

Troop 845 November Backpacking Trip Info

Destination: Mount Rogers, Appalachian Trail

Dates: Friday November 6th to Sunday November 8th

Departure: Friday November 6th at 5:30 pm

Return: Sunday November 8th

Cost: \$10 for gas plus personal food money

Hiking Options: There will be two different hikes to choose from over the weekend.

Both hikes will begin at Elk Garden on the Appalachian Trail. The shorter hike will head north on the AT to the Thomas Knob Shelter – approximately 4.5 miles. From there various day hikes in the highlands are available. The longer hike will also begin at Elk garden and will have lunch at Thomas Knob before doing a 8 mile loop in the highlands. Both groups will camp at the same spot in the field near Thomas Knob

Food:

Bring dinner for the van on Friday

Bring three meals for Saturday; cold breakfast and lunch, hot dinner.

Bring cold breakfast for Sunday morning and money for lunch on the way home.

Food Suggestions:

Breakfast:

Bagels, cheese, peanut butter, oatmeal, poptarts, cereal, dried fruit.- carnation instant breakfast

Lunch:

Fig Newtons, bagels, summer sausage, peanut butter, trail mix, fruit pies

Dinner:

Pasta/powdered sauce, lipton rice, tortilla wraps, small can of chicken, cheese.

Note: You will be working hard and expending lots of calories, so bring plenty of trail mix and other good things to snack on during the day.

Note #2: We will not have access to water at our start point so make sure your canteens are full when we leave the church.

Equipment to bring:

Frame backpack

Sleeping bag

Sleeping pad if you have one

Tent (share one with a person in your patrol if you can)

Stove (share one with a person in your patrol if you can)

Mess Kit (pots, pans and lighter)

Pocket knife

First aid kit

Raingear – Raingear – Raingear

Warm bottoms (long underwear)
Warm top (long underwear, fleece) It will get into the 30's at night.
Hat
Gloves
Flashlight – Flashlight - Flashlight
Garbage bags
Canteens for two quarts of water
Iodine tablets if you have them (to purify water)
Change of socks and underwear
Well broken in hiking boots
Food (from below.)
Small supply of toilet paper

Things to not bring:

Big Cotton Sweatshirts: heavy, not warm, and bad
Jeans: they are cotton and take a very long time to dry.
Cans: Cans are very heavy. Heavy is bad.
Camp Chairs: Camp Chairs are heavy. Heavy is bad

Equipment: Refer to separate equipment checklist given out at the meeting.

Questions??? – Contact Brian Burnham at Brian@CirqueVideo.com or 923.0874