

Shakedown Outings and Team Building

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NCAC High Adventure Committee
January 20, 2019



TRAINING SCHEDULE FOR PHILMONT TREK 2019

New this year we are offering a Monday night class once a month on various camp and trail skills for the Philmont crew. These activities are not required but encourage you to enhance your Philmont training.

Crew members are needed to volunteer as cooks for the hikes and campouts that are open to all scouts. Backpacking food is provided in April and June for crew only events. The others are open to the Troop. If you want to earn Cooking Merit Badge you need to be a cook on one of the campouts.



TRAINING SCHEDULE FOR PHILMONT TREK 2019

- December 15 Old Rag Mountain, Day Pack Hike, warm layers and gloves are recommended.
- January 7 Land Navigation, 7:00pm Room L9 at Mt Olivet UMC
- January 19-20 Pr William Forest Quantico, VA Open to all Scouts Day Pack Hike Saturday. Supper and breakfast will be provided by the Troop. We'll be home Sunday by lunch time. Scouts need to provide cold weather camping gear. We'll hike on Saturday to our campsite where the bus with camping gear will be parked. Sunday morning after breakfast we'll do a land navigation (map and compass) course.



February 4

Water Purification, 7:00pm Rm L9 Mt Olivet UMC

February 16-17

Blue Ridge Center for Environmental Stewardship,
Purcellville, VA, Open to all Scouts

Day Pack Hike Saturday. Supper, breakfast, and lunch Sunday will be provided by the Troop. Scouts need to provide cold weather camping gear. Hike on Saturday from the campsite to Harpers Ferry via the Appalachian Trail. Sunday morning program will be an adult leader judged Dutch oven breakfast competition with the winning team getting a steak and potato grilled lunch. Competition details will be posted the first of February.



- March 4 Foot Care-Boots-Socks 7pm Rm L9 MtO UMC
- March 23 Chain Bridge District 50/20, Philmont Crew members must hike a minimum of 20 miles to qualify for Hiking Merit Badge.
- April 8 Bear Bags and Smellables, 7:00 PM Room L9 at Mount Olivet UMC
- April 27-28 Philmont Crew Only Event, Out and back Appalachian Trail hike from Sky Meadows State Park to Manassas Gap Shelter, Backpacking food provided



May 6 Crew Dynamics, “The fourth day on the trail”, 7:00pm Rm L9 at Mount Olivet UMC

May 18-19 Cedar White Oak Canyon Day Hike
Saturday, Service Project Sunday, Camp at
4H Center Front Royal, VA
Day Pack Hike Saturday. Supper, breakfast,
and Sunday lunch provided by the Troop.
Hike Cedar White Oak Canyon loop on Sat,
camp overnight at 4H Center, Front Royal,
VA. Sun morn service project for the 4H
Center as part of the 50 Miler Award.



June 10 Final Pack Check, Bring your backpack as if ready to go to Philmont, 7:00 PM Room L9 at Mount Olivet UM

June 21-23 Philmont Crew Only Event, Appalachian Trail (AT) from Route 7 to Harpers Ferry, We'll leave the church parking lot Friday at 6:00 PM and hike in three miles on the AT. Saturday hike to David Lesser Shelter on the AT. Sunday hike to Harpers Ferry. 20 total miles. Backpacking food provided.



Additional notes:

There will be an opportunity for all crew members to become CPR/AED/Wilderness First Aid Certified

Philmont Mantras

Take care of your gear and your gear will take care of you
There's no such thing as inclement weather,
only inappropriate attire
Do or do not, there is no try
You don't have to be first, never be last

