



# Trails of Troop 48

*Doing more before breakfast than most people do all day.*

**NOVEMBER 2010**

**White Horse District – SNJ Council**

## Preparing for Cold Weather Camping

By Mike McCormick

It's that time of year again, the return of cold weather camping! As our canoe trip showed us (low for Friday night: 33 degrees), cold weather has arrived. Troop 48 spends most of our weekend trips outdoors, including sleeping in tents. Before you get worried, know that winter camping can be just as much fun as Spring and Summer camping. In fact, it might even be MORE fun because *a)* all the ticks and mosquitoes are dead and *b)* there might be snow on the ground. However, you must **BE PREPARED** for the cold weather.

### Things that will make you a much happier Scout this winter:

- **Wear a hat.** Preferably one that covers at least your head and your ears, such as the traditional winter hats that almost everyone has or the "Pete and Pete" hats with the ear flaps. Most heat escapes through your head, so this really makes a difference.
- **Wear gloves.** Not only do they keep your hands warm, they make it easier to hold lots of firewood at a time. Also, bring an extra pair in case the first pair gets wet.
- **Wear LONG UNDERWEAR or WINTER UNDERARMOUR.** One of these should be worn as a base layer as part of a general layering system. If you wear UnderArmour, make sure it is meant for winter use, as the

### **UPCOMING EVENTS...**

**November 4 / 5** Beginner's Backpacking Trip, Batona Trail, NJ

**November 6** Boy Scout vs Girl Scout Paintball

**November 19 to 21** Goshen Pond, Shamong, NJ

**November 25** Feed the Troops Rally, Cherry Hill, NJ

**December** Court of Honor

**December 27-30** 50 Miler – Location TBA



“summer” type will not help you much. If you don’t have either of these, buy the long underwear at Wal-Mart/Target/K-Mart, it is much, much cheaper than UnderArmour (which can run well over \$50 for one piece).

- **Make sure to LAYER.** Fleecees are always helpful when layering (as they are lightweight and warm), as are sweatshirts with hoods on them (especially if you managed to not have the drawstring pulled out) and flannel shirts. A winter coat may be worn on top, but should not be used by itself. When you layer, this gives you the option of removing and adding layers of clothing as the day gets warmer, or as you get overheated from running around during events. As for pants, do not wear anything cotton (such as jeans), it will soak up water and leave you cold. Army surplus pants are always a good alternative (some may be available down the shed, many are available at Raul’s Army Navy Surplus on Rt 30 in Berlin).
- **Wear layers of WOOL socks (not cotton) over boots.** Wool stays warm, even when its wet. Boots are more water resistant than most sneakers. In this case, even a cheap pair of boots will keep your feet in better shape than a good pair of sneakers.
- **Eat.** Your body makes heat the same way that a fire does, by burning fuel. As a person (and not a fire), your fuel is food.
- **Do not go swimming in either the pool or the lake.** That one is pretty much meant for Dan S.

**Tips for keeping WARM and COMFORTABLE while you SLEEP:**

- **Bring a sleeping pad.** If you don’t have one, let us know, we’ll lend you one. When you are in your sleeping bag, the cold ground pulls far more heat out of you than the cold air. A pad acts as an extra layer of insulation between you and the ground.
- **Buy chemical handwarmers.** They are cheap and sold at Target/Wal-Mart/camping supply stores. One in your pocket during the day can be switched between your gloves to keep your hands warm, but one (or ever better, two or three) in your sleeping bag at night will help keep you toasty and warm.



- **Pack blankets and/or a sleeping bag liner.** A cheap fleece or down blanket (available at Target/Walmart/REI/LL Bean and other places) or a sleeping bag liner (available at camping goods stores like LL Bean and REI) can be placed **in** your sleeping bag, keeping you warmer at night. Throwing some old comforters or other blankets under your sleeping bag and on top of you acts the same way that layers do during the day. Cocoon yourself in.
- **Don’t wear a lot of layers to bed.** Your sleeping bag is not a heater (even with hand warmers in it), it needs your body heat to warm it up. You should wear a fresh, dry t-shirt to bed with either lightweight shorts or one layer of lightweight long pants (gym pants, jogging pants, or, best of all, flannel pajama bottoms) and count on the layers of blankets to keep you warm.
- **Keep your face OUT of your sleeping bag.** Moisture from your breath will make you much colder in the

long run. Wear a stocking hat or even a ski mask on your head to keep that part of your body warm. If you have the extra blankets, pull them over your head to make a pocket of warm air for your face.



- **Put articles for your base layer of clothing in your sleeping bag with you.** Your underwear, long underwear, and t-shirt for the next morning should be kept in your bag with you. This will make them much warmer in the morning than if they are sitting out all night. For those that wear contacts, keep the case in your bag with you so that they don't freeze your eyeballs when you go to put them in in the morning. Your eyes will thank you.
- **Finally, share a tent with other people.** A tent with two, three, or more people in it is always going to be warmer than a tent with just you in it. Consider using a separate tent for your gear so that you can fit more people in your tent.

**There are always fires, extra gear, and (worst case scenario) cars with heaters, but nothing will keep you as warm as coming prepared!**

## **Upcoming trip!**

**Goshen Pond, Shamong, NJ**

**Friday, November 19 thru Sunday November 21, 2010**

**A Troop 48 Tradition lives on as we again return to Goshen Pond, a campsite that has seen more Troop 48 camping trips than any other campground. Last year, Troop 48 built a monkey bridge, set up an obstacle course, led a short two mile hike to a forgotten cranberry town, and more!**

**What will this year's trip bring?**

**As in the past, the troop has invited the Webelos I and IIs to this campout, as well as kids 5<sup>th</sup> grade or older who are interested to see what Troop 48 and Scouting are like! A visit to Goshen in 1992 led me to Troop 48, and I hope that this year's trip will start many more kids on the same path!**

**Cost: ???**

**Please arrive at "the shed" at 6:00 PM, we plan to leave by 6:45 PM. Eat dinner before you come!**

**The permission slip for this trip can be found at the end of this newsletter!**

## Schedule for 2010/2011

- November 4 and 5 - Beginner's Backpacking Trip, Batona Trail, NJ
- November 6 - Boy Scout vs Girl Scout Paintball, Location TBA
- November 19 to 21 - Goshen Pond, Shamong, NJ
- November 25 – Feed The Troops, Cherry Hill , NJ
- December – Court of Honor
- December 27 to 30 - 50 Mile Backpacking Trip, Location TBA
- January 7 to 9 - Troop 48 Iron Scout Competition, Location TBA
- January – Ski Trip, Jack Frost Mountain, PA
- February 6 - Super Bowl Sunday Hoagie Sale
- February 11 to 13 - Antietam Battlefield, Sharpsburg, MD
- March 4 to 6 - Pequea Creek, PA
- April 15 to 17 - Maryland Biking Trip
- May 13 to 15- White Water Rafting
- Spring – Spring Fundraiser
- June – Swim Day
- June – Eagle Court of Honor
- Summer 2011 - Summer Trip, Bike Training, and more!
- September 23 to 25 - MS 150 – Biking & Rest Stop

## Scouting for Food

By Mike McCormick

For most of us, Thanksgiving brings forth a flood of associations: turkey, football, pilgrims, family, stuffing, cranberry sauce, relatives, veggies, more football, and, of course, pie. For those less fortunate, especially in this current economy, it can be struggle to get food day to day, let alone for a Thanksgiving meal.

As in past years, Troop 48 will make a difference in the struggle through Scouting for Food. Working with Pack 55 (Berlin) and Holy Communion Lutheran Church, we will be collecting canned goods and non-perishables for those who need them this holiday. Canned goods can be collected from family, friends, or neighbors. The troop will have bags that Scouts can leave on neighbors porches to collect later, more information and the bags themselves available at the troop meetings. All goods that are collected can be dropped off at the shed during any meeting up until November 17.

In the spirit of healthy patrol competition, giving to those who need help can help you receive as well. Each patrol will have their own bin to drop their canned goods off into. The patrol which brings in the most canned good will receive a special prize. No matter who gets the prize, we all get to take home the knowledge that we are helping out those who need it.

## ***EASY TROOP 48 FUNDRAISER!***

Wish you could do more to support Troop 48 but never seem to find the time? Well now you can *and* take care of your errands at the same time when you use Shop Rite gift certificates purchased through Troop 48! These gift certificates come in handy denominations of \$25 and \$50 and are sold by Deb Sperling during each troop meeting. With every card you purchase the troop makes money!

# PERMISSION SLIP – Goshen Pond



**When?:** Friday, November 19 – Sunday, November 21, 2010.  
Please meet at “the shed” at 6 PM, we will be aiming to leave by 6:45!

**Where?:** Goshen Pond, Wharton State Forest, Shamong, NJ

**Cost?:** \$?? - Please make checks payable to “Troop 48”

A Troop 48 Tradition: Goshen Pond in November. The WEBLOS and other boys interested in Scouting will be visiting with us and camping with us on this trip.

Please eat dinner before you come Friday!

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SCOUT: \_\_\_\_\_ has permission to attend the troop activity/trip and has permission to engage in all activities, except as noted below. I hereby give permission to the physician selected by the adult leader in charge to treat, hospitalize, and secure proper anesthesia and/or order injection or surgery for my son/ward.

RESTRICTIONS: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_

If your son is required to take medication or has any other special needs, please list the details below:

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I am paying by \_\_\_ cash \_\_\_ check \_\_\_ Scout account  
Initials of Scout if paying by Scout account: \_\_\_\_\_