



## Scouts Fall Overnight Hike 2015 (Alders Challenge - one night)



**Location:** on the Bruce Trail, and at Camp Nemo (in the Burlington Area)

**Date:** October 3-4, 2015

**Time:** Bus departing 7:30 am sharp Saturday, return for pickup at 5:00pm Sunday.  
**(Binbrook United Church parking lot)**

**Cost:** \$25 for the weekend. Includes food, fuel, transport, etc.

For our first overnight of the season, we've picked an easy single overnight hike adventure to join in on, together with Scouts from the Alders Area, as part of their annual "Alders Challenge"... an annual event with a great tradition.

Weather is still nice, and the hike is riddled with planned challenges and adventures along the way, including escarpment exploration. ☺

*(more than just a walk in the woods)*

A suggested lightweight kit list is included, see other sheet. (provided by the organizers of the event, ignore eating utensils, pot, stove – we provide)

The list is a lightweight one based on the idea of carrying all gear, although this is not a requirement of the camp. You may also review our other fall kit lists, in the "Parents & Memos" section of [www.1stBinbrook.org](http://www.1stBinbrook.org). (login: Binbrook, pw: binbrookrocks)

We will be discussing with the youth. Please USE the lists, and be prepared!

Patrols/Scouts will have the option of carrying all gear with them, or simply carrying a day-pack with necessities, and their personal gear meeting them at the campsite. Either way is just fine, and the participants that do so in past years, are usually 50-50.

*(although... to challenge for the trophy, they have to carry it all...)*

If you have need to borrow any gear, please call, and we can discuss what we have available in our loaner cupboard. Backpacks, foam pads, etc. We will bring spares/loaner gear to meeting just before camp.

### **Please reply email or call with;**

1. Attendance details. (are you coming, or not?)
2. Any questions.
3. Any changes in contact information for the weekend. (additional names, telephone numbers for emergencies, and that sort of thing)

### **To the next meeting, bring;**

1. \$25 Cash, in an envelope/ziplock with your name on it.
2. Or, Interac Transfer \$25 to [info@1stBinbrook.org](mailto:info@1stBinbrook.org)

If as an event this raises any concerns, discomforts, or unease, that would lead to non-attendance, please call us to discuss, as there may be other flexibility that can ease such burdens, and still make for a great weekend.

Scouter Andy - (905) 692-0693 or (416) 428-4200 mobile



# Alders Challenge Suggested Equipment List

A good idea for packing is to divide up the gear you need into "systems" - so you have things for your sleep system, cooking system, and clothing system. This makes it a little easier to keep track of everything and make sure you don't leave everything behind. I've divided up this suggested list like that so you can try it out.

Keep in mind, this is just a guideline - feel free to modify it for what you already have and for the expected weather conditions. Also pay attention to the "Do Not Bring" items at the end - these items tend not to work too well for this type of camp.

Suggested pack weight is no more than 25% of body weight or 25lbs, whichever is less. More than that isn't really needed, and emergency gear can be easily stowed in a leader's vehicle. Also be sure to test your backpack in advance to make sure the hip belt can be tightened around your waist - it's common for youth to have hip-belts that are way too big and thus ineffective for transferring weight.

\*Denotes Patrol/Group Gear

## **The Essentials**

Knife

Headlamp or Flashlight

Camera (if you want)

Toilet Paper (in a ziploc) - patrol may choose to buy this

Toothbrush/Toothpaste

Soap

Small Towel

Whistle

Matches/Firestarter

2x Ziploc Bags

2x Garbage Bags

Compass

\*First Aid Kit

Maps will be provided.

## **Backpack**

Something with a padded hip-belt and padded shoulder straps. If the hip-belt cannot be tightened snugly, a backpack with a sternum strap and well padded shoulder straps can work better for light loads.

## **Sleep System**

Sleeping Bag - Pack in a waterproof stuff sack or sealed plastic bag. (compressed small)

Sleeping Pad - blue foam pad, or thermarest, insulation from the ground.

\*Tent

## **Cooking/Food System**

Water bottle / Nalgene - At least 500mL, but don't carry more than 1L; we can refill your bottle if you get low.

\*Stove, \*Washcloth, Mug, Bowl, Fork/Spoon/Spork, \*Pots - (these come from patrol gear)

## **Clothing to Wear**

Hiking Boots or Sneakers with good tread and foot support - new shoes/boots are a recipe for blisters, make sure your footwear is well worn in.

Sun Hat/Cap

Lightweight layered clothing - wool and synthetics are far far better than cotton.

Wool Socks

Wind Shell/Raincoat or Wind Shell and Poncho

## **Clothing to Pack**

2x Spare Socks

Spare Underwear

Warm Pullover (fleece 'hoodie' is best)

Sweat Pants

Long underwear for sleeping in

Spare Wool/Synthetic T-shirt

Toque and Gloves/Mitts

## **A word about fabrics**

Cotton, especially heavy fabrics like denim absorb a lot of water and dry slowly. They also lose almost all of their insulating value when wet and are not recommended.

Synthetics such as polypropylene and nylon are lightweight, inexpensive and dry fast - fleece is a good insulator that also doesn't absorb a lot of water. I recommend synthetics for most Scouts hiking clothing.

Wool is another good hiking fabric, it does absorb water but the water is soaked into the centre of the fibres, making it feel dry. Wool is comfortable over a wide range of temperatures, but is much more expensive than synthetics and can be itchy.

## **Do Not Bring**

Jeans or other heavy cotton pants

Large jackets, especially thick synthetic winter jackets. They are not waterproof and will soak up a great deal of water, getting very heavy. Also, they are too warm when dry for hiking in. Layers are much more effective at keeping you warm and dry.

Any overly heavy items - try to minimize the weight you are carrying, it will make everything much easier.

Generally speaking, while in motion (hiking) you will be warm and won't need as many layers of clothing, as your body is pumping fluids around. When you stop to rest, or make camp, is when you'll want to pull out warm clothes to keep warm at rest.

# Alders Challenge Menu Suggestions

Here are some menu suggestions for Scout and Venturer patrols on the Alders Challenge. Feel free to take, ignore or mix up the suggestions as much as you want, but keep in mind that your meal plan should be nutritious, easy to prepare and carry, and not require refrigeration. A hot meal is strongly recommended for Saturday dinner, as you will cool off quickly after a day of hiking.

## **Saturday Breakfast**

Have at home before you leave.

## **Saturday Lunch**

This lunch can be a lot like a regular school lunch - sandwiches are good options as are fresh fruit and veggies. Bagels, Buns and Flatbread don't get squished quite as easily as other bread.

### **Lunch Suggestion:**

Cheese, Jerky/Pepperettes, Apples and Crackers or Bagels.

Its simple, packs well and can be easily split up among the group before you start hiking in the morning.

## **Saturday Dinner**

Dinner on Saturday should be something warm and filling. Something with a good amount of liquid is also good because it will help keep you warm as well as rehydrate you after a day of hiking. Pasta seems to be an annual favourite for some patrols, but its **not** recommended, because it is messy and hard to cook on a lightweight stove, and needs a bigger pot than other options.

Here are a couple suggestions;

### **Couscous and Tuna Salad**

- 1 pkg Couscous (350g) Couscous is made from the same thing as pasta, but it only needs to be rehydrated, not cooked.
- 2 pouches Tuna
- ½ pkg diced sun dried tomatoes, about 40g
- 1 tbsp Dried Onion
- ½ cup Slivered Almonds
- Curry powder
- Dijon mustard
- Honey
- Red wine vinegar
- Sesame oil
- Soy sauce
- Sriracha (hot sauce)

Before camp:

Mix together equal parts mustard, honey, vinegar, oil and soy sauce in a leakproof container to make sauce, and add curry powder to taste. Repackage together tomatoes and almonds.

At camp:

Boil 500mL water, stir in couscous and onion and remove from heat. Continue stirring couscous until almost all of the water has been absorbed. Add the sauce, and tomatoes and almonds and stir until evenly mixed. Serve and add hot sauce to taste.

## **Quinoa with Mushrooms and Ham**

- 2 cups Quinoa - quinoa is a nutritious seed rich in protein and carbs, great for hungry hikers.
- ½ cup Dried mushrooms
- 1 Ham
- 1 Onion
- Parmesan
- oil

A sealed ham that has been refrigerated until Saturday morning can be packed in a ziploc with some ice and still be good for dinner.

At camp;

Soak dried mushrooms in 1L water. While mushrooms are soaking, cut up onion and ham into 1.5cm cubes. Brown onion and ham with a small drizzle of oil in a pot on the medium-lowest setting of your stove. Once the onion turns clear, remove from the heat and put the water and mushrooms on in the pot you just used for the onions. Add the quinoa to the water and bring to a boil. Turn the stove down and stir constantly until almost all of the water is absorbed. Remove from heat and stir in ham, onion, and parmesan.

## **Sunday Breakfast**

Instant oatmeal is the classic camp breakfast - it's easy, warm and filling. The oatmeal provides an energy kick but also has parts that take longer to digest, keeping you fuller for longer. You can mix it up by adding honey, chocolate chips or dried fruit. My favourite is dried blueberries.

If you don't do it this way already - its highly recommended that you make the oatmeal in each individual bowl - it keeps it from getting too cold and sticky, and makes cleanup somewhat easier. This way you can also use any extra hot water for tea or cider.

I usually eat my oatmeal out of my mug, then have tea in the same mug, using my spoon to collect any leftover bits of oatmeal. A quick rinse and licking off my spoon, and ta-da!, no dishes.

## **Sunday Lunch**

Lunch on Sunday can be similar to Saturday's - fruit, bread or crackers, and cheese and jerky. Or you can mix it up with the energy kick suggestion below. Either way, it should be simple and fast - no dishes or complicated prep, and if you can eat it on the go, thats even better.

## **Energetic Lunch Suggestion:**

Wraps with peanut butter (if no one is allergic) with chocolate chips and fruit or veggies.

## **Snacks**

Snacks can be almost anything, but sticking to trail mix, gorp, or granola bars will keep you fueled and feeling strong. Sugary snacks will give you a temporary boost of energy, but it will quickly fade, especially when you're hiking. Nuts will keep you fueled for longer and mixing in dried fruit will give you an energy rush when you need it.