



Brooklyn District Trek-O-Ree 2021



This event is for Scouts BSA and Webelos Scouts

Date: October 15 - 17, 2021

Time: Friday 7pm - Sunday 10:30am

Location: Alpine Scout Camp - Slater Field

Cost: \$15.00 per person

Check-In:

Friday Night: 7PM

Check Out:

Sunday Morning: 10:30AM

Join us for a full morning of Hiking classes (9am - 12pm). There will be a Hiking Merit Badge Counselor on site. We will stop for Lunch from 12pm-1pm. Hikes will begin at 1pm. There will be three treks — 3 miles, 5 miles, and an overnight backpacking trek. There will be a Saturday Night Campfire and Closing Ceremony. We request that troops prepare a skit/song/yell for the Campfire.

Food will not be provided. This means you must bring your own food for the amount of time you are staying at camp. Please be prepared with your essentials. Remember to bring a bottle for water to stay hydrated. We recommend wearing hiking boots, if you have a pair.

Masks are required. Please be prepared with our own PPE (masks, hand sanitizer, etc.)

Everyone must be registered for this event — No Walk-ins.

For more info or any questions please contact:

activities@lenapebaydistrict.org



Trek-O-Ree General Information

Check-In:

Check-in is on Friday night, from 7:00pm to 9:00pm.

Each Troop will need to present a roster.

After check-in ends, there will be a Scoutmaster and SPL cracker-barrel.

Cost and Food:

The cost per person is \$15.00.

Due to COVID-19, food will not be provided. You must bring your own food for the amount of time you are staying.

Items To Bring:

Please pack as if you are going on a camping trip — you are going on a camping trip.

Please make sure you have the appropriate Troop/Patrol Gear needed for a standard camping trip.

All individuals should have (at least) the 10 essentials for the 3mile and 5 mile hike:

-Pocketknife (if you have your Totin' Chip)

-First Aid Kit

-Extra Clothes

-Rain Gear

-Water Bottle (you will not be allowed to hike if you do not have a bottle of water)

-Flashlight

-Trail Food

-Matches/Fire starters

-Sun protection

-Map and compass

-Pen/Pencil/Paper

-Scout Handbook

Weekend Schedule

Friday, October 15, 2021:

7:00pm - 10:00pm Check-In at the Main Office/Parking Lot
10:30pm Scoutmaster/SPL Briefing/Cracker Barrel at

Saturday, October 16, 2021:

7:00am Check-In (Main Office)/Breakfast
8:45am Opening Flag Ceremony at Slater Field
9:00am Morning Classes
12:00pm Lunch Time
Backpackers will separate and eat lunch as a crew
1:00pm - 5:00pm Depart for Treks
Backpackers will depart and return on Sunday
5:00pm Dinner
8:00pm Closing Flag Ceremony at Slater Field
8:15pm Campfire
10:00pm Scoutmaster/SPL Feedback Meeting

Sunday, October 17, 2021:

7:00am Breakfast
10:00am Backpackers Return/Site Inspections
10:30am Departure

Morning Classes

Hiking Merit Badge:

Scouts will learn how to prepare for and plan a hike. Scouts will learn about the merit badge and complete some of the requirements.

Tenderfoot, Second Class, and First Class Requirements:

This class will be great for new Scouts looking to advance. It will cover all hiking and orienteering requirements for each rank. Star Scouts are encouraged to assist in teaching to complete their teaching requirement for Life.

Backpacking Workshop: *This is for Backpackers only.*

This workshop will review First Aid and the 10 essentials. There will be a discussion on gear minimization, crew size and organization, risk minimization, and emergency response plans. Pack inspections will take place. The workshop will end with discussing and planning the trek route.

After all classes finish everyone will go back to their sites for Lunch and meet again at 1pm to start the Treks.

Backpackers will not return to their units. They will stay with their assigned crew for lunch and begin their trek as a crew shortly after lunch.

The Treks

There will be 3 treks — 3 miles, 5 miles, and an overnight backpacking trek. You may split you troop among different treks. There will be at least 2 adults on the trail and it is recommended that each troop have one adult trained in trek safely. All trails go in a loop and will end in the same place it began, so there is no need for anyone to drive to a spot to pick up anyone. Maps will be provided, but these descriptions are useful. **This cannot be stressed enough — Everyone must bring a water bottle with them. Everyone will be inspected before they leave. Anyone without a water bottle will NOT be allowed to participate.**

- 1. Trek 1 = 3 miles:** This trek is the shortest. It is ideal for Webelos Scouts and younger Scouts BSA. It'll take place within Alpine Scout Camp.
- 2. Trek 2 = 5 miles:** This trek is perfect for young Scouts who want a challenge and for older Scouts. The trek will leave Alpine Scout Camp to go into the Palisades Interstate Park. We will go towards the Women's Federation Monuments and head north. We will walk the bridge and head towards the border monument and High Gutter Point.
 - Note 1:** Scouts using a map and compass during this trek would complete requirement 3b of Second Class
 - Note 2:** This could be used as the 5mile hike requirement for the Hiking Merit Badge.
- 3. Trek 3 = Overnight Backpacking Trek:** This trek is for Scouts Bsa, Venturers and Sea Scouts who are doing a full backpacking trek. They will separate from their Troop/Crew/Ship at 10am on Saturday and return Sunday at 10am.

Trek 3 - Overnight Backpacking Trek
<https://docs.google.com/document/d/1hw0h7BW4mEeinYRPPHCvU1m00O6gH1KkagYCS3coVTI/edit?usp=sharing>

Backpacking MB Workshop:

It is not possible to complete the Backpacking MB in a single weekend. If this surprises you, you haven't read the requirements and should do that before you go any further. Don't come to this workshop without doing that.

If you are signing up for this workshop, this is the *only* thing you will be doing starting Saturday morning until departure Sunday morning when you rejoin your Unit for the trip home.

Backpacking is, in some sense, a combination of hiking and camping. That said, combining the two requires meeting some additional challenges that neither alone gives. Read on, high adventurer...

How to Prepare Before You Arrive:

If you do these things before you arrive, you will very likely complete all parts of the merit badge except the actual backpacking trips.

Conversely, if you do not do these things before you arrive, you will likely not complete much and may be disqualified from participation. Why? Because the assumption of this workshop is that you've already done this and discussions will be for you to show what you know. There's room for discussion and correction, but if you don't know, more-or-less, what is involved in backpacking from at least a theoretical view, that may interfere with the whole crew preceding.

Did you get that last part? One member of a crew not being ready has an impact on the whole crew.

Things to Read/Study/Know

1. Read the merit badge requirements. No excuses for not knowing this.
2. Read the merit badge handbook. Don't have it? Buy or borrow a copy.

3. Read your Scout Handbook section on backpacking.
4. After doing the above, think about the answers to the discuss/explain parts of the requirements. Either print out a copy of the workbook and fill it out, or write up your notes and thoughts. I will not be collecting these, but they will help to focus our discussion time (see the above link for a link to printable workbooks).
5. Search online for information about backpacking. REI is a good source. Even Wikipedia has a decent article. Look especially to see if the article is about beginner trips, not the hardcore person who just finished hiking the whole Pacific Crest Trail.
6. Review the 10 Essentials both from the Scout Handbook and from the REI web site. They're slightly different takes on the same thing and the difference in perspective is useful. Make a 10 essentials checklist for packing.
7. Pack your backpack. You will be going on a short backpacking hike, 2-4 miles. You will be living out of that backpack for about a day including an overnight. Practice carrying the backpack, hike with it for at least a mile to see how it feels. Make sure it includes the amount of water you expect to be carrying.
8. Carry at least 2 liters of water, even on your practice hike. This can be in Nalgene bottles or in repurposed/reused 1 liter plastic soda/seltzer bottles. Soda/seltzer bottles are lighter. Or maybe you prefer a hydration pack.

Additional Useful Reading/Viewing/Resources:

Human Waste

- Consider buying *How to Shit in the Woods*, by Kathleen Meyer. Really. Despite its scatological title, this is a classic now in its fourth edition and I used to make it required reading for my adult friends who wanted to backpacking with me.
- Watch REI's video on *How to Poop in the Woods*. I love REI. I'm a lifetime member. I get nothing for this promotion. Note that for this

weekend we will be in a site with a latrine, so while we will not be practicing this, you are still expected to know how to do this.

- Read REI's whole page on hygiene and sanitation which has a link to the above video.

Water Treatment

- Did I mention I love REI? They have a page devoted to water treatment, complete with a link to a video.

Meal Planning and More

- Okay, let's cut to the chase. Just read the whole REI series on Intro to Backpacking.

What to Pack, What not to Pack:

You'll be living out of your backpack starting Saturday morning when you come to the workshop. You will need everything you might expect for this trip except the following.

You do not need to bring

- Backpacking stove or fuel, these will be provided.
- Pot for boiling water. You want to cook something more complex, bring your own gear
- Tent. We will be sleeping in a lean-to site to make this easier. You may bring your own tent if you want.
- Water filter. The water on site is potable, but we will be pretending it is not. Water filters will be provided for this exercise.

You should bring

- Sleeping bag and ground pad
- Clothes appropriate for the weather. See 10 Essentials
- Fire starter, a lighter would be most appropriate, for lighting the stoves
- Personal snacks

- Specialty foods (see the next section). You may elect to bring your own food for the trip but remember we're only talking about two meals plus snacks.
- Personal mess kit: cup/bowl/utensils

Special Needs/Dietary Constraints

The only special needs we can accommodate for this workshop will be food related. If you have questions, contact us as soon as possible.

If you have a dietary constraint (Kosher/Halal/Allergy), contact us as early as possible. It is possible to either purchase or prepare at home (typically dried/dehydrated) foods that meet most any dietary constraints.

Weekend Plan:

Each crew will be no more than 10 scouts and accompanied by 2 adults. Pre-registration is required. Walk-ins **may** be allowed **if and only if a crew has space**. At present, I am planning for only 1 crew which means 10 scouts and I still need a second adult or we won't have that either.

Friday Night

- Check in, free time with your troop/crew

Saturday: Morning "Class" discussion of requirements, afternoon trek

- 09:00 First Aid review (#1)
- 09:20 Ten Essentials Review, gear minimization discussion (#2)
- 09:35 Crew size and organization (#3a-b)
- 09:45 Risk minimization and emergency response plan (#3c-d)
- 10:00 Pack inspections for gear completeness (#9b-d). Adults will supervise, but scouts are expected to check and comment on one another's packing. Scouts can also break at this point for water/bathroom
 - We're doing this early as anyone not ready for the overnight will be DQ at this point. They may participate in the rest of the

morning discussion, but not the overnight trek.

- Check water storage. Everyone should have 2L or more. Discuss (#5b).
- 10:30 Use Alpine topo/trail maps to plan the trek route. I will select the final route, but I want options (#6a, #9a). Discuss terrain and weather conditions, both actual and possible for season (#7)
- 12:00 Pre-hike lunch as a crew (#8c meal 1), carry garbage with us (#4a partial), using liquid fuel stoves (#8b). Demo stoves (liquid fuel, butane, solid pellet, wood).
- 13:00 Hike begins (#9e)
 - Will stop at least three times to take GPS readings and transfer to map (#6b)
 - Will discuss strategies for staying oriented and how to overcome disorientation (#6c)
- 17:00 Arrive at the campsite (should be earlier, but...)
 - Discuss rules for campsite selection, most of which don't apply inside Alpine (#4c)
 - Rules for human waste and hygiene (#4b)
 - Filter water even though it's potable. Have a bucket at the site/well to serve as a reservoir for the filter (#5a). They already boiled water for lunch....
 - Discuss LNT principles and which ones apply to our crew and our site (#4a)
 - Post dinner cleanup, inspect and discuss camp/gear cleaning hygiene (#8d)

Sunday

- 07:00 Reveille, followed by breakfast
- 08:00 Break camp, hike back to parking lot or activity; wherever the rendezvous was set.

Introduction:

Below are a few examples comparing hiking, camping, and backpacking, in tabular form. The rough pattern is simple. Hiking cares only about today, a scout or base camp can be laid out once for the whole trip and weight is a secondary concern, backpacking requires trimming to the essentials and then figuring out how to squeeze it into your weight and size limits to comfortably carry.

	Hiking	Camping	Backpacking
Water	Carry enough for the day.	Usually a local source of potable water, refill whenever you want	May have to purify what you find in addition to carrying enough for each day
Cooking	No one cooks on a hike	“Full” kitchen with stove, pots, etc	Light weight stove and fuel
Pack/Bag	Small, just to carry the day’s needs, maybe just a fanny pack or string back	Usually just for convenience, if you’re in one location, you don’t need to carry much	Has to hold everything you need for multiple days
Sleeping	Unless you plan to nap, nothing needed	Figure on a cot or ground pad with your sleeping bag, tent, etc.	Pretty much the same as camping except no cot and the lightest stuff you can get away with and still be safe and comfy

Food	Trail snacks	Whatever you want, with a base camp/car camping, that might include a cooler with perishables, too	Combo of trail snacks and non perishables that can be quickly cooked including possibly freeze dried
-------------	--------------	--	--

First Aid Review:

First aid when backpacking is going to be a combination of training, preparation, and a good bit of improvisation. Individually, you can't carry much. Every member should have their own personal first aid kit, but you may want to have some patrol/crew supplies that are distributed. There are things you may be relying on the adult leaders to carry/provide during a normal camping trip that become a joint responsibility. Everyone can carry a roll or two of tape. The crew leaders cannot realistically carry enough tape to cover what might be needed on the trip. This same thing applies to other items such as bandages, ointments, moleskin, etc. Unless there is a major disaster, having every member carry enough for themselves for a short backpacking trip should provide enough for the whole crew for a long trip. The logic is that even if one person ends up needing more supplies than they carried, the combination from all members will be sufficient.

If you have special health concerns, you may need to make special arrangements. For example, if there is a risk of anaphylaxis, you might normally carry a single epipen with the logic that this will hold you over until emergency staff can arrive. In a backcountry setting, that may not be true. You may need to carry a second auto-injector. Even then, your adult crew members may coordinate between crew members. I've been on treks where more than one person carried an epipen and we made sure all members carried more than one.

That said, every scout should be familiar with basic first aid for simple cuts and abrasions as well as more severe "hurry up" cases. I have heard First Class scouts say they don't "need to cover" the first aid items because they already did it once. But repetition is the key to long term retention and is why most certifications last no more than two years. You never stop needing to know first aid.

Risk Minimization and Emergency Plan:

Risk minimization is mostly a matter of thinking before doing. The first level is to think about the trek plan: where are you going and what will you be doing. There will be risks associated with location and risks associated with activity.

Does the route you have chosen require special equipment? If so, are all crew members trained with that and comfortable using it? Do you have qualified supervision in place for that special equipment? If the answer to any of those is “no,” you need a plan change or more time to prepare.

Will the activity include aquatics, e.g., swimming, canoeing, etc.? If so, have you checked everyone’s swim ability? Do you remember the elements of Safe Swim Defense?

The simplest risk mitigation comes from “keeping [your]self physically strong.” Being regularly active and staying fit can prevent mundane injuries on a trek as well as make the whole thing more fun since you’re less worn out.

Another simple mitigation is to remain “mentally awake,” i.e., maintain situational awareness. I once saw a scout narrowly escape serious injury while his crew was hanging a bear bag. Everyone was looking up at the branch while the line was thrown. Because the scout wasn’t paying attention to his crew, and the rest of the crew had failed to post a watch on the area, the scout managed to walk right in front of them while they were throwing a line and the branch broke off, missing striking him on the head by inches; it did, in fact graze his back resulting in minor abrasions. No one was without fault in this situation, but fault wouldn’t have “fixed” anything had the branch fallen a few inches over and struck the scout squarely in the head.

Emergency plans are necessarily general and have to be partially improvised. However, some part can be determined very specifically beforehand. On your route, do you know where the cut-out points are if you have to shorten the trek emergently? Suppose there is an injury requiring you to evacuate a member. Most of the time, this will require them (if they are able) to self-evacuate. 911 services may not be able to reach you, and rescue teams on foot can take hours to days even if you can reach someone via cell phone. So

knowing where, for each day of the trek, the best exit routes are is key. I mentioned 911 services, but the next question is, which number do you dial (assuming you have cell service)? It is likely not 911. In the Palisades Park, the correct number is the park service office. Local ambulance crews do not know the inner roadways and trails of the park and assistance can be seriously delayed. In other areas, it may be the ranger station. The point here is to find out ahead of time. That's a specific item you should know before starting on a trip.

Crew Size and Organization

Some areas have specific maximum group sizes for backcountry trips. This is typically around 8-12. Find out what the rules are for your destination.

The "traditional" BSA approach is to split up jobs and rotate them among crew members. This is sensible for a trip where you may be traveling from station to station with an established base as can happen on many BSA reservations. However, this is not normal outside of the BSA.

In general, every scout will need to be responsible for every task for themselves. Cooking on a backpacking trip is likely to be in groups of 2-4. If you are using freeze-dried meals, "cooking" is heating up your water and the group size works well because you will likely need about 1 pint (½ liter) of water per person. Your pot size is likely to be too small for boiling more than a liter, and you don't want your cook team to be waiting a long time for their share of the boiled water. Clean up will be licking your spoon until it is "clean" and carefully rolling up and sealing the used packet before storing it with the other waste from your trip. You may split up some tasks, like having a couple of scouts go to refill water bottles for the whole crew. If the site allows, you may have a couple of scouts on the wood and fire team.

That said, a patrol structure still is the best approach. A quartermaster helps ensure that all of the crew gear is distributed and things like tents, stoves, and fuel are adequate for the crew before you get on the trail. Having a patrol leader and assistant leader can help keep everyone on track and remind you that you are part of a team, not a collection of autonomous individuals. The patrol leader can also monitor your pace and how the crew is doing, though you may wish to appoint someone in the crew specifically to monitor that. This, of course, means you need to have a time schedule for your trip. Note that this isn't because arriving at your campsite right on schedule is

particularly important (it's not), but because if you fall too far behind on your schedule, you risk not arriving until after dark which brings additional risks to the crew..

Commonly Asked Questions

If you've never been to a Trek-O-Ree, this summary will be useful to you. New campers are certainly welcome! We're glad you are considering joining at the 2021 Brooklyn Council Trek-O-Ree!

What is a Trek-O-Ree?

A Trek-O-Ree is a camping event with youth from many units. Each youth camps with their unit and participates in a trek, based on the units experience level. All units join together for flag ceremonies and campfire.

What is a Cracker Barrel?

The cracker Barrel is a meeting of the leaders from each unit especially Scoutmasters and Senior Patrol Leaders. It is held Friday evening. Updated information and questions will be answered. Please share this information with you unit after the meeting.

How does the trek work?

There will be three treks that the scouts can participate in depending on their level or expertise.

When do we check-in?

Check-in is Friday night between 7:15pm and 9:00pm or Saturday morning until 8:00am (for units coming up for the day). This units coming for the day won't be able to participate in the Backpacking Trek.

Do we have to camp?

No. We recommend that the Scouts camp at least one night to learn about scout camping, but it is not required except for the units with Scouts doing the Overnight Backpacking Trek. The fee (\$15.00) is the same for all participants. It should be noted that any units that wish to leave Saturday night may do so, except those units with Scouts doing the Overnight Backpacking Trek.

Please Note: If your unit chooses to reserve their own campsite, they are responsible for the fee of that site.

How do we handle food?

Each Unit Brings Their Own Food. Your gear will be carried a good distance from the parking lot, so pack accordingly. You may need to make several trips, if you're not set up for backpacking.

Further Questions? Contact:

Alex Agostini Trek-O-Ree Coordinator

AgostiniAlex@hotmail.com

Questions about the Overnight Backpacking Trek:

Roland Roberts - roland@bayridgetroop13.org