**Troop 212**

**High Sierra Backpacking Trip Guide**

**Part I**

**Silver Lake/ Rush Creek to Tuolumne Meadows**

**June 21st to June 25th, 2017**

**30.6 miles**

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**What is this trip?** Troop 212 is known for its high adventure scouting, from canoeing to flying. This expedition is the next step in Troop 212’s high adventure. We will be traveling 30.6 miles through snow with elevations ranging from 7,000 to 10,500 feet in five days. The temperatures are estimated to be the in the mid 30’s at night and the mid 60’s during the day. It is common to have afternoon thunderstorms this time of the year. A group of Troop 212’s experienced older boys have been selected to participate in this remarkable adventure through the High Sierras.

**When are the training sessions and bag check?** We will be having one more training session on Tuesday, June 6th, 2017. Our final bag check will be held on Monday, June 12th, 2017 during our regular meeting.

**What is the cost?** Permits: $5 per person, Gas: $15 per person, Map: $10, Bear Canister Rental: estimated to be $25 (SPECIAL BSA RATE!) Food: Buy and plan *yourself (usually around $13-$15 per day)*, Gear: Most people attending will have to purchase some specialty gear.

**Is this a safe event?** If scouts and adults prepare accordingly, this will be a safe outing. Also, the group will be carrying two SPOT for a worst case scenario. Also, when the group can get a view of Mammoth Mountain, they will have cell service.

**Who is going?** We have fifteen permits reserved. Ideally we would like five adults and ten scouts. At this point in time, we need more confirmed adults who are capable of this adventure.

**What are the most likely risks involved?** Troop 212 is also known for safety… we do not want any serious injury that could jeopardize the reputation of the troop. We want the trip to end up in Boy’s Life Magazine as “Troop 212 Successfully Hikes in the High Sierras in the Snowiest Year on Record.” We are mitigating in advance to protect the reputation of the troop. During the expedition, you should be prepared for 1) altitude sickness, 2) snow travel, 3) crossing mountain passes, 4) fording rivers, and 5) unfavorable weather. There is a very low risk of avalanches because the snow has settled for the year.

1) Altitude Sickness – You need to:

* Exercise (this will build up your red blood cell count in advance, so you will have less trouble acclimating). People attending this trip should be able to *run* five miles without stopping in under 50 minutes. You should have already started training with cardio 4-5 days a week.
* Drink water (the solution to pollution is dilution).
* Keep your heart rate low (keep lots of oxygen in your brain).

2) Snow Travel – You need to:

* Use either snowshoes or cross country skis
* Have crampons
* Have high top, comfortable, and water proof hiking boots
* Wear gaiters to prevent snow from entering your boot
* Frequently change your socks
* Use trekking poles

3) Crossing Mountain Passes – You need to:

* Avoid cornices and do not stand on them
* Be careful of sun cups (easy way to twist an ankle)
* Prepare for wind on the other side of the pass… put a windbreaker on just before the summit to avoid hypothermic conditions when you go into the wind (you will be sweating and evaporation is a cooling process)

4) Fording Rivers – We are going over techniques in training

5) Unfavorable Weather – You need to:

* Be prepared with a rain suit
* Be aware if there is going to be a thunderstorm
* Do not be the tallest thing around
* Make wise decisions based on how the weather looks and your own physical condition

**What is the trip schedule (flight plan)?**

* We are hiking 30 (30.6) miles at 1 mph = 30 hours of walking
* 30 hours of hiking over 5 days averages to 6 hours of *walking* each day
* This translates into an average of 6.12 miles each day
* Sunrise is at 5:33 AM and sunset is at 8:18 PM on June 21st, 2017 in Bishop, CA
* You have over 13 hours of daylight; at least 6 of them will be spent walking
* Meal times and places are up to the group as they hike
* The trip leader is marking the campsites on your map

**Day 1, Wednesday, June 21st, 2017 (2.2 miles)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Action** | **Hiking distance (miles)** | **Hiking elevation gain (feet)** | **Time** | **Total mileage for the day** |
| Arrive at church | - | - | 5:00 AM | 0 |
| Depart church | - | - | 5:15 AM | 0 |
| Eat lunch in Bishop | - | - | 10:30 AM | 0 |
| Arrive at Rush Creek/ Silver Lake trailhead (7,280 feet)**START HIKE** | - | - | 12:00 PM | 0 |
| Depart from trailhead | - | - | 12:30 PM | 0 |
| Hike to Gem Lake junction/ Agnew Lake**CAMP HERE** | 2.2 | +1,220 | Arrive by 3:00 PM | 2.2 |

**Day 2, Thursday, June 22nd, 2017 (10.5 miles)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Action** | **Hiking distance (miles)** | **Hiking elevation gain (feet)** | **Time** | **Total mileage for the day** |
| Start hiking | - | - | 7:30 AM | 0 |
| Hike to Gem Lake | 2.5 | +610 | Arrive by 10:00 AM | 2.5 |
| Hike to Waugh Lake | 0.6+1.7 (2.3) | +250 | Arrive by 1:00 PM | 4.8 |
| Hike to Island Pass | 2.6+0.3+1.0 (3.9) | +845 | Arrive by 5:00 PM | 8.7 |
| Hike to Thousand Island Lake **CAMP HERE** | 1.8 | -365 | Arrive by 6:30 PM | 10.5 |

**Day 3, Friday, June 23rd, 2017 (6.0 miles)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Action** | **Hiking distance (miles)** | **Hiking elevation gain (feet)** | **Time** | **Total mileage for the day** |
| Start hiking | - | - | 7:30 AM | 0 |
| Hike to Garnet Lake | 2.6 | -160 | Arrive by 10:00 AM | 2.6 |
| Hike to Shadow Lake **CAMP HERE** | 2.5+0.9 (3.4) | -943 | Arrive by 2:00 PM | 6.0 |

**Day 4, Saturday, June 24th, 2017 (6.7 miles)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Action** | **Hiking distance (miles)** | **Hiking elevation gain (feet)** | **Time** | **Total mileage for the day** |
| Start hiking | - | - | 7:30 AM | 0 |
| Hike to the River Trail | 1.9 | -697 | Arrive by 9:30 AM | 1.9 |
| Hike to Agnew Pass | 2.7+0.9+0.5 (4.1) | +1,850 | Arrive by 2:00 PM | 6.0 |
| Hike to Clark Lakes**CAMP HERE** | 0.7 | -90 | Arrive by 3:00 PM | 6.7 |

**Day 5, Sunday, June 25th, 2017 (5.2 miles)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Action** | **Hiking distance (miles)** | **Hiking elevation gain (feet)** | **Time** | **Total mileage for the day** |
| Start hiking | - | - | 7:30 AM | 0 |
| Hike Gem Lake Junction/ Agnew Lake | 3.0 | -1,300 | Arrive by 10:30 AM  | 3.0 |
| Hike to Rush Creek/ Silver Lake trailhead**END HIKE** | 2.2 | -1,220 | Arrive by 1:00 PM | 5.2 |
| Depart trailhead | - | - | 2:00 PM | 5.2 |
| Eat meal in Lone Pine | - | - | 4:30 PM | 5.2 |
| Arrive at church | - | - | 8:30 PM | 5.2 |

**What if the group does not return? What if someone has a serious injury?** In the event of an emergency, the group will be equipped with *two* SPOT beacons. Troop 212 adults and the backup crew (camped near June Lake) will be monitoring the group online via their SPOT beacons. Additionally, if the group requires immediate medical attention, the scouts and adults are trained in basic first aid. If a problem such as severe bleeding, breathing, poisoning, heart attack, or shock occurs, the group has the ability to call a helicopter with SPOT to prevent a death. In the unlikely event that the group does not return to a trailhead by 9:00 PM on Sunday, June 25th, 2017, a Search and Rescue team will be sent out.

**What are the logistics?** Currently, there are four confirmed cars driving to the trailhead with 19 seats available. Two of the cars will stay at the trailhead while the group is hiking and the other two cars will be dropping off and picking up the backpackers.

**Please see Section II for a detailed gear list, a list of resources, and a meal plan.**

Yours in Scouting,

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\*this letter may be updated via email