

CUB SCOUT PACK 528: FALL CAMPOUT

Tips, Preparation, and Recommendations

It's almost time for our camping trip to Appletree Campground! We hope everyone is getting prepared for a great time. Directions, safety info, schedules, helpful packing hints, and more information about the campout are posted online at: <http://www.cubpack528.com/fallcamp.html>

- The Pack will be providing the Saturday dinner. Volunteers are needed to help with dinner, as we are planning to feed potentially 150 people. Dinner is at 6:00 p.m., and our campfire program will be from 8:00 - 10:00. As a reminder, you will be responsible for the rest of your meals during the trip.
- PLEASE BRING A BUNDLE OF FIREWOOD WITH YOU SO WE WILL HAVE PLENTY FOR THE GROUP CAMPFIRE. WE CAN'T COUNT ON FINDING MUCH WHEN WE GET THERE - THANKS!
- NO PETS are allowed at Appletree Campground.
- Your individual dens may have planned events during the weekend. Please check with your den leader(s) to confirm those times to avoid any conflicts with planned family outings.
- We suggest you bring ample rain gear as well. As long as you come well prepared, you can greatly minimize the impact of bad weather. But hopefully we'll have sunny skies!
- See the following information regarding preparations for cold weather sleeping. Temperatures can and do drop below freezing overnight. This is from the Boy Scout Wiki: http://www.boyscoutwiki.org/index.php/Cold_Weather

Sleepwear

You should never sleep in the same clothes that you have worn all day. They are damp and will cause you to chill. It is advised that you bring a thick pair of sweats and thermal underwear to sleep in. Keep the thermals and sweats for sleeping in only. Do not wear them during the day. This will keep them the driest. Also be sure to have a couple of layers of wool or heavy thick cotton socks on as well. Always sleep with a stocking hat on your head. Your sleeping bag needs to be a winter rated bag- typically rated down to 15-20 degrees and stuffed with Holoofil, Fiberfil, or other polyester ticking (synthetic fiber fill bags will retain insulating capabilities even when wet – down fill bags do not).

It is also a very good idea to have some kind of sleeping mat to use in the winter. The mat can be a \$90 Therma-Rest from REI or Dick's Sporting Goods, or a piece of high density rubber foam at least one inch thick. In cold weather camping, you never want to sleep on an air mattress or off the ground in a cot. The air under you will cool you off in no time. If you don't have a sleeping mat, bring a spare wool or natural fiber blanket to use as a ground pad under your sleeping bag. The sleeping mat is worth it's weight in gold, but if you must use an air mattress, cover it with an insulating foam mat, down comforter, or blanket - between mattress and your sleeping bag.

Additional Tips:

- One can decrease the temperature rating of their existing sleeping bag by as much as 20 degrees by the addition of a fleece liner (approximately \$20-\$40 available at Target, WalMart, sporting goods stores, etc.).
- Don't sleep with your mouth and nose inside your bag. You will breathe moist air into your bag and defeat it as an insulating device.
- DO NOT keep food in your tent. It will attract bears that do live in the area. Store your food in your vehicle for safe keeping. Be sure to put ALL food related trash in the campsite trash containers.
- DON'T FORGET MULTIPLE EXTRA PANTS, SOCKS AND SHOES for your kids!!!