



General Backpacking

27 February 2026

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Special thanks to Dave Rothbart (Troop 555) for contributing some of the pictures in this presentation

Outline

- **Planning & Preparing a Backpacking Outing**
- **Outing Execution**
- **Outing Wrap-up**
- **Light Weight Backpacking**
- **Lessons Learned & Life Lasting Memories**



Planning and Preparing



What are the objectives?



Objective:
**Beginning day-hike
for young scouts**

Painted Canyon

Bishop Lake: Caught and released over 20 fish in 30 minutes



Objectives: Fun, skills development, merit badge, promotion for bigger/longer treks



Objectives:

**Leadership
and skills development**

Youth-Run & Youth-Led



Objectives:

Orienteering – Decision Making – Team Building - Confidence Building



Objectives: Beautiful scenery & lasting memories

Blue Lake (10,400'), Inyo National Forest

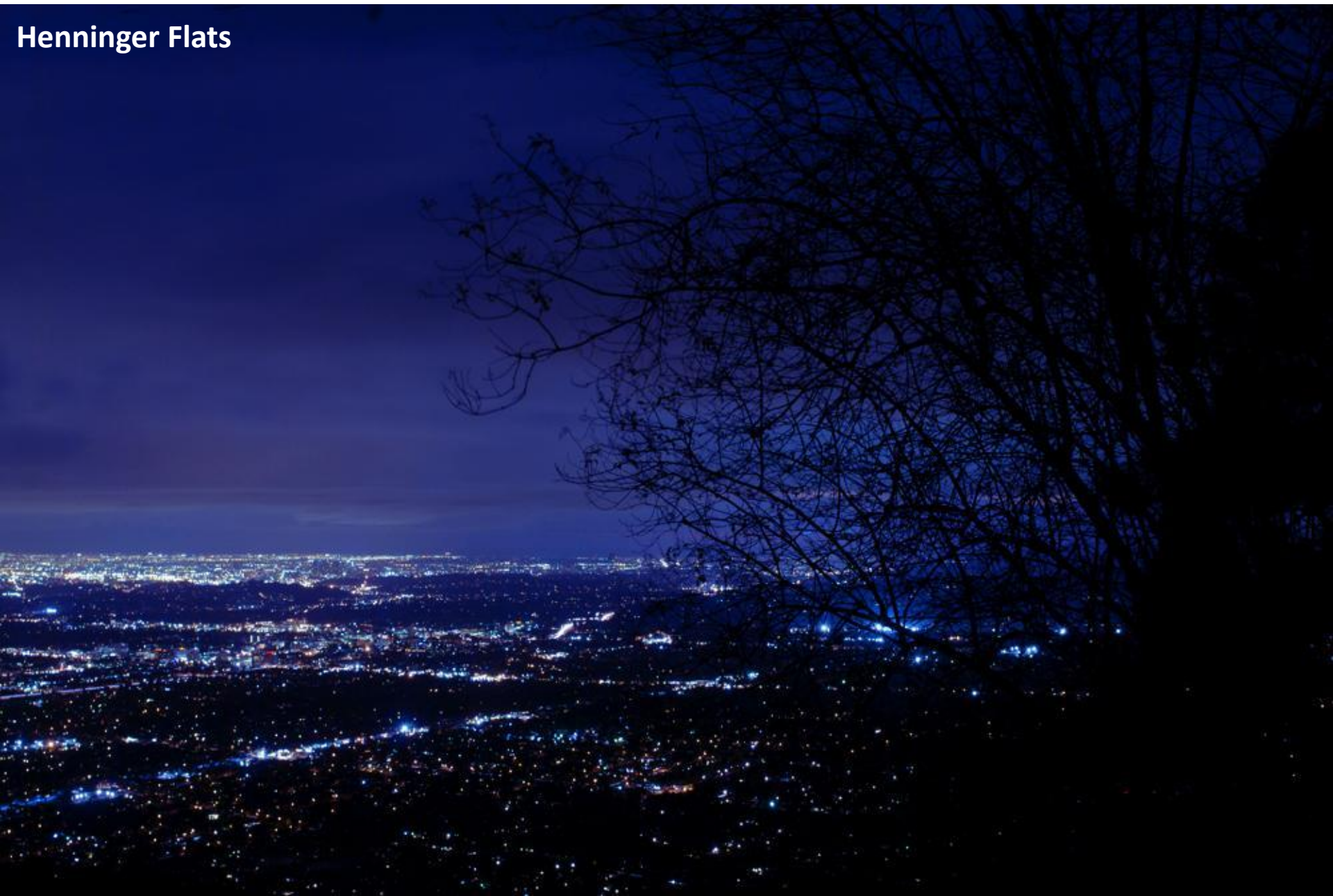


Garnett Lake (9,710') , Ansel Adams Wilderness



Objectives: Introduction to backpacking & bait new parents

Henninger Flats



Death Valley NP



Objectives: Fun, new experience, HAT Hi-Low Award

Badwater Basin, Death Valley National Park





Objectives: Goal setting & team building

Above Bishop Pass (12,025'), Inyo National Forest

Objectives: New experiences & bragging rights



Near Bishop Pass (~11,500'), Inyo National Forest



Youth Bonding

(Mt. Whitney - 2013)



Objectives:

- Skill development
 - Water filtration
- Team building
- Self reliance & confidence

When you are hiking on a day when the temperature is above 85 degrees, one should plan to take 4 quarts (1 gallon) per 24 hour day?

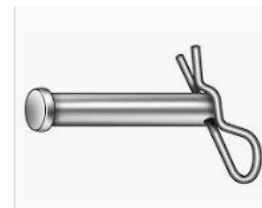
TRUE or FALSE

Objectives

- **Getting your unit to start hiking/backpacking**
- **Fun**
- **Leadership development**
- **Skill development**
- **Self reliance**
- **Beautiful scenery**
- **New experiences, places, activities**
- **Team Building**
- **Positive Re-enforcement / sense of accomplishment**
- **Retention of senior scouts**

Planning and Preparing Ex.1

- **Objectives (~ 1+ year before)**
- **Select a trek (9 to 12+ months before)**
 - Wilderness Permit (up to 2 years for Philmont)
- **Promotion (6 to 12 months before)**
- **Training (6 to 9 months before)**
 - Training at unit location
 - Training hikes (opportunities to include younger scouts)
- **Health forms, Fire Permit, Wilderness Adventure Pass (1 month before)**
 - Special medical requirements
- **Backpack Inspection (1 week before)**
 - Final equipment check
 - Bring spares, repair straps/clips, clevis/cotter pins, duct tape



Planning and Preparing Ex.2

- **Outings selected and scheduled at annual planning meeting. Define adult leaders at this point.**
- **Get permit (2-12 months before)**
 - Up to 2 years for Philmont
 - 6 months to the day, 7am, for Sierras and Joshua Tree Group Sites
 - 2 months San Jacinto
 - Recreation.gov
- **Promotion (big trips – 12 months, small trips 2-4 months)**
- **Training (1-2 outings before)**
 - Also use your judgement based on past Scout/Adult performance
 - Training hikes (opportunities to include younger scouts)
- **Health forms, Fire Permit, Wilderness Adventure Pass, Map, Special Equipment (1 month before)**
 - Special medical requirements
- **Packing List distribution (1-2 months before)**
- **Meal Planning (2 weeks before)**

Troop 97 Adult Outdoor Coordinator (AOC) Checklist

Thank you for leading a Troop 97 outing! Your efforts make Scouting happen! The **Outing Assistant (OA)** will assist you with some paperwork, and other experienced AOCs are here to help you. You will find that, with a little practice, everything works out and everyone has fun.

As the **Adult Outdoor Coordinator (AOC)**, you are responsible for all trip details. Plan on attending the outing yourself. Ask questions early and often. Follow up with others, especially the Outing Assistant, to make sure all items are complete.

	The OA or another adult will help you with yellow items.
	Green items are for backpacking trips only.
	1. Choose location and date , preferably with Scout input. Camping trips should typically be 2 nights. Consult the <input type="text"/> Troop Google Calendar and review your preliminary plan with Troop leadership.
	2. Plan hiking route/activities (campsites, distances, elevation, water sources).
	3. Reserve sites ¹ (for developed campgrounds). This may have to be done up to one year in advance due to campground popularity (ex. Joshua Tree – Indian Cove, Fiesta Island, Summer Camp). Pay the registration fee yourself and submit the receipt for reimbursement.
	4. Announce the trip to the troop well in advance via troop-97-fullerton@googlegroups.com or the Remind app so Scouts can mark their calendars. Add the event to the Troop Google Calendar.
	5. Obtain permits . For backcountry outings, wilderness permit(s), a fire permit, and/or Adventure Passes for drivers may be required. These permits may have to be obtained months in advance due to route popularity. A Certificate of Liability Insurance ² is also required for some parks (ex. Vasquez Rocks and Placerita State Park).
	6. Complete training . Some facilities or Scout policies require that at least one adult attending have various safety, first aid or CPR training (ex. Fiesta Island). Review the site-specific and BSA/troop requirements for your outing type (boating vs. backpacking, etc.), recruit qualified adults and/or complete training yourself before the trip. Familiarize yourself with the Guide to Safe Scouting.
	7. Complete the Troop Tour Plan form . Turn this form <u>in</u> to the OA.
	8. Estimate the cost , typically \$25-\$50, including site fees, activity fees, gas for outings over 2 hours one-way and food. Meals are \$5/meal/Scout. Adults are typically free or reduced-fee unless high fees or high attendance make that imprudent. Consult with the Treasurer.
	9. Create and put out the sign-up sheet ³ . Note the date, times, cost and any space limitations.
	10. Announce the outing weekly at Circle Up including any space limitations and deadlines.

11. **Recruit drivers/adult attendees**, including someone to **pull the trailer** if needed. At least one, typically two, additional adults are required (See the “Two-deep Leadership” policy). More are great, as long as space allows.
12. **Confirm attendee list**. 3 weeks before leaving, send a troop email listing all Scouts attending. Notify families that anyone cancelling after a certain deadline will be responsible for paying certain fees if a replacement attendee is not found.

01/30/2020 Troop 97

13. **Finalize the cost**, using the final attendee list.
14. **Create packing list** specific to your outing. Emphasize critical equipment and/or water needed. We have sample lists available. Email the list to the troop via troop-97-fullerton@googlegroups.com. Also print hard copies.
15. **Order patches**, if desired and available at a reasonable cost (<\$6).
16. **HAT – OPTIONAL** - If the outing is High Adventure HAT and requires HAT pre-approval for awards, submit the trip application to the HAT Committee.⁴
17. **Ask another attending adult to plan the adults’ menu and purchase the food**. Adults should try to meet the same budget as Scouts or pay the difference.
18. **Have Scouts plan their patrol menus⁵ and assign a food buyer** during a regular meeting two Tuesdays before the outing.
19. **Assign backpacks, backpacking tents and stoves** for backpacking outings. Hand out stoves on the day of the outing to allow for last minute cancellations. Note who has what equipment so it can be retrieved.
20. **Distribute printed Packing Lists** and trip details including meeting, leaving and returning times to the boys the Tuesday before the outing.
21. **Have blank Troop Permission Slips available** during meetings and on the day of departure. Some camps (Firestone, Summer Camp) require a second form as well.
22. **Create list of any special troop equipment** needed for the outing (Flags, Dutch ovens, signs, rope, etc.) which may be in the shed or trailer. Work with the other adults and the Senior Patrol Leader to ensure the equipment is gathered.

23. **The OA will collect funds and permission slips** and Parts A and B of the BSA Health Form (and Part C physicals for Summer Camp). The OA will give you a binder of participants' Health Forms to keep in the car during the outing. Report any outstanding fees due from Scouts to the OA or Committee Chair.

24. **Create driving map.** OPTIONAL - Final destination details are very helpful. Cell phones may not work in remote camping areas. However, Google Maps on one's phone is often sufficient.

25. **Create trail map.** Distribute a hardcopy to all participants at the trailhead. Make sure Scouts understand the map including starting and ending points and route.

26. **Get patrol box/shed/bathroom/closet/trailer/trailer hitch keys** from troop leadership at the last troop meeting before you leave.

27. **Distribute Permission Slips** for each riding Scout to the Scouts on the day you leave. Note actual attendees on the sign-up sheet.

28. **Assign a Senior Patrol Leader** if the current SPL is not attending. This Scout will lead all hikes, organize some activities and help maintain Scout discipline under your direction.

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29. **Go camping!** Load trailer and cars. (SPL will organize the trailer). Replace traffic cones in both trailer spaces so cars do not occupy them on Sunday. Don't forget shed/closet items (flags, first aid kit, etc.).

30. **Take pictures** during your outing.

31. **Collect all gear** (unless tents are wet) when you return to the cars before heading back to MPC. Many Scouts will not be there the next Tuesday. If necessary, note by name who still needs to return a tent or backpack.

32. Any **wet tents** or easy ups must be dried at home before being returned to the trailer. Note which boys have equipment.

33. **Have boys call home** on your drive back to Morningside and let parents know what time to pick Scouts up. If returning in the afternoon, typically allow 1 hour for lunch en route.

34. Unload trailer upon your return (SPL will organize). Do not dismiss boys until this is complete. Replace cones in front and in back of the trailer.
35. Inform Quartermaster of items needed for next outing (gas canisters, paper towels, etc.)
36. Deliver a brief trip summary at Circle Up at the next regular meeting.
37. HAT – If the outing is High Adventure, apply for the correct award to the HAT Committee.
38. Award patches , if available, at Circle Up. HAT Awards are presented at Court of Honor.
39. Give your sign-up sheet to the Advancement Chairperson with an accurate count of those who attended including total nights camped and miles hiked so the Chair can record them in Troopmaster.
40. Hiking miles: Notify the High Adventure Chair of the total miles backpacked and/or day-hiked for each Scout and adult. High Adventure miles are tracked outside of Troopmaster, and car-camping hiking miles are included.
41. Written Summary: Provide a short, perhaps humorous, description of the trip to the Webmaster for posting on the troop blog page.
42. Upload outing pictures to the troop website (2 Mb or smaller).
43. Congratulations! Plan the next one!

1. In some cases, the reservation has already been made by the Planning Committee.
2. Nicki Varela at Council can provide this Proof of Insurance. coi@ocbsa.org You must submit a request form she will supply. Allow 2 weeks for processing.
3. We have a template, but any piece of paper can suffice. It may be necessary to close sign-ups a week or more before the outing due to space or cost considerations. Place the signup on the table by the door at Tuesday meetings and retrieve it after dismissal after the Scouts have had time to sign up.
4. Often, this HAT requirement is not really enforced, and HAT officials say it isn't necessary. If in doubt, send an email.
5. Menus must be nutritionally balanced and preferably involve some cooking of raw ingredients for car campouts. Sodas are discouraged and are limited to one/Scout/weekend. Menus must be approved by the SM or an ASM. Budget is \$5/meal/Scout. Each food buyer submits a receipt for reimbursement which cannot exceed the budget.



Trek Selection

Trek Selection: Key Considerations

- Objectives
- Cost
- Duration
- Water Source
- Travel Time
- Trek reservation availability
- Participant availability
- Contingency factors

Trek Characteristics



Sequoia and Kings Canyon Trails

TRAIL NUMBER AND NAME	Page	Difficulty 1-2,3,4,5 +	Length in Miles	Type	USES & ACCESS					TERRAIN					FLORA & FAUNA			FEATURES											
					Dayhiking	Backpacking	Running	Horseback Riding	Dogs Allowed	Handicapped Access	Child Friendly	Canyon	Mountain	Summit	Lake	Stream	Waterfall	Fall Colors	Wildflowers	Giant Sequoias	Great Views	Camping	Swimming	Secluded	Steep	Historic Interest	Fishing		
1. West Sequoia																													
1 Putnam and Snowslide	37	3	6.8																										

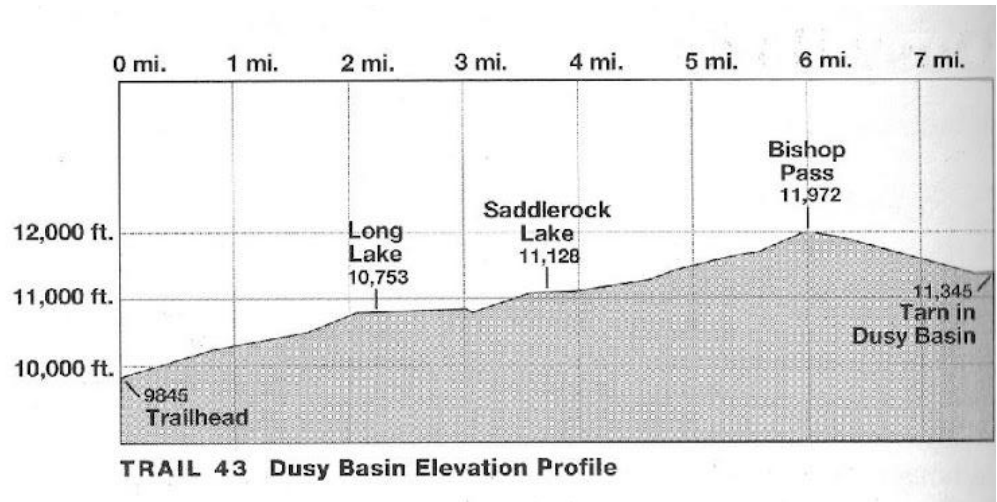
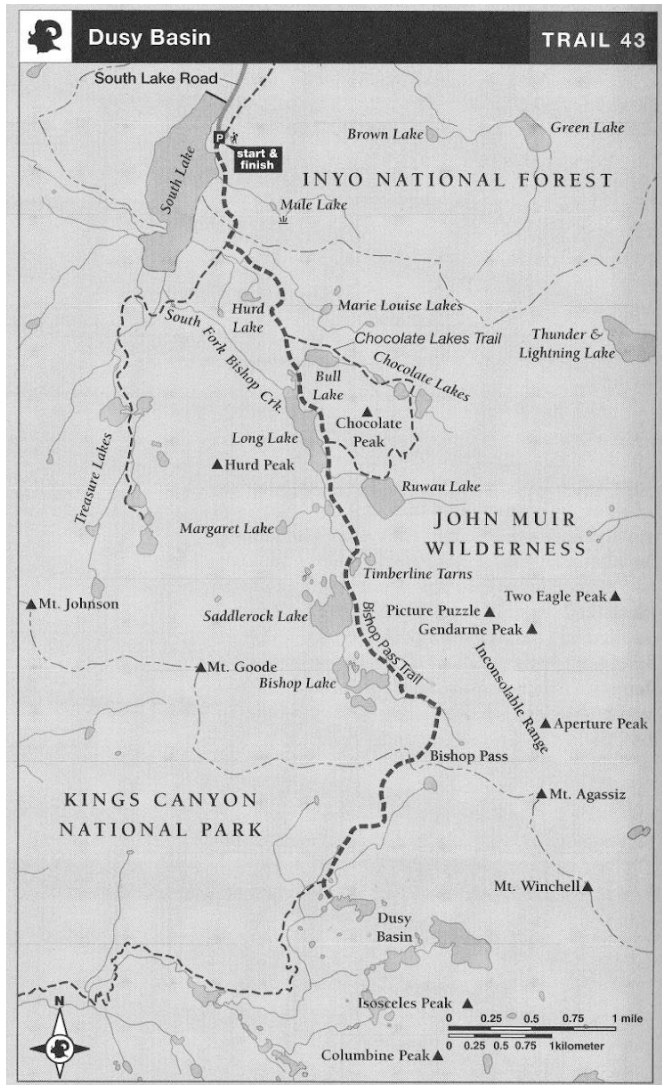
TRAIL NUMBER AND NAME	Page	Difficulty 1-2,3,4,5 +	Length in Miles	Type	USES & ACCESS					TERRAIN					FLORA & FAUNA			FEATURES							

7 Crescent and Log Meadows																													
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Handicapped Access	Child Friendly	Canyon	Mountain	Summit	Lake	Stream	Waterfall	Fall Colors	Wildflowers	Giant Sequoias	Great Views	Camping	Swimming	Secluded	Steep	Historic Interest	Fishing
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13 Little Baldy	103	3	3.5																												
14 Muir Grove	107	3	4.2																												
2. West Kings Canyon																															
15 Big Baldy	123	3	4.4																												
16 Redwood Mountain Grove	127	3	7.25, 6.6																												
17 Mitchell Peak	137	4	6.0																												
18 Sunset Loop Trail	141	3	6.4																												
19 General Grant Tree Trail	149	1	0.5																												
20 Panoramic Point and Park Ridge Lookout	153	3	5.6																												
21 Boole Tree	157	2	4.5																												
22 Lookout Peak	161	4	10.0																												
23 Roaring River Falls	165	1	0.5																												
24 Zumwalt Meadow Nature Trail	169	1	1.5																												
25 Kanawyer Loop Trail	173	2	4.7																												

Elevation Profile Provides Indication of Trek Difficulty

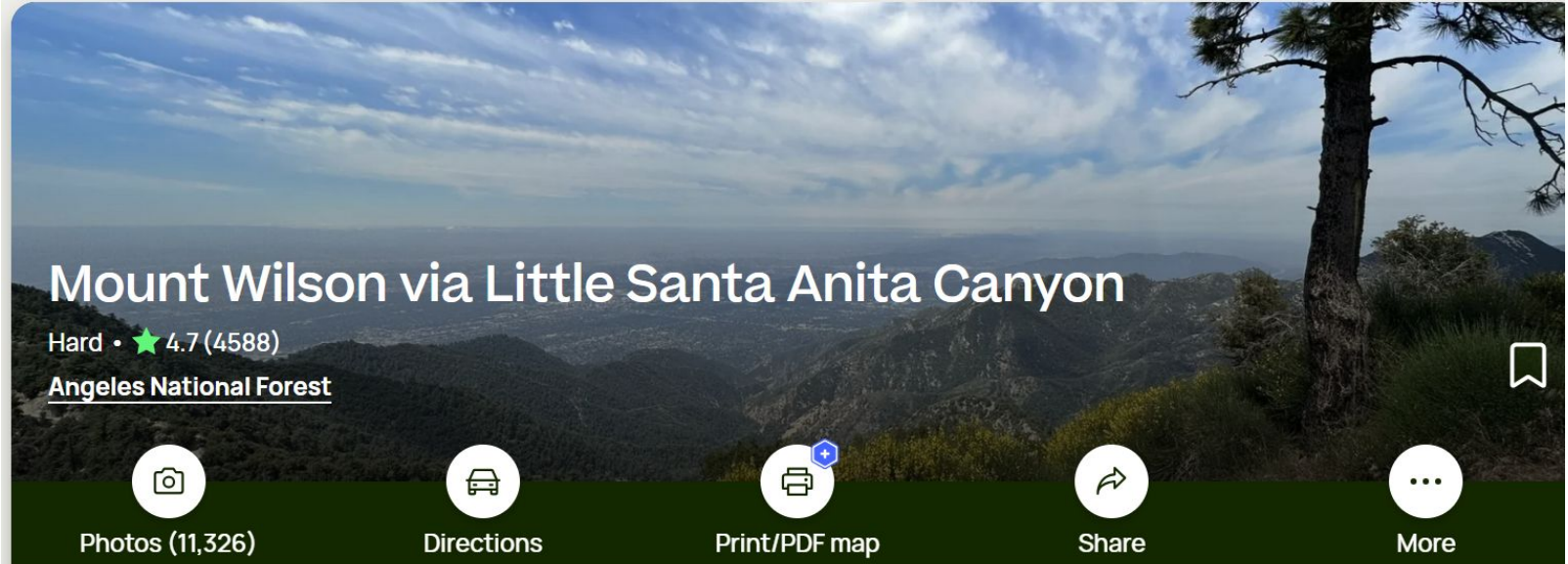


Awareness of water sources along the trail



AllTrails

https://www.alltrails.com



Mount Wilson via Little Santa Anita Canyon

Hard • ★ 4.7 (4588)

Angeles National Forest



Photos (11,326)



Directions



Print/PDF map



Share



More

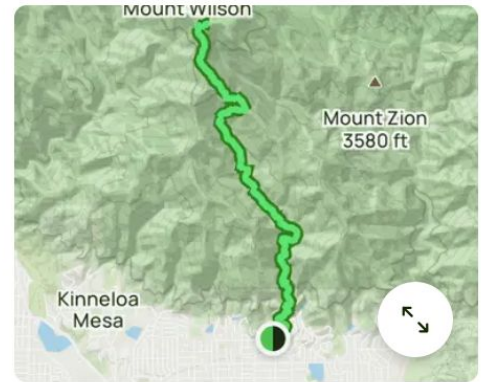
Length
14.2 mi

Elevation gain
4,852 ft

Route type
Out & back

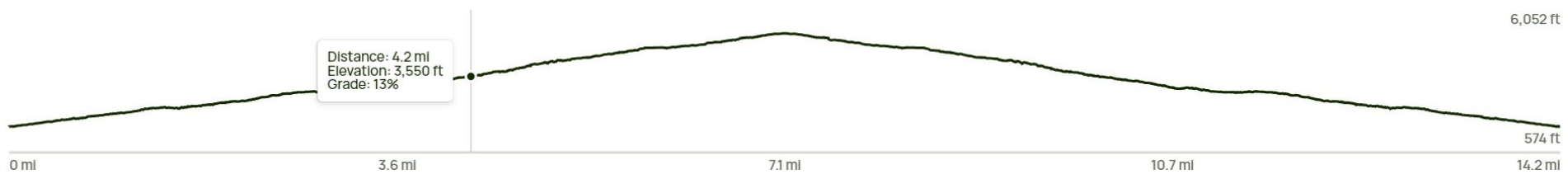
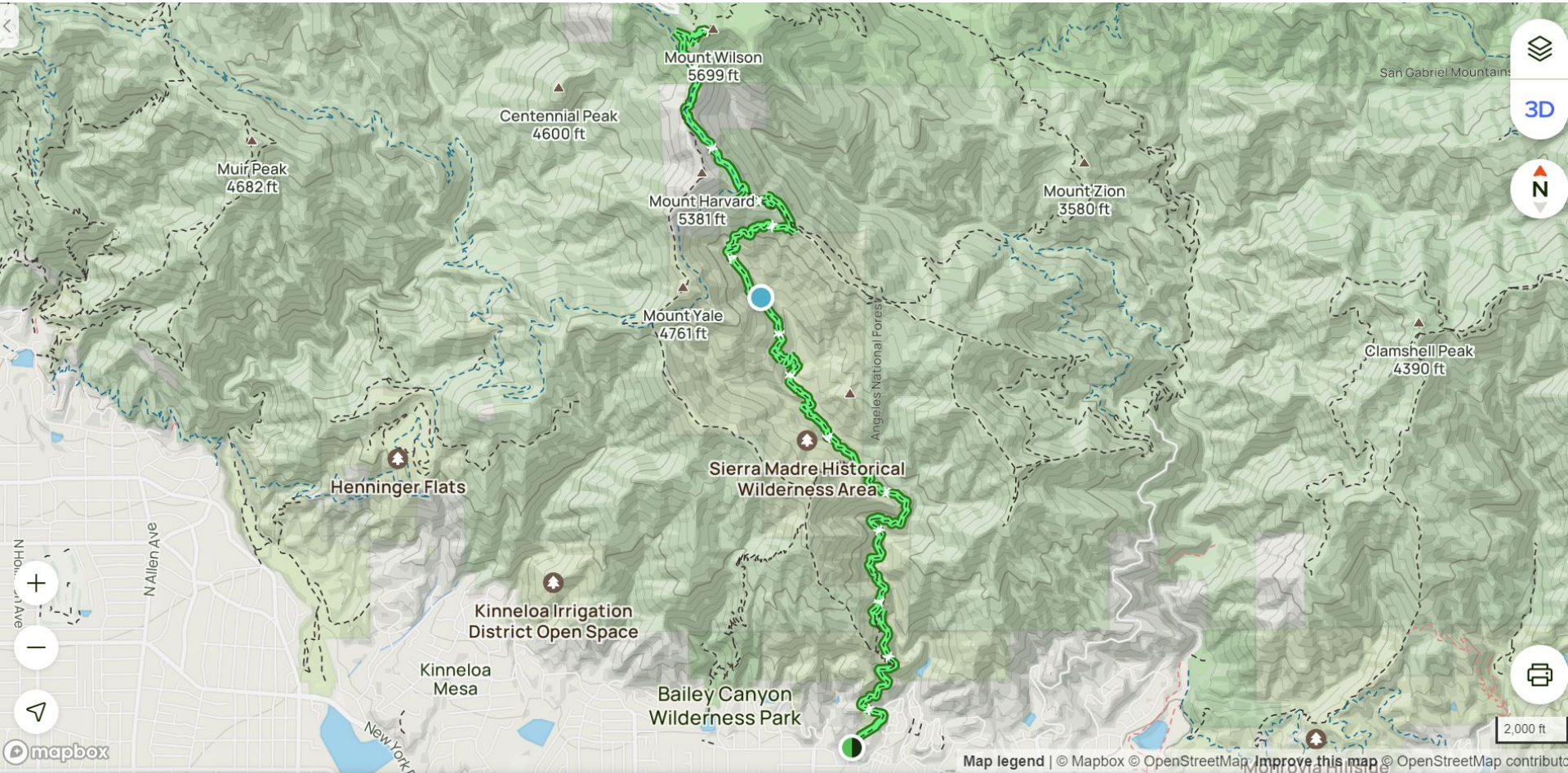
Check out this 14.2-mile out-and-back trail near Sierra Madre, California. Generally considered a challenging route, it takes an average of 9 h 11 min to complete. This is a very popular area for hiking, so you'll likely encounter other people while exploring. The trail is open year-round and is beautiful to visit anytime. Dogs are welcome. [Show more](#)

Preview trail



[Suggest edit](#)

Read the Reviews, too.



Tom Harrison Maps



Tom Harrison Maps

<https://tomharrisonmaps.com>

Tom Harrison Maps – Waterproof Topo Maps



Other Information Sources



SummitPost

<https://www.summitpost.org> ›



Peakbagger.com

<https://peakbagger.com>



Hiking Guy

<https://hikingguy.com>



Mt Whitney Forum

<http://www.mountwhitneyforum.com>



San Geronio Wilderness Association

<https://www.sgwa.org>

Joshua Tree



nps.gov/jotr/planyourvisit/backpacking.htm



Mountain Forecast

<https://www.mountain-forecast.com>

- Forecasts
- Weather Map
- Mountain Info
- Climbing Notes
- Photos (1)

4 Forecast Elevations:

Peak: 12438ft

9843ft

6562ft

Base: 3281ft



Save 20% off base rates.*

Find your Let's Go moment.

Book Now



Days 1-3 Weather Summary

Mostly dry. Freeze-thaw conditions (max 8°C on Fri afternoon, min -5°C on Sun night). Winds increasing (calm on Fri night, fresh winds from the SW by Sun night).

Days 4-6 Weather Summary

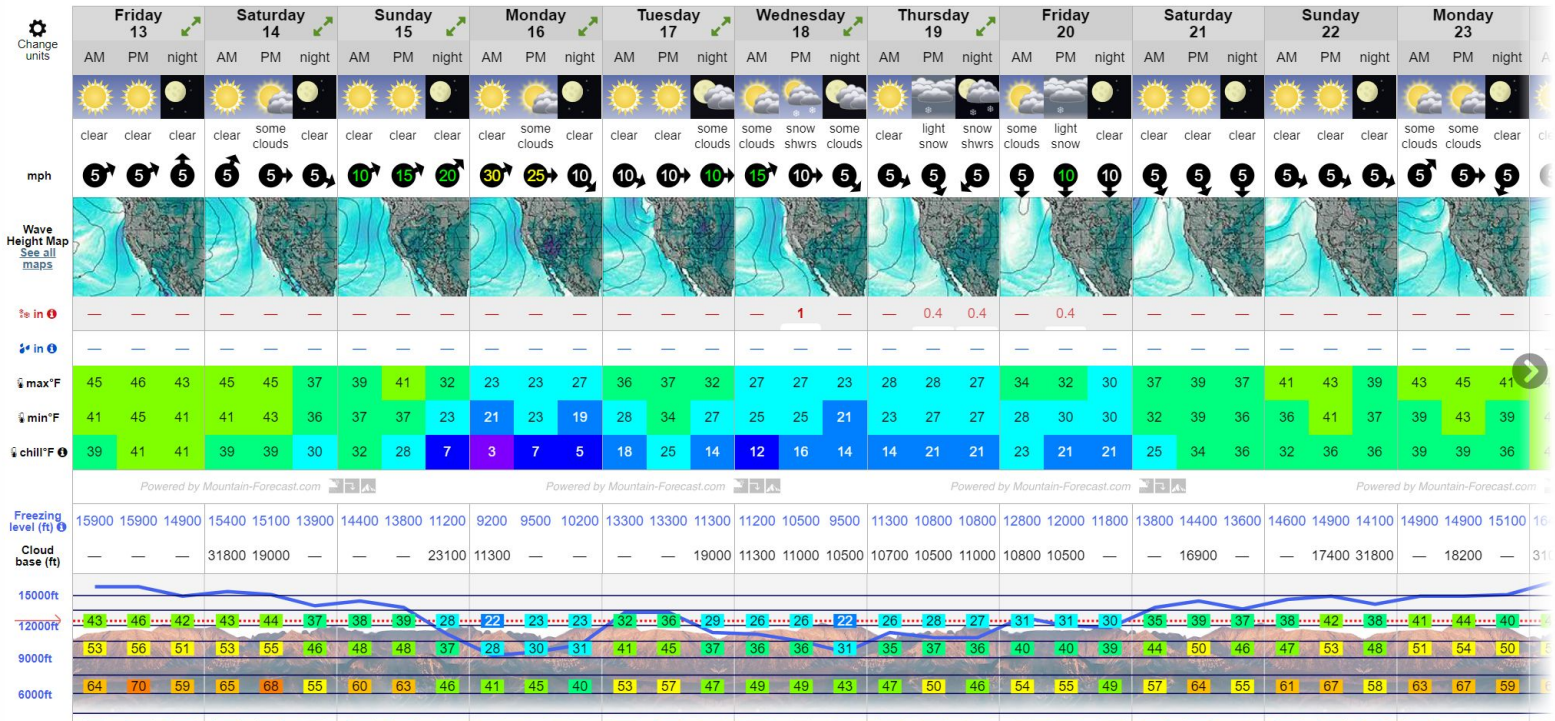
A dusting of new snow. Freeze-thaw conditions (max 3°C on Tue afternoon, min -7°C on Mon night). Winds decreasing (strong winds from the WSW on Mon morning, light winds from the WNW by Wed night).

Days 7-9 Weather Summary

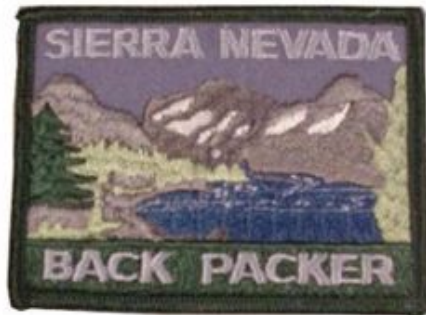
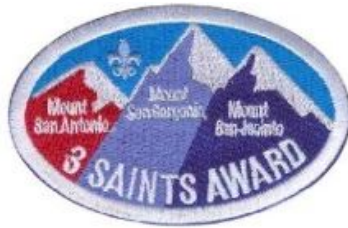
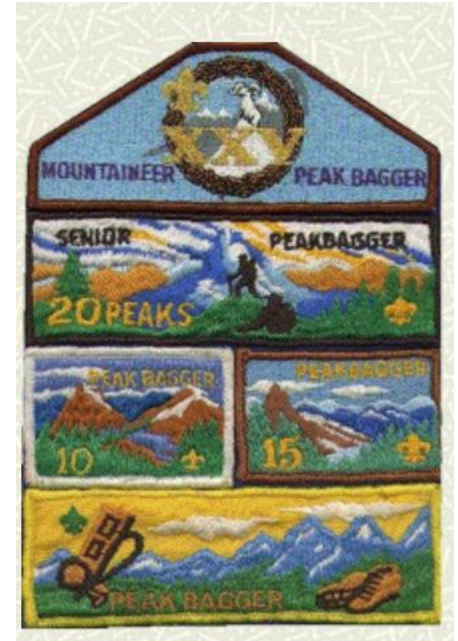
A dusting of new snow. Freeze-thaw conditions (max 4°C on Sat afternoon, min -5°C on Thu morning). Wind will be generally light.

Days 10-12 Weather Summary

Mostly dry. Mild temperatures (max 9°C on min 2°C on Sun morning). Wind will be



High Adventure Awards



Peak Activity Tracker

Scout	Sean Klinger	Michael Li	Jonah More	Ishaan Praitis	Nathan Rodri	Noah Rodrigu	Benny Roque
Peakbagger (total)	2	0	3	1	0	0	7
PEAKS 5: Only 2 from one group							
10: A, B, C, 2D							
Group A							
Alto Diablo							
Charlton							
Grinnell							
Lake Peak							
Little Charlton							
Peak 9971							
Peak 10067							
Red Tahquitz							
South Peak							
Tahquitz			8/1/2020				8/1/2020
Zahniser	6/25/2022		6/25/2022				6/25/2022
Group B							
Anderson Peak							
Dobbs Peak							
E. San Bernardino							
Jepson Peak							
Mt. San Gorgonio			6/25/2022				6/25/2022
Shields Peak							
Sugarloaf Mtn	8/7/2021						8/7/2021
Group C							
Big Horn							
Folly Peak							
Jean Peak							
Mt. San Jacinto							
San Bernardino (Angeles Oaks)							

Miles/Outing Activity Tracker

	A	R	S	T	U
1	HIGH ADVENTURE AWARDS TRO				
2	Years in Troop	5	2	4	7.5
3	2026	Ishaan Praitis	Nathan Rodrig	Noah Rodrigu	Benny Roque
41	Wright Mountain BP				
42	Joshua Tree Lost Horse				2
43	Three Falls BP				
44	San Gorgonio BP				
45	A-B Slot Canyon				
46	Tahquitz Peak				6
47	Quail Mtn				
48	Grand Canyon BP				17
49	Mount Pinos	10			10
50	Sugarloaf Mtn				12
51	Queen Mtn	2			
52	San Gorgonio/Zahniser BP				12
53	Mineral King - Franklin Lakes				12
54	Lytle Creek			5	
55	Cuyamaca Peak CHRT BP	13			13
56	Joshua Tree CHRT BP	18			18
57	Cirque Peak BP	11			11
58					
59	Total Backpack	54		5	113
60	Brag Rag Awarded	Yes		Yes	Yes
61	Award Training #1	6/8/2021		2/21/2023	10/20/2020
62	Award Training #2	6/13/2023			6/8/2021
63	Award Weekend #1	2/20/2024			6/8/2021
64	Award Weekend #2	10/29/2024			10/19/2021
65	Sierra Backpacker				10/18/2022
66	Boy Scout Trail				
67	3Ts				
68	San Gabriels Little Jimmy				
69	San Bernadino Greyback				



Trek Promotion

Trip Promotion

(months to years in advance)

- Talk about the fun activities, beautiful scenery, lasting memories and major accomplishments
 - Do not talk about how long and difficult the hike might be
 - Fun facts from previous Trek master report(s)
- Make flyers with pictures (Vision of Success)
- Have youth leadership take ownership of the promotion and trek
 - Personal testimony

Troop 555 Sierra Outing

August 26th-29th



Magnificent
Scenery



Lifelong
Memories



Fishing,
Fly Fishing
Photography,
Astronomy,
Geocaching,
Camping,
Hiking, and
Backpacking
merit badge
opportunities

Real application of
topo map & compass



Unforgettable
Outdoor
Experience



Trek Master: Mr. Do

Only 15 spots available





Training

The best backpackers are:

- A) Younger
- B) Stronger
- C) Faster
- D) Trained**



Mrs. Joy Martin (80 years old @ July 2013) with T555 scouts

Your mental attitude is your biggest friend/enemy



- 13 people
 - 9 female (4 youth) members
 - 4 male (3 youth) members
- Average person weight: 120 lbs
- Lightest person: 93 lbs
- Youngest : 14 (female)
- Oldest: 59 (female)
- Personal challenges
 - Fear of heights
 - Self confidence
 - Financial

Trainings

- Knowledge
- Physical
- Mental
- Spiritual

- Trained adults and youth

An ideal training program for backpacking would include:

- A) A commercial gym for strength
- B) A running track for endurance
- C) Steep stairs for elevation gain
- D) All of the above

The best single exercise for backpacking is backpacking

Training hikes for Mt. Whitney

	Trek Name	Type	Date	Purpose	Starting Altitude (feet)	Peak Altitude (feet)	Delta (feet)	Distance (miles)	Youth Leader	Adult Advisor
1	Death Valley	Tail Gate	February 16th - 17th	Objective: Fun Training: NA Location: Bad Water Award: contribute to OC Council "High Low" patch					John Daoud	David Rothbart
2	Mt. Wilson	Day hike	March 17th	Objective: Fun & intro. hike for younger scouts Training: Conditioning Trail Head: Gate at Mt. Wilson Rd or Chantry Flats Award: ???	970	5,715	4,745	14	Connor Hardenburg	Carla Cook
3	San Antonio	Day hike	April 21st	Objective: Fun Training: Conditioning Trail Head: Manker Flat Award: Mt. San Antonio & partial Considerations: Adventure pass	6,160	10,068	3,908	10.4	Coleman McGee	Mark Biddle
4	San Jacinto	Backpack	May 25th-27th	Objective: Fun & backpack for younger scouts Training: Conditioning Trail Head: Long Valley Award: 1 of 3 hikes for 3 Saints Patch	8,420	10,834	2,414	11.8	Nick Rothbart	Patrick Gartland
5	San Geronio	Backpack	June 14th - 16th or July 5th-7th	Objective: Fun Training: Conditioning Trail Head: Award: 1 of 3 hikes for 3 Saints Patch	6,080	11,502	5,422	18.4	Austin Do	Jim Carr
6	Mt. Whitney	Backpack	August 3rd - 10th/11th	Objective: Crown jewell of the lower 48 states Trail Head: Horseshoe Meadow Award: contribute to OC Council "High Low" patch	9,920	14,505	4,585	62	Justin Do	Khanh Do

Improving your physical condition decreases your resting heart beat

Hikes should always be planned in terms of hours

(~ 2.0 miles per hour + 1 hour for 1000 feet climb in altitude)

1 mile per hour if climbing with slower hikers

Date	Day	Purpose	Destination	Dist. (Miles)	Total Dist. (Miles)	Elev Gain (Feet)	Hours Hike	Elev (ft)	Temp L/H (°F)	Breakfast	Lunch	Dinner
31-Jul	-3	get hydrated	Home	NA	NA	NA	NA			drink lots of fluid ¹ throughout the day		
1-Aug	-2	get hydrated	Home	NA	NA	NA	NA			drink lots of fluid ¹ throughout the day		
2-Aug	-1	get hydrated & accumulate energy	Home	NA	NA	NA	NA			lots of fluid ¹ & eat food high in complex carbohydrate		
3-Aug	1 (Sat)	Drive to Trailhead & get accimated						9,938	40/70	Eat at home ²	Eat on the road ²	Tail gate ² (cook by adult)
4-Aug	2 (Sun)	Hike to way point 1	Near Siberian Outpost	10.2	10.2	1900	8.7	10,962	35/67	Tail gate ² (cook by adult)	ready to eat BP food ³	BP food ²
5-Aug	3 (Mon)	Hike to way point 2	Guyot Flat	9.6	19.8	1400	7.8	10,677	34/61	BP food	ready to eat BP food ³	BP food ²
6-Aug	4 (Tue)	Hike to way point 3	Guitar Lake	7.7	27.5	1700	6.8	11,477	48/64	BP food	ready to eat BP food ³	BP food ²
7-Aug	5 (Wed)	Summit Mt. Whitney	Mt. Whitney Guitar Lake	9.1	36.6	3,028	9.1	14,505	39/41	ready to eat BP food ³	ready to eat BP food ³	BP food ²
8-Aug	6 (Thu)	Hike to way point 2	Rock Creek Ranger Station	11.3	47.9	1200	8.7	9650	34/61	BP food	ready to eat BP food ³	BP food ²
9-Aug	7 (Fri)	Hike to way point 1	Chicken Spring Lake	9.7	57.6	1940	8.4	11242	35/67	BP food	ready to eat BP food ³	BP food ²
10-Aug	8 (Sat)	Hike to trailhead, Shower Pizza Factory & Drive home	Horseshoe Meadow	4.9	62.5	106	3.4	9938	38/63	BP food	ready to eat BP food ³	Eat on the road
11-Aug	9 (Sun)	Backup										

One of the best sources of current field conditions in the area you're backpacking in is the Forest Ranger in that area



Forms & Permits

Forms & Permits

- **Health forms**

- Parts A and B (typically for events < 72 hours)
 - to be completed at least annually with copy of both sides of your insurance card.
- A, B, and C (typically for events ≥ 72 hours)
 - required for all high-adventure base participants, or when the nature of the activity is strenuous and demanding.
- A, B, C and Addendum by High Adventure Camp
 - required by all participants of a high- adventure program at one of the national high-adventure bases, as well as unit-based, high-adventure backcountry activities

- **Fire Permit**

- Obtain online <https://permit.preventwildfiresca.org/>. Good for calendar year.

- **Wilderness Adventure Pass (four National Forests in So. California)**

- Angeles, Cleveland, Los Padres, San Bernardino
- Sporting goods stores, ranger stations, \$5/day, 1 permit/day



Backpack Inspection

Backpack Inspection

- **Youth Led**
 - train your youth leader(s) before hand if required
- **Equipment check list**
 - Missing items, cook gear
 - Extra items
- **Patrol/crew equipment distribution**
 - First-Aid kit, Stoves, fuel, water filters, water buckets, tents, biodegradable soap, bleach, rain cover, satellite communicator
- **Check all required forms**
 - Permission slip & health forms
- **Weigh each participant with and without pack (mostly for first-years. Give their extra water to senior Scouts.)**

Mark & Weigh each item!



Inspection Check List

Mt. Whitney Backpacking Checklist	Qty	required for summit	COMMENTS	Weight (lbs)
<u>TEN</u> <u>ES</u> <u>SENT</u> <u>IALS</u>				4.0
FLASHLIGHT (bring one set of extra batteries)	1	Yes		0.20
POCKET KNIFE	1	Yes		0.30
WATERPROOF MATCHES	1	Yes		0.01
COMPASS and MAP (check with leaders)	1	Yes		0.01
SUNGLASSES	1	Yes		0.00
CANDLE OR FIRESTARTER	1	Yes		0.00
RAIN GEAR (rain pants, rain jacket) - Layer 4: Rain/windbreaker layer	1	Yes		2.00
FIRST AID KIT (1" tape, 1" roll bandage, 4" gauze pads, bandages, moleskin, chapstick, insect repellent, sunblock #50 or higher)	1	Yes		0.50
EXTRA CLOTHING (gloves, shirt, pants, socks)	1	Yes	bring all four (4) layers of clothing when summit	
EXTRA FOOD (6 bags of instant oatmeals)	1		in case we stay an extra day or lose our food	1.00
<u>CLOTHING (4-layer system)</u>			bring all four (4) layers of clothing when summit	5.3
SCOUT UNIFORM (always worn when traveling to and from outings)				
UNDERWEAR - Layer 1: base layer	3		1 to wear, 1 to dry, and 1 just in case	0.30
HIKING PANT W/ CAPABILITY TO BECOME SHORTS - Layer 2: Outer layer	2			1.00
HIKING BOOTS	1	Yes		
BEANIE	1	Yes		0.30
T-SHIRTS (wicking only - no regular cotton) - Layer 1: base layer	2		lightweight & whicking	0.40
BRIM HAT (satisfies billed hat requirement)		Yes		0.20
SOCKS	3		1 to wear, 1 to dry, and 1 just in case	0.50
BANDANA (optional)	1			
SHIRT or LIGHT PULLOVER SWEATER/JACKET - Layer 2: Outer layer	2	Yes	mid layer. Low will be in 30s	0.70
GLOVES	1	Yes		0.30
JACKET - Layer 3: Outer layer	1	Yes	low will be in 30s	1.00
THERMAL UNDER PANTS and SHIRT - Layer 1: base layer (at night)	1	Yes		0.60
<u>WATER: # OF QUARTS</u>	2	Yes	NO EXCEPTION	4.4



Execution

Execution

- **Share this info during promotion**
- **First Day/Night (for high altitude trek)**
 - Drive to destination
 - Final backpack inspection (bring spares)
 - Getting acclimated
 - Fun activities (fishing, geo-caching, campfire...)
- **Main Trek**
- **Last Day**
 - Scout's Own
 - Hike back to trailhead
 - Shower (long duration trek)
 - Reward meal
 - Drive home

Scouts getting acclimated



Geo-caching is a fun activity that can be done during acclimation or the main trek



**Having a campfire on acclimation day is fun,
unifies the group and mentally prepare the
group for challenges ahead**





Main Hike

A proper pace in hiking begins with a brisk climb to warm the body and encourage circulation.

- A) ~~TRUE~~
- B) FALSE

Food Storage & Respect for Wild Life

- Bear canisters are often required – can be rented at REI
- If bears are likely, use a canister rather than hang
- Drill a small hole in clear canisters for pressure equilibration.



Hikers should listen to the drover for instructions



"Peaks Baggers"
Spofford, NH



Doug Erin Kim
Benedict



Strangers on the trail may serve as a valuable source of information concerning equipment, trail conditions, etc. TRUE or FALSE—



While on a long hike during the day, it is best to have: a hearty meal before starting, several light snacks during the day, and drink water frequently.

Practice Leave no Trace

- Pack out toilet paper
- Pick up other trash

Mt. Guyot, 12,300'





John (12 years old ~ 4'10" ~90 lbs)

A good group pace is one that allows the slowest member of the party to participate without excessive fatigue.

TRUE or ~~FALSE~~

To increase breathing efficiency on steep ascents concentrate on exhaling forcefully

TRUE or ~~FALSE~~

If you dislodge a rock when climbing and there is someone below, you should yell out **Rock!**



Rhythm is important in hiking because it allows the body to function efficiently. TRUE or FALSE



Guitar Lake (11,500'), Inyo National Forest



The higher you go, the less oxygen per unit of volume there is available. Thus, a given amount of activity at high altitude is much more tiring than at low altitude. TRUE or FALSE

Cirque Peak (12,900'), Golden Trout Wilderness - 2024



Serious altitude sickness can only be cured by descending at least 1000 ft. TRUE or FALSE

Timber Mountain, Angeles National Forest - 2024



Microspikes are helpful for crossing snowfields.

Excessive fatigue is bad because it slows down coordination and invites accidents. TRUE or FALSE



Emergency Rain Shelter = Safety, Comfort, Morale



Weather

Question # 129: During a lightning storm, one should get up on a high ridge so he can see what's going on and to avoid ground currents which result from lightning strikes.

A) TRUE

B) FALSE

Question # 134: The approximate location of a thunderstorm can be estimated by the rule-of-thumb: Every five seconds of interval between a visible streak of lightning and the audible thunder means a mile of distance.

A) TRUE

B) FALSE

Remember to allocate downtime to soak in the beautiful scenery

Blue Lake (10,400'), Inyo National Forest



Death Valley National Park



Joshua Tree desert stillness



Watch the sunrise



Mountain vistas (Trail to Bishop Lake)





Last Day of Hike

Last Day of Hike

- **Scouts Own**
- **Hike back to trailhead**
- **Shower (on an as need basis)**
- **Reward meal**
 - keeps participants mentally focused
- **Drive home**

Mt. Whitney Celebration at the Pizza Factory - 2013



Mt. Whitney Celebration at the Pizza Factory - 2018





Wrap up

Wrap-up

- **Trekmaster report**

- Summarize trip and lessons learned
- Include fun trivias (animal sighting, interesting experience...)
- Pictures
- Accomplishments (rank advancement requirements, merit badges, HAT awards earned)

- **Commend Youth Leadership**

- **Share experience at next unit meeting and COH**



Light Weight Backpacking

Light Weight Backpacking

- **Backpacking equipment is generally light weight**
- **Factors to consider to lighten your load:**
 - Cost benefit to reduce weight of heaviest items: tent, backpack, sleeping bag, water filter, down jacket, rain shell, cooking equipment
 - Bring what you need and weigh carefully what you want
 - **Opportunities for youth to exercise decisions making**
 - Plan and execute as a patrol/crew to minimize weight
 - Factor in water source as key criteria for trek selection

Light Weight Equipment Options



26 oz, \$209



24 oz, \$145



7.2 oz, \$160



19 oz, \$380



9.1 oz, \$70



6.4 oz, \$159

Benefits of Backpacking

Builds Confidence

Promotes Self-Awareness & Self-Reliance

Teaches and Re-enforces Decision Making

Develops Team Building Skills

Creates Lasting Memories

Tips for Youth-Run / Youth Lead Outings

- **High adventure activities are key in retaining senior/older scouts**
- **Consistent youth ownership for the entire process**
- **For units that have little to no backpacking experience:**
 - Train youth leader(s) behind the scenes and allow them to lead their peers
- **Adult trek leader is ultimately responsible for the health and safety of everyone on trek**

Recommended Hikes

		Trip Duration		
		Short (1 to 2 nights)	Moderate (2 to 4 nights)	Long (5+ nights)
Difficulty	Easy (Low Altitude ≤ 8,000 feet, Low Elevation gain ~ 250 ft per mile)	<ul style="list-style-type: none"> • Hoeeees • Cooper Canyon • Henninger Flat • Lytle Creek (Stonehouse) • Valley Forge (Red Box) • Kelly's Camp (Icebox Canyon) • Big Sur Pine Ridge Trail 	<ul style="list-style-type: none"> • John's Meadow • Little Jimmy • Dinkey Lakes 	
	Moderate (High altitude > 8,000 feet or Low to Moderate Elevation gain <750 ft/mi)	<ul style="list-style-type: none"> • Cedar Glen • Lytle Creek (3rd Stream Crossing) • San Jacinto (via Tram) • Mt. San Antonio (via Tram) • Lakes Trail (Sequoia NP) • Little Lakes Valley • Cathedral Lakes (Yosemite NP) 	<ul style="list-style-type: none"> • Bishop Lake • Blue Lake • Thousand Island Lake (loop) • Vogelsang HSC / Lyell Canyon • High Sierra Trail to Hamilton Lake (Sequoia NP) • Mt Langley / Cottonwood Lakes (New Army Pass / Cottonwood Pass Loop) • Tuolumne Meadows to Devils Postpile (JMT) 	<ul style="list-style-type: none"> • Philmont • South Lake to North Lake
	Difficult (High altitude > 8,000 feet and High Elevation gain <1,000 ft/mi)	<ul style="list-style-type: none"> • Lytle Creek (Commanche) • San Gorgonio • San Jacinto (via Idyllwild) • Mt. San Antonio (via TH) 	<ul style="list-style-type: none"> • Rae Lakes Loop via Roads End • Trans-Catalina • Rae Lakes via Onion Valley • Pioneer Basin • Trans-Catalina • San Jacinto (Lykken Trail) • Mt Whitney via Whitney Portal • Mt Whitney Mountineer's Route • Mt Ritter 	<ul style="list-style-type: none"> • John Muir Trail • Pacific Crest Trail • Mt Whitney (Horseshoe M <->) • Mt Whitney via Onion Valley • Mt Whitney via Horseshoe M -> Portal

Contributors: OCC HAT Team & Boeing backpackers (J Hershman, M Farren, T Mabey, K Williamson)

Personal Lessons Learned

- When you fail to plan, you are planning to fail
- Fun/Key objective for every trek
 - If they like it, they will ask for more
- Let the youth be your ambassador for promotion
- Invest time in training your youth leaders
- Trained adult supervision
- Leverage your backpacking network
- Know your water sources
- Altitude acclimation is crucial for High Sierra treks
- Contingency planning & training
 - Camp sanitation, crew rain cover, satellite messaging & insurance
- Trust your instincts – Don't be over reliant on technology
- Always have a satellite beacon (preferably Garmin GPS)
- Start small
- **“Just do it”**

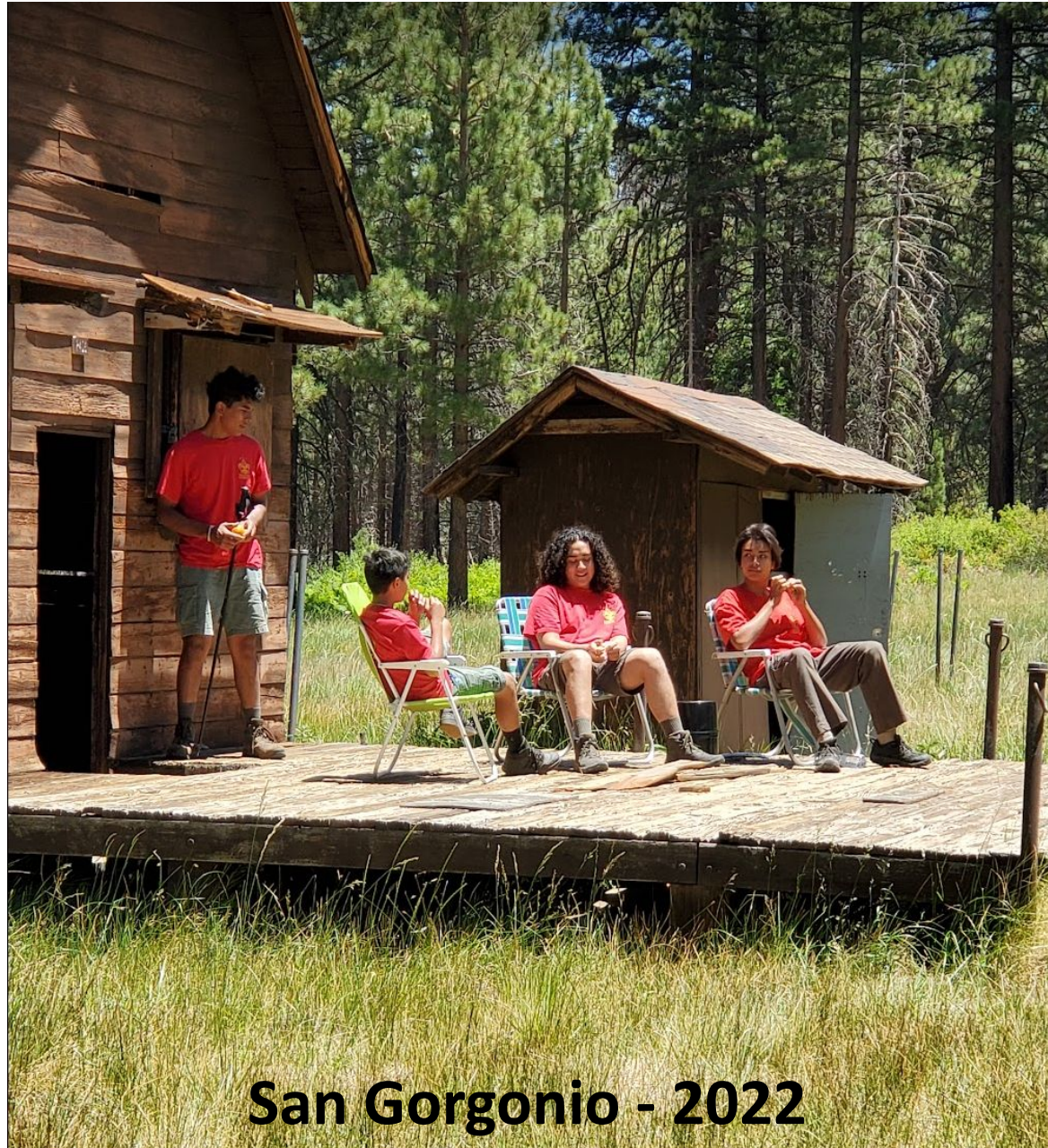


Life Lasting Memories

Bishop Pass+ (12,000'+), Inyo National Forest -2011



Youth Bonding



San Geronio - 2022



Adult Bonding

(Mt. Whitney - 2013)

Troop Bonding

(Death Valley National Park)



Crew Bonding

(Crew 1910 @ Guitar Lake - Day after summiting Mt. Whitney)

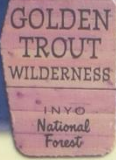




Personal Accomplishment(s)

Son & Mom Special Moment

Cottonwood/Trail Pass TRAILHEAD



You are entering the Golden Trout Wilderness

Golden trout have existed for thousands of years in the waters of the upper Kern, gradually migrating, adapting, and evolving in response to the unique characteristics of their habitat.

This land is a resource of both ecological and historic value. We have the responsibility of perpetuating these valuable resources through protection and stewardship of these lands.



Attention Stock Users

The best for your animals and the land to turn your stock out. We have established public pastures to accomplish this—however, you must be aware of leaving enough food to maintain a healthy pasture.

On your next trip, consider going one step further... portable electric fences, used properly, are great tools to give you more independence, plus save for the land and your animals.

Challenge yourself to become a gentle user in the backcountry. Leave your campsite in better condition than you found it. Meadows should be in such good shape that others could not tell that you were there.



Wilderness Use Restrictions

THE FOLLOWING ARE PROHIBITED IN WILDERNESS:

- T** Traveling overnight without a wilderness permit
- Shortcutting a switchback on any Forest trail
- Leaving any debris, garbage or refuse
- Depositing body wastes within 100 feet of lakes and streams
- Entering or using trails, campsites or other areas with a group larger than 15 persons
- A** Camping within 100 feet of lakes, streams, or trails
- Washing and/or discharging soap wastes within 100 feet of lakes and streams
- Possessing or storing food or refuse in a manner which allows bears or other animals to access it
- F** Entering or using the wilderness with more than 25 head of stock
- D** Discharging a firearm, except for emergencies and the taking of game as permitted by State game laws
- M** Possessing or using any mechanized transport, including wheels, or motorized equipment

Keep It Wild 

Sons & Dad Special Moment on Mt. Whitney (2013)



Wife, Husband & Daughter Special Moment on Mt. Whitney (2018)



Thank you for your commitment to training

