

Troop 349 Backpacking Trip

Dolly Sods Wilderness

October 21-22, 2017



Questions? Email ASM John Wilson juankeddy@gmail.com

We will enjoy autumn with a 10.6-mile backpacking trek in the Dolly Sods Wilderness, arguably one of the most unique and beautiful hiking areas on the East Coast. The high plateaus of Dolly Sods are made up of wind-carved sand stone, stunted red spruce, grassy meadows, and sphagnum bogs. The characteristic meadows are the result of logging that took place from 1899 to 1924. During the Second World War the U.S. Army used the area for artillery and mortar training, and at the trailheads the Army Corp of Engineers still displays signs warning hikers that there may be unexploded ordinance in the area.

The name Dolly Sods derives from a combination of Dahles, a local 18th century family, and Sods, meaning an open mountain top or meadow. After WWII the area fell into neglect, and was threatened by multiple construction and mining project proposals. Then in the early 1970s concerned environmentalists, along with The Nature Conservancy, began purchasing the land for preservation and recreational use. Today the Dolly Sods Wilderness Area comprises 17,371 acres.

We will hike the Dolly Sods with full backpacks and set up a campsite using backcountry camping. We will hang bear bags and purify water, and the time spent on the trail and at the campsite will afford Scouts the opportunity to work on rank requirements. During the trek, we will cross many streams. These will give the Scouts opportunities to refill their water bottles and practice water purification. Some of the crossings may require fording—don't forget those sneakers/water shoes! **Freezing temperatures** and snow can be expected between October and May.

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. For those Scouts who have never done backpacking before, this trip will be a good introduction. The trek, and the skills learned in it, can be applied to rank requirements for Tenderfoot, 2nd Class, and 1st Class; and some requirements for the Cooking, Hiking, Backpacking and Camping merit badges.

Saturday, October 21, 2017

0630	Gather at Legion Hall
0700	Depart from Legion Hall
1015	Arrive at parking area just past Red Creek Campground
1030	Hike to the Forks of Red Creek (total 7.3 miles), covering outdoor requirements
1200	Stop for lunch
1230	Resume hike to Forks of Red Creek, continue covering outdoor requirements
1500-1530	Arrive at Forks of Red Creek, set up camp
1600	Free time/explore campground area, swimming holes
1730	Dinner, clean up, put up bear bags, prepare for campfire
1900	Campfire with skits & songs
2130	Lights out

Sunday, October 22, 2017

0700	Wake up, breakfast
0800	Break camp
0900	Hike back to vehicles (3.3 miles)
1045	Buds, Roses, and Thorns
1100	Drive back to Legion Building
1200	Stop for lunch
1430	Arrive at Legion Building



Length	Difficulty	Streams	Views	Solitude	Camping
10.6 mls	3	5	5	3	3
Hiking Time:	6.5 hrs plus a half hour for lunch				
Elev. Gain:	1,590 ft				
Links:					
Resources:					

- **Mile 0.0** - From the [parking area](#), just past the Red Creek Campground, start the hike on the wooden walkway at the beginning of the Blackbird Knob Trail TR511, and shortly enter a wooded area thick with spruce. In 0.3 miles leave the wooded area and get [your first glimpse](#) of the majestic plains in Dolly Sods. Continue down to the [first creek](#) crossing in 0.7 miles. After crossing the creek, it will be another 0.7 miles to Red Creek. Pass a side crossing to a small island, and in 50 yards arrive at the [Red Creek](#) crossing.
- **Mile 1.7** - Cross Red Creek. Note that Red Creek can run high and require fording instead of rock hopping, so make sure to bring river shoes. After crossing Red Creek there are [several camping sites](#) on the right. Climb through a small gully then enter the first of many meadows and reach the [intersection](#) of the Upper Red Creek Trail TR509.
- **Mile 1.9** - Stay straight on the Blackbird Knob Trail TR511 passing through a wooded area, then arriving at the intersection of the Red Creek Trail TR514 on the left in another 0.4 miles.
- **Mile 2.3** Continue straight on the Blackbird Knob Trail TR511 [through another meadow](#), crossing a [stream](#), then climb to the intersection of the Harman Trail TR525.
- **Mile 3.2** - Stay left continuing on the Blackbird Knob Trail TR511 for another 1.2 miles then veer left, and in 0.1 miles reach the terminus of the Rocky Ridge Trail TR524.
- **Mile 4.5** - Stay on the Blackbird Knob Trail TR511 continuing downward for 0.2 miles to the [4 way intersection](#) of the Breathed Mountain Trail TR553, Big Stonecoal Trail TR513, and Forestry Road that leads down to Canaan Valley.
- **Mile 4.7** - Turn left on the Breathed Mountain Trail TR553 and pass through a wooded area before the trail becomes boggy, passes through a meadow, then descends steeply to the Red Creek Trail TR514 in 2.6 miles.
- **Mile 7.3** - Turn left on the Red Creek Trail TR514 and arrive at the [Forks of Red Creek](#) in 0.1 miles. There are [numerous campsites](#) at 'The Forks' but note that this area is an extremely popular camping area, especially with the college set. Explore many [small waterfalls](#) and [swimming holes](#).
- **Mile 7.4** - [Cross the Left Fork of Red Creek](#) and stay to your left as the Red Creek Trail TR514 passes through a camping area then re-enters the woods on the left. From this point the Red Creek Trail TR514 becomes steeper until it enters the first of two [large meadows](#). After passing through the second meadow the trail re-enters the woods and ends at the intersection of the Blackbird Knob Trail TR511.
- **Mile 8.3** - Turn right on the Blackbird Knob Trail TR511 retracing your route, passing the Upper Red Creek Trail TR509, re-crossing Red Creek, then hiking the back to FR75 and the parking area.
- **Mile 10.6** - Arrive back at FR75 and the parking area.

DIRECTIONS TO PARKING AREA JUST NORTH OF RED CREEK CAMPGROUND (150 miles)

1. Take 66 West
2. (67 miles) Take exit 1A to merge onto I-81 South toward Roanoke
3. (4 miles) Take exit 296 for US-48W/VA-55W toward Strasburg, continue onto US-48W
4. (58 miles) Turn left to get to Knobley Rd, then turn left onto Knobley Rd (Rte 3)
5. (3 miles) Turn right on WV-42 North Lunice Creek Highway
6. (2 miles) Turn left onto Co Rte 28/7 Jordon Run Rd
7. (5 miles) Turn right onto Forest Road 75
8. (7 miles) Turn left into parking lot just before (north of) Red Creek Campground

Personal Equipment List

EMAIL John if you don't have/need to borrow backpack or sleeping bag (juankeddy@gmail.com)

- Backpack—should be at least 75L (4577 cubic inches) for internal frame, 65L (3967 cubic inches) for external frame
 - Pack cover—can use large trashbag with “T” cut into it
 - Pack liner—can use trashbag(s)
 - Lashing straps—for attaching large/bulky items (sleeping bag, foam pad)
 - Gallon ziplock bags—for packing clothes
 - Mesh bag (optional)—for storing wet clothes/tent on back of pack
- Tent—should be under 7 lb for a 2-man tent—parts (fly, ground cover, poles, etc) can be separated and packed separately
- Sleeping bag—rated 20 degrees or less, weighs less than 5 pounds
 - Waterproof stuff/compression sack for sleeping bag (or heavy-duty plastic bags)
 - Sleeping pad—closed-cell foam (cheap) or compact inflatable (not cheap)
 - Sleep clothes—to be worn only for sleep (t-shirt and gym shorts)
- Clothes for 24 hours (scout will presumably *wearing* some of this on the trail)
 - Wool or fleece hat
 - Synthetic or wool gloves or mittens
 - Baseball cap or wide-brim hat
 - Synthetic base layer—long sleeve
 - Synthetic base layer—short sleeve
 - Mid-layer—fleece or wool sweater/pullover/etc
 - Top-layer—synthetic jacket (could combine second mid-layer with rain jacket instead)
 - Synthetic long-underwear bottoms (or exercise tights)
 - Hiking shorts, hiking pants (consider zip-off legs)
 - Rain jacket and pants
 - Synthetic underwear (2)
 - Synthetic socks (3 pair—tall enough for hiking boots) +/- liner socks (personal preference)
 - Hiking boots (already broken in)
 - Camp shoes (old sneakers—for stream crossings; could substitute water shoes with adequate traction.)
 - Bathing suit (weather and time permitting)
- Cooking & water
 - One lightweight stove (pocket rocket, jetboil, etc) per 2-3 persons
 - One 1 quart pot
 - Fuel
 - Food, separated by meal in Ziploc bags and labeled (“Lunch-Wilson”)
 - Bowl, mug, spoon/spork (don't need full mess kit)
 - 3-4L water capacity (bottles +/- hydration bladder)
 - Matches/lighter (can be shared)
 - 2 Bandanas (for handling hot items, as well as other uses)
- Miscellaneous
 - Flashlight/headlamp
 - Trekking poles (optional)—most adults will want poles, most boys will not
 - Sunglasses
 - Camp towel (small, quick dry)
 - Compass (can be shared)
 - Toiletries: toothbrush, lip balm (Troop will provide toothpaste, soap)
 - Whistle
 - Optional: camera, watch

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

- Plastic trash bags
- Camp soap
- Toothpaste
- Scrub pad
- Plastic strainer and rubber scraper
- Water purification tablets
- Ropes for bear bags- to hang food and garbage
- Toilet paper
- One spade
- First Aid Kit (to be carried by uniformed leader)
- Duct tape for emergency repairs
- Bottle of sunscreen
- Bottle insect repellent
- Multi-type tool
- Map of Dolly Sods Wilderness
- Foot powder/Glide

Nearest Hospital

Potomac Valley Hospital (36 miles away from Red Creek Campground)

100 Pin Oak Ln
Keyser, WV 26726

Directions:

1. Forest Road north
2. (7 miles) Turn left onto Co Rte 28/7 Jordon Run Rd
3. (5 miles) Turn left on WV-42 N (Lunice Creek Hwy)
4. (5 miles) Turn right on WV-93 E (Laurel Dale Rd)
5. (12 miles) Slight right onto US-50 E (Northwestern Turnpike)
6. (2.5 miles) Straight onto WV-972 N (New Creek Hwy)
7. (2 miles) Straight onto US Hwy 220 N
8. (1 mile) Turn left onto Pin Oak Ln

Dolly Sods Backpacking Campout—October 2017

Date: 0700 Saturday October 21 through 1430 Sunday October 22, 2017

Location: Dolly Sods Wilderness in the Monongahela National Forest
Forest Road 75 (Just north of Red Creek Campground)
Davis, WV 26260

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

Due Date: The deadline for signup is **Tue. Oct 17**. The cost is \$25 per scout or adult.

I, _____ do hereby give my consent and permission for my
(Parent or guardian)

Son(s) _____ to attend Troop 349's Dolly Sods Backpacking Campout.
(Scout's name(s))

I acknowledge that this is a backpacking trek in a backcountry environment inhabited 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

Signature: _____ Date: _____