

Skill Building Day Hike During the High Falls State Park Campout

Mr. Jim Carey will be leading a “skill building hike” on **Sunday, November 5**. This hike is part of the Troop’s canoe campout at High Falls State Park. Here are the details:

- The Scouts and adults who participated on the canoe trip component of the campout will arrive back to the boat ramp and its parking lot in the High Falls State Park on Sunday morning, November 5. If you look at the Park’s map, the boat ramp is near their main office. The Scouts and adults will put away their canoes.
- Starting at **10:00 AM**, Scouts and adults who camped will begin their hike with Mr. Carey. Please note that any **other Troop Scouts, parents, or family members who were not on the canoe trip are welcome to join this day hike.**
- The hike itself will not be very long (approximately 2 or 3 miles total). Instead, we will make multiple stops during the hike to learn and improve several outdoor skills. These include:
 - Using a map and compass. This skill is extremely important for anyone going with the Troop to the Northern Tier canoe trip next summer.
 - Using a compass to go in a specific desired direction when you have obstacles in the way you want to travel (for example, fallen trees, rocks, etc.). Also how to use natural landscape “handrails.”
 - Learning how to find directions if you lose your compass. Methods we will learn include building a sun compass; using tree branch growth to tell directions; using the moon; and using the winter constellation Orion.
 - Setting up a tarp and using mosquito netting for shelter.
 - Practice cooking lunch while out on the trail using a backpacking stove.
- Everyone going on the hike should bring the following:
 - Proper footwear for going on a hike. Extra clean socks. (**Note:** Mr. Carey will show how to use extra socks to help to set up a tarp! Yes, really!!!!)
 - Personal rain gear. Clothes appropriate for the weather conditions we will encounter on November 5.
 - Large and **FULL** water bottles. We do **NOT** want anyone to get dehydrated!
 - Food supplies for cooking your lunch out on the hiking trail.
 - A backpacking stove, fuel, matches, and pots needed to cook your lunch.
 - Cups, plates, and utensils to eat your lunch.
 - Personal compass and a paper map of High Falls State Park.
 - A backpack for each person to comfortably carry his or her own gear.
 - **Optional:** If you have a backpacking tarp, bring it along as well as any ropes, stakes, or poles you think are necessary to practice setting it up in the woods.