**Troop 212**

**High Sierra Backpacking Trip Guide**

**Part II**

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

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

**30.6 miles**

****

**What do I bring?**

|  |  |  |
| --- | --- | --- |
| **Check** | ***Gear packed*** | **Weight (ounces)** |
|  | Water bottle or water bag (you need to have at least a 2 liter capacity) |  |
|  | Backpack |  |
|  | Tent (possibly shared) |  |
|  | Waterproof layer under the tent |  |
|  | Sleeping pad |  |
|  | Sleeping bag (around 10 to 20 degree) |  |
|  | Tent stakes (good for snow) |  |
|  | Wicking layer |  |
|  | Bear canister (the Troop owns 2) |  |
|  | Stove (Troop) |  |
|  | Pot (Troop) |  |
|  | Fuel (don’t include fuel in base back weight) | - |
|  | Windscreen |  |
|  | Long handle spoon |  |
|  | Mini towel |  |
|  | Hiking Crampons |  |
|  | Snowshoes (Troop) |  |
|  | Water filter (Troop) |  |
|  | Snow shovel (2 for the entire group) |  |
|  | Ditty bag (see below) |  |
|  | Clothes bag (see below) |  |
|  | Personal bag (see below) |  |
|  | ***Clothes bag (near top of pack)*** |  |
|  | Warm jacket |  |
|  | Beanie |  |
|  | Gloves |  |
|  | Rain jacket (near top of bag) |  |
|  | Rain pants (near top of bag) |  |
|  | Windbreaker (may be rain jacket) |  |
|  |  Breathable underwear (1-2 pairs) |  |
|  |  Hiking socks (2 pairs) |  |
|  | Sleeping long underwear (optional) |  |
|  | ***Ditty bag*** |  |
|  | First aid kit (see detailed list below) |  |
|  | Repair kit (see detailed list below) |  |
|  | 3 different fire starters |  |
|  | Pocket knife |  |
|  | Emergency water purification (optional) |  |
|  | 10 feet of rope |  |
|  | Mosquito head net (optional) |  |
|  | Compass |  |
|  | Emergency fishing kit (optional) |  |
|  | Pen and paper (optional) |  |
|  | Trash bag (2 gallon zip lock) |  |
|  | Garbage bag (for rain/night cover) |  |
|  | ***First Aid Kit (goes on the top of your ditty bag)*** |  |
|  | Blister Band-Aids | - |
|  | Moleskin | - |
|  | Latex or nitrile gloves | - |
|  | Aspirin or ibuprofen | - |
|  | Antacids | - |
|  | Small variety of Band-Aids | - |
|  | Alcohol disinfecting wipes  | - |
|  | Antibiotic ointment | - |
|  | ***Repair Kit (goes inside your ditty bag)*** |  |
|  | Duct tape | - |
|  | Sewing needles, thread, and safety pins | - |
|  | Clevis pins (for external frame packs) | - |
|  | 3 small zip ties | - |
|  | ***Personal Bag*** |  |
|  | Toothbrush |  |
|  | Toothpaste or toothpowder |  |
|  | Hand wipes |  |
|  | Hand sanitizer |  |
|  | Toilet paper |  |
|  | Sunscreen and chap stick |  |
|  | Soap |  |
|  | Bug spray (optional) |  |
|  |  |  |
|  | ***Clothing/ gear worn or used while hiking*** |  |
|  | Hiking boots |  |
|  | Hiking socks |  |
|  | Gaiters |  |
|  | Breathable underwear |  |
|  | Breathable hiking pants |  |
|  | Long sleeve breathable hiking shirt  |  |
|  | Sun hat |  |
|  | Sunglasses |  |
|  | Trekking poles |  |
|  | Radio (3 for the entire group) |  |
|  | Map (in your pocket!) |  |
|  | Phone (for pictures and backup GPS) |  |
|  | ***Extras*** |  |
|  | Cell Phone |  |
|  | Battery pack |  |
|  | Phone charging cable |  |
|  | Camera and accessories |  |
|  | Parallel rules  |  |
|  | Pillow or pillow bag stuff sack |  |
|  | Trowel (use a stick instead!) |  |

Gear weight breakdown:

“Base weight” refers to your [entire pack weight] minus [your consumables (food, water, fuel)]

“Total pack weight” refers to your entire pack weight (including consumables)

“Skin out weight” refers to everything you are carrying at the beginning of the hike, including what you are wearing

|  |  |
| --- | --- |
| **Items** | **Total weight (pounds + ounces) (example: 2 pounds 6 ounces)** |
| Clothes bag |  |
| Ditty bag |  |
| Personal Bag |  |
| Clothing/ gear worn |  |
| Extras |  |
| Base weight |  |
| Total pack weight |  |
| Skin out weight |  |

\*the purpose of the gear list and gear breakdown is to make sure you have everything, know what items are severely weighing you down, and *have a low base pack weight*. You do not need to spend a lot of money to keep your base pack weight low (less than 30 pounds).

**I do not own some of the more specific items, what are some inexpensive items that I could buy?**

|  |  |
| --- | --- |
| **Item** | **Link or description** |
| Waterproof layer under the tent | Tyvek, plastic sheet, or tarp |
| Tent stakes (good for snow) | https://www.amazon.com/Cosmos-Aluminum-Camping-Backpacking-Activities/dp/B00N9OBV3E/ |
| Sleeping bag (around 10 or 20 degree) | https://www.amazon.com/Outdoor-Vitals-Sleeping-Compactable-Compression/dp/B01LBUAS9A |
| Long handle spoon | Dairy Queen spoon |
| Hiking crampons (Tustin REI rents crampons; before renting them, make sure they will fit your boots) | https://www.amazon.com/HYOUT-Crampons-Non-slip-Outdoor-Climbing/dp/B01M5CROZ5/ |
| Water filter | https://www.amazon.com/Sawyer-Products-SP103-Filtration-System/dp/B00TOX6UM6/ |
| Rain jacket and rain pants | https://www.amazon.com/Frogg-Toggs-Medium-Large-Carbon/dp/B00SX4Z5FU/ |
| Gaiters | https://www.amazon.com/Waterproof-Snow-Leg-Gaiters-Lightweight/dp/B06XW8SQ76/ |
| Hiking socks (a vital item that is often overlooked! Use outdoorgearlab.com and check out different socks!) | https://www.amazon.com/Smartwool-Outdoor-Medium-Pattern-Socks/dp/B01GGOLXVS/ |

\*The trip leaders can help you choose and find any gear you may need!

**What is the meal plan?** As stated earlier, each person is responsible for *buying and planning their own meals.* The trip leader needs to approve your meal plan before you buy your meals. Think about getting the most calories for the weight of the food.

* Each person should be consuming a minimum of 3,000 calories each day on the trip. Ideally, you should be consuming 3,500 to 5,000 calories each day on the trail.
* You should have approximately 2 to 3 pounds of food per day, for a total of 10 to 15 pounds of food for 5 days.
* You do not need all the items listed… for example, if you do not want a drink or dessert for dinner just cross them out. There are extra spaces provided so you can add more items as you wish.
* Keep in mind, all your food is stored in your bear canister.
* \*Some good quick energy ideas are “Cliff Bar Shot Blocks”, “GU”, or something like that. Good sustained energy ideas are energy bars, dried fruit, or trail mix.

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

*Breakfast:* East at home or bring it in the car.

*Lunch:* Eat in Bishop at a park next to Carl’s Junior and across the street from Schat’s Bakery. Eating at the park allows the group to eat at Carl’s Junior, Schat’s, or bring a lunch.

*Trail Snacks:*

|  |  |  |
| --- | --- | --- |
| **Description** | **Item** | **Calories** |
| \*Quick energy |  |  |
| \*Sustained energy |  |  |
|  |  |  |
|  | **Total:** |  |

*Dinner:*

|  |  |  |
| --- | --- | --- |
| **Description** | **Item** | **Calories** |
| Main Course |  |  |
| Side |  |  |
| Drink |  |  |
| Dessert |  |  |
|  |  |  |
|  |  |  |
|  | **Total:** |  |

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

*Breakfast:*

|  |  |  |
| --- | --- | --- |
| **Description** | **Item** | **Calories** |
| Main Course |  |  |
| Side |  |  |
| Drink |  |  |
|  |  |  |
|  |  |  |
|  | **Total:** |  |

*Trail Snacks:*

|  |  |  |
| --- | --- | --- |
| **Description** | **Item** | **Calories** |
| Quick energy |  |  |
| Sustained energy |  |  |
|  |  |  |
|  | **Total:** |  |

*Lunch:*

|  |  |  |
| --- | --- | --- |
| **Description** | **Item** | **Calories** |
| Main Course |  |  |
| Side |  |  |
| Drink |  |  |
|  |  |  |
|  | **Total:** |  |

*Dinner:*

|  |  |  |
| --- | --- | --- |
| **Description** | **Item** | **Calories** |
| Main Course |  |  |
| Side |  |  |
| Drink |  |  |
| Dessert |  |  |
|  |  |  |
|  |  |  |
|  | **Total:** |  |

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

*Breakfast:*

|  |  |  |
| --- | --- | --- |
| **Description** | **Item** | **Calories** |
| Main Course |  |  |
| Side |  |  |
| Drink |  |  |
|  |  |  |
|  |  |  |
|  | **Total:** |  |

*Trail Snacks:*

|  |  |  |
| --- | --- | --- |
| **Description** | **Item** | **Calories** |
| Quick energy |  |  |
| Sustained energy |  |  |
|  |  |  |
|  | **Total:** |  |

*Lunch:*

|  |  |  |
| --- | --- | --- |
| **Description** | **Item** | **Calories** |
| Main Course |  |  |
| Side |  |  |
| Drink |  |  |
|  |  |  |
|  | **Total:** |  |

*Dinner:*

|  |  |  |
| --- | --- | --- |
| **Description** | **Item** | **Calories** |
| Main Course |  |  |
| Side |  |  |
| Drink |  |  |
| Dessert |  |  |
|  |  |  |
|  |  |  |
|  | **Total:** |  |

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

*Breakfast:*

|  |  |  |
| --- | --- | --- |
| **Description** | **Item** | **Calories** |
| Main Course |  |  |
| Side |  |  |
| Drink |  |  |
|  |  |  |
|  |  |  |
|  | **Total:** |  |

*Trail Snacks:*

|  |  |  |
| --- | --- | --- |
| **Description** | **Item** | **Calories** |
| Quick energy |  |  |
| Sustained energy |  |  |
|  |  |  |
|  | **Total:** |  |

*Lunch:*

|  |  |  |
| --- | --- | --- |
| **Description** | **Item** | **Calories** |
| Main Course |  |  |
| Side |  |  |
| Drink |  |  |
|  |  |  |
|  | **Total:** |  |

*Dinner:*

|  |  |  |
| --- | --- | --- |
| **Description** | **Item** | **Calories** |
| Main Course |  |  |
| Side |  |  |
| Drink |  |  |
| Dessert |  |  |
|  |  |  |
|  |  |  |
|  | **Total:** |  |

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

*Breakfast:*

|  |  |  |
| --- | --- | --- |
| **Description** | **Item** | **Calories** |
| Main Course |  |  |
| Side |  |  |
| Drink |  |  |
|  |  |  |
|  |  |  |
|  | **Total:** |  |

*Trail Snacks:*

|  |  |  |
| --- | --- | --- |
| **Description** | **Item** | **Calories** |
| Quick energy |  |  |
| Sustained energy |  |  |
|  |  |  |
|  | **Total:** |  |

*Lunch:*

|  |  |  |
| --- | --- | --- |
| **Description** | **Item** | **Calories** |
| Main Course |  |  |
| Side |  |  |
| Drink |  |  |
|  |  |  |
|  | **Total:** |  |

*Dinner:* We will be eating a nice meal in Lone Pine on the drive home. (Bring money)

* You do not need all the items listed… for example, if you do not want a drink or dessert for dinner just cross them out. There are extra spaces provided so you can add more items as you wish.
* Keep in mind, all your food is stored in your bear canister.
* \*Some good quick energy ideas are “Cliff Bar Shot Blocks”, “GU”, or something like that. Good sustained energy ideas are energy bars, dried fruit, or trail mix.

**What are some good online resources?** Go check these out and become en*lightened:*

* [www.cleverhiker.com](http://www.cleverhiker.com) –check out his YouTube channel as well
* [www.outdoorgearlab.com](http://www.outdoorgearlab.com)
* <https://sticksblog.com/> –check out his YouTube channel as well
* [www.hikelight.com](http://www.hikelight.com) –check out his YouTube channel as well
* <http://blackwoodspress.com/blog/> (check out his sample meal plans and his gear planner 2.0!!! -you can find them by scrolling through the blog)
* [www.backpacker.com](http://www.backpacker.com)
* [www.adventurealan.com/](http://www.adventurealan.com/)
* [backpackinglight.com/](https://backpackinglight.com/)

**Closing thoughts:** This trip is going to set the new standard of high adventure in Troop 212. It allows the group to make decisions based on how they are feeling. The group can shorten or lengthen the hike, but still get to the same trailhead (there are lots of trail options!). I am asking each person to complete the gear weight list and food list as soon as possible. I will provide a scale for people to weigh their gear, so they do not have to buy one. As weighing your gear will take some time, each person may take the scale home and pass it on to the next person. As a final note, I trust each individual to make sure they will be in the required physical condition for this hike. Please continue working out and putting in the hard work! It will pay off on the trip.

Yours in Scouting,

Dominic Gawel

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\*this letter may be updated via email