

BSA TROOP 474

HOME OF THE WOOD DUCKS

APPALACHIAN TRAIL BACK PACK TRIP

St. John's Ledges to Silver Hills

April 14 & 15 2007

Sign up at this week's mandatory meeting so we can begin planning!

Adult Leaders: Jagielski & Slattery

DESCRIPTION of AT Hike – Seven of the flattest Appalachian Trail miles day one along Housatonic River north of Kent, two miles day two to Cornwall Bridge. Three Season Camping List Applies. Hike is from River Road south of St. John's ledges north to Silver Hills day one where we will camp. Day two requires decent 2.0 miles to Cornwall Bridge where cars will have been shuttled. Good hike for younger scouts.

WHEN: Departure - Saturday 4/14 meeting place Lake Quonnipaug Beach at 7:30 AM

Return – Sunday noon to the Lake beach front.

WHERE: River Road St. Johns Ledges (north of Kent CT) to Cornwall Bridge.

Meeting point for departure First Congregational Church Parking lot 7:30 AM.

WHAT to Bring: Follow three season checklist for over night camping.

Clothing - Weather conditions are tricky time of year for precipitation, temperature and wind. Rain gear and ability to LAYER CLOTHING are key.

Food – Patrols will be responsible for Saturday night dinner and breakfast. Each person is responsible for lunch and trail mix snacks. *EACH PATROL IS TO CONSTRUCT PATROL MENU HIKE; ORGANIZE WHAT KIND OF COOK KITS TO BRING. REMEMBER WEIGHT AND PERISHABLE FOOD.* For lunch, dried salami, cheese & tortilla wraps keep & transport well, are needed high calorie, and easy to chow down on the trail. Will discuss dinner options by patrol. For breakfast, keep the food and clean up simple...oatmeal and raisins. Trail mix is up to you but nuts and dried fruit is best...chocolate tastes good but is a fake.

H2O – Carry two liters day for Saturday. H2O is available at Silver Hills but must be filtered or boiled. Bring an H2O filter if you have. H2O will always be readily available

Remember back packs can get heavy if you pack too much or pack the weight incorrectly. Food should be simple, nutritious, keeps well, practically light weight, easy to clean up, low garbage. This is a VERY EASY HIKE BECAUSE IT IS FLAT.