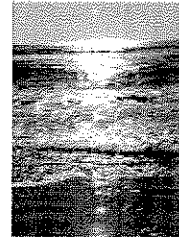
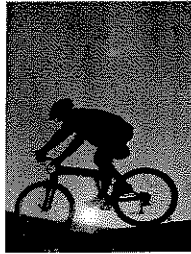


Troop 175 - Holden
Boy Scouts of America
Sponsored by Immanuel Lutheran Church, Holden, MA
www.holden175.com

Bike and Hike



When: Depart Holden: Saturday, October 10, 2009 Time: 8:00 AM
Return Holden: Monday, October 12, 2009 Time: 3:00 PM

Itinerary:

Saturday, October 10: Meet at Immanuel Lutheran Church at 7:30 AM. We will leave at 8:00 AM to Nickerson State Park, Brewster, MA (<http://www.mass.gov/dcr/parks/southeast/nick.htm>). In the afternoon, will ride the Cape Cod Rail Trail (<http://www.mass.gov/dcr/parks/southeast/ccrt.htm>) heading towards the Dennis terminus. Evening activities will include reviewing scouting requirements and exploring Nickerson State Park.

Sunday, October 11: Mid-morning, the troop will travel the Cape Cod Rail Trail heading towards the Wellfleet end of the trail. Lunch will be on the trail. Time and weather permitting, we will go to a beach for a little swimming and relaxation; any polar bears out there? In the evening, we will continue to hike and explore what Nickerson State Park has to offer.

Monday, October 12: After breakfast and packing, we will bike/hike Nickerson State Park and work on scout activities as needed until ready to leave for home about 11 AM.

Meals: Prior to leaving on the trip Saturday morning, everyone should have had their breakfast! Scouts and scouters will prepare all meals (breakfast, lunch, and dinner) using the patrol method (patrols for the trip will be formed at the troop meeting prior to the weekend campout; these temporary patrols will decide the food they will need and cook). Patrols need to make sure each scout knows for what part(s) of the meal(s) they are responsible. Enough food and drinks should be brought to cover two (2) breakfasts, two (2) lunches, and two (2) dinners. You should bring snacks (granola bars, fruit, nuts, trail mix) and drinks for the bike rides. As is the custom, we will try to stop for pizza on the way back to Holden.

Equipment: Standard equipment needed for the camp out (equipment list attached). Make sure that your bike is in good working order. Make sure that you bring your bike helmet. Bring a day pack or bike bag in order to bring your lunch on the bike ride. We will be staying in tents though there is the added 'luxury' of showers/bath house.

We need adult support on this trip. It will be fun for you and your son!

Cost: \$10.00 per scout plus \$5.00 cash for pizza. Fee and signed release a Class 3 BSA Medical Form are needed by September 29th (no exceptions).

Uniform: Class B (activity uniform): Troop t-shirt mandatory (scout pants or shorts optional).

If you have any questions please contact Matt McLaughlin, SM @ (508) 595-0340 or email – mfmclaughlin1@charter.net or John Staruk, ASM @ 508-8290-9200 or email – jjstaruk@verizon.net.

Please keep this sheet for future reference!

TROOP 175 EQUIPMENT LIST

CLOTHING

- ___ Ponchos or Rain Jacket
- ___ Longjohns
- ___ Pants
- ___ T-shirts
- ___ Wool Shirt/Sweater
- ___ 60/40 Jacket/Windbreaker
- ___ Underwear
- ___ Socks
- ___ Gloves
- ___ Handkerchiefs
- ___ Hat
- ___ Shorts
- ___ Down Vest/Parka
- ___ Bathing Suit
- ___ Rain Pants (optional)
- ___ Gaiters (optional)

BACKPACKING EQUIPMENT

- ___ Pack & frame
- ___ Sleeping bags
- ___ Sleeping Pad
- ___ Tent
- ___ Personal First Aid kit
- ___ Pocket Knife w/ can opener
- ___ Compass
- ___ Map & guide
- ___ Ax/saw
- ___ Walking stick
- ___ Matches/cigarette lighter
- ___ Toilet paper/shovel
- ___ Mess kit
- ___ Knife, Fork & Spoon
- ___ Back Packing Stove
(only one per patrol)
- ___ Extra Fuel
- ___ Food (patrol style)

- ___ Personal hygiene items
- ___ Water bottle
- ___ Dish soap/biodegradable
- ___ Whistle
- ___ Cup
- ___ Flashlight
- ___ Emergency Blanket (optional)
- ___ Water Filter (or water purification tablets)
(optional)

MANDATORY

- ___ Bike Helmet

BACKPACKING EQUIPMENT(CONTINUED)

- ___ Backpack covers
- ___ Rope

EXTRAS

- ___ Sunglasses
- ___ Flip-flops
- ___ Paper towel/handi-wipes
- ___ Garbage bags
- ___ Camera
- ___ Vitamins
- ___ Towel
- ___ Face Cloth
- ___ Film
- ___ Spatula

TROOP EQUIPMENT

- ___ Propane tank
- ___ Griddle
- ___ Unit Tents
- ___ Dutch Oven

If it is not on this list you should not bring it with out Scout master permission.