

**PINE TREE
COUNCIL**
TREK PROGRAM

**2018
PARTICIPANT
MANUAL**

PINETREEBSA.ORG





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An Overview

The Pine Tree Council offers challenging and exciting opportunities for older Boy Scouts and Venture Scouts. Private landowners and the State of Maine have made available the use of millions of acres of woodlands and waterways for incomparable backcountry travel via canoe, kayak, or on foot. Whether your interest is canoeing, outdoor photography, kayaking, hiking, wildlife observation, or any of the other numerous program possibilities, Treks in Maine are exciting and inspirational.

To support this program, crews are assigned a trained staff member and a trip co-leader who will accompany the crew for their entire expedition. The guide and co-leader oversee the Orientation Day process and offer environmental and historical interpretation while on-the-trail. The guide and co-leader also serve as consultants and advisers in matters of safety and outdoor skills. The guide and co-leader will help ensure your crew gets the most out of its trek! In addition to staffing, your crew will be outfitted with the best and latest crew equipment. Participants need to bring their own clothing and personal equipment.

The Pine Tree Council Trek Program is designed as a youth program that teaches and requires teamwork and communication and offers the opportunity to develop or enhance youth leadership and skills growth. The guides and other PTC staff strive to allow this process to occur. Once Orientation Day is complete the guide and co-leader will step back into roles of support and let the youth members of the crew, under the direction of the crew leader, develop their abilities to lead themselves and grow together as a team, as individuals, and as backcountry travelers. It is hoped that the knowledge and confidence gained in camp, by both the youth and adult crew members will serve a conduit for taking the message of responsible backcountry use and resource conservation to others in their units and communities across the country and world.



Eligibility Requirements

Youth Requirements at a Glance			
Registered member of the BSA	13 years of age or older	Complete BSA Swim Test	Completed BSA Health & Medical Record (A, B, & C)

In accordance with BSA Policy, all rules for participation are the same for everyone without regard to race, color, national origin, age, sex, sexual orientation, or special needs.

Due to the nature of Pine Tree Council Trek programs and locations, all Eligibility Requirements are mandatory. Please do not expect or request exceptions. Units should prescreen all youth and adult participants well in advance of their Trek as it is the Unit's responsibility to ensure compliance.

Individuals who do not meet Pine Tree Council Eligibility Requirements will not be permitted to participate in a Trek. Anyone arriving at Camp Hinds who does not meet the listed criteria will be sent home and will not be issued a refund.



Registered: All participants must be registered members of the Boy Scouts of America.

Minimum Age Requirement: Trek participants must be at least 13 years of age as evidenced by their BSA Annual Health and Medical Record.

Annual Health and Medical Records: Trek participants must be in good health. All participants must provide a current and complete BSA Annual Health and Medical Record signed by a physician. BSA Annual Health and Medical Records are good for 12 months from the end of the month in which they were completed. The form can be found on the Boy Scouts of America website <https://www.scouting.org/health-and-safety/ahmr/>. All three parts of the form (A, B, & C) must be fully completed. No other form will be accepted. Out of date forms will not accepted.

Swim Test: All Trek participants, including backpacking crew members, must pass the BSA Swim Test prior to their Trek. Participants may bring proof of Swimmer classification (good for one year) or take the Swim Test under the supervision of Camp Hinds Aquatics staff on Orientation Day.

Adult Requirements at a Glance				
Registered member of the BSA	BSA Youth Protection Training	BSA Safe Swim, Safety Afloat Training	Complete BSA Swim Test	Completed BSA Health & Medical Record (A, B, & C)

Adult Leader BSA Training: Every adult participant must be registered with the BSA and complete Boy Scout or Venturing Youth Protection Training, BSA Safe Swim Defense, and BSA Safety Afloat. Each adult must provide copies of leader training requirements upon arrival.

Risk Advisory and Trek Specific Health and Safety Plan

The Pine Tree Council Trek Program has an outstanding health and safety record. This is in part because participants understand that Treks are remote and arrive prepared– trained to assume leadership responsibilities in emergency situations. Trek parents, guardians, adult leaders and participants are advised that Treks, including travel to and from Camp Hinds, can involve exposure to accidents, illness, and injury associated with a physically demanding high adventure program conducted in a sometimes-hostile environment. Participants may be confronted with severe weather conditions including extreme heat and humidity, thunderstorms, and intense sun. In addition to weather, Maine is home to animals such as moose and black bears that pose a limited risk.

To Limit Risk and Possibility of Harm Pine Tree Council Requires Attention to:

Medication Prospective participants who are prescribed medication, for any purpose, should continue use as prescribed while on their Trek. Participants should not discontinue use of medication prior to arriving or while at Camp Hinds unless directed by his/her treating physician.

Cardiac-Cardiovascular Disease Prospective participants who have experienced any of the following conditions, relating to Cardiovascular Disease are to undergo a thorough evaluation by their treating physician and be medically cleared for high adventure before participation:

- 1) Angina; Chest pain caused by coronary artery or congenital heart disease.
- 2) Myocardial Infarction, Heart Attack.
- 3) Heart Surgery including angioplasty to treat coronary artery disease.
- 4) Stroke or Transient Ischemic attacks.
- 5) Claudication
- 6) Family history of heart disease in individuals under 50.
- 7) Weight in excess of recommended guidelines.

Hypertension Prospective participants who are hypertensive; blood pressure greater than 140/90 should be treated and lower blood pressure to 140/90 prior to arrival at Camp Hinds. If medications are taken they must be continued while on their Trek as prescribed.

Epilepsy Prospective participants with a seizure disorder or Epilepsy may participate in Treks if:

- 1) They have been medically cleared by their physician.
- 2) Seizures are controlled with medication.
- 3) They have been seizure-free for one year.

Diabetes Prospective participants with diabetes may participate in Treks if:

- 1) They have been medically cleared by their physician.
- 2) When taking insulin; they can give a self-injection.
- 3) They are experienced to self-monitor, manage diabetes in remote, physically challenging environments. A Trek should not be the first adventure for an individual with diabetes or for an individual with newly-diagnosed diabetes.
- 4) They can adequately recognize hyperglycemia or hypoglycemia and can begin the appropriate initial response for these conditions.
- 5) They are not frequently hospitalized for diabetic ketoacidosis.

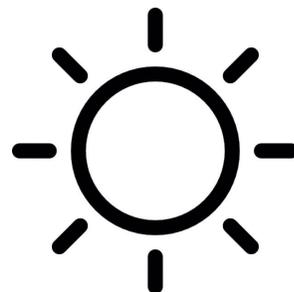
Asthma Prospective participants with Asthma may participate in Treks if:

- 1) They have been medically cleared by their physician.
- 2) They have not required frequent hospitalizations for asthma in the previous 5 years.
- 3) They are experienced enough to self-monitor and manage asthma in remote, physically challenging environments.
- 4) Asthma is controlled to normal/essentially normal lung function with the use of oral or aerosol bronchodilators and does not require the use of a nebulizer.
- 5) Exercise-induced asthma can be controlled with bronchodilator premedication and does not require systemic corticosteroid therapy.
- 6) They bring sufficient medication for the entire adventure; all persons having been treated for asthma in the previous 5 years must carry a full size prescribed inhaler for the length of the adventure.

Hydration The number-one reported health concern in High Adventure is dehydration. Severe dehydration can lead to significant illness and, in extreme cases, death. Participants should utilize a hydration policy and ensure that each crew member has adequate water carrying capacity.

Sunscreen and Coverage Overexposure to the sun can cause burns, blisters, and illness leading to discomfort and, in some cases, suspension or cancellation of Treks. Medical professionals strongly recommend that individuals taking part in activities like a Trek utilize sun coverage in addition to sunscreen. Every Trek participant should have and wear:

- 1) A long or short sleeved UPF 30 or greater shirt.
- 2) Brimmed hat and polarized sunglasses.
- 3) SPF 35 or greater sunscreen



Cleanliness Participants should properly wash hands whenever possible and always after using the restroom, prior to cooking, and prior to putting hands in mouth. Showers and running water are available at Camp Hinds but are not available while on-trail. Hand sanitizer will be provided to each crew for the duration of their Trek.

Training Treks take place in remote settings. It is strongly recommended that every adult leader completes Wilderness First Aid and CPR and that every youth completes Wilderness First Aid or Basic First Aid and CPR.

Trek Specific First Aid Kit Participants must bring a Trek specific personal First Aid Kit. A Trek specific first aid kit is composed of duct tape or moleskin (for blisters), two to three each of small, medium, and large bandaids, a two inch roll of gauze or four to five gauze pads, a small tube of triple antibiotic, an emergency blanket, and small roll of athletic tape.

Health Insurance and BSA Campers Accident and Sickness Plan Every Trek participant should have health insurance and provide front and back copies of their insurance card. All participants are covered by limited Campers Accident and Sickness Plan. This insurance is a secondary policy. When not insured, BSA Campers Accident and Sickness Plan becomes the primary provider.

Pine Tree Council Trek Policies

All participants and crews must adhere to Trek Eligibility Requirements and provide necessary paperwork including: complete BSA Annual Health and Medical Record signed by physician for each participant, Swim Classification Record, Wilderness First Aid (WFA) & CPR cards for one leader per crew (optional), BSA Youth Protection, BSA Safe Swim, and Safety Afloat Training Certificates for every adult leader.

Alcoholic Beverages or Illegal Substances Possession, consumption, or being under the influence of alcohol or illegal substances will not be tolerated. Anyone found in violation of this policy may be reported to local law enforcement and their local council.

Smoking/Vaping Youth participants are not permitted to use tobacco products in any form while at Camp Hinds, while traveling to or from their Trek location, or while on-trail. Adult participants are asked to confine smoking to designated areas while at Camp Hinds and while traveling to or from their Trek location. Adult participants are asked not to use tobacco products while on-trail. The use of vaporizers and e-cigarettes is not permitted at any time.

Hazing Hazing, bullying, and physical intimidation of any kind is not permitted in the Scouting program and will not be tolerated at any time

Conservation Trek participants must not harass, touch, or harm wildlife. Trek participants must not take or collect rocks, artifacts, shells, plant life, or marine species.

Unplug The use of cell phones should be restricted to emergency use. Please place phones on airplane mode and only use them to take pictures.

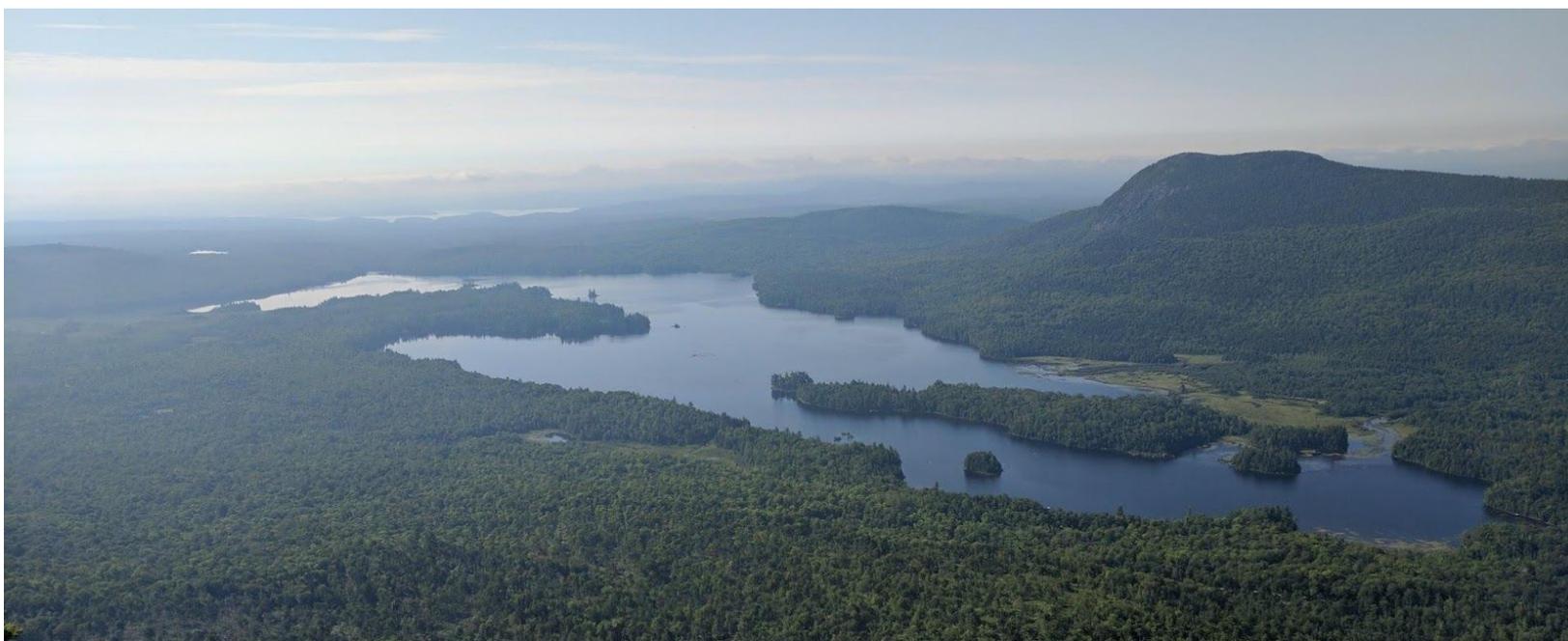
The Buddy System will be used during Treks. Buddies should be within two years of each other and be comfortable with the selection of the buddy.

Lost, Stolen or Damaged Items The Pine Tree Council is not responsible for lost, stolen, or damaged personal items.

Intentional Damage Participants will be held liable for intentional damages caused to Pine Tree Council facilities, equipment, boats, or Trek locations.

Leave No Trace Trek Participants will abide by the seven principles of Leave No Trace:

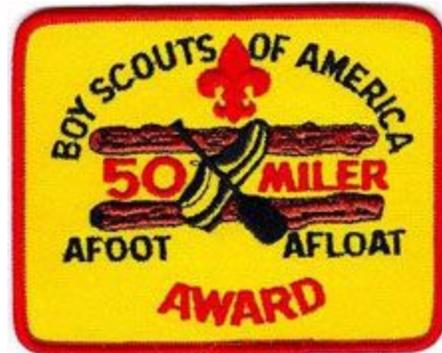
- 1) Plan ahead and prepare
- 2) Travel and camp on durable surfaces
- 3) Dispose of waste properly
- 4) Leave what you find
- 5) Minimize campfire impacts
- 6) Respect wildlife
- 7) Be considerate of other visitors



Pine Tree Council Trek Traditions and Awards

Kayaking BSA Award Rouse Island Adventure Weekend participants will have the opportunity to earn the BSA Kayaking Award.

BSA 50-Miler Award All Pine Tree Council Trek participants (with the exception of Rouse Island Adventure Weekend participants) are eligible to earn the BSA 50-Miler Award. Each Trek covers at least fifty miles of trail (on land or water).



Merit Badges A limited selection of full or partial merit badges is available to earn while participating in a week-long Trek. See Program Overview for more information.

+Δ+ "Plus-Delta-Plus" is a team building and feedback activity. Each night after dinner, the crew will gather and take turns sharing three things each: a positive thing from the day, something they would have changed, and another positive. This process provides immediate feedback to the Trek staff, promotes continuous improvement of the crew, and allows crew members to end their day together.

Swim Tags Trek participants are encouraged to fill out a second set of Swim Tags to affix to a plaque at the end of their Trek. Plaques will be displayed in the Trek training center.



Travel and Preparation Plan

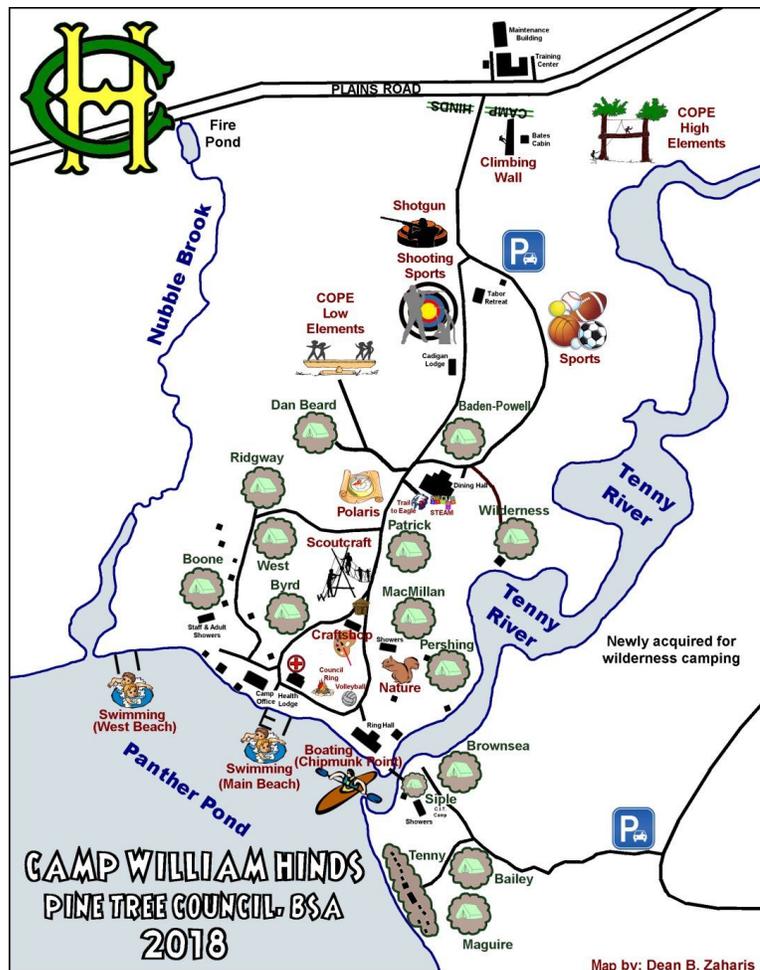
Participation in a Trek requires significant paperwork. It is essential that each participant compiles all necessary documents required by Pine Tree Council and necessary travel information in an easy to use and understand format. Trek itinerary, participant emergency contacts, travel information, and training certificates should be duplicated and placed into a secondary book held by a unit leader or parent who is not accompanying the participant. Parents, guardians, spouses should keep a copy of the BSA Annual Health and Medical Record for each participant.

Travel Each participant is responsible to plan, secure, and finance travel to Camp Hinds. The Unit Chartering Organization, Unit Committee, parents of participants, and participants should all be made aware of travel plans.



Arrival All participants should plan to arrive at the Camp Hinds parking lot by 12:50 PM, having already eaten lunch, as Orientation Day check-in begins promptly at 1:00 PM.

Departure Departure times vary from Trek to Trek. See Trek itineraries for an approximate participant dismissal time. Youth participants are responsible for providing parent/guardian contact information. Guides will contact parents/guardians once back in cell reception with a specific dismissal time if it differs from the time listed on the itinerary.



Physical Training Plan

Pine Tree Council Treks are strenuous and require participants to be in good physical condition. Make a list of skills needed for a successful canoe camping, kayak camping, or backpacking trip in northern Maine. Participants should begin acquiring these skills with fellow crew members or with their unit. The more thorough your planning, the more successful your experience will be. All of the following topics will be covered during Orientation Day and practiced throughout the Trek. However, knowledge and practice of these skills will greatly enhance your Trek.

All Treks Participants should use their BSA Handbook, Backpacking Merit Badge Book, and Hiking Merit Badge book to sharpen the following skills:

- 1) Setting up and breaking down your tent
- 2) Handling backpacking stoves and fuel
- 3) Backcountry personal hygiene
- 4) Prevention of sunburn, insect stings, tick bites, hypothermia, heat reactions, and dehydration
- 5) Leave No Trace Principles
- 6) Campsite selection

Canoe Treks Participants should use their BSA Handbook and Canoeing Merit Badge Book to sharpen the following skills:

- 1) Trimming your load
- 2) Paddling a canoe
- 3) Avoiding swamping
- 4) Reacting to swamping
- 5) Lifting/flipping a canoe
- 6) Portaging

Kayak Treks Participants should use their BSA Handbook and Kayaking Merit Badge Book to sharpen the following skills:

- 1) Trimming your load
- 2) Paddling a kayak
- 3) Avoiding capsizing
- 4) Reacting to capsizing
- 5) Lifting/carrying a kayak
- 6) Reading a navigational chart

Backpacking Treks As well as being physically able to hike at least ten miles per day over challenging terrain with a fully loaded pack, participants should use their BSA Handbook, Backpacking Merit Badge Book, and Hiking Merit Badge Book to sharpen the following skills:

- 1) Packing your gear
- 2) Blister prevention and care
- 3) Reading a topographical map

Program Overview

Successful Treks begin with planning and preparation. Upon arrival, each crew member will have their paperwork reviewed and complete a gear shakedown, swim test, and skills review/test. In addition to paperwork and Orientation, crews will also have a photo taken, eat dinner onsite, and take part in the Camp Hinds Opening Campfire.

Trek Leaders When participants arrive at Camp Hinds, the crew will be greeted by their Trek Leaders. The Trek Leaders will join your crew and stay with the group for the entire expedition and lead them through the first day Orientation/outfitting procedures. The Trek Leader is an adult staff member who has been trained as a BSA Trek Leader. He or she provides training support, interprets outdoor skills, and acts as a resource person to the crew. In an emergency or any situation involving safety, the Trek Leaders will act in conjunction with the adult participants. The Trek Leaders act as resources for the skills pertaining to Scout camping and wilderness travel. They are specialists with the equipment and food carried on wilderness Treks. The Trek Leaders have been trained in the history of the area and special safety practices to be observed on a Trek.

Crew Leader Treks are youth led. All Trek crews will elect a youth crew leader during their first day on-trail. The crew leader will work hand-in-hand with the Trek Leaders to ensure that all duties are assigned and completed.

Working Treks All Treks are working treks. Youth and adult participants will cook, clean, hang bear bags, navigate, and more. Please be prepared to assume tasks and responsibilities given to you by your crew leader and Trek Leaders.

Merit Badges All Trek itineraries include a limited amount of free time which may be used to work on merit badges. Participants are expected to bring a small notebook and pencil to take notes, journal, and keep track of their merit badge work. Participants who wish to earn merit badges but arrive without a notebook and pencil will be required to purchase them from the Trading Post.

	APPALACHIAN TRAIL BACKPACKING	CASCO BAY KAYAK	MOOSE RIVER CANOE	MUSCONGUS BAY KAYAK	ROUSE ISLAND WEEKEND	WESTERN LAKES CANOE
Astronomy		<i>P</i>	<i>P</i>	<i>P</i>		<i>P</i>
Backpacking	<i>P</i>					
Bird Study		<i>P</i>	<i>P</i>	<i>P</i>		<i>P</i>
Camping	<i>P</i>	<i>P</i>	<i>P</i>	<i>P</i>		<i>P</i>
Canoeing			F			F
Kayaking		F		F	F	

F - Full, P - Partial

Appalachian Trail

Backpacking Trek

Dates Sunday, July 29 - Friday, August 3

Overview On this Trek, participants will hike fifty of the most remote miles of the Appalachian Trail with everything they need on their backs. This is the most challenging trek Pine Tree Council offers-- participants should come prepared to hike roughly ten miles per day over challenging, rugged terrain. Come experience the beauty of Maine's mountains and forests!

Itinerary Please note that this itinerary is subject to change due to weather conditions, size and experience level of the crew, or campsite availability.

Sunday: Check in, Orientation, dinner, and Camp Hinds Opening Campfire

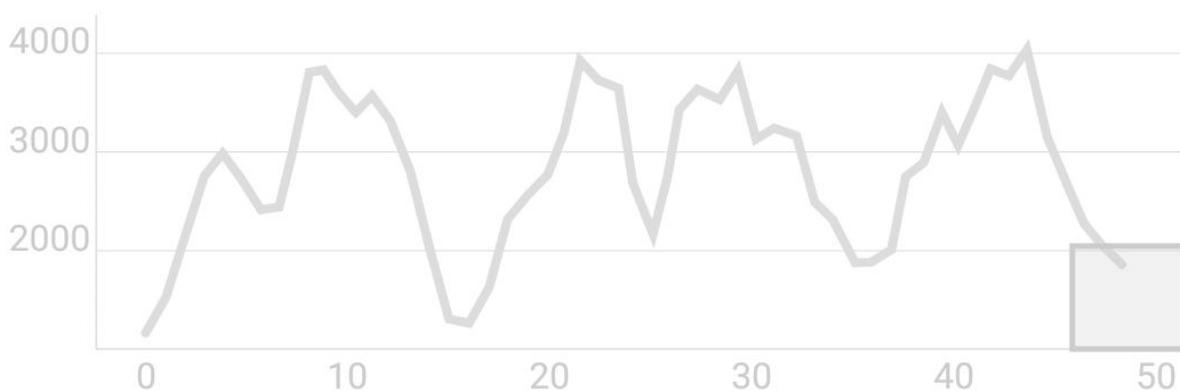
Monday: Travel to New Portland, ME; hike to Safford Notch Campsite (6.6 miles)

Tuesday: Hike to Cranberry Stream Campsite (9.0 miles)

Wednesday: Hike to Crocker Cirque Campsite (9.4 miles)

Thursday: Hike to Poplar Ridge Lean To (14.3 miles)

Friday: Hike to Piazza Rock Trailhead (10.8 miles), travel to Camp Hinds, Dismissal



Elevation profile courtesy of High Sierra, LLC



Dates Sunday, July 22 - Friday, July 27

Overview This Trek's participants will explore at least fifty miles of the Southern Maine coast by tandem sea kayak. They'll see wildlife, lighthouses, and plenty of islands along the way. This trek offers the potential for additional mileage for more adventurous and experienced paddlers.

Itinerary Sea kayaking itineraries are subject to a great deal of change. The skill level of participants, hour-to-hour weather conditions, tides, and campsite availability all influence the final Trek route. Below is the 2017 Casco Bay Trek's itinerary. All distances are listed in statute miles and are approximate.

Sunday Check in, Orientation, dinner, and Camp Hinds Opening Campfire

Monday Travel to Portland, ME; paddle to Portland Head Light; paddle to Jewel Island; make camp on Jewel Island; explore former military installation on Jewel Island (18 miles)

Tuesday Paddle to Fort Gorges, explore the fort, paddle to East End Beach, paddle to Falmouth Town Landing, paddle back to camp on Jewel Island (27 miles)

Wednesday Paddle to Eagle Island, tour Admiral Perry Museum, paddle to marina for resupply, paddle to The Goslings, make camp on The Goslings, night paddle to seal colony at Grassy Ledge (12 miles)

Thursday Capsizing and rescue skills practice, paddle to marina for resupply and penny candy, paddle to The Goslings (8.5 miles)

Friday Paddle to pull-out point in Harpswell, ME; travel to Camp Hinds, Dismissal (11 miles)



Dates Sunday, July 15 - Friday, July 20

Overview A perfect trek for Scouts new to High Adventure or those looking for a more relaxed itinerary. This fifty miler canoeing Trek features pond and river paddling, a few brief portages, and Class I-II rips. Participants will cap off their trek with an included day of whitewater rafting on the Kennebec River!

Itinerary The Moose River Canoeing Trek holds potential for side trips, day hikes, and merit badge work depending on the interests of participants. In addition, each crew's itinerary may slightly vary due to campsite availability and weather conditions.

Sunday Check in, Orientation, dinner, Camp Hinds Opening Campfire

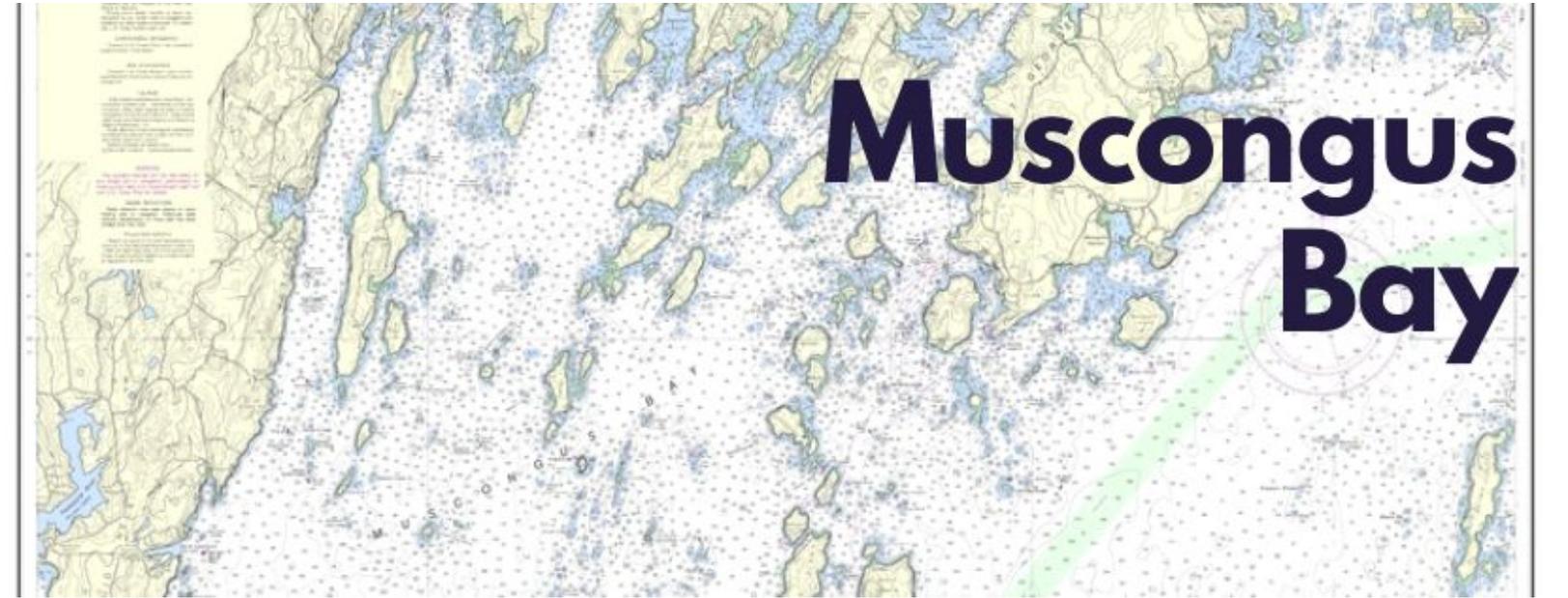
Monday Travel to put-in point at Holeb Pond, explore Holeb Pond, enter Moose River, paddle to campsite at Camel Rips, practice running Class I rips with empty boats

Tuesday Paddle to Holeb Falls, portage around the falls, paddle to campsite at Spencer Rips

Wednesday Paddle to Attean Falls, portage around Falls, paddle to campsite on Attean Pond

Thursday Paddle to Sally Mountain trailhead, hike Sally Mountain, paddle to campsite near Attean Landing, capsizing and rescue practice

Friday Paddle to pull-out point at Attean Landing, travel to whitewater rafting outfitter, raft Kennebec River, travel to Camp Hinds, Dismissal



Muscongus Bay

Dates Sunday, August 5 - Friday, August 10

Overview On this sea kayaking trek, participants will paddle at least fifty miles along a remote and beautiful stretch of the Maine coast. Keep an eye out for wildlife as we island-hop through the Bay. This trek also offers the potential for additional mileage for more adventurous and experienced paddlers.

Itinerary As with the Casco Bay Sea Kayaking Trek, this itinerary is subject to a great deal of flexibility. The skill level of participants, hour-to-hour weather conditions, tides, and campsite availability all influence the final Trek route.

Camping Twelve private and publicly owned islands offer free camping through the Maine Island Trail Association.

Points of Interest Day hike and bird watching at Hog Island Audubon, Pemaquid Point Lighthouse, reversing rapids at Goose River, exploring Fort William Henry, seal colony on Cow Island, Marshall Point Lighthouse, Franklin Island Light



Western Maine Lakes Canoe Trek

Dates Sunday, July 8 - Friday, July 13

Overview Participants will paddle fifty miles by canoe on the western lakes of Maine. Watch for migratory birds and other wetland wildlife such as moose, osprey, bald eagles, and loons as we explore the shores of wildlife refuges and state parks.

Itinerary Spend five days paddling and portaging on Cupsuptic Lake, Mooselookmeguntic Lake, Upper Richardson Lake, and Lower Richardson Lake. The Western Lakes Trek also holds the possibility for freshwater fishing (must have fishing license if over 16 years old and bring own equipment) and various day hikes.

Sunday Check in, Orientation, dinner, Camp Hinds Opening Campfire

Monday Travel to put-in point on Cupsuptic Lake, explore Cupsuptic River and Cupsuptic Lake, paddle to campsite in Echo Cove (opportunity to day hike Forest Legacy Trail)

Tuesday Paddle south along the shores of Mooselookmeguntic Lake, make camp on Farrington Island

Wednesday Portage across Upper Dam into Upper Richardson Lake, explore Upper Richardson, make camp in Halfmoon Cove

Thursday Paddle through The Narrows into Lower Richardson Lake, day hike Rapid River Carry Trail, make camp on the shore of Lower Richardson

Friday Paddle to pull-out point (South Arm Campground), drive to Camp Hinds, Dismissal



ROUSE
ISLAND
WEEKEND
ADVENTURE

Dates Six sessions to choose from:

Weekend 1 Friday, July 6 - Sunday, July 8

Weekend 2 Friday, July 13 - Sunday, July 15

Weekend 3 Friday, July 20 - Sunday, July 22

Weekend 4 Friday, July 27 - Sunday, July 29

Weekend 5 Friday, August 3 - Sunday, August 5

Weekend 6 Friday, August 10 - Sunday, August 13

Overview Ready to add an adventure to your week of camp? This weekend sea kayaking adventure includes an overnight at our Rouse Island outpost with an introduction to the coast of Maine. There participants will explore the island and learn about marine ecosystems and marine signaling. The Rouse Island adventure is great for whole units or provisional scouts.

Itinerary This adventure starts when your week of camp ends on Friday. Participants will kayak down the Kennebec River passing lighthouses, seal colonies, and islands along the way.

Friday Check in, Orientation, dinner, attend Camp Hinds Closing Campfire

Saturday Travel to put-in point in Bath, ME; paddle down Kennebec River to Rouse Island Outpost, explore Rouse Island, Swamp Romp (tide dependent)

Sunday Paddle out mouth of Kennebec River, surf kayaks onto Popham Beach, explore Fort Popham, practice kayak capsize and rescue skills, travel to Camp Hinds, Dismissal

Trek Packing List Overview

Notes on Clothing Summers in Northern and Coastal Maine have a broad range of temperatures. While it may be hot during the day, nights can still be cool. It is strongly suggested that all participants packing a midweight insulating layer such as a fleece for evenings in camp or rainy days on the water. Please do not pack any cotton clothing for your trek (with the exception of your travel clothes and sleep clothes). Cotton is a poor insulator when wet. Synthetic or wool are good choices. All participants will need their Class A uniforms for Sunday dinner and the Opening Campfire at Camp Hinds. Class A uniforms may be left at Camp Hinds for the duration of your Trek.

Notes on Personal Gear Although canoe and sea kayak trekking differ substantially from backpacking, participants should be aware of the weight of their gear. Heavy packs are difficult and tiring to portage. Bulky gear is difficult to pack into a sea kayak hatch. Participants should use a kitchen scale to weigh each item they plan on bringing. Record gear weights in a spreadsheet or a website such as <https://lighterpack.com/> in order to keep track of total gear weight. Little things add up quickly! Participants should try to keep their pack weight under 25 pounds if possible. Trek staff will assist with this process during orientation. Any extra or unnecessary gear may be stored at Camp Hinds.

Crew Gear During the Orientation and shakedown processes, Trek Program staff will distribute food and crew gear for which participants will be responsible for the duration of the trek. When packing, remember to leave space for crew gear! The Pine Tree Council Trek Program will provide all trail food (meals and snacks) and the gear listed below. Trek staff will provide training on proper use of crew gear during orientation. Crew members are responsible for maintaining crew gear during the Trek. Damaged or lost gear may incur additional cost. All crew gear will be inspected for condition before and after the Trek.

Provided Crew Gear	
Paddling equipment (if applicable)	Canoes/tandem kayaks, paddles, PFDs, spray skirts, bailers, safety/rescue equipment
Cooking equipment	Backpacking stoves, cook pots, fuel, lighters, water filtration, dining fly, hand sanitizer, bear bag ropes/carabiners
Navigation	Maps, charts, guide books
Dry bags	10L dry bags for gear and clothing
Advancement	Merit badge pamphlets
Safety	Crew First Aid kit

All Trek Packing List

The following items are on the packing list for every Pine Tree Council Trek. Failure to bring every required item on this list may incur additional cost. Optional items are marked as such.

Pack System		✓
Hydration system (Camelbak, Platypus, or water bottles), 3-5 Liter total capacity		
Stuff sack/bear bag for "smellables"		
Stuff/compression sacks for personal gear, clothes, etc		

Shelter/Sleep System		✓
Sleeping pad		
Sleeping bag (backpacking style, rated 40° or lower)		
Sleep clothes (one set)		
Backpacking style pillow (optional)		
One-person tent* (lightweight with rainfly, poles, footprint, stakes)		

* Participants originating from the same Troop should consider bringing and sharing a two-person tent instead of each bringing a one-person tent. The Pine Tree Council Trek Program has a limited number of two-person tents to loan to participants. Please contact us at least four weeks prior to your trip if you plan to borrow a tent.

Eating		✓
Spork or spoon (knife/fork unnecessary)		
Mess kit bowl and cup (full mess kit pot/pan, etc not needed)		

Navigation/Personal First Aid		✓
Headlamp & extra battery for headlamp		
Compass		
Band-aids (2-3 each of small, medium, and large band-aids)		
2 inch roll of gauze or 4-5 gauze pads		
Emergency blanket		
Duct tape/moleskin/Leukotape P for hotspots & blisters		

Clothing	✓
Hiking shoes (<i>Broken-in</i> trail runners, hiking shoes, or boots)	
Hiking socks (synthetic or wool, 1-2 for hiking/portaging and 1 for sleeping)	
Underwear (1-2 pairs, synthetic compression style)	
Hiking pants or shorts (convertible style works well, 1 pair)	
Short sleeve shirt (synthetic or wool, 1-2 is sufficient)	
Long sleeve shirt (synthetic or wool, 1 shirt)	
Midweight layer (fleece, synthetic, or down insulation)	
Rain shell/jacket	
Rain pants (optional)	
Hat with brim	
Class A Uniform (for Sunday at Camp Hinds)	

Toiletries/Personal Items	✓
1 roll toilet paper packed in ziploc bag	
Daily medications	
Sunscreen & chapstick with SPF protection	
Folding pocket knife	
1 paperback book or eReader (optional)	
Small notebook & pencil for merit badge work, duty rosters, and journaling	
Backpacking style towel	
Camera/phone for pictures	
Earplugs (optional, but good if crew-mates snore or if forest noises keep you awake)	
Ziploc bags (2 1-gallon bags for trash, 2-3 quart bags for organizing small items)	
Toothbrush/toothpaste (travel size)	
Sunglasses with UV protection/polarization	
Bug spray (should contain DEET)	
Bug headnet (optional)	

Trek-Specific Packing Lists

In addition to the personal gear on the **All Trek Packing List** (pages 19-20), all Treks have specific, specialized gear required.

Backpacking Treks		✓
Backpacking style backpack with 45-65L capacity		
Pack cover or compactor trash bag (for waterproofing)		
Trekking poles (optional but highly recommended)		
Camp shoes (optional, sandals/Crocs)		

Canoeing Treks		✓
Backpacking style backpack or dry bag pack with 45-65L capacity		
Bungee cord or small amount of rope for securing pack to canoe		
Water shoes (sturdy shoes that can be worn in the canoe, while launching, and while landing--not flip flops or loose sandals)		
Swimsuit		
Dry bags (Trek program has a limited number of 10L bags to loan to participants)		
Fishing gear (optional)		
Bandana or Buff (optional)		
Fishing gear (optional)*		

*Maine fishing license required for ages 16 and up.

Kayaking Treks		✓
Dry bags (Trek program has a limited number of 10L bags to loan participants)		
Water shoes (sturdy shoes that can be worn in the kayak, while launching, and while landing--not flip flops or loose sandals)		
Swimsuit		
Fishing gear (optional)		
Bandana or Buff (optional)		

Contact Information

A copy of each participant's medical and emergency contact information will be carried by the Trek Leaders for the duration of the Trek. An additional copy will be filed with Pine Tree Council. Many Treks are partially or fully without cell phone reception. In the event of an emergency, please contact the PTC office. Staff will reach the Trek Leaders as soon as possible.

On trail emergencies are rare. All Pine Tree Council Trek Leaders are fully certified in Wilderness First Aid and CPR as well as being trained in lost person protocols. Per BSA standards, detailed Emergency Response Plans are created for each Trek including a full itinerary, travel route, local EMS providers, and closest evacuation points.

Please note that because Treks take place in remote wilderness areas, camp mail cannot be delivered to participants.

Physical Address 146 Plains Road, Raymond, ME 04071

Pine Tree Council Office (207) 797-5252 (phone), 207-655-6282 (fax)

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