

Long-term Hikemaster Handbook



Boy Scout Troop 849
Manhattan Beach, California

Credits

This handbook is based on notes that were compiled from long-term hikes in 2005 and 2006. (CDs containing all of the planning materials and documentation are also available.) It is also based on the “Troop 849 Weekend Backpack Hike Preparation” documentation that was written by Richard Hoesly in 1998.

Many thanks to Richard Hoesly, Mike Vahey, Dick Rose, and the many others of Troop 849 who preceded them and whose experience and wisdom went into this publication.

Tom Thorpe

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Please give Troop 849 credit as may be due them.

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Introduction

Long-term is a great opportunity to put into play all of the skills the Scout has learned throughout his Scouting career. It is a time away from civilization and an experience he will remember forever. Every long-term is unique. Even if they travel the same route, things like group dynamics, Mother Nature, and random events all add up to make each hike one-of-a-kind.

Pulling off a successful long-term backpack trip is not an easy task. A lot of planning and hard work goes into each one. This handbook is intended as a guide to help the leader of the hike.

Guidelines

These rules are for safe and enjoyable High Adventure program activities. They apply to all participants, at all times.

1. Take emotionally mature Scouts that you trust. Show that you trust them. Tell them the importance of these traits when you are two days from outside help. (If your Unit climbs peaks, as we do, you know how many peaks have 1,000 foot cliffs).
2. Stay together. If Scouts are scattered all over the mountainside, and someone in back gets hurt, the ones in front can't help. If they are too far away, they can become a part of your problem. 
3. No one passes the "pathfinder" (the Scout or adult who takes the lead). I prefer it be a Scout, as this helps build trust and participation. Pick a pathfinder who will set a pace that is reasonable for everyone. That person is to be instructed to stop whenever he has not seen the trail sweep for over 5 minutes.
4. The hikemaster sets the time limit for hiking at each rest stop. The pathfinder, or person behind him, keeps time. Stop at the designated time for the next rest stop. This is generally 40 minutes (almost never more). Going uphill, or early in the hike with full packs, you may want to make it 30 minutes. (Note that the ideal time for iodine to purify water is 40 minutes). Minimum rest time is 10 minutes, measured from when the trail sweep arrives. We often stop for 15 minutes. 
5. Stop at all trail junctions. Wait there until the whole group arrives and the hikemaster says to proceed. This way you make sure that everyone takes the same trail. Having a lost person can ruin everyone's day, or worse.
6. The trail sweep is last. No one gets behind him. The trail sweep stops for any person having difficulty. The Hikemaster is generally the trail sweep, although he may designate another adult. A specific transfer to that adult must be clear and unambiguous. The trail sweep generally carries the group first aid kit. He also checks the rest area for trash/personal items as the Unit is leaving. The trail sweep generally gets the most dust and the least view of wildlife.

It is nice to get there first, but the group is only as fast as the slowest member.

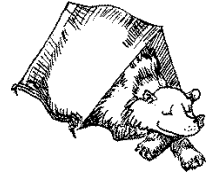
7. Never throw rocks. 95% of all injuries on a long-term hike are caused by rocks - falling on them, kicking them, being hit by them, stepping badly on them, etc. No need being hurt by someone's thrown rock that bounces off another rock (no skipping rocks on water, either).
8. Wear shoes at all times, except in a tent. It is really bad to kick a rock in the dark with bare feet, since they are your method of transportation. Scouts will sometimes leave their tent at night with bare feet, to get something from their pack. This should be pointed out to them as a big mistake.

9. As you leave the trailhead, have participants count off and remember their number. When you want to account for everyone, have them count off again. We left a restaurant once (the banquet after long-term) and left a Scout behind. We then added this rule! This also works on a dark and stormy night after a nearby lightening strike when you want to be certain that everyone is OK in their tents.
10. On arrival at your campsite, Scouts may want to go exploring. They can, provided that:
 - a. They go in a group of two or more.
 - b. They must stay together.
 - c. They must file an approved flight plan, i.e., they tell the hikemaster where they are going (“We’re going over to that little peninsula at the end of the lake to look for fish”). You generally want to have them in sight at all times.
 - d. They must give you a specific time that they will be back.
 - e. They must check in upon return.
11. Scouts tell the hikemaster when they take off to use the trowel, and in which direction. Check in upon return. If hiking at the time, then leave their pack on trail while they are gone.
12. Give the person in front of you 10 feet. This is minimum spacing, especially when you have a slow person with others stacked up behind. You need this spacing to keep from running over a person that trips or stumbles.
13. Adults fill/refuel stoves. Scouts never open fuel containers or pour gas. Establish a container storage and stove fueling location well away from the fire/cooking area.
14. Scouts pick tent partners. Scouts don’t tent with adults, unless it is a parent. It is best to always have Scouts tent with other Scouts. If you have an odd number of Scouts, there will usually be an older one that would prefer to be alone. Most Scouts consider it a penalty to have to tent with their parent.
15. If you go swimming or wading, wear your camp shoes, unless the bottom is specifically cleared by the hikemaster and approved for bare feet (sandy, no rocks or glass). Safe Swim Defense is required. Enough said!
16. When rock climbing (a mountain), go as a group. Use the buddy system. Don’t follow your buddy too closely, as he might kick a rock down on you. For the same reason, don’t climb above or below a person. Get trained.
17. Explain why you have the rules that you have (as they are explained here). Let the Scouts know that you may be 2 or 3 days from help. Stitches need to be taken in less than 6 hours to minimize scarring. When you explain the reason, the rules will be much easier to follow.
18. Take your Scouts on a trail building project. They will stop cutting switchbacks and take care of the trails, once they find out what it takes to rebuild one.
19. No candles, stoves, matches or lighters in tents. We’ve had this rule since the Chicago Fire.
20. Make cook groups and tent pairings so that tent partners are in different cook groups. The one not in the cook group sets up the tent. Sons are not to be in a cook group with a parent (parents are harder on their own sons because they don’t want to show favoritism).
21. A crew of 15 should have 3 cook teams, which rotate each meal. Over a 7 day trip, each group will do about 3 breakfasts and 3 dinners (no cooked lunches). Dinner group fills and purifies water for breakfast, so that it is ready in the morning. We wash dishes in hot water after breakfast and dinner. This is very important in bear country.



22. The hikemaster checks every evening to be certain that:

- a. All food and smellable items are put in a bear canister or properly bear bagged, as a defense against bears. It's a real problem for you if a bear gets your food. It's also a problem for the bear. Once a bear is successful at getting food from hikers, it becomes a pest and eventually becomes so aggressive that it has to be destroyed.
- b. Boots are in tents.
- c. Packs are covered in case of rain. Wet gear ruins a hike.



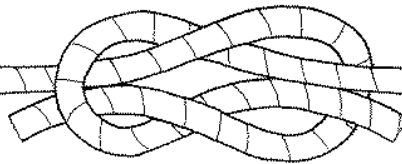
23. Pray for rain, it builds character!

There are other rules about taking care of the environment, etc. However, they are out of the scope of this manuscript. Once the Scouts have been given these rules and taken their first long-term, you will be surprised at how well they will be able to repeat them back to you.

Dick Rose, Troop 849
 Written May 1993, updated February, 1996

Troop 849 Long-term Traditions

- Travel in full uniform (class A), both ways.
- Sleep in and enjoy pancakes on lay day.
- A mid week dinner of SPAM, mashed potatoes and gravy.
- Canned oysters and/or sardines for first time hikers.
- After the hike an all-you-can-eat banquet at Sizzler followed by all-you-can-eat at Baskin-Robbins.



Hikemaster Wisdom

Before the hike.

- The last weekend long-term training hike should be more strenuous than long-term. For first time hikers:
 - Get them up to altitude to see if there is going to be any problems there.
 - Physically stress them out at least once on a training hike to determine their reaction.
- Long-term is by invitation. You don't have to take anyone you are not comfortable with.
- Anybody can make it up any hill; it is just a matter of how fast.
- Plan a leisurely layover day so you can sleep in and enjoy pancakes.
- Schedule the SPAM dinner after 3-4 days of dehydrated food so it will be appreciated more. Don't do it on a layover day. It is best eaten after a good day of hiking. Leave ample time (2 hours) for preparation and clean up.
- Hiking cross country takes twice as long as hiking on a trail. Double the backpack hours. The same goes for snow travel.
- Bear canisters hold slightly over three days of food plus personal snacks and smellables. That does not include trash.

During the hike.

- Get an early start to minimize hiking in the heat of the day and to have some margin should something unexpected happen.
- Think ahead. Keep a mental estimate of where the group will be during the day.
 - Try to have rest breaks around water stops and in shady spots.
 - Adjust the duration of the rest breaks to fit the hiking schedule. Easy hiking days can have longer breaks.
 - Lunch should be at a rest break but doesn't have to occur at noon. Pick the time based on how the group is doing and what lies ahead for the day.
 - Allow 45 minutes to 1 hour for lunch so everyone can digest and get fully rested.
- The cook group typically eats last.
- Select a campsite that is consistent with the principles of Leave No Trace. Tents should be well upwind of the cook area if possible. Determine the area where tents can be pitched and designate a cooking area. Tent site selection is typically adults first, then order-by-rank.
- Try to get off the peak by noon. Localized thunderstorms are very common at high noon.
- When climbing a peak, stay as close together as possible. The slower, less experienced climbers can benefit from the faster, wiser climbers if they are close enough to observe them.
- Occasionally equalize the fuel level in all Molotovs. At least once mid-week.
- If fires are permitted then most trash can be burned. Do not leave any bits of foil in the fire ring.
- Collect all troop garbage and redistribute it to everyone. Again, mid-week is a good time.
- Unloading equipment from a Scout should be done privately and judiciously. Consider it if the Scout is dragging and cannot walk properly. Watch the Scouts feet. (Being out of shape is not a cause to be off loaded.)
- Don't hesitate to declare a bear watch when it is needed. In rare instances, bear watches can also be used to distract attention from other things.
- The traditional order for showers is adults first, then Scouts, order by rank.

Hike Locations

Route Planning

The long-term hike location is usually decided at a Troop Committee meeting many months or even a year before time. A list of past long-term locations is available on our website. New locations are always encouraged so do don't feel constrained by this list.

Scouts are generally available during the summer. The best time to schedule a long-term is between the end of summer school and the beginning of school. Avoid summer camp week too. Most often it is impossible to satisfy all constraints so just do your best. Other factors are the number of mosquitoes and possibility of rain. Both go down later in the summer.

Some long-term hikes are harder than others. In any one give year, there should be at least one easier long-term for first time Scouts and one more challenging long-term for the advanced Scouts.

Troop 849 requires three training hikes prior to going on a long-term. This requirement can be waived for those who have been on a prior long-term. Most long-term training awards require a minimum of two training hikes within 90 days of the long-term. That requirement cannot be waived. Long-term hikes are usually above 8000 feet and have multiple peaks available for climbing. Participants are encouraged to climb all peaks (weather permitting) but that is not a requirement.

Awards

Special long-term awards are available from the Greater Los Angeles Area Council High Adventure Team (GLAAC-HAT) and other local Councils. There are awards for various areas in the Sierras along with awards for specific trails or routes. Award requirements vary but generally the hike must involve at least four nights of camping and 25 backpack hours to qualify. See Hike Aid 6 "High Adventure Awards Program" for details. The most popular awards are:

High Adventure Backpack	Any public lands, four night minimum, 25 or more backpack hours.
John Muir Trail Award	Any one of six 50 mile segments of the John Muir Trail, six nights minimum.
Sierra North	Trail must be entirely within the northern portion of the Sierras, four nights minimum, 25 or more backpack hours.
Sierra South	Trail must be entirely within the southern portion of the Sierras, four nights minimum, 25 or more backpack hours.

Topo Maps

Full size topo maps are generally provided for all participants. Not only are they very useful during the hike, but they also make a very nice souvenir. Maps can be purchased at <http://store.usgs.gov/>. If only a small portion of a map is required, then a color copy of a full size topo can be used.

Permits

Wilderness Permit

Almost all long-term hikes require a Wilderness Permit. Since there are usually quotas on these permits, it is important that the location be chosen early enough to insure that the permits can be obtained. Try to apply for the permit on the first day it becomes available. See the Reservations page of our website for the latest reservation information. Call the appropriate agency (Ranger Station, etc.) well ahead of time and ask what their preferred reservation request method is (phone, FAX, or letter) so you stand the best chance of getting your first choice of dates.

You will be sent a wilderness permit reservation by mail. This is not the permit. You need to take this reservation to the designated agency to get the actual permit. This needs to be done on your way to the trailhead.

Fire Permit

You will need a California fire permit. See the “Weekend Hikemaster Handbook” for details. Sometimes they are included as part of the wilderness permit. If not, they can be picked up ahead of time or at the same time you pick up your wilderness permit.

Equipment

Personal Equipment

Each participant is required to provide their own personal equipment as described in the “Long-term Hike Personal Equipment Checklist”. This list is an expanded version of the normal weekend equipment list. In addition, the Scout is expected to have a complete personal first aid kit. A pack inspection is done at the meeting just before long-term for all Scouts. Adults are encouraged to participate too. Scout packs are confiscated after the inspection and locked up until departure time. A list of deficiencies is given to each Scout and he is expected to have those items before departure.

Hikemaster’s Pack

Depending on the hikemaster, you might find some of the following items in his pack. These are above and beyond the normal checklist items.

- Safety: A more complete set of topo maps for the area
- Super bright search light
- Heavy duty space blanket which doubles as a tarp
- Extra pair of eye glasses
- Water pump

- Handy: Spare backpack rings and pins
- Extra large trash bag
- Good tweezers
- Good scissors
- 5-10 feet of duct tape

Fun: Fishing gear
 Astronomy charts showing the planets for that week
 Various edible treats for everyone

Troop Equipment

The quantity of troop equipment that is needed by the group depends on the size of the group. The quantities shown below are a starting point. Check out all equipment ahead of time and make sure it is all operational. If multiple hikes are planned for the same time, check with the Troop Quartermaster to make sure the required equipment will be available.

<u>Item</u>	<u>Quantity for 5-7 people</u>	<u>Quantity for 8-12 people</u>	<u>Weight each</u>
Cook kit with stove	2	2	32 oz.
Spare stove	-	1	11 oz.
Fuel bottle	2	2	20 oz.
Spare fuel bottle	-	1	20 oz.
Large Molotov *	3	4	30 oz.
Large Molotov **	1	1	30 oz.
Pliers	1	1	4 oz., put in a cook kit
Small frying pan	1	2	11 oz.
Spatula	1	2	2 oz.
Cooking oil (2 oz. bottle)	1	-	2 oz. (half full)
Cooking oil (2 oz. bottle)	-	1	4 oz. (full)
Water cubes	2	2	5 oz.
Iodine bottle	2	2	12 oz.
Trowel	2	2	2 oz.
Thermometer	1	1	1 oz.
Splint	1	1	4.5 oz.
Stove repair kit	1	1	0.5 oz.
Replacement stove hose ***	1	1	2.5 oz.

* Fuel usage depends on the number of meals cooked. The quantity shown is for seven breakfasts and dinners. (Actual usage: 8 people for 8 days of meals used $3 \frac{2}{3}$ Molotovs.)

** For trailhead cooking. Top off stoves before leaving and then leave this Molotov at the trailhead.

*** In lieu of an additional fuel bottle.

Food

Planning

Call a menu planning meeting well before the hike. A good starting menu is what was used by last year's long-term. Participants can then modify the menu to suit themselves. Take particular note of any food allergies. Food portions sizes, tips, and buying notes can be found later in this section. Food buying is done as a group. Make up a shopping list and then assemble the entire group at a local food store and buy everything you need. (Note: Ask at the grocery store for a discount as some stores give Scouting organizations a 5 to 10% discount.) Dehydrated food will have to be ordered separately. (Mountain House will sell wholesale to Scout troops if you buy by the case.) Some food is best bought fresh so it will have to be deferred until just before departure.

Food Tips

- Try out all food items on weekend hikes before committing to them on long-term.
- Mountain House brand dehydrated food usually works out the best as it is less spicy. Some of the more popular ones are spaghetti, lasagna, beef stroganoff, chicken a la king, and beef stew.
- Adjust the portion size slightly based on how much you can cook in the pot(s). Keep in mind that the largest pot is rated at 8 cups but is very difficult to stir when used at that level. A more practical level is 6 cups.
- Try to carbo load the night before strenuous days.
- Leave one packet of Wonton flavoring out of each pot to reduce spiciness. (Don't even pack it.)
- Wonton cooks real fast. Don't overcook it as it gets mushy.
- You can add one package of unflavored Top Ramen noodles to each four servings of either spaghetti or lasagna to help dilute the sauce and add bulk.
- Extra crackers can be eaten with the soup.
- Stick with a quick to prepare breakfast on long hiking days.

Estimating Portions

The food portion estimates given below are per person per meal. For other food items go by the suggested serving size on the package.

Breakfast

1/5 qt. of Tang
 1/4 cup of granola
 1 packet of hot chocolate
 1 packet of oatmeal
 3/4 to 1 cup Hungry Jack pancake mix
 1.5 oz. of pancake syrup
 3/4 to 1 serving of dehydrated eggs

Lunch

3 oz. of meat is plenty
 1 to 1 1/2 oz of Gouda or Edam cheese

2.5 oz. peanut butter and 2 oz. of jelly
 2 6" tortillas
 1/3 stack of Keebler Club crackers (15 crackers)
 1/2 qt. of Koolaide

Dinner

1/2 package of Top Ramen
 1 package of Wonton
 1/3 to 1/2 qt. of Koolaide
 1/4 to 1/3 of a large (10 oz.) can of chicken
 1/4 large can of SPAM
 1 cup dry mashed potatoes (for SPAM)
 2/3 cup gravy (for SPAM)

All meals

1 paper towel per meal except 1/2 towel at lunch

Buying

Make up a complete list of all food that needs to be bought before going to the grocery store. Here are some things you should know about the typical food we buy. What works well, packages sizes, weights, etc.

- Canned chicken - Used for chicken rice casserole comes in 10 oz. cans (water). Be sure to use the water that is in the can. Note: You can use pouch chicken instead. The amount of chicken in a 7 oz. pouch is the same as in a 10 oz. can of chicken.
- Cheese - Sliced cheese comes in 12 oz. packages. Small wax covered packages of lunch cheese (Gouda and Edam) come in a 7 oz packages.
- Crackers - Keebler Club crackers come 3 stacks per box, about 45 crackers per stack. A box weights 20 oz.
- Deviled meat - Underwood deviled ham/chicken comes in 4.25 oz. cans.
- Dish towels - Get "Easy Wipe (Reusable wiping cloths)". They come in packs of 6. Start off with three and slowly replace them throughout the hike. They can be disposed of in a campfire.
- Jelly - It comes in 20 oz. squeeze bottles. Strawberry and grape are the most popular.
- Koolaide -It comes in 8 quart packages.
- Mashed potatoes - They come in 17/3 cup and 43/3 cups boxes. They all require powdered milk which can be added ahead of time.
- Meat pouch options:

Light tuna	3 oz., 7 oz.
Albacore	7 oz.
White Chicken	7 oz.
Chicken breast	7 oz.
Turkey breast	7 oz.
Chunk ham	7 oz.
- Pancake mix - Get "Pancake Mix Complete". "Complete" indicates just add water. Each box typically has 19/3 cups or 28/3 cups of mix. Hungry Jack is a good brand but others work too.
- Pancake syrup - Syrup comes in 12 oz. and 24 oz. plastic bottles. Dehydrated maple syrup makes

1/2 cup (4 ounces).

- Paper towels - Paper towels estimates used here are based on a roughly 11" square towel. Scouts are encouraged to clean their eating equipment using 1/2 paper towel. Towels now tear off every 6". Buy that size as it is handier. Then try to use 1/2 of a 6" towel whenever possible.
- Peanut butter - It comes in 18 and 28 ounce plastic jars.
- Rice - Chicken flavored rice comes in 2.5 serving pouch which usually serves 2 people. Go light on the water or it will turn to soup. Lipton "Asian Sides" chicken fried rice is one of the better choices.
- Rolls - The best rolls are Francisco French Steak Rolls. They come in a package of 6 rolls which weights 17 oz.
- Salami - A stick of Gallo salami weights 8 oz.
- SPAM - It comes in 7 oz. and 12 oz. cans.
- Tang -It comes in 6 quart packages.
- Tomatoes - Each one weights 5-6 oz., (4 oz. is a very small one)
- Tortillas - Corn tortillas have more taste but crumble. Flour is a more practical choice. The current options are:

Flour Tortillas (fajita size) - 6 3/4" diameter, 10/package, 10 oz.

Flour Tortillas (soft taco size) - 9" diameter, 10/package, 17.5 oz.

Flour Tortillas (burrito size) - 10" diameter, 8/package, 20 oz.

White Corn Tortillas (super size) - 6" diameter, 12/package, 14 oz.

White Corn Tortillas don't come any larger

Cooking

We cook as a single group, organize into three cook groups. See the Guidelines section of this handbook for how to organize these cook groups.

Travel

The usual departure point for long-term is the Scout House. There is a longstanding tradition to travel in full Class A uniforms. (Both directions.) A second set of clothing should be brought for use at the trailhead prior to departure.

Drivers

Drivers should be finalized several weeks before the hike. Try to keep the number of drivers to a minimum for several reasons.

- Trailhead parking is often limited.
- Drivers are paid by mileage and any costs above those collected from the participants must be covered by the troop.

Each driver should be provided with the following information the day of departure.

- Driving map showing the location of the trailhead camp site.
- Emergency phone number to contact in case of any problems. Usually several of the drivers will have cell phones and these numbers make good choices.

Food

We usually depart in the morning so everyone should bring a sack lunch to eat along the way. Our favorite spot to eat lunch on the west side of the Sierra's is at Pixley Park. On the east side it is at the Coso rest stop, about 3 miles north of Little Lake.

Trailhead food will be needed for dinner and the next morning's breakfast. Given all that is going on at that time of the trip, it is best to delegate that food responsibility to another adult.

On the way back, we'll stop at Sizzler and Baskin-Robbins. Those expenses are paid out of the hike fees.

Equipment Distribution

Food and troop equipment is usually distributed at the Scout House just prior to leaving. The Scout puts it in his backpack and becomes responsible for it until the hike is over.

Cost

The cost of long-term hike should be set so the hike is self supporting. The per person costs are based on the prior years experience and any extenuating circumstances for the planned hike.

Moneys are usually collected in two installments throughout the year. Give those payments to the troop Treasurer. Keep records of all hike related expenses so a cost summary can be correctly completed and turned in to the troop Treasurer. He/she will write the checks to cover each participant's expenses.

Attendees that cancel at the last minute are required to pay for any expenses that have occurred prior to their cancellation.

“There are only two things wrong with hiking with the Scouts -
they start out too fast, and they keep it up all day!”

Bill Dixon

Checklist

Regardless of the destination or duration of the hike, a basic set of tasks and events need to happen. This is a list of those activities in an approximate time order.

Overall Time Line	
6-12 months before	Request wilderness permit
Weeks before	Order mail order supplies
1-2 weeks before	Buy store food
Saturday before	Pack food
Tuesday before	Pack inspection/stuff food

Six to Twelve Months Before

- Apply for a wilderness permit on the first day it becomes available. The first available date varies from trailhead to trailhead and year to year. Check with the rangers.

A Month Before or Earlier

- Prepare a preliminary list of attendees.
- Sit down as a group.
 - __ Decide what the meals will be.
 - __ Get individual food dislikes and allergies.
 - __ Identify individual medical issues.
- Make up a preliminary menu.
- Make up a map and directions to the trailhead for the drivers.
- Make up a map and directions to Sizzler and Baskin-Robbins for the drivers. (See the troop website.)
- Make sure everyone in the group has a medical form on file with the troop.
- Order maps.
 - <http://store.usgs.gov/>
- Order backpacking food.

Several Weeks Before

- Finalize the list of attendees.
- Collect money from the attendees.
- Determine the drivers.
- Complete the GLAAC-HAT paperwork.
 - __ Fill out a High Adventure Award Application.
 - __ Make up a trail schedule.
 - __ Make up a trail profile from the trail schedule.
 - __ Attach all of the above and a menu to the application.
 - __ Get the application approved by a High Adventure Team member.
- Request multiple peaks from a High Adventure Team member if required.
- Finalize the menu.
- Make up a grocery shopping list.
- Buy the grocery store items.
 - Shop as a group.
- Cancel extra wilderness permit slots when the head count is firm.

One Week Before

- Checkout troop equipment.
 - Get new lighters for the cook kits.
 - It is also a good time to buy new frying pans.
- Light all stoves and verify they work.
- Verify the fuel bottle hoses don't leak.
- Verify the water cubes don't leak.
- Wash all cook kits.
- Checkout special long-term equipment.
 - __ Stove repair kit.
 - __ Replacement stove hose.
 - __ Splint.
 - __ Thermometer.
- Get personnel iodine bottles for first-time people.
- Determine what the trailhead food will be and who will buy and prepare it.

Saturday Before

- Pack food.
 - As a group at the Scout House.
 - Discard extra packaging.
 - Measure into exact portions.
 - Use lots of Zip-Lock bags.
 - Mark contents and cooking directions on each package.
 - Package paper towels separately to save space in the bear canister.

Within The Next Two Days

- Allocate the troop equipment and food to individuals.
 - 1) Determine Scout body weight/hiking ability to assign weight.

- 2) Update the spreadsheet for people and equipment.
 - 3) Record the food package weights in the spreadsheet.
 - 4) Allocate the equipment and food using the spreadsheet. See the spreadsheet for details.
 - 5) The total weight of the food and troop equipment should be 1.25-1.5 lb. per person per day. This does not include bear canisters or tents.
- Make copies of the menu and the food allocation list for everyone.

Tuesday Before

- Determine tent buddies.
- Have everyone check out tents and bear canisters.
 - Everyone should setup and thoroughly check their tent.
- Inspect Scout packs. Adults are optional.
 - Only required items are present.
 - Missing items are itemized.
- Distribute topo maps.
- Distribute food packages.
- Sequester packs.

Just Before Leaving (Optional)

- If driving:
 - __ Wash the car.
 - __ Vacuum car to remove food crumbs.
- Water seal the boots.
- Get a haircut.
- Empty wallet of non-essential items.

Day Before

- Get gas.
- Buy the fresh food.
- Clean the car windshield.

Travel Day

- Bring.
 - ___ Menus for everyone.
 - ___ Food allocation lists for everyone.
 - ___ Map/directions to trailhead for drivers.
 - ___ Map/directions to Sizzler and Baskin-Robbins for drivers.
 - ___ Wilderness permit reservation.
 - ___ Scout camp reservation. (If required)
 - ___ Fresh food.
 - ___ Trailhead food and cooking supplies.
 - ___ Extra gas for trailhead cooking.
- At the Scout House.
 - ___ Verify that all Scouts have either a medical form (yellow card) or a parent going along.
 - ___ Verify items that were missing from the Scout packs have been supplied.
 - ___ Pass out driving maps/directions.
 - ___ Assign Scouts to the cars. Either order by rank or ad hoc.
 - ___ Exchange cell phone numbers.
 - ___ Determine where to stop for lunch.
- Stop by the trailhead ranger station.
 - Pick up the wilderness permit.
 - Get a California fire permit if it is not part of the wilderness permit.
 - Verify where fires are permitted.
 - Ask about the bear situation.
 - Ask about bear boxes along the trail.

- At the trailhead.
 - Distribute the menus.
 - Distribute the food lists.
 - Assign cook groups.

Hike Day

- Count off at the trailhead so each person has a number.

Last Day

- Collect the troop equipment (except the tents and bear canisters).
- Have everyone recombine tent halves.
 - One person to clean the tent and return it to the locker.

After The Hike

- Clean the troop equipment and return it to the locker.
- Return the special long-term equipment (repair kit, splint, etc.).
- Turn the GLAAC-HAT paperwork into the GLAAC-HAT store and buy the awards.
- Submit an expense report to the troop Treasurer. Include all receipts.
- Submit an Activity Report to the troop. This is usually done electronically. The Activity Report is available on the Forms page of our website.