



THE BPSA SCOUTING  
EXPLORER  
**FALL TROOP CAMPOUT**  
AT  
**THE LOOKOUT**

The much anticipated camp out at Sliver Cat Lookout & Bypass will take place on October 21-22. The Sliver Cat is located on Caledonia Mountain, NB. Explorers will be tucking away warmly as they sleep in self-built leantoos throughout the lookout area which borders the valleys of several Albert County ranges. Simply a breath taking view of the Maritime fall foliage! This campout will be backpacking excursion so Explorers will need to come self contained with contents packed in the pack and prepared to hike to the lookout (about 1 KM).

The following list provides a guide to the basic items which each Explorer will need, but is not an exhaustable list. You can add to the list or take away as you see fit. You pack it-You carry it, so choose wisely. Explorers should pack there own bags so they know what where their equipments is.

### CLOTHING CAMPING GEAR

- Hiking boots
- Headlight/flashlight (batteries!)
- Mess kit (bowl, cup, FKS)
- Sweatshirt/hoodie
- Short-sleeved shirt or T-shirt
- 2+ litres of water
- Sweat/track suit for sleeping
- Lip balm and sunscreen (opt)
- 1 change of clothes
- 1 garbage bag
- Backpack to carry everything in
- Hunters Orange (hat, vest or jacket) A MUST!!**

### BEDDING

- 2-3 Dollarama blue tarps (largest one's possible)
- Winter weight sleeping bag (Below -5 Celsius)
- Single closed foam sleeping pad (blue or grey type)

### OPTIONAL ITEMS

**you may be glad you brought**

- Long underwear
- Camp pillow or air pillow
- Sleeping bag liner or fleece blanket (adds about 5 degrees to sleeping bag!)

### OUTERWEAR

- Hand Warmer packets
- 1 Toque

- Personal First Aid Kit
- Gloves or mittens
- Emergency signal whistle (ie: Fox40)

### PERSONAL ITEMS

- Knife (*if you've done the training!*)
- Baby wipes for bathroom and hand cleanse (Dollarama)
- Camera
- Toothbrush
- Toothpaste
- Sunglasses
- Deodorant
- Watch

### FOOD

Explorers are responsible for bringing their own meals for this camp. The menu suggestions can be adjusted to Explorer preference providing that a substitution will fill you up and provide loads of carbs for an outdoor camping. Involve your Explorer with the choices at the grocery store and give the opportunity of choosing their own food items. Discuss good and bad choices. Bulk barn is an excellent source for camp food!

**(see BASIC MENU PACKING)**

### PACKING IT!

Size and weight are important factors to consider when packing for a backpacking trip. You don't want to carry big, bulky items or any

unnecessary, additional weight – but you also want to make sure you have everything you'll need.

Consider clothing and outerwear made of synthetic fabrics (Polypropylene, Thermasilk, Thermax, etc.) which transport moisture and dry quickly, unlike cotton. Long thermal underwear shirts and pants and thin liner socks are especially important items to consider made from these fabrics.

In addition to the above items, you'll have to carry your share of food and patrol/troop equipment, too. When you leave your house, there should be some extra space in your backpack to add these items which will be distributed at the departure place. Your full backpack should weigh no more than 20% (1/5) of your body weight. **And remember – you bring it, you carry it!**

### THE SLIVER CAT TRAIL HEAD

#### PINEGLEN ROAD ROUTE

Set your speedometer to ZERO at the intersection of PINEGLEN ROAD and VAUGHAN HARVEY EXTENSION (next to the 24/7 Veterinarian Clinic)

- 1) Follow the Pineglen Road for 19.0 KM until you hit a "T" in the road.
- 2) Turn RIGHT at the "T" which is ROUTE 910 NORTH.
- 3) At 25.4KM, turn LEFT onto CALEDONIA MOUNTAIN ROAD.
- 4) Trailhead for the SLIVER CAT BYPASS is at the 31.2KM and on the right side of the road.

# BASIC MEAL PACKING

- **LUNCH** – Freeze dried, dehydrated or canned meal & bread/roll. Pack a large can of your favourite canned meal (ie: Ravioli, Spaghetti, Shepard's Pie etc.)
- **SNACK** – Granola/real fruit bars or piece of fruit or Trailmix/GORP
- **SUPPER** – Gourmet Meal & desert - Troop competition for most "Gourmet" setting or meal type setup
- **SNACK** - Granola/real fruit bars or piece of fruit or Trailmix/GORP
- **BREAKFAST** – Oatmeal or Cream of Wheat, piece of fruit
- **LUNCH** – Freeze dried, dehydrated or canned meal & bread/roll. Pack a large can of your favourite canned meal (ie: Ravioli, Spaghetti, shepherd's Pie etc.)

# FOOD PACKING TIPS

- Double wrap your food to avoid spillage on clothing and gear.
- Pack your can opener or opening the can could be a little tougher!
- Be sure you like what food you're packing otherwise substitute accordingly.
- More experienced or encouraged cooks might add additional items like green peppers, onions, spices or precooked grains and beans for extra carbs and taste enhancements.
- If you have food that is sensitive to spoiling, then freeze it up until it is time to go and thawing will prolong the food. Research the real food life instead of going by what others say or even the vendor's suggest.
- Think outside the box when preparing your meals, often the best meals comes from that which are invented, experimented or tried new. Have fun with it!
- Pack lots of water and drink it! If you get thirsty, then that is a sign you are already dehydrating. Add a little water enhancer like Mio to encourage the taste.

# CAMPING EVENT INFORMATION

- **WHO:** Explorer Troop
- **WHAT:** Fall Camp
- **WHERE:** Sliver Cat Bypass & Lookout (Caledonia Mountain, NB) [see directions, 1<sup>st</sup> page]
- **WHEN:** October 21-22th. Drop off at 10am pickup 2pm.
- **COST:** \$5/person
- **SUMMARY:** This fall camp will provide the youth an opportunity to learn and practice basic Scouting skills such as the following:
  - *Emergency shelter building and sleeping experience*
  - *Fire lighting/extinguishing*
  - *Meals over a fire*
  - *Making a bushcraft weaved bed*
  - *Hiking*
  - *Camping tool use*
  - *Latrine building an use*

# ADDITIONAL NOTES

- Confirm your spot for camp no later than Thursday, noon.
- Bring camp fee and give it to the Camp Quartermaster upon arrival.
- Don't have a backpack? Don't want to spend a lot? Check out the following places as they always provide awesome sources:
  - Borrow from a friend, neighbour or family
  - Check out Kijij. Search or post!
  - Canadian Tire
  - Scout Shop (Saint John, NB)
  - Mountain Equipment CO-OP (Halifax, NS)
  - Bass Pro Shops
  - Cabela's
- Be comfortable removing items and packing items in your backpack while it is warm. Don't be afraid to dress warmer than you think you might need to. Keep your neck and head warm and then you be warm throughout the camp.
- "If it ain't damp, we don't camp!" and "If you pack it, you carry it!"