

**Troop 349**  
**Backpacking Trek**  
**Shenandoah National Park**  
**September 15-16, 2012**





The fall season's activities will start off this year with a 6.4 mile backpacking trek in the central part of the Shenandoah National Park located approximately two hours from Falls Church. We will hike the Dark Hollow Falls and Upper Rose River trails with full backpacks and set up a campsite using backcountry camping principles practiced at Philmont Scout Ranch. We will practice hanging bear bags and purifying water, and the time spent at the campsite will afford Scouts the opportunity to work on advancement requirements.



The area where we will be hiking is near the Big Meadows campground, and our trails will pass by the Rose River Falls, Dark Hollow Falls and the site of an abandoned copper mine. Scouts will hike on part of the Appalachian Trail and so will get a good introduction as to what that is like. The hike will afford many good views of the Shenandoah Valley, and will take the Scouts through botanically interesting wetland. During the trek, we will stop at a natural spring, and cross brooks and streams. These will afford the Scouts the opportunity to refill their water bottles and practice water purification methods that will allow them to safely drink the spring water.

Preparations for the trek will include a pack shakedown to ensure that everyone is carrying what they need and something that the overall group needs, and a review session on land navigation. The overall trek includes an elevation shift of 1,400 feet, so we will gain an appreciation for how changes in elevation affect distance traveled over time.



For those Scouts who have never done backpacking before, this will be a good introduction to backpacking for them. *This trek, and the skills learned in it, can be applied to advancement requirements for Tenderfoot, Second Class, and First Class; and requirements for the Hiking, Backpacking and Camping merit badges.*



Remnants of Rose River Copper Mine

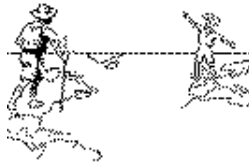


**Saturday, September 15, 2012**

<b>Time</b>	<b>Event</b>	<b>Remarks</b>
0830	Arrive American Legion	Class A uniform for travel
0900	Depart American Legion	Scouts should have already had breakfast at home.
1100-1130	Arrive at Shenandoah National Park and check in at the Front Royal Entrance Station. Obtain Backcountry Camping Permit.	Each vehicle entering the park will have to pay \$20.00.
1130-1200	Park in Amphitheater Parking Area at Big Meadows, just south of milepost 51 on Skyline Drive. Unload and review plan of the day.	Review of plan for remainder of the day, Leave No Trace procedures, and safety procedures (e.g., water breaks, tick checks and bear procedures.)
1200-1700	Hike the Dark Hollow Falls and Upper Rose River Trails.	Review of land navigation principles and water purification procedures along the way.
1700-1800	Locate and begin setting up campsite. (Locate cooking/clean-up areas, tent site; put up fly and hang bear bags.)	To include instruction on how to set up a campsite in the Philmont Scout Ranch method.
1800-1900	Complete campsite set-up.	Duties will be assigned per a duty roster.
1900-2000	Dinner and clean-up.	To include practice of backpacker cooking techniques and clean-up according to Leave No Trace principles.
2000-2100	Review of the day's events.	To include "Thorns, Roses and Buds."
2100	Lights out.	

**Sunday, September 16, 2012**

<b>Time</b>	<b>Event</b>	<b>Remarks</b>
0700	Wake-up	May be adjusted depending on where we set up our campsite.
0700-0800	Breakfast	May be adjusted depending on where we set up our campsite.
0800-1000	Break Camp	May be adjusted depending on where we set up our campsite.
1000-1100	Move to vehicles.	May be adjusted depending on where we set up our campsite.
1100	Depart for American Legion.	
1300	Arrive at American Legion.	
1300-1330	After-action review and assignment of clean-up duties.	
1330	Scouts depart for home.	



## Directions to Shenandoah National Park

1. Merge onto I-66 W. (HOV-only restriction, Mon-Fri 4:00 PM to 6:30 PM)

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2. Take the VA-79 exit, EXIT 13, toward VA-55 / Linden / Front Royal.

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3. Turn left onto VA-79 / Apple Mountain Road. (If you reach I-66 W, you've gone 0.2 miles too far.)

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4. Turn right onto VA-55. (There is a 7-Eleven on the corner.)

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5. Turn left onto US-340 / S. Royal Avenue. Continue to follow US-340 S. (3 Brothers Burgers is on the left.)

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4. Turn left onto Skyline Drive. Skyline Drive is 0.2 miles past E. Criser Rd. (If you reach Browntown Rd., you've gone about 0.2 miles too far.)

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Total Travel Estimate: 61.41 miles - about 1 hour 10 minutes

### Nearest Hospitals

Name: Page Memorial Hospital  
Address: 200 Memorial Drive, Luray, VA 22835  
Telephone: (540) 743-4561  
Webpage: <http://www.valleyhealthlink.com/page>  
Comments: 7-10 minutes drive from SNP's north entrance

Name: Rockingham Memorial Hospital  
Address: 2010 Health Campus Drive, Harrisonburg, VA 22801  
Telephone: (540) 689-1000  
Webpage: <http://www.rmhonline.com/Main/Home.aspx>  
Comments: At least 40 minutes away, closer to southern end of SNP



### **What to Wear on Saturday**

- Class A shirt and long pants or shorts for hiking
- Class B shirt underneath. (We will leave the Class A shirts in the van so that we have them for the return ride.)
- Long, thick socks comfortable for hiking in
- Hiking boots
- A hat or cap with a brim
- An inexpensive watch (preferably with an alarm)

### **Individual Packing List**

- Backpack
- Sleeping bag
- Sleeping pad

The following items are to be packed inside your backpack:

- T-Shirt and shorts for sleeping in only
- A clean pair of socks for Sunday
- A clean pair of underwear for Sunday
- A clean Class B shirt for Sunday
- One long-sleeve shirt
- A sweater or fleece vest for Saturday night (no cotton!)
- A rain jacket (and rain pants, if possible)
- A deep bowl for your main meals
- A cup for drinks
- A spork or a spoon and a fork
- Two 1-quart/1-liter water bottles
- Flashlight or headlamp
- Compass
- Money (for souvenirs and/or lunch on the way home; no more than \$20)
- Lip balm
- Toothbrush and toothpaste
- Note pad and pen
- Camera (optional)

**DO NOT BRING RADIOS, CD/MP3 PLAYERS OR VIDEO GAME DEVICES.  
DO NOT/NOT BRING DEODORANT. WE WILL NOT/NOT WEAR IT.**



## **Crew Gear That Will Be Provided by the Troop and Distributed Among the Participants**

- Dining fly and tent stakes
- Two four-quart pots
- One eight-quart pot
- One large spoon
- Plastic trash bags
- One bottle of Camp Suds biodegradable soap
- One scrub pad
- Plastic strainer and rubber scraper
- Water purification tablets
- Pump-style water filter
- Gravity-fed water filter
- Rope for bear bags
- Two carabineers for bear bag
- Five bear bags
- One roll of toilet paper
- One spade
- Crew First Aid Kit (to be carried by uniformed leader)
- 2 collapsible water containers
- 2-3 backpacking stoves and appropriate fuel containers
- Duct tape for emergency repairs
- Bottle of sunscreen
- Bottle of pump spray insect repellent
- 1 Multi-type tool
- Shenandoah National Park sectional maps
- Backpacking food for two lunches, a dinner and a breakfast



Until our next adventure.....



**TROOP 349 Permission Slip**

Falls Church, VA

**Event:** Backpacking Trek in Shenandoah National Park

**Location:** Shenandoah National Park, Virginia

**Date:** September 15-16, 2012

**As the parent or legal guardian of:** \_\_\_\_\_

- I give my permission for him to participate in this outing with Troop 349.
- I will provide transportation.**      Out      Back      Both Ways  
Including driver, my vehicle holds \_\_\_\_\_ people.
- Name(s) of Parent(s) planning to attend: \_\_\_\_\_ Parent cell #: \_\_\_\_\_
- My Scout understands:** All travel is in Class A uniform  
No electronics permitted (iPod, MP3, cell phone, etc)
- Funds attached: \$25 per person** (covers food, mileage, SNP entry fee)

I acknowledge that this is a backpacking trek in a backcountry environment in habited by black bears, mountain lions, venomous snakes, and mosquitos and ticks which could carry disease. I give permission to the leaders of Troop 349 to render first aid. In the event of emergency, I give permission to the physician selected by the adult leader-in-charge, to hospitalize, order anesthesia, order injection, or secure other medical treatment, as s/he determines to be appropriate. I further agree to hold Troop 349 and its leaders blameless for any mishaps that may occur during this outing, except for clear acts of negligence or non-adherence to BSA policies and guidelines.

**In case of emergency,** I can be reached by phone at: \_\_\_\_\_ or: \_\_\_\_\_

If I cannot be reached, contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Medical Insurance company: \_\_\_\_\_ Policy number: \_\_\_\_\_

My son:     Has the following **medical condition(s)** that adult leaders must be aware:  
\_\_\_\_\_.

Has no medical condition.

Requires the following **medication(s)** that adult leaders must supervise and assist in administering (also provide time & quantity):  
\_\_\_\_\_.

Takes no medication

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent or Guardian)