



Shakedown hikes will focus on building skills needed for backpacking and group comradery. Participants need to attend one shakedown hike each month. If the majority of the group can attend one date, the other hike planned for the month may be eliminated to maintain youth protection guidelines.

Ideally, participants should have the backpacks they plan to use for the Manatoc Valley Challenge week and at least 25 pounds of gear for each hike. If a pack needs to be rented, we recommend you do this through Kent State University's [Outdoor Rental Center](#).

REMINDERS:

- If participants do not drive themselves, please plan to pick them up at the designated time.
- All participants will need to have a [completed health form](#) (Philmont backcountry participant version) to participate in shakedowns. Health forms must be current at the time of each hike (no more than 364 days old).
- We will have a meeting on March 13th at the Camp Manatoc Lewis Family Conference Center at 6pm to discuss these shakedowns and general expectations. Please come with a parent or guardian.

1st shakedown - March 29th and 30th @ 2PM - Towner's Woods in Kent (1 hour)

2264 Ravenna Rd, Kent, OH 44240

Gear: 55L+ backpack with at least 25 lbs. of gear/water (1L minimum), basic first aid kit, rescue meds (if applicable)

2nd shakedown - April 12th and 13th @ 2PM - West Branch/Royalview (Strongsville) (1.5 hours)

Location TBD

Gear: 55L+ backpack with at least 25 lbs. of gear/water (2L minimum), basic first aid kit, rescue meds (if applicable), light snack, trekking poles

3rd shakedown - May 10th and May 31st @ 11AM - Camp Tuscazoar (2-3 hours)

6066 Boy Scout Rd NE, Dover, OH 44622

Gear: 55L+ backpack with at least 25 lbs. of gear/water (3L minimum), basic first aid kit, rescue meds (if applicable), light snack, trekking poles, lunch

Registration Deadline: April 1st

Contact: Corey Teuton & Stephanie McLean at valleychallenge@gtcscouting.org