



Trails of Troop 48

Doing more before breakfast than most people do all day.

November 2012

White Horse District – SNJ Council

Preparing for Winter Camping

By Mike McCormick

It's late Fall, time for cold weather camping! Before you get worried, know that winter 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 while camping 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. Really cold? Layer two hats.
- **Wear gloves.** 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 Under Armour, make sure it is meant for winter use, as the "summer" type will not help you much. If you don't have either of these, buy the long underwear at Wal-Mart/Targer/K-Mart, it is much,

UPCOMING EVENTS...

Nov 9-11	Goshen Pond
Nov 19	Scouting for Food Distribution
Nov 22	Feed the Troops Rally
Dec 14-16	Antietam Campout
Dec 19	Court of Honor
December	Gift Drive

much cheaper than Under Armour (which can run well over \$50 for one piece). The long underwear should NOT BE COTTON, but should instead be made of wool or mixed materials. The idea of a base layer is that it wicks away the sweat, as moisture from sweat eventually robs the body of heat.

- **Make sure to LAYER.** Fleece is 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), as are flannel "lumberjack" 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. My layers (in order): long underwear top,

This month in Scouting!

Friday to Sunday, November 9 – 11 – Goshen Pond Campout – Shamong, NJ - \$25 by 11/7. \$45 after 11/7. This November we return to one of our oldest haunts – Goshen Pond Campground in Shamong, NJ. There, we'll be entertaining ourselves and the Cub Scouts with an obstacle course, a short nature hike, a monkey bridge, and an awesome fire. It will probably be chilly, so check out the article on winter camping in this issue of the newsletter!

Monday, November 19 – Scouting for Food Distribution – Holy Communion Lutheran Church, Berlin, NJ – 5 PM to 9 PM. You helped collect food for our neighbors, come help pass out Thanksgiving dinner to needy families from all over our region. Scouts will help carry bags and frozen turkeys to cars! Gloves are a good idea!

Thursday, November 22 – Support our Troops Rally – Cherry Hill, NJ – 9:15 AM to 1 PM (Rally 11 AM to Noon). Put on your “Class A” uniform and come down to Cherry Hill to thank 300 men and women of the armed forces who are spending the holiday away from their families. Friends, family, neighbors, co-workers, all are invited, spread the word!

50/50 troop t-shirt, flannel “lumberjack” shirt, fleece jacket, and troop hoodie sweatshirt. Very cold? I add a water-resistant jacket on top.

- **As for pants, do not wear anything cotton (such as jeans), it will soak up water and leave you cold.** Start with the long underwear as a base layer, adding another layer of pants on top of that (I use army surplus camo pants). If it's wet out, add a top layer of nylon gym pants. Still cold? Throw a pair of flannel pajama pants between the long underwear and the pants layers.
- **Wear layers of WOOL socks (not cotton – I usually go with two wool socks on each foot) over a pair of polypropylene or other “wicking” socks.** Wool stays warm, even when it's wet. Over top of these there is only one good option for a Klondike: boots. Boots are more water resistant than most sneakers and have better support and protection. 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.

Tips for keeping WARM and COMFORTABLE while you SLEEP:

- **Bring a sleeping pad.** 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 to go with that sleeping bag.** 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

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!

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 (again, more layers to keep the cold ground from sucking the heat out of you) 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 (flannel pajama bottoms if you have them, gym pants or jogging pants if you don't) 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 the morning. Your eyes will thank you. Still have room in your sleeping bag? Stuff more clothes in there! The less air space there is to heat up in your bag, the easier it is to warm it up (and keep it warm).
- **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.

The troop always takes extra blankets with us, and patrols often have hot chocolate, but nothing will keep you as warm as coming prepared!

Yard Sale by Scout Scoutly

On October 6, Scouts and adults gathered for our annual yard sale. We had lots of great stuff this year, and worked hard all day selling it to the many people who stopped by! At the end of the day, we made nearly \$900 for the troop! These funds go to keep Scouting affordable for all our families. Can't wait until next year's sale!



Bass River State Forest Trip - October

“The object of the patrol method is not so much saving the Scoutmaster trouble as to give responsibility to the boy.” ~ Sir Robert Baden Powell, Founder of Scouting

Upcoming Events - 2012-2013!

Friday to Sunday, November 9 – 11 – Goshen Pond Campout – Shamong, NJ - \$25 by 11/7. \$45 after 11/7.

Monday, November 19 – Scouting for Food Distribution – Holy Communion Lutheran Church, Berlin, NJ – 5 PM to 9 PM.

Thursday, November 22 – Support our Troops Rally – Cherry Hill, NJ – 9:15 AM to 1 PM (Rally 11 AM to Noon)

December TBA – Holiday Gift Drive for Berlin's Unfortunate Kids – More info from Irene Sullivan as we get closer!

December TBA – Troop 48 Leader's Party.

Friday to Sunday, December 14 to 16 – Antietam Battlefield Trip – Sharpsburg, MD - \$25 by 12/5, \$35 between 12/6 and 12/12, \$45 after 12/12.

Wednesday, December 19 – Troop 48 47th Annual Court of Honor – Berlin, NJ – 6:30 PM set up, ceremony at 7 PM. "Class A" uniforms, family welcome!

Wednesday, December 26 – Alumni/Eagle Scout Holiday Party – Audubon, NJ

Thursday, December 27 – Battleship New Jersey Work Party – Camden, NJ – Pack a lunch! Meet at church at 7 AM (leaving at 7:15). Will return around 1 PM. Shop vac loans appreciated!

Ski Trip 2012 – Date and Time TBA (not yet posted) – Jack Frost, PA

Friday to Sunday, January 18 to 20 – Troop 48 Klondike Derby – Bodine Field Campground, Woodland Twp, NJ – Meet at Church at 5:30 PM (leaving by 6:30 PM) – Wolverine. Eagle. Panther. Beaver. Who will win? - \$25 by 1/9, \$35 between 1/10 and 1/16, \$45 after 1/16.

January 1 to Sunday, February 3 – Troop 48 Super Bowl Hoagie Sale – Berlin, NJ. More info TBA!

Friday to Sunday, February 15 to 17 – Camp No-Be-Bo-Sco Campout in Blirstown, NJ – Our cabin campout for the year. Cost - \$25 by 2/6, \$35 between 2/7 and 2/13, \$45 after 2/13.

Friday to Sunday, March 22 to 24 – Delaware Water Gap in Columbus, NJ – Cost - \$25 by 3/13, \$35 between 3/14 and 3/20, \$45 after 3/20.

Thursday to Sunday, April 4-7 – Batona Trail Backpacking Trip (53 miles) from Tuckerton, NJ to Onga Hat, NJ – Cost – TBA.

Friday to Sunday, April 19 to 21 – Wading River Canoe Trip – Woodland Township, NJ – Cost: TBA due to canoe rental.

Friday to Sunday, May 17 to 19 – Mullica River Overnight Canoe Trip – Shamong, NJ – Cost: TBA due to canoe rental.

Friday to Sunday, June 14 to 15 – Allamuchy Mountain State Park – Byram, NJ – Cost - \$25 by 6/5, \$35 between 6/6 and 6/12, and \$45 after 6/12

Friday to Sunday, June 28 to 30 – Alumni Campout and Canoe Trip – Woodland Twp, NJ – A trip for 18+ alumni and leaders of Troop 48.

Friday to Sunday, July 12 to 14 – Rickett's Glen State Park – Benton, PA – Cost \$25 by 7/3, \$35 between 7/3 and 7/10, \$45 after 7/10.

August Summer Trip To be Announced! The boys will pick the place at November's Leader's Meeting!