

Troop 349

Hiking and New Scout Campout

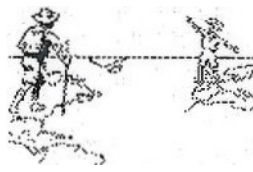
Pohick Bay Regional Park and Gunston Hall,
Lorton VA

***April 22-24, 2016**

***STAR, LIFE and EAGLE RANKS: APRIL 22-24 (FRI-SUN)**

****NEW, SCOUT, TENDERFOOT, SECOND CLASS and FIRST CLASS RANKS: APRIL 23-24 (SAT Morning-SUN)**

Deadline for permission slip & payment: Tuesday, April 12th



Troop 349 would like to give all the new scouts a warm welcome to your new Boy Scout Troop!

NEW SCOUTS:

Welcome to Troop 349! We hope Boy Scouts is a fun and exciting adventure to enable personal growth and leadership experience. The current scouts are eager to share their experiences and have fun in the process. For all the new scouts, this will be your first Boy Scout camp-out which will focus on gaining requirements towards "SCOUT RANK" and the "CAMPING MERIT BADGE."

Please see below for the updated SCOUT RANK requirements as of January 2016:

1a. Repeat from memory the Scout Oath, Scout Law, Scout motto, and Scout slogan. In your own words, explain their meaning.

1b. Explain what Scout spirit is. Describe some ways you have shown Scout spirit by practicing the Scout Oath, Scout Law, Scout motto, and Scout slogan.

1c. Demonstrate the Boy Scout sign, salute, and handshake. Explain when they should be used.

1d. Describe the First Class Scout badge and tell what each part stands for. Explain the significance of the First Class Scout badge.

1e. Repeat from memory the Outdoor Code. In your own words, explain what the Outdoor Code means to you.

1f. Repeat from memory the Pledge of Allegiance. In your own words, explain its meaning.

2. After attending at least one Boy Scout troop meeting, do the following:

2a. Describe how the Scouts in the troop provide its leadership.

2b. Describe the four steps of Boy Scout advancement.

2c. Describe what the Boy Scout ranks are and how they are earned.

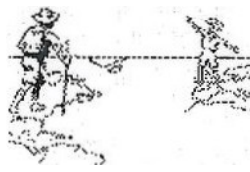
2d. Describe what merit badges are and how they are earned.

3a. Explain the patrol method. Describe the types of patrols that are used in your troop.

3b. Become familiar with your patrol name, emblem, flag, and yell. Explain how these items create patrol spirit.

4a. Show how to tie a square knot, two half-hitches, and a taut-line hitch. Explain how each knot is used.

4b. Show the proper care of a rope by learning how to whip and fuse the ends of different kinds of rope.



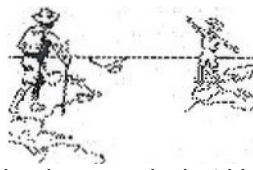
5. Demonstrate your knowledge of pocketknife safety.

6. With your parent or guardian, complete the exercises in the pamphlet "How to Protect Your Children From Child Abuse: A Parent's Guide" and earn the "Cyber Chip Award" for your grade.

7. Since joining the troop and while working on the Scout rank, participate in a Scoutmaster conference.

Please see below for the updated CAMPING MERIT BADGE requirements as of January 2016:

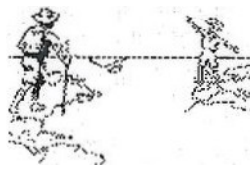
1. Do the following
 - a. Explain to your counselor the most likely hazards you may encounter while participating in camping activities and what you should do to anticipate, help prevent, mitigate, and respond to these hazards
 - b. Show that you know first aid for and how to prevent injuries or illnesses that could occur while camping, including hypothermia, frostbite, heat reactions, dehydration, altitude sickness, insect stings, tick bites, snakebite, blisters, and hyperventilation.
2. Learn the Leave No Trace principles and the Outdoor Code and explain what they mean. Write a personal and group plan for implementing these principles on your next outing..
3. Make a written plan for an overnight trek and show how to get to your camping spot using a topographical map and compass OR a topographical map and a GPS receiver. If no GPS receiver unit is available, explain how to use one to get to your camping spot.
4. Do the following:
 - a. Make a duty roster showing how your patrol is organized for an actual overnight campout. List assignments for each member.
 - b. Help a Scout patrol or a Webelos Scout unit in your area prepare for an actual campout, including creating the duty roster, menu planning, equipment needs, general planning, and setting up camp.
5. Do the following:
 - a. Prepare a list of clothing you would need for overnight campouts in both warm and cold weather. Explain the term "layering."
 - b. Discuss footwear for different kinds of weather and how the right footwear is important for protecting your feet.
 - c. Explain the proper care and storage of camping equipment (clothing, footwear, bedding).
 - d. List the outdoor essentials necessary for any campout, and explain why each item is needed.
 - e. Present yourself to your Scoutmaster with your pack for inspection. Be correctly clothed and equipped for an overnight campout.
6. Do the following:
 - a. Describe the features of four types of tents, when and where they could be used, and how to care for tents. Working with another Scout, pitch a tent.
 - b. Discuss the importance of camp sanitation and tell why water treatment is essential. Then demonstrate two ways to treat water.
 - c. Describe the factors to be considered in deciding where to pitch your tent.
 - d. Tell the difference between internal- and external-frame packs. Discuss the advantages and disadvantages of each.



- e. Discuss the types of sleeping bags and what kind would be suitable for different conditions. Explain the proper care of your sleeping bag and how to keep it dry. Make a comfortable ground bed.
7. Prepare for an overnight campout with your patrol by doing the following:
 - a. Make a checklist of personal and patrol gear that will be needed.
 - b. Pack your own gear and your share of the patrol equipment and food for proper carrying. Show that your pack is right for quickly getting what is needed first, and that it has been assembled properly for comfort, weight, balance, size, and neatness.
8. Do the following:
 - a. Explain the safety procedures for:
 1. Using a propane or butane/propane stove
 2. Using a liquid fuel stove
 3. Proper storage of extra fuel
 - b. Discuss the advantages and disadvantages of different types of lightweight cooking stoves.
 - c. Prepare a camp menu. Explain how the menu would differ from a menu for a backpacking or float trip. Give recipes and make a food list for your patrol. Plan two breakfasts, three lunches, and two suppers. Discuss how to protect your food against bad weather, animals, and contamination.
 - d. Cook at least one breakfast, one lunch, and one dinner for your patrol from the meals you have planned for requirement 8c. At least one of those meals must be a trail meal requiring the use of a lightweight stove.
9. Show experience in camping by doing the following:
 - a. Camp a total of at least 20 nights at designated Scouting activities or events.* One long-term camping experience of up to six consecutive nights may be applied toward this requirement. Sleep each night under the sky or in a tent you have pitched. If the camp provides a tent that has already been pitched, you need not pitch your own tent.
 - b. On any of these camping experiences, you must do TWO of the following, only with proper preparation and under qualified supervision:
 1. Hike up a mountain, gaining at least 1,000 vertical feet.
 2. Backpack, snowshoe, or cross-country ski for at least 4 miles.
 3. Take a bike trip of at least 15 miles or at least four hours.
 4. Take a nonmotorized trip on the water of at least four hours or 5 miles.
 5. Plan and carry out an overnight snow camping experience.
 6. Rappel down a rappel route of 30 feet or more.
 - c. Perform a conservation project approved by the landowner or land managing agency.
10. Discuss how the things you did to earn this badge have taught you about personal health and safety, survival, public health, conservation, and good citizenship. In your discussion, tell how Scout spirit and the Scout Oath and Scout Law apply to camping and outdoor ethics.

* All campouts since becoming a Boy Scout or Varsity Scout may count toward this requirement

Attaining these above requirements will be the main focus on during the day on Saturday, April 23. Typically, Troop 349 completes 2-night campouts, however for the first camp out the scouts the new scouts, scout rank, tenderfoot, 2nd class, and 1st class ranks will join the Star Rank and above scouts on Saturday morning.



Here are some **BASIC RULES** to keep all scouts safe.

Please share these rules with new scouts prior to the camp-out.

1. **No running** on the campsite to avoid falls and injuries.
2. **Always have a buddy** wherever you go. In example, if you have to go the bathroom, you have to bring a buddy with you in the middle of the night. Never travel anywhere by yourself.
3. Always wear **closed-toe shoes** on a camp-out.
4. Do a **tick check 2x/day**. Ask a buddy to check your head.
5. Always **drink plenty of water** throughout the day. Dehydration is a common way to get sick. If you are thirsty, then you are already dehydrated.
6. Bring some personal snacks. Food will be supplied by the troop but it is always good to bring snacks. If snacks are in a sealed unopened (bag of trail mix) then it can remain in the tent, however if you have an apple it will need to be locked in a car or trailer overnight so it does not attract animals.

Spring Fire Season and the 4pm Burn Law! February 15th – April 30th

The state law prohibits burning before 4 p.m. each day between February 15th and April 30th. The law requires all fires to be extinguished no later than midnight.

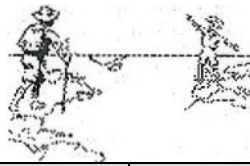
MORNING CAMPFIRES ARE PROHIBITED. Propane and camp stoves may be utilized in a controlled manner.

A violation of this law is a Class 3 misdemeanor punishable by up to a \$500 fine. For more information, visit www.dof.virginia.gov.

Friday, April 24th

(GRAYED AREA DENOTES STAR, LIFE and EAGLE SCOUT SCHEDULE)

<i>Time</i>	<i>Event</i>	<i>POC</i>	<i>Comments</i>
4:30pm	Meet at Legion Hall and pack trailer. Confirm monkey bridge already packed.	ASM Budney, Star Scouts and higher Rank and ASMs	Bring Dinner to eat in car and wear Class A Uniforms
5:00pm	Depart Legion Hall	Star Scouts and higher Rank and ASMs	Eat dinner in car. ASM DeVan pulls trailer
6:00pm	Arrive at Pohick Bay Regional Park – Wilson Campsite C	Star Scouts and higher Rank and ASMs	Sunset is at 7:53pm
6:15-7:30pm	Campsite Set-up by Patrol	Crew (Star+ & ASMs)	Class B Uniform
7:30-9:00 9:30-10:00	Campfire PLC Meeting	Crew SPL, SM, PL's	Plan next day, ghost stories, smores, Late Night Manhunt

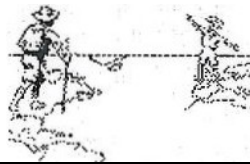


10:00pm	Lights out		
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Saturday, April 23 -

Time	Event	POC	Remarks
6:00am	Wake-up	Crew	Sunrise 6:20am
6:20-7:00	Breakfast and Clean-up	Crew	
7:00	Change for hike, fill water bottle	Crew	
7:15-8:15am	Leave for one hour Hike	Crew	Red Trail Loop (& return on Service Road)
8:45-9:00am	Meet new scouts and younger scout when they arrive at Camp Wilson	Crew	If time, allows begin to construct monkey bridge.
7:30am	New through First Class Scouts meet at Legion Hall	Mr. Englander	Eat Breakfast at home or in car while traveling.
8:00am	Depart Legion Hall		Class A Uniform
9:00am	Arrive at Pohick Bay Regional Park (Wilson Camp, site C), greeted by older scouts		
9:10am	Direct new Scouts to unload gear	Troop Guide and JASM	Class B Uniform
9:15-9:45	Help new scouts set-up camp, erect flagpole and conduct raising the Colors	SPL, Troop Guide and JASM	Camping MB 6a & c (Tent Set-up & Camp Site Selection)
9:45-12:30	New scout rank requirements & assemble Monkey Bridge	Senior Scout Crew	Focus on requirements 1 & 2
12:30-2:00	LUNCH	Grubmaster & Cleanup Crew	
2:00-4:00	New Scout Programming and Training	Senior Scout Crew	Focus on requirements 3,4,5 and Totin' Chip
4:00-5:30	Monkey Bridge	All Scouts and Scouters	
5:30-7:15	Supper	By Patrols	Camping MB 8a & b (Stove & Lanterns)
7:30pm	Lower Colors	All Scouts and Scouters	Sunset 7:53pm
7:45-9:30	Campfire & Skits	All Scouts and Scouters	Teach Fireman Chit
9:30	PLC Meeting	PLC/SPL	
10:00pm	Lights Out	All Crew	
SUNDAY APRIL 24			
6:00am	Wake-up		Sunrise 6:19am
6:30am-8:30	Break-fast, clean-up, & break camp	All Crew	
9:00	Depart for Gunston Hall , approx. 1 mile away.	All Crew	CLASS A Uniform
9:30-10:30am	Car Show on Gunston Hall's Main Lawn	All Crew	
10:30	Gunston Hall Tour (split in to 2 groups for Part A; 10 minute film; 30 minute Guided Tour)	All Crew	Half of Group will go to 10 minute film first at visitor's center, while other half begins 30 minute guided tour at Gunston Hall (main house).
11:00	Gunston Hall Tour (two groups switch places part B)	All Crew	Film group goes to main house for tour. Those who completed guided tour go to Visitor's Center for film inside.



11:30	Gather and depart Gunston Hall Parking Lot	SPL	
12:30	Arrive at American Legion Hall	All Crew	Divide up equipment to clean.



Campout Destination :

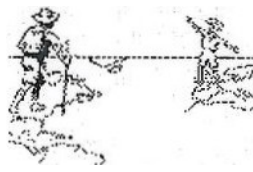
Discription: Pohick Bay Regional Park's 1000 acre family campground features 50 shaded tent sites and 100 sites with electric 30-amp hookups. All sites are pull-in and include a grill, fire ring and picnic table. The camp store has limited groceries and camping supplies including ice, charcoal, lighter fluid and firewood. Gathering of wood in the park is prohibited. Comfort stations have hot showers, sinks, toilets and laundry. A network of trails leads walkers to the waterfront, mini golf and outdoor pool. A one-mile trail connects the family campground to Gunston Hall Plantation, home of George Mason.

Camp site Address:

Pohick Bay Regional Park
 6501 Pohick Bay Drive Lorton, VA,
 22079
 703-339-6104 http://www.nvrpa.org/park/pohick_bay

24 hr Emergency Care:

Sentara Potomac Hospital
 2300 Opitz Boulevard
 Woodbridge, Virginia
 Phone 703-523-1000
 Sentara.com



This is Sunday morning's destination for all scouts.

Car Show on Gunston Hall's Main Lawn, 9:30-10:30am.



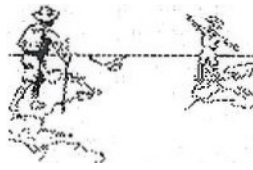
More information at <http://www.capitaltriumphregister.com/bog/>

There is a CAR SHOW at Gunston Hall. The scouts will be at the car show 9:30am-10:30 before our tour starts.

Please join the Capital Triumph Register on Sunday, April 24th, 2016 at our club's Eighteenth annual car show and second season at **Gunston Hall Plantation**, the home of American patriot George Mason. Enjoy the 2016 driving season with a picnic, a day of British automobiles and a complimentary tour of the historic house and grounds.

LARGE VARIETY OF BRITISH CARS

Past shows have featured nearly 200 British cars registered in 25 Classes and hundreds of spectators. The British Car hobby and motor industry are extremely well represented. Dozens of Triumphs and MGs are joined by Austin Healeys, Jaguars, Rolls and Bentleys, Minis, Lotuses, Land Rovers, and cars you've probably never seen before, such as Jensen, Riley, and Wolseley. The show is a participant's choice voting for class awards plus special awards such as Best of Show chosen by the BOG committee. The price of show car registration includes a dash plaque, a commemorative poster (for pre-registrants only), and a tour of Gunston Hall. Spectator admission will be at standard Gunston Hall prices, which includes a tour of the house and grounds as well as the car show. British car regalia and food vendors are available for your enjoyment all day long. Plus you will have an immersion in American Colonial history with the period reenactors giving demonstrations in outdoor cooking.



Sunday -10:30-11:30am Gunston Hall Tour & Walk Around Grounds

Gunston Hall was the center of a 5,500-acre tobacco and com plantation. Its owner, George Mason IV (1725-1792), a fourth generation Virginian, became a senior statesman and one of the era's most influential figures.

As

author of the *Virginia Declaration of Rights*, Mason was among the first to call for such fundamental American liberties as religious toleration and freedom of the press. Thomas Jefferson once referred to Mason as "a man of the first order of wisdom."

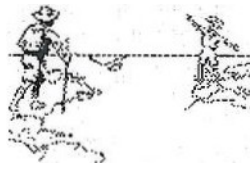


Mason's home, constructed between 1755 and 1759, is an outstanding example of Georgian architecture. The elaborate carvings of the interior, designed by indentured servant William Buckland, are among the finest creations of artisans working in Colonial Virginia. Mason's "regular" garden, south of the mansion, features the original configuration of gravel pathways, a 250 year old boxwood allee, massive earthen terraces, and vistas of the Deer Park leading to the Potomac River and Maryland shore beyond.

Today, Gunston Hall is a National Historic Landmark owned by the Commonwealth of Virginia. Tours are offered 9:30 a.m. to 4:30 p.m. daily, except Thanksgiving, Christmas, and New Year's Day. Each visitor will receive a guided tour of the mansion; the 550 acres of grounds and hiking trails are open until 6:00 p.m.

Group Tours

Special tour and admission rates are offered to groups of 10 or more. Arrange in advance to have a guided mansion tour or a combination mansion/grounds tour package. Tours may be scheduled on particular topics such as architecture, archaeology, women on the plantation, or slave life. For more information and pricing, please call (703) 550-9220



George Mason

"That all men are born equally free and independent, and have certain inherent natural Rights ... among which are the Enjoyment of Life and Liberty, with the Means of acquiring and possessing Property, and pursuing and obtaining Happiness and Safety."

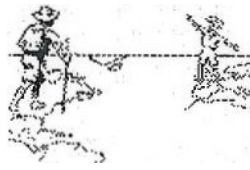
-- George Mason. *Virginia Declaration of Rights*, May, 1776.

The words of George Mason (1725-1792) have inspired generations of Americans and others throughout the world. Mason was among the first to call for such basic American liberties as freedom of the press, religious tolerance and the right to a trial by jury.

George Mason was born in 1725 to George and Ann Thomson Mason. Their first son and a fourth generation Virginian, Mason lived with his family on a Fairfax County Plantation. His father tragically drowned in a boating accident when Mason was ten, and his mother was left to raise George and his two siblings alone.

After studying with tutors and attending a private academy in Maryland, at age 21 Mason took over his inheritance of approximately 20,000 acres spread across several counties in Virginia and Maryland. Four years later, in 1750, Mason married 16 year old Ann Eilbeck with whom he had nine surviving children. Mason adored Ann and was devastated when she died in 1773 at the age of 39. Relying on his eldest daughter to help run the domestic side of the plantation's operation, Mason remained a widower until 1780 when he married Sarah Brent.

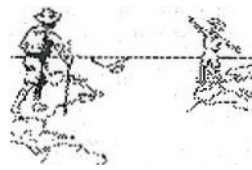
Although highly respected by George Washington, Thomas Jefferson and James Madison, Mason did not aspire to join his peers in public office. When he was asked to take Washington's seat in the Virginia legislature, a slot vacated when Washington was named Chief of the Continental Army, Mason reluctantly agreed. In 1776 he was Fairfax County's representative to the Virginia Convention and was appointed to the committee to draft a "Declaration of Rights" and a constitution to allow Virginia to act as an independent political body.



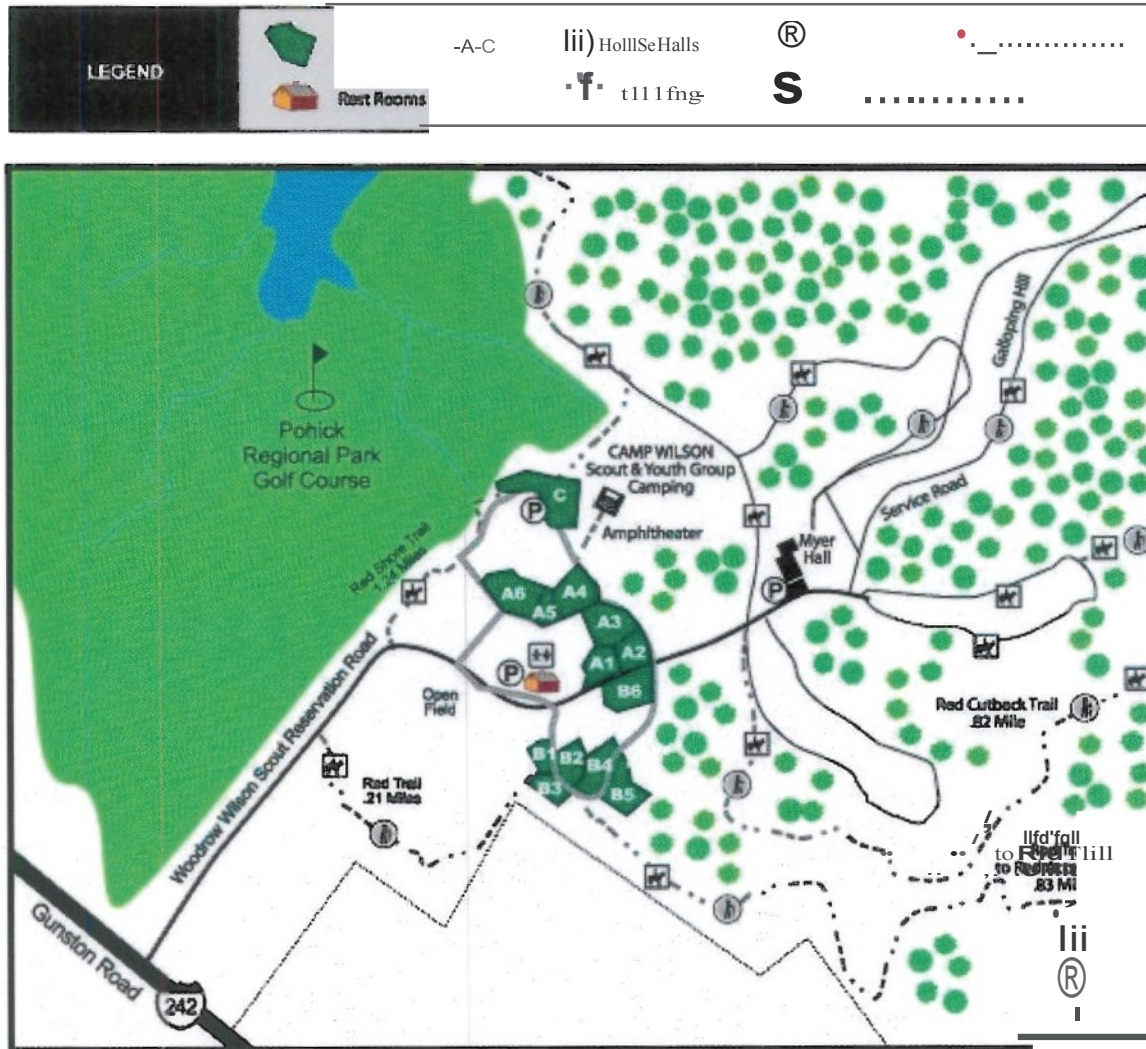
Complaining about the "useless Members" of the committee, Mason soon found himself authoring the first draft of the Virginia Declaration of Rights. Drawing from the Enlightenment philosopher John Locke, among others, Mason asserted, "That all men are by nature equally free and independent and have certain inherent rights...among which are the enjoyment of life and liberty, with the means of acquiring and possessing property, and pursuing and obtaining happiness and safety." This document was the first in America to call for freedom of the press, tolerance of religion, proscription of unreasonable searches, and the right to a fair and speedy trial.

In 1787, Mason was chosen to attend the Constitutional Convention in Philadelphia, where he was one of the most vocal debaters. Distressed over the amount of power being given to the federal government and the Convention's unwillingness to abolish the slave trade, Mason refused to sign the Constitution. One of three dissenters, Mason's refusal to support the new Constitution made him unpopular and destroyed his friendship with Washington, who later referred to Mason as his former friend.

Mason's defense of individual liberties reverberated throughout the colonies, however, and a public outcry ensued. As a result, at the first session of the First Congress, Madison took up the cause and introduced a bill of rights that echoed Mason's Declaration of Rights. The resultant first 10 amendments to the Constitution, also called the Bill of Rights, pleased Mason, who said, "I have received much Satisfaction from the Amendments to the federal Constitution, which have lately passed ..." Invited to become one of Virginia's senators in the First US Senate, Mason declined and finally was able to retire to Gunston Hall, where he remained until his death on October 7, 1792.



We will be staying on Group Campsite C at Camp Wilson.

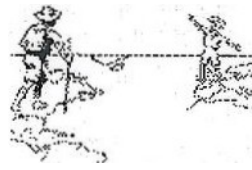


Weather:

Mid-April typical high: 62 F

Typical low: 40 F

Avg wind: 10 mph



Directions to Campsite C:

***WARNING: If you do follow these directions off of I-95 South then you will likely miss the campsite.**

START: The American Legion
400 North Oak Street, Falls Church, VA 22046

Turn right onto W Broad St (heading West or toward George Mason HS) 0.6 mi

Continue onto Leesburg Pike 0.5 mi

Use the right lane to take the ramp onto I-66 W
HOV only Mon–Fri 4:00 – 6:30 PM 1.3 mi

Take exit 64 for I-495 S toward Richmond 0.2 mi

Keep right at the fork and merge onto I-495 S 7.7 mi

Use the right 3 lanes to take exit 57A toward Interstate 95 S/Richmond/Virginia 644 0.5 mi

Stay on 95 South

*Take **Exit 163** to Lorton

Left onto Lorton Rd at the end of the exit ramp

Go **under the overpass** and **turn RIGHT onto Lorton Market St.** (will see Shoppers).
Follow to STOP sign.

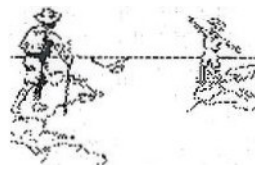
Go straight, **road changes to Gunston Cove Rd.**

At traffic light, **continue straight crossing Richmond Hwy (Rt 1). Road changes to Gunston Rd.**

Follow Gunston Rd. approximately 2 miles.

Just before the turn you will see a **yellow firestation sign** – there is a **brown Camp Wilson sign on the same post below the firehouse sign.**

Turn left onto a dirt road. As soon as you make the turn you will see a sign for the camp.
The fire station sits on the corner just past the left turn.



Weekend Car Camping Checklist:

Note: This list is in addition to clothes worn to campout.
Wear your Class A Scout uniform for travel.
"Cotton Kills" & "Always pack for one season *colder* than now."

Remember:

Shelter:

- Backpack or duffle bag (lined w/plastic bag to keep contents dry)
- Tent & plastic footprint for under tent
- Sleeping bag
- Sleeping pad

Clothes:

- Raincoat, rain pants, & Rain hat
- Warm cap for night
- Light gloves
- Hat (with brim for sun)
- Pants
- Shorts
- Short sleeve shirt
- Class B shirt
- fleece or vest
- 2 Underwear
- Long underwear, top & bottom
- 2 pair wool or acrylic socks
- Hiking boots or walking shoes (*for safety, no open-toe sandals*)
- Shower flip flops
- Towel

Safety, Kitchen, & Toiletry:

- Personal 1st Aid Kit (see BSA Handbook)
- Mess kit (bowl, plate, cup, fork, spoon)
- Water bottle, filled
- Pen/pencil & pocket-size notepad
- Scout Hand book
- Book for reading
- Matches (provided you have earned Fire'n Chit)
- Whistle on neck lanyard
- Compass with a base plate
- Toiletry kit (hand soap, toothbrush, toothpaste, floss, comb, small towel)
- Toilet paper (half a roll in a Zip-Lock bag)
- Bug Repellent & sunscreen
- Pocketknife, less than 3" blade (provided you have earned Tote 'n Chip)
- Flashlight/head lamp & extra batteries (keep easily accessible in backpack)

Day Pack Essentials (for those who are hiking Saturday morning – Star Scout & Older):

- Navigation (map/compass)
- Sun protection (sunscreen, sunglasses)
- Daypack (jacket, raingear)
- First Aid kit
- Knife or Multi-tool
- Nutrition (snacks)
- Hydration (filled) water bottles
- Whistle on lanyard



TROOP 349 Permission Slip
Falls Church, VA

Event: New Scout Campout

Location: Pohick Bay Regional Park, Lorton, VA

Date: April 23-24 (1 night only) for 1st CLASS rank and lower
April 22-24 (2 nights) for STAR rank and higher

As the parent or legal guardian of: _____ (Scout's name)

I give my permission for him to participate in this outing with Troop 349.

I will provide transportation.
_____ to campout on April 23 (or April 24?)
_____ return from campout on April 24th

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)

There are no monies needed for this campout since it is being covered by the Troop's fundraising efforts.

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)

Submit this form and payment to Valerie Budney, ASM Tuesday, April 12, 2016