. Waning Crescent	27.	28.	29.	30.		

July

Monday, July 4 – Independence Day

Sunday, July 24 – Fire Department Training, 8:00 AM

Monday, July 25 – Fire Department Training, 8:00 PM

August

Sunday, August 7 – Saturday, August 13 – Rodney Scout Reservation

September

Monday, September 12 – Tentative first meeting