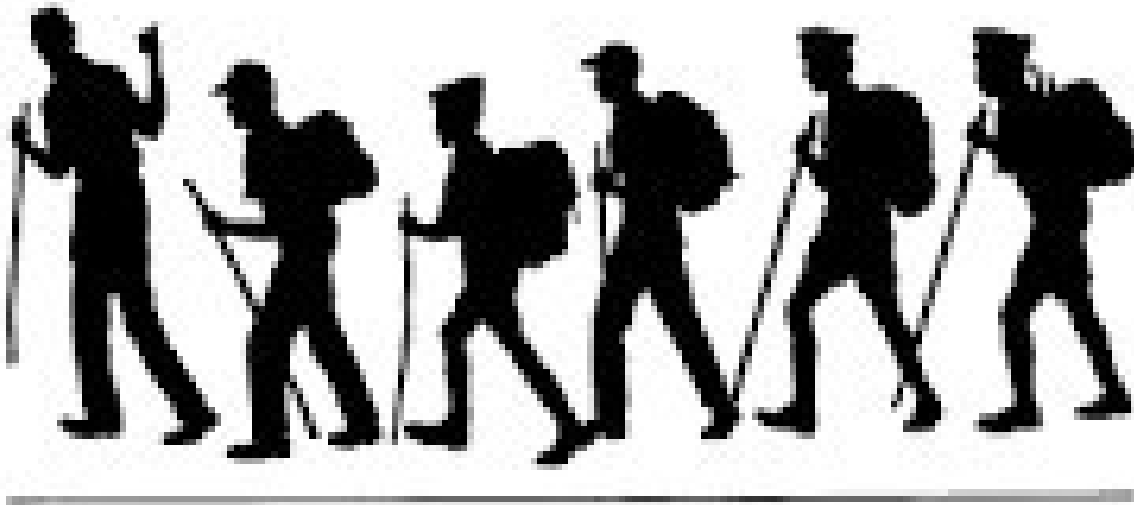


2026 FALL TREK-O-REE SCOUTING AMERICA LONG ISLAND

TROOP LEADER INFORMATION PACKET



<u>Date:</u>	Friday, October 9, 2026 – Sunday, October 11, 2026
<u>Location:</u>	Schiff Scout Reservation
<u>Arrival:</u>	Friday, October 9th - 5:00 PM to 8:00 PM
<u>Departure:</u>	Sunday, October 11th at approximately 10:00 AM
<u>Fee:</u>	\$10 per person (\$20 per person after 9/25/2026)

Schedule of Events:

Friday

5:00 PM – 8:00 PM Troops arrive at camp and park in the main parking lot. Check in at the camp office and receive site assignments and other event information. Hike with all gear to sites and set up camp. **ALL VEHICLES MUST REMAIN IN THE PARKING LOT. NO VEHICLES WILL BE ALLOWED TO GO INTO THE CAMP TO THE SITES.**

Saturday

7:00 AM – 10:00 AM Troops hike to the COPE field prepared to start the hike at their specified times.

7:00 AM to 1:00 PM Using maps, compasses, and following trail markers, troops conduct the hike, finishing up at the Reiter Shelter. The hike should take about 3 hours.

11:00 AM – 1:00 PM	Lunch in campsites or on the trail
1:30 PM	Camp activities begin
5:00 PM	Dinner (in campsites)
7:00 PM	Evening campfire (in campsites)
10:00 PM	Lights out

Sunday

7:00 AM	Reveille
7:15 AM	Breakfast (in campsites)
9:00 AM	Closing ceremony
9:30 AM	Site inspection & dismissal

Why a Trek-O-Ree?

Troops that do backpacking often start younger scouts on a basic trip at locations like Harriman State Park, which have moderate to significant elevation changes, water resupply challenges, and difficulty in planning emergency bailout options for those who might be unprepared.

The Trek-O-Ree is a gentle introduction to backpacking – the trail is approximately 5.5 miles of almost level terrain. If your scouts are prepared, they can complete many Tenderfoot, Second Class and First Class requirements.

The focus of the Trek-O-Ree is backpacking skills training and awareness. It is not a competition.

Preparation:

Before the Trek, troops **must** teach the **Rules of Safe Hiking** (Tenderfoot Requirement) since there are some sections of the trail where we will hike on the camp road. Most of the trail is on dirt paths, so hiking boots are a must.

Compass: Each scout should have a compass, be able to explain how it works, and be able to orient a map (2nd class requirements). We hope to do a **quick** review with the scouts at drop off, but the majority of them should know this basic skill.

Backpacks: This is a backpacking trip and all participants must carry all their personal equipment and a share of their patrol gear. **Before** starting, the patrols should split their group gear (half a tent and a share of the food and equipment). This can be done before you arrive or in your sites.

Equipment: Scouts must do without the benefit of the 100 lb. patrol box – no propane, Coleman stoves or pop-up canopies. Lightweight stoves and backpacking-appropriate food are recommended. Cooking dinner on a lightweight stove will be part of the camping experience. A GPS, or a smartphone with a GPS app, may also come in handy.

The Ten Essentials: While hiking, the scouts should be carrying the ten essentials: water, raingear, pocket knife, fire-starting tool, sunscreen, bug spray, personal first aid kit, map, compass, and some food.

Camping: The current plan is that units will be utilizing, and possibly sharing, campsites in and around the Gulch and other areas of Schiff Scout Reservation. The expectation is that the scouts (and adults) will sleep in tents. If your site has a lean-to, it should be used as a food preparation area.

Clothing: We will be camping in early October. Be prepared for cooler weather. Proper raingear and waterproof hiking boots are a must. Remember our Motto – Be Prepared!

Activities & Events:

The current plan is to demonstrate and teach to the scout basic water purification techniques, crew/patrol tarp setup, and basic map and compass skills including pacing. Scouts will also have the opportunity to complete an orienteering course and locate geocaches within the camp.

Advancement opportunities:

With proper planning and preparation on the part of the troop, scouts can take advantage of many advancement opportunities, including:

- Tenderfoot requirements 1 (camping), 2 (cooking) & 5 (hiking).
- Second Class requirement 3 (navigation).
- First Class requirement 4a, "Using a map and compass, complete an orienteering course that covers at least one mile and requires measuring the height and/or width of designated items (tree, tower, canyon, ditch, etc.)".

GENERAL TREK-O-REE INFORMATION

1. MAPS & TRAIL GUIDES

Trail maps & guides will be distributed when your unit checks in.

2. FIRST AID

Located at the Reiter Shelter. This area will be manned throughout the day. The contact information for the first aid officer will be distributed to troop leaders at check-in.

3. WEATHER

THE TREK WILL GO ON, RAIN OR SHINE! (Unless there is dangerous weather)

4. SCORING

There will be no scored events this year. Participation in all events will be voluntary, but highly recommended (except for the hike – that is mandatory).

5. EVENTS *(Subject to change)*

1. Water purification:

- A staff member will demonstrate how to use a purification pump, Micro-Pur tablets, and other purification techniques. See Appendix C.

2. One pot sterilization, cooking and cleanup.

- A staff member will demonstrate the methods used to ensure safe group food preparation and cleanup using two pots. (one for water, one for cooking). See Appendix A.

3. Crew Tarp:

- Demonstration of the proper technique to set up a Crew tarp Philmont style. See Appendix B.

4. Orienteering Course:

Requires knowledge of map, compass & navigating skills, including but not limited to:

- Orienting a map
- Finding true north
- Finding magnetic north
- Taking a bearing
- Distance estimating
- Height estimating
- Completing an orienteering course (timed)

5. Geocaching Course:

Find geocaches throughout the camp.

*** ALSO NOTE THAT THERE IS A GA-GA BALL PIT NEAR THE MAIN PARKING LOT WHICH SHOULD BE AVAILABLE FOR USE TO UNITS DURING “DOWN TIME”. UNITS CAN ALSO BRING A FRISBEE OR SMALL BALL TO PLAY WITH IN THE OPEN FIELD IF THERE’S “DOWN TIME”, BUT REMEMBER, YOU HAVE TO PACK IN ALL OF YOUR GEAR ON YOUR BACK, SO DON’T BRING TOO MUCH.**

Appendix A: One pot Cooking method used at Philmont

Prepare a kitchen area:

- Cook near the fire ring.
- Only allow the two cooks in the area. This keeps pots from being knocked over and dirt from being kicked in the food.
- Use an empty bear bag as a preparation table. This keeps dirt out of the food and food out of the dirt.

Start stoves and get the water boiling:

- Start with less water than the directions call for. You can always add more.

Sterilization:

- Before each meal the dishes must be sterilized for at least 30 seconds in boiling water to disinfect any contamination.
- Proper washing, rinsing and sterilizing of dishes will prevent diarrhea, dysentery and a host of other medical problems.
- The cooking pot needs to be large enough to submerge all personal dishes for proper sterilization. The 8-quart pot is suggested to cook in.
- The two cooks can now use hand sanitizer, NOT BEFORE.

Philmont Cooking Method:

Add supper to the boiling water.

- Once all the food is added, simmer the stove if available or take pot off of the stove. Be sure to put the lid on the pot to trap heat and allow your supper to cook.
- Stir occasionally and always hold the pot with hot-pot tongs when stirring.
- DO NOT cook in the meal bags. They are made up of a different, thinner plastic and are not suitable for boiling water.

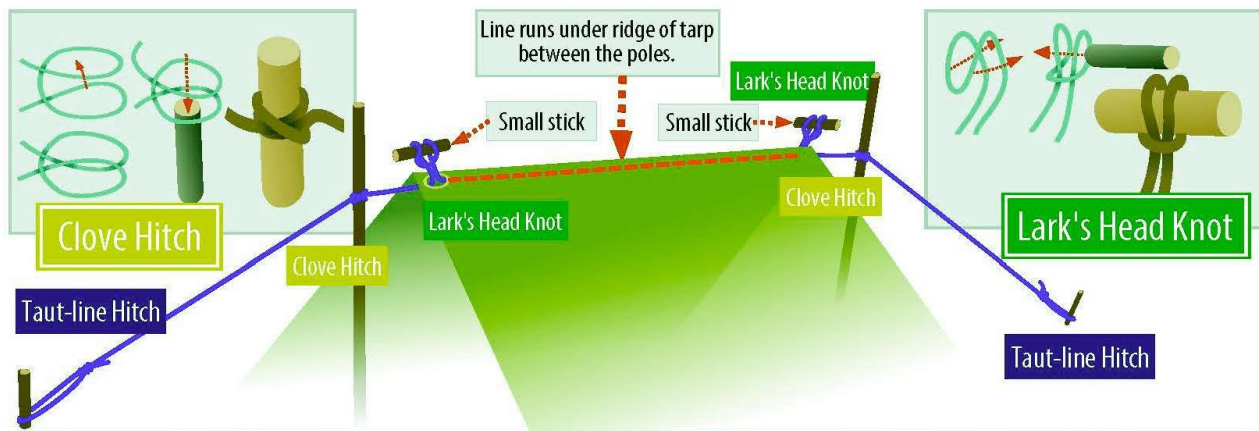
Cleaning Water:

- After taking the cooking pot off the stove, place the small pot on to heat up the water to clean dishes.

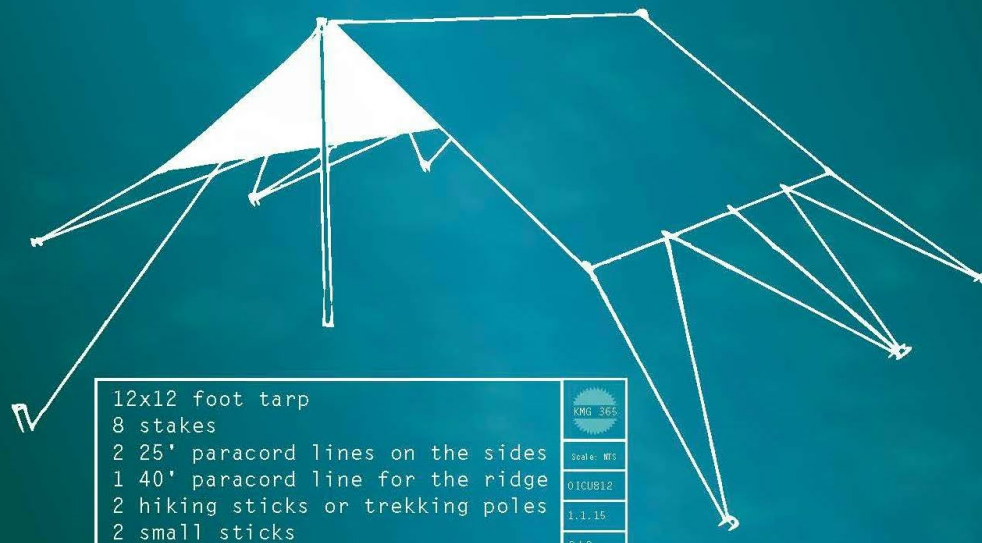
Serve Food:

- Say Philmont Grace before eating
- Serve food over the pot to avoid spilling on the ground.
- Keep the meal preparation area tidy. Spilled supper ingredients on the ground make the area a smell-able and needs to be cleaned up.

Appendix B: Philmont Style Crew Tarp Setup



PHILMONT STYLE DINING FLY RIG



Appendix C: Water Purification

Water Filter and Purification Limitations

When it comes to water filtration or purification, there are no absolutes. Each method has its pluses and minuses depending on water temperature, turbidity, and local industrial or biological contaminants.

- SteriPENS and chemical purifiers are less effective when your water has a lot of suspended solids.
- Chemical purifiers take longer to work in very cold water and chlorine dioxide takes a full 4 hours to kill a hardy protozoa named cryptosporidium.
- Boiling requires that you carry extra fuel, but works the best with snow.
- Iodine tablets don't kill cryptosporidium.
- Filters that use activated carbon don't remove viruses.
- Pump based filters and purifiers are heavy to carry and are prone to cross-contamination.
- Inline or gravity filters can be slow and require that you carry extra water, hosing and reservoirs.
- Most methods, except a First Need purifier, don't remove industrial pollutants or fertilizers

In the local tristate area, aside from boiling, the safest way to purify water is to use a two-step method:

1. first use a pump based filter to remove solids, bacteria and parasites such as Cryptosporidium,
2. and then use purification tablets to catch any viruses that the filter missed.

Philmont, based on their experience and expertise, use Micropur chlorine dioxide tablets. In the many years they have been operating, this has proven to be an effective way to purify water at their location.

The Chlorine Dioxide tablet method does require waiting time after treatment:

- 15 minutes for Viruses and Bacteria in all water,
- 30 minutes for Crypto and Giardia in normal water (60°F, clear water),
- 4 hours for Crypto in worst case water (39° F, very dirty, slightly acidic water)
- Note that a mechanical filter will eliminate Crypto and Giardia. Giardia is common in our area of the country.

Appendix D: Meals & Leave No Trace Considerations

When we backpack, there are several things to consider – the weight and bulk of what we carry, and the impact we have on the area we pass through and camp in.

Two major Leave No Trace ideas that tie in well with backpacking is to minimizing the amount of garbage we generate, and carry out what we bring in. The time we tend to generate the most trash is around mealtimes, and we can take steps before hand to reduce the amount.

For example, a patrol decides that dinner will be mac & cheese. Before the trip, the patrol can pour the dried pasta into a plastic bag, and eliminate the box. You may want to clip out the directions and put them in the bag for reference.

If you are having pop tarts for part of your breakfast, get rid of the box and distribute the pop tarts around the patrol. Likewise, for English muffins – take them out of the package and split them up beforehand. Get individual serving packets for jelly or peanut butter, no need to carry the jar. Ideally, each scout will carry much of what he is going to eat on the weekend, with no leftovers.

Think light – a pouch of tuna or chicken, a pita and mayo packet or two per person makes a pretty filling lunch, and can be divided up easily. Canned tuna would just add to the weight and bulk. Avoid canned and jarred goods. Think simple meals – avoid bacon and eggs and toast and go with oatmeal. Premixed powdered pancakes are a good meal, but skip the big jug of maple syrup and get a few syrup packets from McDonalds. Hard boiled eggs in the shell are also a good meal for cooler weather campouts.

Scout leaders, bring along individual servings of instant coffee and creamer or half-and-half. Avoid the quart containers of such products that also need refrigeration.

Pre-packaged, freeze-dried meals like Mountain House means you do not need to worry about refrigeration – just boil water, mix and eat.

With proper planning, all waste generated for a weekend trip can be divided up into a one-gallon plastic bag for each person.