



# BACKPACKING ADVENTURE

## Scouts BSA Camp Weeks 1 and 2

Join us for this overnight backpacking adventure Monday and Tuesday into Rothrock State Forest including several miles on the Mid-State Trail! You will complete several requirements for Backpacking Merit Badge.



## Seven Mountains Scout Camp (7MC)- Backpacking Adventure

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Adult Crew Leader: Doug Baker, CPR/First Aid (ECSI V40EPJ95EH07), Wilderness First Aid (ASHI Reg. #4063914)  
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Scouts BSA Week 1 (July 8-9) Scouts BSA Week 2 (July 15-16)

- Initial Meeting: Monday at 9:00 a.m. the Dining Hall flagpole
- Shakedown Monday at the Dining Hall flagpole at 1:00 p.m. *\*Participants must complete this inspection to go on the adventure. Bring all of your gear loaded in/securely attached to your pack. Leave room to carry food and shared gear\**
- NOTE: Some participants may not be approved to participate based on the results of the shakedown.
- DEPART Flagpole outside Dining Hall Monday after lunch (approximately 2:00 p.m.)
- RETURN Flagpole outside Dining Hall Return to Camp by 4pm on Tuesday

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BACKPACKING MERIT BADGE: Req. 9(a) Participants can bring a copy of their own backpacking trip plan. Reqs 10 and 11 must be done on their own. All other requirements will be covered.  
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### ITINERARY

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MONDAY Day 1:

-7MC to Mid-State trail (South) to Ben Jacobs trail (Southwest) to Muttersbaugh Camp (overnight) – Approx. 4 miles

TUESDAY Day 2:

-Muttersbaugh trail (North) to Mid-State trail (South) to Indian (North) to Crowfield Road (East) Muttersbaugh (South) to Mid-State trail (North) and return to 7MC – Approx. 7 miles

\*Check weather and burn bans before departure

\*Confirm cell reception in backpacking areas

\*Catholes must be dug 200 feet (70 large steps) from a water source

\*Bear-muda triangle: 200 feet (70 large steps) between camping area, dining area, and sleeping area  
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### GEAR SHARED BY GROUP/PATROL

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The following items should be shared between the group with one person carrying each item.

Crew First Aid Kit

Water Filter and purification

Cooking Pots

Cooking utensil (large spoon and scraper)

Dish soap

8 x 10 dining fly or tarp

Stove and Fuel

Map of area

Bear bags

Cat hole spade  
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### PARTICIPANTS GEAR

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Water - Each participant will start with at least three (3) liters of water (bottles or hydration pack)

\*Must bring at least one water bottle

Backpack and a pack cover for rain (at least 50-60 liters)

Tent (can be shared) – Hammocks are okay too!

Sleeping bag w/STUFF SACK (must be packed or securely lashed to pack)

Sleeping pad if desired

Knit hat for sleeping

Hiking boots/sturdy shoes  
Bowl - small  
Cup - small  
Spoon/Spork  
Small Fire starter kit - tinder, kindling, flint/steel, lighter, matches, candle  
Compass  
Cloth or bandanas  
Toilet paper in plastic bag - partial roll w/ hand sanitizer  
Toothbrush & toothpaste small tube  
Liquid dish soap in small SEALED container  
Dental floss - useful for other things too  
First aid kit - homemade okay  
Spare clothing (also for sleeping) t-shirt, briefs, socks  
Trash bag to collect and pack out any trash  
25-50 feet light rope or cord  
Plastic whistle  
Knife - small  
Flashlight/headlamp - Small  
Waterproof jacket  
Wool sweater/insulating layer  
Hat with visor  
Sun sunscreen  
Bug spray  
Gloves

\*\*\*It can be helpful to pack and compress clothing into zip lock bags to save space and provide water-proof protection.

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FOOD: All meal items will be provided by 7MC in a Philmont-style meal bag. Meal plan - NOTE: Please advise camp of any diet restrictions.

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DINNER: Boiled water meal (Bear Creek Stroganoff), Pretzels, Cookies, Trail Mix  
BREAKFAST: Boiled water meal (Oatmeal), Dried fruit, Breakfast pastry, Cheese sticks  
LUNCH: No cook – Tuna or Chicken pouch, Trail mix, Jerky, Granola bar, Cookies  
\*Two bags of flour tortillas will be provided to the group

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HELPFUL VIDEOS

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Philmont How to Set-up a Campsite: <https://www.youtube.com/watch?v=BPnwAUhQjMA>  
Philmont Backcountry Cooking Method: [https://www.youtube.com/watch?v=UA\\_Q1ZnJDvQ](https://www.youtube.com/watch?v=UA_Q1ZnJDvQ)  
Philmont How To Wash Dishes: <https://www.youtube.com/watch?v=eLt8XjCG7So>  
ZPaks How to Hang a Bear Bag (3 Ways): <https://www.youtube.com/watch?v=LLtHKYXwmWE>  
Leave No Trace - How to Dig a Cat Hole: <https://www.youtube.com/watch?v=Y-Ej5m6gr1U>

