

Troop 212, Conditioning Day, January 23rd

Pumpkin Rock

- Cost:** The trip is free. If your scout is riding with another adult, please give that driver money for gas. Please bring the standard permission slip which can be found on the website.
- Departure:** Saturday, January 23rd at 7:00 AM – Church parking lot. Please arrive promptly before departure for quick visual pack inspection and vehicle loading. Be sure to have filled canteens or hydration packs for the hike before you leave home
- Return:** Saturday, January 23rd, at approximately 12:00 PM, back at Church Parking Lot. Please do not depart for home until all the troop gear has been accounted for.

After we depart the church, we will drive to the trail head at the end of 6th street in Norco. As we drive through the city of Norco you will notice the sidewalks have been replaced with horse trails. The hike to Pumpkin rock is about 1.5 miles round trip. The boys are expected to show up with full packs as if they were showing up for a hiking weekend. The trail is dog friendly. The weather for the trip is to be 64 degrees and cloudy. Please make sure you have a good breakfast and due our early arrival back at the church we will not be stopping for lunch. **We want all trip participant to wear a practice pack, adults as well as boys.**

Class B uniform is suggested, but not required...however, those in B's get extra points on the Rating Chart as well as an addition reward on the trip itself. We will NOT be wearing class A uniforms on this trip.

As a minimum, the following items should be packed in a backpack (NO black duffel bags):

The below list represents a typical backpacking weekend packing list

- Appropriate clothing
 - (Day mid-40°/Night mid-20
- Brim Hat and warm hat for nighttime
- Pocket Knife
- Flashlight (small is best)
- Sunscreen and Chap-stick
- First Aid Kit
- Compass
- Hiking boots, extra socks
- Ground Cloth
- Poncho/Rain Gear
- **Daypack**
- Small baggy of Handy-wipes, Toothbrush & paste
- Toilet paper & trowel
- 3 liters of water
- Mess Kit (utensils, bowl, mug, etc)
- Scout Handbook
- Warm Jacket
- Matches or Flint
- Pencils, Pens, Notebook
- Rope – 10 Feet
- Warm Sleeping Bag and Pad
- 2 Small towels
- Sunglasses
- Whistle

Please keep in mind that a full backpack should weigh a bit more than last trip to better prepared for the cold. A good target weight would be no more than one-fourth the weight of the scout carrying it.

If you have any questions please contact John Douglas or Vincent DeBiase