

Occoneechee Council

Holiday 50 Miler



December 26 - 31, 2018

update 8/10/18 8:50pm

Come join us for the Occoneechee Council Holiday 50 Miler at Yates Place Camp Ground in Uwharrie National Forest. This trek will be an intense high adventure trip. Starting at and ending at Yates Place Camp Ground. Along the way you will complete the hiking requirements for the 50 Miler Award. You will need to complete services hours for the 50 Miler Award. You will see beautiful places in Uwharrie National Forest that you will only see on foot. This adventure is for youth and adults, both Scouts and Ventures, with backpacking experience.

To earn the event patch you must complete the 50 miler **NO exceptions.**

Location Drop Off and Pick Up:

Yates Place campground Uwharrie National Forest
700 Dusty Level Road (on a dirt road on a curve)
Troy, NC 27371

GPS 35.364606 -79.989031 elevation 774'



Troop Youth Requirement

14 years old and up, first class Scout with backpacking experience.
You **MUST** be a current registered member of the Boy Scouts of America.

Venturing Youth Requirement



14 years old and up with backpacking experience
You **MUST** be a current registered member of the Boy Scouts of America.

This is open to any member of scouting in or out of Occoneechee Council.

Groups troop, crew etc..

5 or more youth need to provide an adult leader

Adult Requirement

Backpacking Experience!!

21 years old and up with up to date youth protection.

MUST be current register member of Boy Scouts of America.

Cost Youth hiker and Adult hiker

\$30 January 1 - November 30

\$40 December 1-24

\$50 show up

Medical form **NEED to BRING******

You need 2 copies medical form with you to 50miler.

1 copy CHECK IN (give back to you when you go home)

2 copy keep with you in your pack

IF under 18 age must have Parent / guardian signature on medical form!!



https://filestore.scouting.org/filestore/HealthSafety/pdf/680-001_ABC.pdf

Sign up online

www.ocscouts.org/holiday-50-miler-2018

Registration December 26

4pm - 8pm

Arrival

Wednesday, December 26 afternoon or evening (eat before you arrive or bring an evening meal)

On the Trail

Thursday morning December 27 until Sunday afternoon December 30

Start Time on trail

8 am

Departure

Monday December 31, 7am

What you need to bring

- * * * Know how to use your gear before going on the trail. * * *
- Health Form class 3/high adventure
- Appropriate Clothing for season
- Rain gear
- hot cup (on the trail and feast)
- Socks
- Biodegradable soap
- Hiking boots or shoes
- Sleeping bag
- Tent or hammock (with cold weather systems)
- Water bottle minimum 3 quarts
- Backpack
- Flashlight/Lantern
- Stove/gas
- Toilet paper
- small medical kit
- Food and snacks for the trail
- Personal cooking and eating gear (groups can divide gear with in their group)
- Shovel "for number 2"
- Phone or small camera to take pictures of your adventure to share with unit/family
- This is only a guide

Gear Guide

NO more than 20% of your body wight (.20 * your weight =)

ABSOLUTELY NO packs over 50 lbs

Merit badges can do on trail

cooking -partial- 6. trail and backpacking ABCDEF

backpacking -partial-

hiking -partial-

Stuff not to bring

NO Canned food or canned drinks

No alcohol

No fireworks

No illegal drugs

Cell Phone Coverage

Att low signal, but still dead zones

T-Mobile No signal

Verizon Ok signal, but still dead zones

Sprint Unknown

virgin Unknown

metropcs / boost / cricket Unknown

Meals you need to bring

- December 26 dinner only
- December 27-29 all meals
- December 30 breakfast, lunch
- December 31 breakfast



We are providing dinner on December 30. It will be a feast to remember.

Water

There are creeks and streams all thru out the trails. If you plan to use water from these sources during the day, a water filter or purification system is required. Water will be provided at the base camp and the sub camps.

Medical

We will have medical staff on hand to make all decisions regarding the health and safety of the participants.

If a scout or scouter needs emergency care we will go to the nearest hospital in Troy, NC:
First Health 20 Allen Street, Troy NC 27371 Phone 910-571-5000

If someone cannot make it and needs to call home you must pick them up.

NO REFUND after November 1

We make every effort to have enough patches, programs supplies, food or whatever supplies each event requires. In order for that to happen we need to have accurate attendance numbers. Once you have registered for an event we are counting on your attendance and we will be purchasing the needed items for the event. Due to this fact we cannot refund event and activities fees for any reason.



LNT Leave No Trace

1. Plan Ahead and Prepare

Proper trip planning and preparation helps hikers and campers accomplish trip goals safely and enjoyably while minimizing damage to natural and cultural resources. Campers who plan ahead can avoid unexpected situations, and minimize their impact by complying with area regulations such as observing limitations on group size. Schedule your trek to avoid times of high use. Obtain permits or permission to use the area for your trek.

Proper planning ensures

Low-risk adventures because campers obtained information concerning geography and weather and prepared accordingly

Properly located campsites because campers allotted enough time to reach their destination

Appropriate campfires and minimal trash because of careful meal planning and food repackaging and proper equipment

Comfortable and fun camping and hiking experiences because the outing matches the skill level of the participants

2. Travel and Camp on Durable Surfaces

Damage to land occurs when visitors trample vegetation or communities of organisms beyond recovery. The resulting barren areas develop into undesirable trails, campsites, and soil erosion.

Concentrate Activity, or Spread Out?

In high-use areas, campers should concentrate their activities where vegetation is already absent. Minimize resource damage by using existing trails and selecting designated or existing campsites. Keep campsites small by arranging tents in close proximity.

In more remote, less-traveled areas, campers should generally spread out. When hiking, take different paths to avoid creating new trails that cause erosion. When camping, disperse tents and cooking activities—and move camp daily to avoid creating permanent-looking campsites. Avoid places where impacts are just beginning to show. Always choose the most durable surfaces available: rock, gravel, sand, compacted soil, dry grasses, or snow.

These guidelines apply to most alpine settings and may be different for other areas, such as deserts. Learn the Leave No Trace techniques for your crew's specific activity or destination. Check with land managers to be sure of the proper technique.

3. Dispose of Waste Properly (Pack It In, Pack It Out**)**

This simple yet effective saying motivates back-country visitors to take their trash home with them. It makes sense to carry out of the backcountry the extra materials taken there by your group or others. Inspect your campsite for trash or spilled foods. Accept the challenge of packing out all trash, leftover food, and litter.

Sanitation

Backcountry users create body waste and wastewater that require proper disposal.

Wastewater. Help prevent contamination of natural water sources: After straining food particles, properly dispose of dishwater by dispersing at least 200 feet (about 80 to 100 strides for a youth) from springs, streams, and lakes. Use biodegradable soap 200 feet or more from any water source.

Human Waste. Proper human waste disposal helps prevent the spread of disease and exposure to others. Catholes 6 to 8 inches deep in humus and 200 feet from water, trails, and campsites are often the easiest and most practical way to dispose of feces.

4. Leave What You Find

Allow others a sense of discovery, and preserve the past. Leave rocks, plants, animals, archaeological artifacts, and other objects as you find them. Examine but do not touch cultural or historical structures and artifacts. It may be illegal to remove artifacts.

Minimize Site Alterations

Do not dig tent trenches or build lean-tos, tables, or chairs. Never hammer nails into trees, hack at trees with hatchets or saws, or damage bark and roots by tying horses to trees for extended periods. Replace surface rocks or twigs that you cleared from the campsite. On high-impact sites, clean the area and dismantle inappropriate user-built facilities such as multiple fire rings and log seats or tables.

Good campsites are found, not made. Avoid altering a site, digging trenches, or building structures.

5. Minimize Campfire Impacts

Some people would not think of camping without a campfire. Yet the naturalness of many areas has been degraded by overuse of fires and increasing demand for firewood.

Lightweight camp stoves make low-impact camping possible by encouraging a shift away from fires. Stoves are fast, eliminate the need for firewood, and make cleanup after meals easier. After dinner, enjoy a candle lantern instead of a fire.

If you build a fire, the most important consideration is the potential for resource damage. Whenever possible, use an existing campfire ring in a well-placed campsite. Choose not to have a fire in areas where wood is scarce—at higher elevations, in heavily used areas with a limited wood supply, or in desert settings.

True Leave No Trace fires are small. Use dead and downed wood that can be broken easily by hand. When possible, burn all wood to ash and remove all unburned trash and food from the fire ring. If a site has two or more fire rings, you may dismantle all but one and scatter the materials in the surrounding area. Be certain all wood and campfire debris is dead out.

6. Respect Wildlife

Quick movements and loud noises are stressful to animals. Considerate campers practice these safety methods:

Observe wildlife from afar to avoid disturbing them.

Give animals a wide berth, especially during breeding, nesting, and birthing seasons.

Store food securely and keep garbage and food scraps away from animals so they will not acquire bad habits. Never feed wildlife. Help keep wildlife wild.

You are too close if an animal alters its normal activities.

7. Be Considerate of Other Visitors

Thoughtful campers respect other visitors and protect the quality of their experience.

Travel and camp in small groups (no more than the group size prescribed by land managers).

Let nature's sounds prevail. Keep the noise down and leave radios, tape players, and pets at home. Select campsites away from other groups to help preserve their solitude.

Always travel and camp quietly to avoid disturbing other visitors.

Make sure the colors of clothing and gear blend with the environment.

Respect private property and leave gates (open or closed) as found.

Be considerate of other campers and respect their privacy.

History of the Uwharrie Trails

Northern Section History- Tot Hill (airport) to Jumpin Off Rock

The northern Uwharrie Trail was started in the late 1960s by Joe Moffitt, who was at the time the Scoutmaster for a local Boy Scout troop in Asheboro, North Carolina. As a Scoutmaster, Mr.

Moffitt sought a local 50-mile (80.5-km) hiking trail for his scouts to earn their 50 Miler award.

Who know right ??



Awards Section

50 Miler

50 Miler Award requirements In order to qualify for the award the group of which the individual is a member must fulfill all of the following requirements.

1 Make complete and satisfactory plans for the trip, including the possibilities of advancement.
(council 50 miler cover this)

2. Cover the trail or canoe or boat route of not less than 50 consecutive miles; take a minimum of 5 consecutive days to complete the trip without the aid of motors. (In some areas pack animals may be used.)

(council 50 miler cover this)

3 During the time on the trail or waterway, complete a minimum of 10 hours each of group work on projects to improve the trail, springs, campsite, portage or area. If after checking with recognized authorities, it is not possible to complete 10 hours each of group work on the trail, a similar project may be done in the unit's home area (There should be no unauthorized cutting of brush or timber.)

** This is what you have to do on your own.**

4 Unit or tour leader must then file a 50-Miler Award application with the local council service center. The application gives additional details about planning the trip.

https://filestore.scouting.org/filestore/pdf/430-067_WB.pdf

National Outdoor Awards Program

The six National Outdoor Awards badges recognize a Boy Scout, Varsity Scout, Sea Scout, or Venturer who demonstrates knowledge and experience in camping, aquatics, conservation, hiking, riding, or adventure. Youth earning the National Outdoor Awards badges have demonstrated that they are knowledgeable, safe, and comfortable in the outdoor activity covered by the badge.

Hiking. A Boy Scout, Varsity Scout, Sea Scout, or Venturer may earn the National Outdoor Badge for Hiking upon successfully completing the following requirements:

1 Earn the Boy Scout First Class rank, Sea Scout Apprentice rank, or complete Venturing Ranger Award requirements 1-6.

2 Complete the requirements for one of the following: Hiking merit badge, Backpacking merit badge, or Venturing Ranger Backpacking elective.



3 Complete the requirements for one of the following: Orienteering merit badge, Geocaching merit badge, *Pathfinding merit badge, or Venturing Ranger Land Navigation core requirement.

4 Complete 100 miles of hiking, backpacking, snowshoeing, or cross country skiing under the auspices of the Boy Scouts of America, including miles hiked as part of requirements 2 and 3.

*Only the Scouts who have already earned the Pathfinding merit badge during Scouting's centennial celebration in 2010 and first quarter of 2011 can receive

credit for this requirement. This badge has been discontinued since then, and can no longer be earned.

A gold device may be earned for each additional 50 miles hiked, backpacked, snowshoed, or skied as outlined in requirements 2 and 3. A silver device is earned for each additional 200 miles of hiking. The youth may wear any combination of devices totaling his or her current number of miles hiking.

There is other section Camping, Aquatics, Conservation, Riding.

Look at site more information

<https://www.scouting.org/programs/boy-scouts/youth/awards/noa/>

Adventure. A Boy Scout, Varsity Scout, Sea Scout, or Venturer may earn the National Outdoor Badge for Adventure upon successfully completing the following requirements:

- 1 Earn the Boy Scout First Class rank, Sea Scout Apprentice rank, *or* complete Venturing Ranger Award requirements 1-6.
- 2 Complete the requirements for one of the following: Wilderness Survival, Search and Rescue, or Emergency Preparedness merit badges or Ranger Wilderness Survival core, Ranger Emergency Preparedness core, or Ranger First Aid elective.
- 3 Complete 10 of any combination or repetition of the following adventure activities under the auspices of the Boy Scouts of America:
 - 1 A backpacking trip lasting three or more days and covering more than 20 miles without food resupply
 - 2 A canoeing, rowing, or sailing trip lasting three or more days and covering more than 50 miles without food resupply
 - 3 A whitewater trip lasting two or more days and covering more than 20 miles without food resupply
 - 4 A climbing activity on open rock, following Climb On Safely principles, that includes camping overnight
 - 5 Earn the National Historic Trails Award.
 - 6 Earn the **50-Miler Award**.
 - 7 Attend any national high-adventure base or any nationally recognized local high-adventure or specialty-adventure program.

Items 3a–g may be repeated as desired. A single activity that satisfies multiple items in 3a–g may be counted as separate activities at the discretion of the unit leader. Similarly, a single activity that doubles an item in 3a–d may be counted as two activities at the discretion of the unit leader. A gold device may be earned for each additional five activities. A silver device is earned for each additional 20 activities. The Scout may wear any combination of devices totaling his current number of activities.

<https://www.scouting.org/programs/boy-scouts/youth/awards/noa/>

National Medal for Outdoor Achievement

The National Medal for Outdoor Achievement is the highest recognition that a Boy Scout, Varsity Scout, Sea Scout, or Venturer can earn for exemplary achievement, experience, and skill in multiple areas of outdoor endeavor. In order for a youth to earn the National Medal for Outdoor Achievement, he or she must complete the following requirements:

- 1 Earn the Boy Scout First Class rank, Sea Scout Apprentice rank, *or* complete Venturing Ranger Award requirements 1-6 and hold the Venturing Discovery Award.
- 2 Earn the National Outdoor Badge for Camping with a silver device.
- 3 Earn any two additional National Outdoor Badges, each with two gold devices.
- 4 Complete the requirements for all of the following: **Backpacking merit badge** *or* Ranger Backpacking elective; Emergency Preparedness merit badge *or* Ranger Emergency Preparedness core; Nature merit badge; and Wilderness Survival merit badge *or* Ranger Wilderness Survival core.
- 5 Complete a 16-hour course in Wilderness First Aid from the American Red Cross, Wilderness Medical Institute, or other recognized provider.
- 6 Become a Leave No Trace Trainer by completing the 16-hour training course from a recognized Leave No Trace Master Educator.
- 7 Plan and lead, with the approval of your unit leader, an outing for your troop, team, ship, crew patrol, or squad in two of the following activity areas: hiking and backpacking, aquatics activities, or riding. Include in each outing a service element addressing recreational impacts resulting from that type of activity. With the approval of your unit leader, you may plan and lead the outings for another Cub Scout pack, Boy Scout troop, Varsity Scout team, Sea Scout ship, or Venturing crew.
- 8 Complete at least one of the following:
 - 9 Plan and lead, with the approval of your unit leader, an adventure activity identified in the National Outdoor Badge for Adventure for your troop, team, ship, crew, patrol, or squad.
 - 10 Successfully complete a season on a council summer camp staff in an outdoor area, such as aquatics, Scoutcraft, nature/environment, climbing, or COPE.



<https://www.scouting.org/programs/boy-scouts/youth/awards/noa/>

Hike Master 2018
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To earn the event patch you must complete the 50 miler *NO exceptions***.**