**Troop 212 – Deep Creek Survival – August 2017**

Dear Scouts and Scouters,

Since we are a High Adventure troop, and with an eye towards “being prepared”, we are going on a role playing "day hike" to Deep Creek Fisherman’s Camp in the rift between Lake Arrowhead and Green Valley Lake. We will hike 2.5 miles to a remote area to test our survival skills in the wild. We have learned the five areas critical to surviving in any situation. They are:

1. **Environment:** Controlling your environment is the survival technique by which you protect your body from excess exposure from the sun, cold, wind, rain or snow. Anything that takes away or adds to your overall body temperature can be your enemy. This risk must be controlled in a matter of hours.
2. **Water.** Water is vital towards your survival. Ration your sweat not your water intake. This risk is must be controlled in 1 day max.
3. **Food**. Food is energy. Try to conserve your energy, but after you have shelter and water, you need to replenish your energy in order to think and act effectively. This risk is next because it must be controlled in 2 days.
4. **Fire**. Fire is a critical survival skill. Fire can purify water, cook food, signal rescuers, provide warmth, light and comfort, help keep predators at a distance. It can be a most welcomed friend and companion. This risk is important to assess soonest based on the three needs above.
5. **Signaling**. Signaling is unique among survival techniques in that it gives you the means and ability to alert any and all potential rescuers that you are in need of HELP. Fire, flashing light, bright color markers, flags, mirrors, whistles all will help you be found. This risk is important to assess soonest possible based on when you will be considered overdue, as a result of your submitting a safety flight plan to a trusted individual at home. This risk may be a matter of hours or days, or never, ***depending on that submitted plan***.

The role playing story of this outing is that our “planned day hike” has gone awry so we are forced to “survive” until help arrives the next day. Therefore, all participants, Scouts and Adults, should pack all necessary "essential" gear into a single daypack that you would normally take on a day hike. Please make sure you have, at a minimum, the Boy Scout ten essential items in your pack, because most of these tools will be used on this adventure. In addition, 2-3 liters of water, your hike lunch for Saturday, and trail snacks. Swimming in the creek is a likely possibility. Be prepared with proper attire AND NO BARE FEET IN OR NEAR THE WATER. We suggest that you pack your gear in waterproof bags in case it rains in the afternoon, which is often the case during high altitude adventures such as this one.

Since we are going to be "surviving off the land", there is no need for the troop to go food shopping. We will **not** be providing troop tents, lexan food boxes, wood cook boxes, backpack gear, or any other gear from troop storage. If a *daypack* (no full backpacks) is needed, please email me for assistance...I have a few spares at home. We will NOT be performing a bag check. Each participant will be expected to follow the Buddy System this trip.

We suggest each participant perform his own independent study to determine the natural way to properly/safely prepare and eat the local, non-poisonous vegetation and animals. Fishing is the most obvious opportunity. ***Deep Creek is substantial and fish may be abundant. Fishing poles/reels are not part of a typical day hike but a good survivalist always has some fishing line and hook in his kit. Special fishing regulations apply for trout: barbless hooks, artificial bait, 2 trout limit per person/per day. Fishing licenses are required for those 16 and older.***

The troop will meet at the Church parking lot on Saturday, August 19 at 7:00 AM and depart at 7:30 AM We need our adult drivers to assist us with transportation on Saturday morning, and Sunday about noon. Our drop of site is in Crap Tree Flats, near Green Valley Lake. Driving maps are on the T212 website (see “Survival” trip info). A small Advanced Crew will depart the Friday evening of this adventure.

The uniform for this event will be Class B t-shirts, and proper footwear. We expect the days to be quite warm but the nights will be chilly – in the low 50’s. Bring warm clothes for the evening, since campfires may not be allowed.

**TRIP DETAILS**

**Departure:** **Saturday, August 19 , meet at 7:00 AM**  – Church parking lot. Please be prompt. Depart at 7:30.

**Return Arrival:** **Sunday, August 20 at approximately 3:00 PM** – Same parking lot

**Cost:** **$ 10.00/$10.00** per person. For camp fees, ( no food) and auto fuel. Please bring payments to the troop meeting on Monday, August 14, with the standard permission slip, which can be found on the website. Checks for $20 to be made out to “ BSA Troop 212”, or bring cash and permission slip to the Troop meeting on the 14th.

**Equipment: *This is a day hike.*** The Boy Scout 10 Essentials should be followed. See the 10 Essentials on the T212 website (“Survival” trip info) or use the list below. Be sure to bring your trail lunch for Saturday and money for lunch on the return trip.....whatever day we actually get rescued.

**10 ESSENTIALS FOR HIKING**....As listed in the Eleventh Edition of the [*Boy Scout Handbook*](https://en.wikipedia.org/wiki/Boy_Scout_Handbook), they are:

1. A [**pocket knife**](https://en.wikipedia.org/wiki/Pocket_knife) (presumably more than just a [knife](https://en.wikipedia.org/wiki/Knife), a [Swiss Army knife](https://en.wikipedia.org/wiki/Swiss_Army_knife) for example) can come in handy in a wide variety of situations. It is useful for tasks as large as building an emergency [shelter](https://en.wikipedia.org/wiki/Hut_(dwelling)) or lighting a [campfire](https://en.wikipedia.org/wiki/Campfire) with poor [fuel](https://en.wikipedia.org/wiki/Fuel), or as small as repairing a damaged [backpack](https://en.wikipedia.org/wiki/Backpack). In order to use a knife in Scouting, you must have your [Totin' Chip](https://en.wikipedia.org/wiki/Totin%27_Chip) award or [whittling chip](https://en.wikipedia.org/w/index.php?title=Whittling_chip&action=edit&redlink=1) award.
2. A [**first aid kit**](https://en.wikipedia.org/wiki/First_aid_kit) can be a lifesaver. A basic kit for [first aid](https://en.wikipedia.org/wiki/First_aid) might include [adhesive bandages](https://en.wikipedia.org/wiki/Sticking_plaster), [medical tape](https://en.wikipedia.org/wiki/Surgical_tape), sterile [gauze](https://en.wikipedia.org/wiki/Gauze), [moleskin](https://en.wikipedia.org/wiki/Moleskin), [soap](https://en.wikipedia.org/wiki/Soap), [antiseptic](https://en.wikipedia.org/wiki/Antiseptic), a mouth-barrier device for [CPR](https://en.wikipedia.org/wiki/Cardiopulmonary_resuscitation), scissors and [band-aids](https://en.wikipedia.org/wiki/Band-aids).
3. **Extra clothing** to match the weather. Multiple layers are superior to a single massive [jacket](https://en.wikipedia.org/wiki/Jacket), because [layered clothing](https://en.wikipedia.org/wiki/Layered_clothing) is adaptable to a wide range of temperatures.
4. **Rain gear** is very important. Being wet from rain may result in [hypothermia](https://en.wikipedia.org/wiki/Hypothermia), a potentially fatal condition.
5. A [**flashlight**](https://en.wikipedia.org/wiki/Flashlight) is, of course, important for finding one's way at night.
6. **Trail** [**food**](https://en.wikipedia.org/wiki/Food) is good for maintaining your energy. Hunger and low blood sugar can interfere with concentration and coordination.
7. **Water** is probably the most important of the Essentials. [Dehydration](https://en.wikipedia.org/wiki/Dehydration) may develop into [heat exhaustion](https://en.wikipedia.org/wiki/Heat_exhaustion) and [heatstroke](https://en.wikipedia.org/wiki/Heatstroke). The human body may only survive for a few days without water. Portable [water purifiers](https://en.wikipedia.org/wiki/Water_purification) and [water stills](https://en.wikipedia.org/w/index.php?title=Water_still&action=edit&redlink=1) may be used to obtain potable water from virtually any source. If a water-source is unavailable the use of a [dromedary bag](https://en.wikipedia.org/wiki/Dromedary_Bag) should be considered.
8. [**Matches**](https://en.wikipedia.org/wiki/Match) **and/or a fire starter** may be used to light [fires](https://en.wikipedia.org/wiki/Fire) for heat, or for signalling purposes. (Publicly owned forests in the United States often have lookout stations for forest fires and signal fires.)
9. **Sun protection** may include [sunblock](https://en.wikipedia.org/wiki/Sunblock), [sunglasses](https://en.wikipedia.org/wiki/Sunglasses), [lip balm](https://en.wikipedia.org/wiki/Lip_balm) and a wide-brimmed [hat](https://en.wikipedia.org/wiki/Hat). Used properly, it will prevent [sunburn](https://en.wikipedia.org/wiki/Sunburn) and possibly [heat exhaustion](https://en.wikipedia.org/wiki/Heat_exhaustion).
10. [**Trail maps**](https://en.wikipedia.org/wiki/Trail_maps) **and** [**compass**](https://en.wikipedia.org/wiki/Compass) are probably the most important tools one can carry in case of getting lost, along with the basic skills to use them. In knowledgeable hands, they can be used to determine one's location and the best route to reach another location.

**Beyond the Top Ten**

Here are a few other add-ons to consider:

**Insect repellent:** Your most effective options are: lotion or spray repellents containing DEET or Picaridin, and/or clothing that has been treated with Permethrin.

**Whistle:** For summoning help, it will outlast your vocal cords.

**Aluminum Foil:** Useful for signaling, cooking, preserving the finger you just cut off, plugging holes, and much more.

**Signaling device:** Some compasses come with sighting mirrors. If yours does not, consider taking a small mirror to signal rescuers in an emergency.

**Knowledge:** Having items in your pack has no value unless you understand how to use them. As one search-and-rescue leader told us, “People talk about the Ten Essentials, but the most important essential is between your ears.”

*SPECIAL NOTE TO DRIVERS: This trip will not happen for all the boys that wish to attend this very High Adventure experience if we do not get enough drivers to drop off on Saturday morning, and pick up on Sunday noon time. Drivers do need to be aware of the following; 1) The last 5 miles will be on a sandy road, similar to the dirt road we travel when camping behind Calico Mountain, requiring some vehicle clearance. 4x4 is not necessary. 2) The parking area requires that each vehicle have a copy of the camp reservation on the dash. This will be distributed on Saturday, along with the radios, etc. Be sure that you have one and put it on your dash if you are parking and hiking with us. Otherwise, a ticket! 3) Drivers are welcome to participate in the campout but are not required to do so. If you’d prefer to spend the night in Green Valley (or elsewhere), please do. Just return to pick up the scouts by noon on Sunday.*

As is the tradition of Troop 212, this will be a very safe outing. If you have any questions, please do not hesitate to contact me.

Yours in Scouting,

John Douglas

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