

**Scouts BSA
Simon Kenton Council
Gateway District – ‘The Turtle’s Back’
Final Bulletin**

When: April 29-30, 2023

Where: Burr Oak State Park, 4170 Beach Rd, Glouster, OH 45732

Directions:

From the north and I-70: From I-70 take OH-13. Follow OH-13 S continue for 13.6 miles. At the traffic circle, continue straight onto OH-13 S/S Columbus St. Continue to follow OH-13 S continue for 8.4 miles. Turn left onto W Broadway St continue for 1000 ft. Turn right onto N Main St continue 0.7 miles. Turn left onto OH-13 S/OH-37 E/OH-93 N/Mill St. Continue to follow OH-13 S/OH-37 E/OH-93 N for 5.3 miles. Turn right onto OH-13 S continue for 3.4 miles. Turn left onto OH-13 S continue for 9.9 miles. Turn left onto Burr Oak Rd continue for 1 mile. Turn right onto Beach Rd continue for 1.3 miles. Turn right to Burr Oak Marina Boat Dock #4.

From OH 33 Lancaster bypass and Logan: Lancaster Rd Head south on US-33 E continue for 26.6 mi. Take exit 185 for OH-78/OH-691 toward Nelsonville/Buchtel. Turn left onto OH-691/OH-78 E continue for 6.7 miles. Turn right onto OH-78 E/Corning St continue for 5.1 miles. Turn left onto OH-13 / High St continue 0.2 miles. Continue onto OH-13 / N Main St continue 0.4 miles. Continue onto OH-13 N / Broad St continue for 3.8 miles. Turn right onto Burr Oak Rd continue for 1 mile. Turn right onto Beach Rd continue for 1.3 miles. Turn right to Burr Oak Marina Boat Dock #4.

From OH 33 and Athens: Head north on US-33 W for 2.3 mi. Take exit 194 for OH-13/OH-550 toward Chauncey/Amesville. Continue onto OH-13 N for 3.2 miles. Turn right onto OH-13 N/Converse St continue for 13.2 mi. Turn right onto Burr Oak Rd continue for 1 mile. Turn right onto Beach Rd continue for 1.3 miles. Turn right to Burr Oak Marina Boat Dock #4

Who: All Scouts, Crews and Scouters of Gateway District and other Districts are invited to attend.

Registration: \$40, on line, Simon Kenton Council website. Registration is highly recommended online before the event. There is no medal or neckerchief if not preregistered.

Camping and Parking: Carpooling is a must and Troops should bring as few vehicles as possible.

Vehicles are not permitted in camping area. All Troops are to arrive at Boat Dock #4 for drop off and vehicles will need to be parked at the beach parking lot. Each Unit can leave one vehicle at Boat Dock 4 and if they have a trailer, it can also be parked there.

The camping area is primitive, with potable water, pit and Port-a-John, one electrical outlet at the shelter house and a dumpster for trash.

First Aid & Emergencies: Local EMS will be available along with first aid support staff on site. Troop Leaders should have medical release/history forms for each Scout.

Crackerbarrel: All SM's and SPL's should attend the Saturday evening Crackerbarrel to get final instructions, program changes and to have any questions answered.

Unit Leader Notes: YPT is required for all leaders and adults.

Do not litter the trail.

Any Scout or Scouter who has to drop out along the trail can be picked up at the checkpoints. The final sweep crew will arrange for any other pickups that may be necessary.

Trail Hike Information:

Day 1:

Total hike time 5 hours

Total hike distance 11.5 miles

Total elevation gain 1,442 ft

Day 1 details:

Start Boat dock #4 to Checkpoint #1 - Burr Oak Dam

Mileage: 3.23

Time: 1:20

Burr Oak Dam to Checkpoint #2 - Boat dock #2

Mileage: 4.00

Time: 1:40

Boat dock #2 to camp

Mileage: 4.27

Time: 2:00

Day 2:

Total hike time 3 hours 15 minutes

Total hike distance 7.57 miles

Total elevation gain 889 ft

Day 2 details:

Camp to Checkpoint #1 - Sunday Creek Rd. and connector trail

Mileage: 2.73

Time: 1:08

Sunday Creek Rd. and connector trail to Checkpoint #2 - Burr Oak Rd. and connector trail

Mileage: 4.00

Time: 1:50

Burr Oak Rd. and connector trail to finish - Burr Oak Beach

Mileage: .84

Time 0:17

Dress: Be prepared, weather is unpredictable.

Patrol Equipment: First Aid kit, Scout Book, compass or GPS, canteen of water. Several checkpoints with First Aid and water be located along the trail.

Sack lunches are recommended along the trail as there will be no cooking on the trail.

Program: The Camporee is being held at a state park except for one short section. Please stay on the trail and be respectful of others. Do not stop on private property. Campsites will be assigned to the Units upon arrival in camp. Water and latrines will be available in the camping area along with dumpsters for trash.

Units are encouraged to use propane, butane or gas backpacking stoves.

Straight blade sheath or hunting knives and double-bit axes will not be permitted.

The Scout Oath and Law is our guide to conduct. Scouts should remain in their own camp area after taps until reveille.

Program Schedule:

Saturday, April 29th

7:45 AM Registration opens

8:00 AM Hiking trail opens

9:45 Registration closes

10:00 AM Trail closes, all hikers must have started on the hike

12:00 PM Trail lunch. No cooking on the trail, sack lunch, carry out all refuse

5:30 PM Dinner Preparation, cleanup and free time

7:45 PM Scout worship services

8:15 PM Campfire and O A Call Out. Youth and adult Crackerbarrels immediately after the campfire

10:00 PM Taps, all Scouts in Unit areas

Sunday, April 30th

6:30 AM Reveille, breakfast

7:45 AM Camporee Closing, Leave No Trace checkout

8:00 AM Trail opens. Units must check with No Trace Committee before leaving

9:00 AM Trail closes, all hikers must be started on the hike

12:00 PM Trail lunch, no cooking on the trail

Awards and checkout at end of Trail

Questions:

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4.17.2023

Important message from the Activities Committee:

Scouters,

The Gateway District Activities Committee is excited about the return of The Turtle after six long years. It should be the best one yet, with the venue change to Burr Oak State Park, it will be a true backpacking/hiking experience. We have been getting a lot of interest from those that have done The Turtle in the past and especially from those that have not. We would like to address a few common questions that have come up in the past few weeks.

The Turtle is open to all Scouts BSA members. There is not a minimum age requirement. With the proper conditioning an 11-year-old newly crossed over Scout can successfully complete the Hike.

This is a backpacking event as we have advertised over the past several months. We have no other program Friday night or during the day Saturday so if you aren't wanting to hike this is not an event for you. Again, with a little conditioning, hikers of all abilities can complete The Turtle. We will have checkpoints with first aid staff to make sure all hikers are doing OK. If absolutely needed we can take gear or hikers from the trail.

If part of your troop wants to hike and part does not, our suggestion is to have another activity planned for those members that don't hike at a different location, perhaps at Burr Oak, as there is a lot to do in the area. There are several reservable primitive campsites around Burr Oak as well as less primitive sites at the main campground. If your troop wants to arrive Friday night or if you have members that are not hiking but want to stay overnight, we suggest you use these camping options. Those that are not hiking are welcome to visit the group camping area Saturday evening for the campfire and Order of the Arrow callout ceremony.

We are very fortunate to have a great number of volunteer staff for this event. With the exception of perhaps an adult with a vehicle we do not need any youth volunteers but thank you to all who have offered their service.

All participants, no matter their role or participation in the event must register via the SKC website. **All** adults, no matter role or participation, over 18 must have completed youth protection training.

We look forward to seeing all of you at The Turtle!

Your is Scouting,

Gateway District Activities Committee

Turtle Tips #1 – Equipment 2023

Guide: I suggest that as a backpacking leader, you find and read a good backpacking book. I like Colin Fletcher's *The Complete Walker III*. However, it is a bit dated and may be out of print. I will ask around for a newer guide and get back to you if I find one. Version IV is out and may still be in print. The text of these Turtle Tips and associated lists will be posted on the registration website.

Equipment List: Start out with an Equipment List. I have provided a sample but you can customize it to meet your needs. Once you have developed an Equipment List, your hikers need to understand that it is not a suggestion. All the items on the list must be included and no additional items should be taken. Each hiker should have a list ahead of time and check off items as they go into the pack. Note that the list includes everything that goes including the clothes that the hiker is wearing.

Before starting, do a pack inspection to make sure that everything is there and there is nothing extra. Missing items may jeopardize the hiker, the group, or completing the hike. Extra items take up load space and weight that will be needed for Group Equipment. Remove extra equipment and attempt to provide missing items. Depending on the importance of the missing items, the hiker may need to be left behind if the missing items cannot be replaced.

Make sure your adults understand that the Equipment List applies to them. It is common for adults to think that if Scouts can do the hike, it will be easy for them. This is often not the case.

Go Light: The key to enjoying backpacking is going as light as possible. For beginning and younger hikers, the total pack weight should be less than 20 to 25% of their body weight. Young hikers will not be able to carry their personal gear and their full share of the group gear. This means that adults and older hikers will have to carry more than their share. Experienced adults and older hikers can usually handle a third or more of their body weight. However, this will slow them down and make the hike less enjoyable.

I have always had 11-year-olds on the week-long wilderness 50-milers that I have led. Older Scouts and adults just have to pick up some of the load. For longer trips, you may need to cache some of your food to be picked up along the way. Ranger facilities, visitor centers, stores, etc. make good places to leave food to be picked up later.

As a side benefit, as the Troop gains backpacking skill, the logistics of weekend camping will become easier. There will be much less gear to transport and carry into the campsite.

As a leader, do not carry more than you can handle. If you are at the end of your endurance, you will not have the extra energy that you need to lead and make the hike a success for all the hikers. Hand off some of the load to others. You don't need to carry the biggest pack to be the leader!

The Pack: The pack is one of the most important pieces of equipment in the list.

There are many types of packs available today. Most true backpacks with a frame will work or can be made to work. Traditional backpacks have an external frame with the pack bag fastened to the frame with pins. Internal frame packs have the bag built around the frame. The internal frame pack fits closer to the back. This is great for rugged hiking but it can be very hot on the back in warm weather.

The pack must have a full waist belt. It should be 4 to 6 inches wide and go completely around the waist (actually around the top of the hips). The pack should hang from it at the sides. Cheap packs will have a narrow (1 to 2 inch) belt that is fastened directly to the frame on each side. This is unsatisfactory. It will not transfer enough of the load to the hips. Also, it often pushes the pack frame into the back or buttocks of smaller hikers. Add-on waist belts can be purchased for about \$10 from local stores or CampMore. Do not let hikers attempt the Turtle without a full waist belt.

The pack should fit. The frame should not go higher than the head or extend down significantly below the hips. A \$25 K-Mart special with an add-on waist belt will work better than a \$150 JanSport that is too big.

There should be space to carry tents and group food bags at the top of the pack. This may be under the top flap or tied to a top shelf. There should also be a space at the bottom to carry a sleeping bag and pad. Adjustable straps are the best for fastening on the extra equipment. Sometimes hikers will attempt to tie a sleeping bag on with a rope or cord. This often results in the bag falling off in the first hundred yards of the hike. While this may be instructive in a shakedown, it causes lots of delays on a real hike.

I have found that three cords tied to the frame provides a reliable mount that young hikers can handle. Tie the first to each side of the frame just below the bag. Leave enough length to form a loop that will go almost halfway around the bag. Tie the second cord to one side of the frame at the bottom. Tie a loop in the end of the cord leaving the total length about six inches. Tie the final cord to the frame at the other side of the bottom. Leave it about 18 inches long. To tie on the bag, lay it in place. Take the loose end of the last cord over the bag, through the top loop, and back down and through the loop on the end of the second cord. Pull tight and secure with a half hitch (or a half hitch on the bight). Tuck the extra cord under one of the loops to keep it from hanging down.

Make sure that everything goes in the pack or is securely tied on. Hikers should have nothing in the hands, on slings, hanging from the pack or on a belt. Extra stuff gets in the way, gets lost, and makes getting the pack on or off a problem.

Boots: Good hiking boots with a steel shank are necessary for larger hikers who are carrying heavy. Light shoes without a heavy sole and steel shank will usually result in bruised feet after a day of walking on gravel and rocks. They also protect the feet and ankles when the going gets rough. However, good hiking boots are probably an unreasonable investment for smaller hikers who will grow out of them quickly. The relatively lighter load on their feet seldom causes blisters or bruising even in canvas athletic shoes or inexpensive boots.

Make sure that the boots are broken in. Wear them around the house and yard to start the process. However, they won't be fully broken in until they have been hiked in. If new boots are in the picture, make sure that they are purchased before starting the shakedown hikes. This is particularly important for adults and hikers who will be carrying heavy. The extra load will cause blisters with new boots.

Clothing: You will notice that the amount of clothing is limited. You don't need (and can't carry) enough clothes for changing every day. The clothing on the list will be sufficient for a weeklong trip, particularly if you let them dry before you pack them away.

You will usually be hiking under the canopy in the summer. This means that you will sweat and the air and ground will be damp. You will find that clothes made of manmade fibers or wool will get less damp and will dry quicker. Cotton will get wet and dry slowly. I find that cotton shorts result in massive rash after a few days. I recommend poly blend shorts and wool or poly blend socks.

Pull over pants allow you to put them on over your shorts in the morning when it is cool and remove them without taking off your boots when you are ready to start. They are also much lighter than a pair of jeans. The new pants with zip off legs seem like they would suffice for shorts and long pants but I haven't tried them.

I often change my socks several times during the day, as they get damp. The damp ones always go on the back of my pack securely tucked under some straps until they are dry.

A backpacker poncho (one with an extra-long back side) works well and covers your pack. In addition, by using the 10' cords to tie the corners to trees, it makes a dandy shelter for cooking or eating a meal in camp or along the way. While it is not quite as dry as full GorTex rain gear, it is lighter, cheaper, more versatile, and protects your pack.

I find that a light wool sweater works best for a long sleeve shirt. It will slip over a tee shirt and keep you warm in the evening and early morning. In cool damp weather, I find the sweater and shorts are quite comfortable. It will also shed a light drizzle without moving to a poncho.

Cooking/Eating: A spoon and a Sierra Cup work well for most backpacking food. If you like coffee or tea with your meal, bring a small plastic cup.

Each hiker must have water bottles to store at least 2 quarts of water. This is enough to get you through at least half a day of hiking under most conditions. If you know that there is water available along the way, filling only a quart is an option. Get in the habit of taking the bottles full from home. This prevents scrambling around at the trailhead or going off without enough water.

Organization: I recommend that everything that is in the main part of the pack be collected into nylon stuff sacks or Ziplock bags. This will keep things dry and easy to find. It also keeps your week-old socks out of your Sierra cup. If your pack has side or back pockets, use them for things that you need to get while you are on the trail or that you need often or quickly. Examples are water bottle, snack food, poncho, first aid kit, soap, etc. If you don't have pockets, keep these items in the top of the pack near an opening so they are easy to get to.

Group Equipment: A significant part of the total load is gear and supplies that are best shared with the entire group. I will discuss this equipment in a later session. This equipment will need to be distributed to the group with the bulk to the larger hikers. It can also be shifted during the hike from the slower hikers to the faster ones to balance things.

I find that a set of large stuff sacks (8" dia x 20" long) work well to pack group food and equipment for distribution among the hikers.

Backpacking Equipment List

Qty	Item	Notes
The Pack		
1	Pack (with frame and belt)	
Shelter		
1	Sleeping Bag (with cover)	
1	Plastic Ground Cloth (3' x 6')	
1	Pad or Air Mattress	Optional
Clothes (including those worn)		
1 pr	Hiking Boots	Broken In
3 pr	Socks	6 pr if worn doubled
1 pr	Pants (long or warm-ups)	Warm-ups recommended
1 pr	Pants (shorts)	Cotton not recommended
3	Shirts (short sleeve or tee)	
1	Shirt (long sleeve or sweater)	Cotton not recommended
1	Hat	Optional in most cases
3 pr	Underwear	
1	Poncho (or rain gear)	Pack cover required with rain gear
Cooking/Eating (personal)		
1	Knife (small pocket knife)	
1	Spoon	
1	Cup (or small metal plate)	Sierra Cup recommended
1	Cup (plastic)	Optional
1-2	Water Bottle(s) (fill at home)	Total of 2 quarts required
-	Paper Towels	½ towel per meal
Food (personal)		
-	Trail Snacks	10-12 oz per day required
Personal Gear		
	Toilet Kit	
-	Toilet Paper	Bring enough
1	Soap (small bar & container or liquid in small squeeze bottle)	
1	Towel (small or bandana)	
1	Toothbrush and Toothpaste	
1	Insect Repellent (small squeeze bottle)	Liquid or cream with DEET
1	Hand/Body lotion (small squeeze bottle)	
	Personal First Aid Kit	

-	Band-Aids	
-	Moleskin	
Misc Equipment		
-	Equipment Bags (plastic or nylon)	Enough to keep gear sorted
2 pkg	Matches (in waterproof bag)	
-	Spare Pins and Rings for pack	
4	Nylon Cords (10')	
1	Flashlight (small AA w spare batteries and bulb)	
1	Compass	
1	Paper & Pencil	
Group Equipment & Supplies (share load according to size and ability)		
	Tent	
	Food	
	Kitchen equipment, Stove(s), Fuel, & Water Treatment Equipment	
	Group First Aid/Medical Kit	
	Group Spares/Repair Kit	

Turtle Tips #2 – Group Equipment 2023

Guide: I suggest that as a backpacking leader, you find and read a good backpacking book. I like Colin Fletcher's *The Complete Walker III*. However, it is a bit dated and may be out of print. Version IV is out and may still be in print

The text of these Turtle Tips and associated lists will be posted on the registration website shortly after they are delivered.

Group Equipment: Group equipment includes cooking gear, stoves and fuel, sanitation supplies, water treatment supplies, a group first aid kit and repair and spare items. The key is pack lightly but take the things you will need. A generic group equipment list is attached.

It is important to have a list, use it when packing, and update it when you get back from the trek.

Cooking Gear: Generally speaking, you should plan meals so you will only need two, nesting pots per cooking group. The pot size will depend on the number of people being served

Group Size
1 -3
4-6
6-8

Recommendation 1.5 liter + 2.5 liter 2 liter + 3 liter 3 liter + 4 liter

Typically, the smaller pot is used to prepare the meal and the larger to heat water for drinks and clean-up. Each pot should have a flat lid. Most pots designed for backpacking do not have bails as they add unnecessary weight. The cooking gear should also include a large spoon and a pair of pot tongs. I sometimes bring a small aluminum griddle with the handle removed. On long trips, pancakes and corn fritters taste very good.

Stoves and Fuel: There are fewer locations every year that permit the use of open fires for cooking. The prudent backpacker therefore must plan to carry his cook stove with him. There are many types of stoves compatible with back packing requirements, but the most popular are stoves that use canned, compressed gases like propane, butane, iso-butane or a mixture of these or stoves that use white gas (Naphtha or Coleman fuel). The former stoves are easier to light, maintain and adjust. However, they do not work well at high altitudes or in frigid weather. The fuel for white gas stoves is nearly universally available but the stoves are harder to light and maintain. The Whisper-Lite style stoves are the hands down favorite for most hikers. You will need to use experience to determine how much fuel to carry.

Sanitation: Each crew should have a small amount of a biodegradable soap like Campsuds, a plastic scrubby pad (½ or 1/4 of a ScotchBrite pad) and a 2' X 2' square of 2-4mm polyethylene. (Do not use the pads with sponges attached as the sponge adds unneeded weight and a great place for bacteria to grow.) Sanitation should start with the cooking crew. Make sure they wash before starting your meal. (Everyone can also take a bandana bath while supper is being prepared to take off salt and trail grime. A wet bandana is all that is needed. However, every crew member should wash his hands with soap before preparing food or eating.)

Cleaning dishes is a necessity but hardly a high point of the day. Semi-clean cooking gear can bring a trip to a very miserable state if backpackers encounter either soap-runs or food poisoning. The work of cleaning up starts with menu planning - bring enough food so that everything is eaten down to the last scrap. It is perfectly acceptable to lick the bowl and the pot clean. Once this is done it is much easier to finish the dish washing. To wash your dishes, heat up water in the larger pot. Put a little in the smaller pot with a drop or two of the soap. Finish washing the inside of the pot and then the rest of the crew gear. Stack the washed gear and

rinse with hot water. Rinse the small pot and rinse everything one more time. Bring the water in the large pot to a rolling boil and carefully scald each of the clean, rinsed dishes in the boiling water. Spread on the plastic and allow to air dry. The key is to put the pots back dry. Sometimes paper towels work fine.

Water Purification: It is safe to assume that every watershed in the continental United States is contaminated with viruses, bacteria, Giardia, protozoa, or tapeworm cysts. Knowing which of these you are likely to encounter will help you determine which method of water purification will be the best for your situation. There is little a backpacker can do to purify water that is chemically contaminated. There are three practical types of water treatment available - chemical, filtration and purification. Chemical treatments use peroxide, chlorine or iodine to kill bacteria and some cysts. Iodine works better than chlorine in killing Giardia cysts, but neither will kill tapeworm cysts. Filtration devices prevent anything above a certain size from passing through. Filtration works well for tapeworm and Giardia cysts and several other water borne bugs. Purification uses a further reduced pore size and adds a chemical sterilizer like silver particles. Purification will remove nearly all water borne pests including most viruses, however the useful life of a purification cartridge is quite limited and is especially sensitive to particulates in the water. It is a good idea to carry a backup method of purification for whatever method you choose as your primary (adding extra fuel to boil water before consumption is a possibility) and it is very prudent to add a disposable or cleanable, coarse filter to the inlet tube of a filter system.

Make sure that an older scout or adult monitors the water filling and purification process. It is easy for scouts to fill a water bottle and forget to add Iodine or otherwise cross contaminate.

Group First Aid Kit: Each hiker should be carrying a small personal first aid kit with band aids and moleskin any necessary personal medication. The group kit should be targeted toward larger problems. It is a good idea to include a large Ace bandage, gauze pads, topical antihistamines and anti-bacterial, adhesive tape, bandage scissors and latex gloves. Depending on the location and difficulty of the trek additional items might be necessary and prudent to have on hand. Make sure everyone knows what is in the kit and how to apply to a first aid emergency.

Repairs and Spares: Bring the basics to keep you going. Repairs that can affect your survival are repairs for tents, boots, and stoves. A needle with carpet thread can sew up nearly any cloth rip (tent or pack). Pins can repair zippers. Check your stove manufacturer for spares you should be carrying with you. A small metal tube 3/8" in diameter and 6" long will allow you to fix most tent pole problems. For external frame packs make sure you have at least one of each size clevis pins and a couple of split rings. But never forget one of the critical and most useful basics - duct tape rolled on a small pencil. Plan on taking about 15 feet. There are few things that cannot be fixed with a little properly applied duct tape.

Organization: I find that the Group First Aid Kit and Repairs and Spares are best in the leaders pack. The Cook Gear, Stoves and Fuel, Sanitation Gear, and Water Purification usually go with the chief cook. The Tents and Food are distributed among the group according to the hiker's ability to carry the weight. I find that a set of large stuff sacks (8" dia x 20" long) work well to pack group food and equipment for distribution among the hikers.

Backpacking Group Equipment List

Qty	Item	Notes
Cook Gear		
2	Nesting Pots with Lids	See text for sizes
1	Mixing/Serving Spoon	
1	Pot Gripper	
Stoves & Fuel		
1 - 2	Stove	1 for each 4 people in group
	Fuel Bottle, 1 with Pour Spout	As necessary for trip
	Matches	
Sanitation		
	Biodegradable Soap	
1	Scrubby	
1	2' x 2' plastic square Zip Lock Bags for Trash	Or use food bags if available
Paper Towels 1-2 per meal 1 Trowel Water Purification Polar Pure or Filter		
Backup Method First Aid 5 4"x4" Gauze Pads		
1	3" Ace Bandage	
1	2" Adhesive Tape	
10-20	Band-Aids	
1	6" x 6" Moleskin	
4pr	Latex Exam Gloves	
1	Anti Bacterial Cleaner (Bactine)	

1	Anti Itch/Sting Benadryl Spray or Pen	
1	Tweezers, Fine Tip	
1	Bandage Scissors	
1	Topical Antibiotic (Neosporin)	
	Medical Forms for Group	
Repairs and Spares		
1	Heavy Needle & 6' Heavy Thread	
6	Large Safety Pins	
15'	Duct Tape	Wind on Pencil or Sharpie
5	Clevis Pins	
5	Snap Rings	
25'	Braided Nylon Cord	
Shelter		
-	Backpacking Tent or Tarp	Enough for all.

Travel		
	Map and Guide Book	
1	Compass	
Organization		
	Stuff Sacks for all above and for food.	

Turtle Tips #3 – Leadership 2023

Overview: This Turtle Tip will deal with backpacking leadership. While the Turtle is a relatively controlled environment, it is a good chance to develop the skills necessary for a wilderness trip.

Advice: I would like to start by giving two pieces of advice:

First, for the sake of the Scouts, you must believe that Scouts can be seriously injured or killed while doing backpacking. If you don't believe this, it will be difficult or impossible for you to take the risks seriously enough.

Second, for your own sake, you must believe that the experience for the Scouts is worth the risk. If something bad happens, this can get you through it and help you continue.

If you cannot subscribe to these two tenets, I would strongly suggest that you not participate in backpacking with Scouts (or any other venturesome activity).

Leadership: I would suggest that the two main jobs of a backpacking leader flow directly from this Advice.

First, the leader should keep the hikers safe and minimize their risk of serious injury.

Second, the leader should ensure that every hiker has a great and maturing experience.

We will now explore some of the detailed ramifications of these principles for backpacking.

One Leader: Like most activities, there should be one leader and all who participate should recognize the leader and agree to follow his or her direction. A wise leader will involve others in decision making but the final decision is that of the leader. It is important to have one person who is looking at all aspects of the activity, knows the condition of each hiker, and knows the status of all supplies. If it is a group responsibility, there is no one who is responsible. Also, there is no need for several people to watch the same things.

This is not to suggest that there is not a place for others to take responsibility for individual tasks like getting a meal ready or determining the route. A good leader will delegate but retain overall responsibility.

I have found that the difficulty is with other adults, not with the Scouts. It is sometimes difficult for adults to take you seriously when you give advice or directions. Also, it may be difficult for you to watch over other adults and make suggestions or give them directions. Resist the natural urge to respect their autonomy and make sure that they are doing things that will make them and the group successful.

Where to Lead: In order to lead, you must know what is going on with the group. The fundamental task is to know where all of the members of the group are at all times. This usually means that you should hike as the last member of the group. In addition, you must make and enforce rules that prevent the group from getting spread out. For groups of more than 10 or 15 hikers, it may be best to split the group into crews with a qualified leader for each crew. However, you should usually take the leadership of the last crew and make sure that no one is left behind. Also, there should be a clear understanding where and when the group will rejoin.

While there is little chance for getting separated on the Turtle, it is always a real possibility on a wilderness trip. I suggest that the problem is getting the group split, not getting lost. If you are lost, you still have your food, equipment, and leadership. The lost part is soluble. However, if the group is split, part of the group will be without food, equipment, and leadership. Also, there is not a map that shows where the other part of the group should be.

My experience is that it takes at least two hours and walking an average of 5 miles to put a split group back together. And that assumes that both parts of the group stop and stay in one place as soon as they recognize that they are separated. Make sure that all members of the group understand that they must stop and wait

to be found if they get separated. If they are still separated four hours after first light the next morning, they can consider making their way out as a group. Make your rules before starting and make sure everyone understands.

Scouts (and sometimes adults) that get ahead of the group are often a problem. There are always plenty of excuses. However, it is a dangerous situation. You must make some rules and enforce them. I always told my Scouts that they must be able to see the leader at least every 5 minutes. If they could not, they must hike back until they find the leader. As a leader, I continually counted the hikers in front. If I found someone out in front, I would usually call for a rest break until the speedsters get back. Having to hike over the same trail several times sometimes makes the point. I also used that time to transfer some of the load from the slower hikers to the faster hikers.

On one of my wilderness trips, I had one Scout get angry and hike out of sight for over two hours. At a pace of about two miles per hour this represented more than sixteen square miles that the Scout could have gotten lost in. I was seriously worried during the process. I can assure you that after our discussion, he never tried that again. (He also washed dishes for the rest of the trip.)

Watch the Group: When you are at the back of the group, you can observe the hikers, particularly those who are having the most difficult time. Watch for dragging feet and tripping. This can indicate dehydration, low blood sugar, heat exhaustion, or hypothermia depending on the situation. If you see it, fix it. In some cases, this is just a matter of having the hiker eat or drink while continuing to hike. Other times it may require stopping or more aggressive intervention. However, don't let it continue. It will get worse and bring the entire group to a halt to say nothing of the quality of the experience for the hiker in trouble.

Also, I would like to talk about "walking into the wall". If a hiker uses energy (food) faster than he can replace it, he will start depleting his natural reserve. This is fine for scrambling up a creek bank. However, if this persists for a significant length of time, the energy reserve will be depleted. At that point, the hiker "walks into the wall". He is unable to continue. He may feel like he can't get his breath. He may show heat exhaustion symptoms. After resting, starting again will bring the problem back quickly. He will need to rest, drink, and eat snacks just to get going again. However, it may take a full 24 hours before he is back to normal. Hot conditions often encourage this. If it is cold, it will lead to hypothermia. This usually happens to inexperienced adults who are carrying heavy in hot weather. The best treatment is prevention. Help the hikers understand how to feel the effects (out of breath) and slow down so they only use energy as fast as they produce it. One rule is to slow down if you don't have enough breath to talk easily. Also add snacks so there is plenty of food available.

Watch Yourself: An exhausted leader is a poor leader. You will make bad decisions and fail to see others in the group who are getting in trouble. You will not be able to be the cheerleader when it is needed. You will not be able to ensure the safety and positive experience for the group. Don't let yourself "walk into the wall". Don't carry more than you can handle. Hand some of the load off if you need to. If you start to get into trouble, stop early or take a long lunch break with some hot food. If you cannot get out of trouble, terminate the trip or hand off the leadership to someone else who is qualified.

Rules and Procedures: I find it useful to establish few rules or procedures that are expected of all the hikers. These help make the trip a positive experience for all and try to avoid serious accidents. I use the "tent on the pack before any breakfast", the "no pouring hot water into a cup being held", and the "no sitting on a table with a pot on a stove" rules. We have also discussed some rules for keeping the group together.

Let me suggest another that I find useful: "No walking barefoot beyond your tent or ground cloth." It doesn't take much of a cut on the bottom of a foot to make hiking a literal pain (or impossible), particularly if it gets infected.

There are two things that make safety issues different for backpacking trips. First, it may take a day or more to get a serious injury to a doctor or hospital. Secondly, hikers must be 100% to do the hike and carry the load. What would be only a minor injury on a camping trip may prevent a hiker from finishing the trip (with

the associated issues of getting him back). This means that you should avoid rough activities and horseplay that have potential for even minor injuries when possible (i.e., no football or capture the flag on the trail).

Shakedown: I strongly suggest that you schedule some shakedown hikes before the trip. Have the scouts and adults carry weight similar to the trip. After some shakedowns, the Scouts and adults that should not participate will usually self-select. Adults often assume that if their 11-year-old can do it, it will be a piece of cake for them. It is often not the case. A good shakedown may help convince all to take the trip seriously.

Younger Scouts: I have always had 11-year-olds on my wilderness backpacking trips. You just need to split their share of the load with older scouts and adults. On a weeklong trip with my family, we even hiked with an 8-year-old.

Hike safe, have fun!

Backpacking Equipment List

Qty	Item	Notes
The Pack		
1	Pack (with frame and hip belt)	
1	Dry Pack Liner	Trash bag works well
Shelter		
1	Sleeping Bag (with stuff sack)	
1	Plastic Ground Cloth (3' x 6')	
1	Foam Pad or Air Mattress	
Clothes (This includes what you are wearing to start, NOTHING should be cotton)		
1 pr	Hiking Boots or Trail Shoes	Broken In
3 pr	Socks	Some hikers also use liners
1 pr	Pants (scout pants or athletic warmups)	
1 pr	Shorts	Synthetic
2	Shirts (short sleeve or tee)	Synthetic
1	Long sleeve shirt or sweatshirt	Cotton not recommended
1	Hat	Optional in most cases
2 pr	Underwear	
1	Poncho (or rain gear)	Pack cover or liner required with rain gear
Cooking/Eating (personal)		
1	Knife (small pocketknife)	
1	Spoon	
1	Cup (or small metal plate)	Sierra Cup recommended
1	Cup (plastic)	Optional
1-2	Water Bottle(s) (fill at home)	Total of 2 quarts required
-	Paper Towels	½ towel per meal
Food (personal)		
-	Trail Snacks	10-12 oz per day required
Personal Gear		
Toilet Kit		
-	Toilet Paper	Bring enough
1	Soap (small bar & container or liquid in small squeeze bottle)	
1	Towel (small or bandana)	
1	Toothbrush and Toothpaste	
1	Insect Repellent (small squeeze bottle)	Liquid or cream with DEET
1	Hand/Body lotion (small squeeze bottle)	
Personal First Aid Kit		
-	Band-Aids	
-	Moleskin	
-	Anti-Chafing	Cream, stick, or powder
Misc Equipment		
-	Equipment Bags (plastic or nylon)	Enough to keep gear sorted (2-3 is enough)
1 pkg	Matches (in waterproof baggie)	
-	Spare Pins and Rings for pack	optional

4	Nylon Cords (10')	
1	Small LED flashlight (make sure it has fresh batteries or fully charged)	
1	Compass	
1	Paper & Pencil	
Group Equipment & Supplies (share load according to size and ability)		
	Tent	
	Food	
	Kitchen equipment, Stove(s), Fuel, & Water Treatment Equipment	
	Group First Aid/Medical Kit	
	Group Spares/Repair Kit	

Turtle Tips #4 – Food & Cooking 2023

Overview: This Turtle Tip will deal with food and associated issues. It will deal with menus and recipes only in passing.

How Much: For backpacking trips of a few days to a couple of weeks, the key issue will be getting enough calories to meet the energy needs of hikers. For Scouts and adults, you should plan on 3000 to 3500 calories per day. Extreme hiking involving heavy climbing or very cold temperatures may require additional calories. If you have a reasonable mix of foods with whole grains and a good assortment of dried vegetables, you should be able to provide a reasonably balanced diet.

Note: there will usually be a few scouts who seem to be bottomless pits. They will continue to eat almost without end. You do not need to fill them up! If they get the 3000 to 3500 calories, they will do just fine.

The key question is how this translates into actual food that you need to pack. Here are some rules of the thumb. Protein and carbohydrates are about 100 calories per ounce (dry weight). Fats and oils provide about 200 calories per ounce.

For weight efficiency, it is obvious that the ideal diet is a bit over a pound of lard per day. Aside from health issues, most people will find that they can manage only a limited amount of fat. However, if you can add fat or oil to a recipe and have it still taste good, it will provide more energy for the same weight. I always include a bottle of "Squeeze Parkay" and squirt it into most stews and sauces.

With a reasonable mix of fat, protein, and carbohydrates, you will need a bit more than two pounds of dry food per day per hiker (including trail snacks). While I usually select the amount of food based on the number of meals and planned menus, I always weigh the food before I go and make adjustments if the total weight is significantly out of this range.

Breakfast: Always a problem. In most cases you will want to get started quickly in the morning so you are able to get most of your hiking done before the heat of the day catches up with you. Over the years I have found that a package or two of instant cereal (oatmeal, cream of wheat, grits, etc.) made up with hot water, a hot drink (cocoa, instant coffee, tea, etc.) along with some dried fruit that has rehydrated overnight makes a quick meal that will get you started. I often include some pastries like pop tarts or breakfast bars that get eaten at the first break.

Sometimes I plan for a slow morning or two if the weather permits. Pancakes make a nice treat but take a long time to feed a large group. They are nice to break out on a rainy morning that you are trying to wait out before starting.

I find that it is very difficult to get young inexperienced hikers to get their act together and get moving in the morning. It seems to take lots of prodding to get them out of bed, dressed, tent packed, etc. I found that one simple rule got things moving. "No food until your tent is on your pack." I put some fruit in water the night before to rehydrate. As soon as I am up, I start some water boiling and get out the food bag with breakfast. When they are ready, they can eat.

Safety rules: If a backpacking stove is cooking on a table, no one can sit at the table. Also, never pour hot water into a cup that someone is holding. Put it down and then pour into it. Boiling water is always a serious danger. It is doubly so when you are a day or two from a hospital. The best first aid is no accident in the first place.

Trail Snacks: You need to plan on the trail snacks to be a quarter to a third of the calories. Most hikers find that they need to keep stuffing in calories every hour or two all the time that they are hiking. I make trail snacks the responsibility of each hiker. I require that every hiker bring about 12 ounces of trail snacks per day of hiking (not including lunches). (Also adjust your overall food weight to include the trail snacks.)

The snacks can be anything that is dry and can take pounding around in a pack. Nuts, candies, dried fruits, pop tarts, breakfast bars, jerky, etc. will work. However, I always tell the scouts how much to bring depending on the number of days to be hiked. It is important to weigh the trail snacks for each hiker (including adults) before starting. Extra must be left behind or shared with those who do not have enough. Shortages must be made up before starting. Avoid moist foods (extra weight and spoilage), low density foods (popped popcorn), and fragile foods (potato chips).

When you stop for breaks, make sure that all hikers eat trail snacks and drink water. This is not optional! Hikers that fail to eat and drink enough get tired, hike slower and get depressed from the dehydration and low blood sugar levels. This happens quite quickly (in only an hour or two) and is quite noticeable. Watch for it and fix it when you see it.

Lunch: There are two schools on the lunch issue. Some only take a longer break and eat more trail snacks. Others have some sort of lunch. I tend to go with the more formal lunch route. I find that bread, cheese, and meat (fully cured trail sausage) make up many of my lunches. The small loaves of party rye or wheat seem to stand up to the pack and taste good. If the group is very tired or cold and you need to get them pumped up for several more miles, a hot soup goes a long way. The dried soups from Knorr seem to go down easy. Make sure you use a mix with some weight (calories). You will need to adjust the trail snacks requirement depending on the way you plan lunch.

Dinner: Dinner is the major meal of the day. For me, it is almost always a starch and a sauce. The starch can be pasta, rice, potatoes, bulgur (cracked cooked wheat), beans, etc. The sauce usually has some meat and can be spaghetti sauce, stroganoff, curry, etc. I often use small tins of canned meat or dried meat as the start of the sauce (the extra weight is minor because you don't use much). One recommendation, before serving always mix the sauce with the starch. Otherwise, the sauce will be used up long before all of the starch is eaten.

Warning, if you plan to use packaged freeze-dried meals, go by weight (or total calories) to determine how much you will need. Do not go by the "serves ..." on the package. You will usually find that they are very expensive and do not provide the necessary calories unless you double up on the portions (which makes them more expensive.)

Ideas: There are many recipe books for backpacking. However, I recommend that you start by just wandering through the grocery store with an open mind. You will find that many of the prepackaged one pot meals will provide the basic dried foods that you need to build a meal. Instead of ground beef or chicken, try adding dried beef (after washing) or canned chicken. Potatoes au gratin provide sliced dried potatoes that make a great (heavy) meal when rehydrated and fried with sliced dry salami.

Always get rid of the extra packaging and package in plastic bags before starting. One of the Seal-a-Meal sealers will seal food in the associated bags nicely. Zip lock bags are also good, but they let oxygen and moisture into the food, so they aren't good for long term storage.

Dry Your Own: A food drier makes a great investment if you are preparing many backpacking meals. I find that I can dry fruits (fresh peaches, canned pineapple, etc.) and vegetables (frozen vegetables dry great). I sometimes also cook a big pot of chili and spread it on plastic wrap and dry it. (Warning, anything with meat should be handled carefully. I always freeze it after drying and serve it early in the trip.)

Traditions: If you backpack often with the same people, you will find favorite dishes and traditions. For us it was curried chicken on rice with all the condiments for the last supper on the trail. We also had 'clean out the bottom of the pack' stew/soup for lunch on the last day. Encourage and enjoy traditions. They build the group and bring Scouts back.

Found Food: On most of the long trips that I have led, we find apples or berries. If you expect to find fruit along the way, bring some extra sugar to use to make applesauce or berry jam. These are fun and add interest to the trip. If you hike in the late summer, you will almost always find something good.

Bread: One of things that I find that I miss is bread. There are some solutions. The party breads make good lunches. Also, cornbread can be fried as cakes while the rest of the supper is cooking (johnny cakes).

Turtle Tips #5 – A Day in the Life ... 2023

Overview: This Turtle Tip will describe a day in a backpacking trip. While the Turtle is a relatively controlled environment, it is a good chance to develop the skills necessary for a wilderness trip.

Morning: It's still dark out but there is a hint of light in the east. Time to get up. It cooled down enough during the night to sleep well but it's going to be another scorcher like yesterday.

You call out to each of the scouts by name and wait for them to respond. "Time to get up. Breakfast will be ready as soon as you get your gear packed and your tent down." You dress, stuff your sleeping bag and roll your pad. Fasten them on your pack, step into your shoes and climb out. After a quick call of nature, you bring out your pack and start a stove with a pot of water.

You have a look around and encourage a couple of scouts to get moving. All the boys are now moving but slowly. Your tent mate is out and you start folding your tent. Now it's on your pack. Some of the boys are out of their tents and starting to take them down.

You get out the dried fruit that you started rehydrating last night and break out the bag of breakfast cereal and the bag of hot chocolate mix. The water is now boiling, turn the stove down to a simmer, and get a cup of coffee. Take a minute to see how your scouts are doing. Mike is sitting on his pack staring into space. "Mike, put your shoes on and get your tent down."

It is now a half hour after you started moving. It is light enough to see and most of the tents are down. Some of the boys are starting to eat. Encourage the slow scouts and get your own breakfast.

As breakfast draws to a close, send a crew to fill water bottles. "We will have a long ridge trail this morning so everyone has to start with two full quarts of water." Clean and repack the cook gear. Send everyone off to finish their morning hygiene. "Packs on in 5 minutes." As always there are last minute bathroom trips, foot surgery, and pack packing. After 10 or 15 minutes everyone is ready to move. Take a last look around to make sure the campsite is clear and that nothing is left behind.

Your pack is now on and it is now light enough to see easily. The pack straps and boots hurt for a while but that goes away and you enjoy the feeling of moving out in the quiet of the morning with an experienced crew. You feel good! This is what it is all about!

When hiking in the summer in Ohio, you will probably want to start as soon as it is light. This will let you get your 10 miles or so in by early afternoon before the day gets too hot. If you are hiking in the mountains or in a cooler season, you may want to start a bit later. If it is a rainy morning, you may want to wait it out with a long breakfast and avoid breaking camp in the rain.

On the Trail: After an hour and a half or two hours, you start looking for a sunny spot to take a break and have a second breakfast. Some downed logs will make a nice place to sit. Pop tarts and breakfast bars will top off the breakfast you started in camp. Soak up the sun and enjoy the start of another day.

Try to limit your rest stops to one every two hours or so. You can stop with your pack on to get water or a snack from time to time. If the packs come off, it will take most of a half hour to get the group moving again. You will probably need to stop more often with inexperienced crews but still try to delay them. Make sure that every scout has a water bottle and snacks in a pocket that can be reached while walking (or at least accessible by a companion while walking).

I try not to stop at the bottom of a hill (unless I need water), or part way up a long climb. Also, after I have made it to the top, I like to walk for a while to cool off before stopping.

Keep track of where you are and where you would like to be at the end of the day. Note the time when you pass a landmark. You will quickly get a handle on how fast you are moving which will let you estimate your position. Try to get your scouts to keep track of where they are. Every hiker should have a map and keep it handy. (I keep mine in a plastic bag behind my head stuffed under my tent.)

Keep track of your crew. Count heads. If someone is missing, find him. Now!

Lunch: As it starts to get to midday, you will want to look for a place for lunch. If you can get down to a creek or river, you will often find it a bit cooler and there may even be a breeze. If your scouts are moving well, you may want a quick lunch of bread, meat, and cheese or a large helping of trail snacks. If your scouts are

getting tired or if you have a long way to go, I find that a lunch of soup will pep up everyone. Your scouts may want to spread out their sleeping pads and take a real break while lunch is cooking.

On the Trail Again: Hopefully, you don't have too far to hike in the afternoon. However, if you find that you need to make up some time, the early start will help. As it gets hotter, make sure your scouts are drinking. You can do a standing stop to get out water and snacks. This is the time to watch how your scouts are doing. Don't forget that adults can get into trouble as well. One of the advantages of being in the back is that is where the hikers in trouble will end up. Watch how they move their feet. If they drag their feet (more than normal), trip often, or generally flop their feet around, try to find out what is wrong. It is often a lack of food or water. Call a standing top to get some trail snacks and water. Keep an eye on them. If necessary, call for an extra rest stop. Try to get quick energy foods (sugars) into them. Shift weight to others if you can. If a number of hikers are getting into trouble, consider stopping early if that is an option. Study the map. If the trail ahead is level, even tired scouts can make good time. However, if there are climbs or rough trail, a tired crew will move very slowly.

End of the Trail: Finally, it is time to stop. After a short break, get tents up and gear out to dry. Don't put this off. The tents need to dry and afternoon showers can come up quickly. String up a poncho for a cook shelter if there is any chance of rain before morning. Keeping equipment dry is a continual fight. An early stop provides a chance for drying. String up some lines in the sun and put out clothes and bags. Always remind the boys to take down their gear before nightfall (they won't remember).

After a flurry of activity getting tents up, it is time to rest. Spread out your sleeping pad and take a break. If there is a creek or river nearby, the boys can get clean and cool off. Discourage eating into tomorrow's trail snacks.

After resting for an hour or two, sometimes it is good to walk a little. This is a good time to fill water bottles, treat any injuries, repair gear, etc.

Supper: As the evening draws near, it is time for supper. Pick the supper to match the day. If everyone is beat, some dried applesauce to start may get everyone moving.

Take time to make and enjoy supper. There is no rush. Make a great meal. Take your time enjoying it. If you were able to scrounge some apples or berries, think of making a desert of them.

When supper is done and cleaned up, get ready for breakfast. Find the food bag with breakfast. Put some fruit in a pot to rehydrate. If you have critters, put a big rock on it, tie it up in a tree, or put it in your tent depending on what is likely to want to eat it (or you).

Make sure that clothes, boots, and gear are gathered up and put into tents. Scouts tend to forget to bring things in. You need to check. Hiking in wet boots tomorrow isn't likely to make a scout more careful in the future and it will surely slow the group if he gets blisters. Food bags and trash bags need to be put away. Even small critters will make a mess of them.

Night: After supper, I like to wash off if there is a source of water. I find I can sleep better if I don't stick to the sleeping bag. Give the boys a chance to clean up but don't force it. They don't seem to be as sensitive to that sort of thing as do adults.

Then it is time for bed. It may still be light. However, the tent will be free of bugs and you have nothing better to do than rest. The boys need a full 8 or 9 hours of rest (and you could probably use it also).

Make sure that your feet are clean and dry before going to bed. Remove socks. In most cases, remove band aids on the feet to let blisters dry out. Don't try to remove moleskin that is in good shape (removing will probably cause more damage). Clean up any cuts or scratches. Put lotion on any rash (it is easy to get a nasty rash from clothes that get sweaty and never quite dry out in the humidity under the canopy).

Finally, lay back, listen to the whippoorwills, and think of the day you had and the one that will come tomorrow. Good night.

Day 1 Rest stops ①, ②

Day 2 Rest stops ①, ②

