

6 October 1999

Volume 3.2

# The BDU Troop Banner



## CAMPING UPDATE

### Three Weeks to Fall Camp! Registered? Paid?

**S**kip will be paying our Fall Camp fees to Scouts Canada tomorrow. As per last week's Banner, tonight was the due date for fall camp registrations.

**If you forgot, or did not get permission in time, please call Skip tonight to let him know.**

As usual, we plan to travel up on Friday evening and return on Sunday afternoon. Transportation will be in the leaders' cars. We will sleep in the Troop's tents; cook our own meals; and hike the trails. Optional activities include: build and play with the skyway; camp overnight at the Falls; take our (personal) Mountain bikes on the trails.

Cost (including food) is estimated to be \$30.00 per Scout.

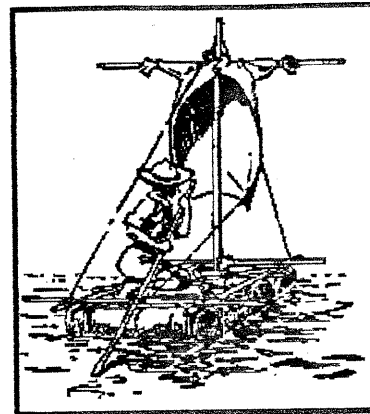
**If you have registered for the camp, please bring Skip a cheque for \$30.00, payable to Scouts Canada, Baie d'Urfe NEXT WEEK.**

### Be Prepared!

**D**on't forget to look through your Scout handbook to see which badges you could complete on this camp.

Check these specific badges and awards the most carefully: Outdoor Skills (both levels); Cooking; Year-Round Camper; Pioneering; Exploring; Advanced Tripping; Personal Development; Weather; Naturalist; Leadership

Some of those badges require thinking and preparation in the days before we go, so remember to plan ahead.



**WISE IN THE USE OF THEIR RESOURCES...**

### Check Your Gear, and Think Warm Thoughts...

**F**all camping usually requires a little bit better equipment than summer camping, in order to stay warm and dry.

- The average summer-weight sleeping bag is probably rectangular, low loft and only rated to +10 or +5 °C .
- Many summer campers also rely on inflatable air mattresses, to keep their bodies off the rocks and roots.

If you plan to camp with this Troop, you will be camping Fall, Winter and Spring. A summer-weight rectangular bag is going to make you very cold and miserable.

Ideally, you should buy or borrow a mummy style bag with a wool or synthetic liner (not cotton), rated to -10 or -15 °C. You might find that stuffing one bag inside another will get you enough of an improvement, but I recommend you camp outside overnight at home to test it the first time...

You can also buy liners, which will typically have a drawstring at the shoulders and add about 5 degrees to the rating on the bag - Scout center has a new ("Sherpa") lightweight liner for \$33.00, this year. You may find a liner is enough help to avoid having to haul two bags or to avoid the cost of replacing a -10 °C bag, for that extra level of comfort.

When sleeping on the ground in the fall, it also becomes important to put thermal insulation between the body and the ground, to avoid the cold earth "leeching" out your body heat. Outside temperatures will often dip below 0 °C overnight, leaving frost on the tents in the morning. A conventional air mattress may still buffer you from the rough ground, but convection currents inside the mattress completely defeat any insulative value you might have expected from it.

Instead of an air mattress, you will prefer a foam mattress, like the blue foam or self-inflating (closed-cell foam) mattresses available from camping stores or the Scout Shop. Think hard about cold feet, as you consider how much cheaper the ¾ length versions are.... You will either need an alternative plan for raising your feet off the ground at night (like a bundled coat?), or to invest in the full length one. (The shorter ones are also lighter. For 10-mile hikes, you may actually consider them a better investment...)

Think about how heavy you are & how badly you will compress that mattress, when you decide how thick a mattress to buy. Again, you have to carry it a long way, sometimes. The idea of lying down is to sleep, though, and some of us find it very difficult to ignore that rock or root grinding into our shoulder or back....

Thermal underwear (long thermal underwear) - made of wool - could be your most treasured possession after a weekend outdoors in the Laurentians .... It will need a really good wash after 3 days of continuous duty, but there is no single factor more critical to your enjoying a weekend outdoors than whether or not you were warm and dry.

Another "strange" tip for fall camping - bring a balaclava to wear at night - \$10 will get you one of the same material as your long underwear - DON'T sleep with your head inside the sleeping

bag! You will find it a few degrees warmer inside the tent, compared with outside, but it can still be cold for your nose & ears. If you pull your head inside the bag, every breath you exhale all night will deposit moisture in the bag liner. In the morning, you will wake up in a puddle it will truly amaze you. (Skip learned that one the hard way, on his first camp...) It can be a real challenge trying to dry out your bag for the second night.

Oh, and bring a couple of pairs of lined work gloves ... Something you won't mind handling dirty firewood & hot pots with. If it rains, you will need to change them a few times to keep warm & you may not be able to dry them fast enough to live with just one or two pairs. ("Accidents" also happen to gloves being drying too close to the campfire, so don't bring expensive precious pairs to camp).

## Bring Your Camping Gear Next Week

**N**ext week, we need each Scout to bring their equipment, packed the way they plan to bring it to camp. We will share our ideas and strategies with each other, compare size, weight, waterproofing, etc... and all learn something new.

Even if you don't plan to camp with us, this time, bring what you have & learn along with us. The Scouting program places a lot of emphasis on outdoor skills and camping. There is nothing like actually trying something, to learn how much you like it.

The Scouts who plan to bicycle-camp should bring their bikes next week - with lights & safety reflectors, because it will be dark - and expect to take a ride "in full gear".

The rest of you should expect to hike to Ste. Anne's & back with full packs on, next week - rain or shine.

In the market for a good rain suit? Check out the one on special at the Scout Shop - less than \$30.00, jacket + pants.

**Wondering what to pack?**

**Study the following list.**

## Things to eat or drink with:

- Plate, bowl, and cup or mug
- Knife, fork, spoon
- 1-liter waterbottle(s)

## Things to sleep in:

- Wool or Polyester track suit
- Balaclava (optional luxury)
- Sleeping bag - -10°C or better
- Thermal sleeping bag liner (optional luxury)

## Things to sleep on:

- Closed cell foam mattress (NOT air mattress)
- Foil mat (optional luxury)
- Ground sheet
- Camping pillow (optional luxury)

## Warm clothing:

- Windproof jacket, hat, lined workgloves
- Rain suit
- Fleece (optional luxury)
- Long sleeved shirts (2)
- T-shirts (2) (for under shirt)
- Long thermal underwear
- Socks (Wool are best, at least 2 pair)

## Resource Material:

- Scout handbook
- Scouting Fieldbook
- Compass, camera, rope, rain gauge, etc.. (optional equipment to help with badgework)
- Personal journal + pen \ pencil
- Multi-tool, Pocket knife or sheath knife (optional, & only if holding a current permit)
- Flashlight, with spare batteries + spare bulb
- Personal first aid kit
- Toothbrush, toothpaste, soap, facecloth, sunblock (for nose), lip balm
- Spare glasses \ glasses repair kit (if applicable)
- Medication (if applicable)

## Something to carry it all in:

- Knapsack or dufflebag
- Daypack, for hiking
- Plastic bag to collect dirty (smelly) laundry

## Administrative Stuff:

- Full uniform (except sash), for trip up & back
- Medicare card (for emergencies)

See something we forgot? Let us know & we will add it to the list for next camp.

Yours in Scouting,



White Wolf,  
BDUTroop@bigfoot.com  
(Steve "Skip" Jones)  
457-5296

YES! \_\_\_\_\_ will be going to Fall Camp, 22-24 October 1999.

NO. \_\_\_\_\_ will not be going to fall camp, this time.

Signed: \_\_\_\_\_

Relationship: \_\_\_\_\_

My cheque for \$30.00 is attached, payable to Scouts Canada, Baie d'Urfe.