

OUACHITA TREK XXX I

March 13-17, 2010

DATES & LOCATIONS:

SHAKEDOWN

The shakedown will be from 9:00 A.M. February 27, through noon February 28, 2010, on the west side of Lake McMurtry. The snow date alternative is March 6-7, 2010. The shakedown is required of all first time hikers, all R.I.T.s and Rangers.

BASE CAMP

From March 13-17, 2010, Base Camp will be located at the Redding Campground in the Ozark National Forest about, 20 miles north east of Ozark, AR, on State Highway 103.

TRAIL

The portion of the Ouachita Trail to be hiked this year is from State Line on the West end to State Highway 7, AR, on the east end.

EMERGENCY MESSAGES:

The emergency telephone number for parents to call is (479)-964-7200 at the Ozark-St:Francis Ranger District in Russellville, AR.

ARRIVAL AND CHECK-IN:

Arrival at Redding Campground should be between 10:00 a.m. and 12:00 noon. Treks will leave for the trail after 1:00 p.m.

DEPARTURE TIME:

All trek participants will be released to return home as soon as the area is cleaned up and U.S. Forest Service Rangers approve the site on Wednesday morning, March 17. This will probably be no earlier than 8 a.m. and should be no later than 9:30 a.m.

FEES AND REGISTRATION:

\$70.00. First timers, Rangers, R.I.T.s and Shakedown Staff add \$10.00 to cover shakedown expenses. The Fees include **all** camp and trail meals from Saturday evening dinner through Wednesday morning breakfast, one Ouachita Trek patch and shakedown expenses for the first time trekkers. Make checks payable to **Cimarron Council - OUACHITA TREK 2010**. No refunds will be made, but fees can be transferred. **Scout and adult registration forms are due to your Scoutmaster no later than February 16, 2010, and to the Ouachita Committee by February 19, 2010.** Late registrations can not be accepted.

REQUIREMENTS:

Scouts must have camping experience and be able to carry a 25 to 40 pound backpack over rough trails. One guideline often used is that an individual should be able to carry at least 1/4, but no more than 1/3 of their body weight in a backpack. This event must not be the Scout's first activity with the troop. It is strongly suggested that the Scout have experienced 3 - 5 overnight activities with the troop.

TREK SIZE:

Trek crews will be limited to 6 Scouts, 2 adults (one of whom must be over 21 years of age), 1 R.I.T. and 1 Ranger, both of whom are appointed by the Trek Chairman.

HEALTH AND PHYSICAL CONDITION:

All Scouts and adults who plan to hike the trail must be in good physical condition. Troops are responsible for determining and judging the condition of the participants. Expedition leadership is not responsible for the physical condition of the hikers. **TROOPS ARE RESPONSIBLE FOR EACH PARTICIPANT HAVING A COPY OF A CURRENT MEDICAL FORM 34412 OR 34414 ON FILE WITH THE TREK LEADERSHIP PRIOR TO THE TREK.** The form must accompany the application. Forms will be returned at the conclusion of the trek.

EMERGENCY PROCEDURES:

All Scouts and adults will be briefed on emergency procedures before leaving base camp. There are check points along the trail where messages can be exchanged between treks and base camp staff. This is a primitive area and communications are difficult. Use good judgment and practice safety measures to avoid an emergency situation. Each trek is responsible for carrying its first-aid kit.

TRANSPORTATION:

Each Troop is responsible for providing transportation for its participants to and from base camp. Every vehicle transporting Scouts to and from the trek must be listed on an approved BSA Local Tour Permit.

FOOD:

Food will be furnished for all meals beginning with Saturday evening dinner through Wednesday morning breakfast. Bring your own sack lunch for Saturday noon. No additional food is necessary. Materials for clean up after meals are furnished. Water should be easily available along most sections of the trail. Water caches will be put out for a section of trail where there is no water. Purify all water used for drinking and cooking with purification material that is provided.

BEAR BAGS:

There are black bears in the Ouachita National Forest. All food and other items attractive to bears should be placed in "bear bags" at night. Do not put food and other smellables in tents at night. Your Ranger will instruct you in the use of "bear bags".

TROOP EQUIPMENT:

Troops are to furnish the necessary camping equipment for the trek.

TENTS Enough 2-man backpacking tents with flies and ground sheets for the Troop hikers.

COOKING: A backpacking stove for every 4 hikers.
 An 8 quart pot and a 2 quart pot for every 8 hikers.
 A big spoon.

OTHER: First aid kit.
 Pack shovel or trowel.
 50 feet of 1/4 inch rope.

PERSONAL EQUIPMENT:

GO LIGHT! First timers should seek advice from experienced hikers or their Ranger.

EATING: 1 deep plate or bowl.
 1 cup.
 1 spoon.
 (2) One quart wide mouth water bottles.

SLEEPING: A good quality lightweight sleeping bag and ground pad. **NO COTTON, DOWN, OR POLYESTER FILLED SLEEPING BAGS.** (Remember, this is in early March. Frosty, snowy nights do occur!)

PACK: A good internal or external frame pack with hip belt is required. Using a frameless ruck sack without a hip belt will deter anyone from wanting to repeat that experience.

CLOTHING: Go light, but be prepared to encounter weather conditions with temperatures ranging from 21 ° F to 85 ° F, and snow and ice to bright sunshine! One change of socks and underclothing is all that is really necessary on the trail. Other items should be limited to one pair of shorts, one pair of long pants, a T-shirt, a long sleeved shirt, a light sweater and **stocking cap or hooded sweat shirt, gloves**, a jacket or coat that is appropriate for the forecasted weather, **rain gear**, and broken-in hiking boots. Lightweight sneakers can be a small luxury in camp, but remember, you have to carry them.

OTHER: A lightweight flashlight, a pocket knife, extra pins for your pack frame, a bandanna for a washcloth and a small camera are some of the extra items that may be taken. Do not bring candy, chips, cookies, cans of soda or other snacks, sheath knives or boom boxes on the trek. **BOYS FOUND IN POSSESSION OF ALCOHOL, TOBACCO OR ILLEGAL DRUGS MAY BE REMOVED FROM THE TREKS AND PARENTS MAY BE CALLED TO COME TO BASE CAMP AND TAKE THEIR SCOUT HOME AT THEIR OWN EXPENSE.**

TREK CHOICE:

Three different levels of Treks are available. Beginner, Average and Difficult. All Treks require good hiking skills and physical stamina. The trail covers some rough, primitive country, crossing streams and mountains through dense forest. Note: The Beginner Treks are planned to give young inexperienced Scouts the opportunity to develop backpacking skills. Beginner Treks give Scouts a challenge without being overly demanding. The first-timers must realize that they will be traveling in a wilderness area for three days and cannot return to base camp unless there is an emergency.

TRAIL ETIQUETTE:

Practice low impact camping. Carry out trash; ***this includes uneaten food!*** Dig individual "cat hole latrines" well off the trail and away from campsites and water sources. If fires are permitted, they must be attended at all times and be put totally out and covered before leaving them. PROTECT THE ENVIRONMENT THROUGH CAREFUL USE.

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BACKPACKING GEAR LIST

Scout _____

Trek Crew _____

CLOTHING	Y	N	EQUIPMENT	Y	N
*Gloves			* Bag of Bags		
Handkerchiefs			Comb		
* Hiking Boots			*Compass		
*Hooded Sweatshirt (fleece is better)			*First Aid Kit (Band-Aids, Disinfectant, Medicine, Moleskin, Tape, Latex glove, Breathing shield)		
* Jeans (nylon trek pants are better)			Flashlight (small in size)		
Light Jacket			Floss		
*Long Sleeved Shirt			*Lip balm (chap stick)		
Long Underwear – Pants (Polypropylene or silk are best)			Pack pins (replacements for alum frames)		
Long Underwear – Top (Polypropylene or silk are best)			Pack rings (replacements for alum frames)		
*Rain Gear (jacket & pants, if possible)			Plastic trowel (will have in crew gear)		
Shorts			Powder (attention adults-this is a good thing)		
* Stocking Hat			Repair tape (duct tape in crew gear)		
T-Shirt			Sewing kit		
Tennis Shoes			Soap		
*Underwear			Spare batteries		
* Wool Hiking Socks (wool blend)			Spare bulbs		
* Liner Socks (Polypropylene are best)			Suntan lotion (will have in crew gear)		
			Survival kit (Aluminum foil, Bullion Cubes, Candle, Cord, Fire starters, Matches, Tea)		
SHELTER			Toenail clippers		
*Ground Cloth			*Toilet paper (will have in crew gear)		
*Ground pad			*Toothbrush		
Pack Cover			*Toothpaste		
* Sleeping Bag			Towel (light-weight synthetic chamois is best)		
* Tent/Tent pegs			Trash bags		
OPTIONAL			UTENSILS/WATER		
Camera			*Cup/Plate (Tupperware container is good)		
Film			*Spoon		
			*Water Bottles – 2 (1 quart per bottle)		

REMARKS:
