



## FLINT HILLS BACKPACKING CAMPOUT

- When:** October 15<sup>th</sup> – 17<sup>th</sup>
- Where:** Brethour Ranch  
I-70 exit 343 go north to the gate.
- What:** Five mile backpacking tour and Leave no trace campout
- Cost:** \$15 per person includes all food
- Meet:** Friday: Atonement at 6:00 pm in Class B for shakedown.  
Bring all gear to the shakedown.  
Saturday: Atonement at 7:30 am in hiking gear
- Meals:** Saturday: eat breakfast at home or bring a snack for the road.  
Saturday: troop provided trail lunch and hot dinner,  
Sunday: troop provided trail breakfast
- Bring:** See attached packing list

### SCHEDULE OF EVENTS

#### Friday – October 15th

- 6:00pm Meet at Atonement for shakedown
- 8:00pm finish shakedown

#### Saturday – October 16th

- 7:30am Meet at Atonement
- 8:00am Leave for Flint Hills
- 9:30am Arrive at drop off point
- noon Lunch
- 5:00pm Dinner
- 6:00pm Troop LNT activity
- 9:00pm Lights out

#### Sunday – October 17th

- 7:00am Wake-up, break camp
- 8:00am Breakfast
- 8:30am Hike out
- 10:30am Campout Reflection
- 11:00am Leave

## Flint Hills Adventure Packing List

Quantity	Item	Check	Double Check
	<b>Packing</b>		
1	Backpack or daypack	_____	_____
1	Waterproof pack cover (can be a large trash bag)	_____	_____
1 or 2	Gallon Ziploc freezer bags to put clothes in	_____	_____
	<b>Sleeping</b>		
1	Sleeping bag in stuff sack lined with plastic bag	_____	_____
1	Sleeping pad (closed cell or Thermo-Rest)(optional)	_____	_____
1	Sleeping clothes (worn only when sleeping)	_____	_____
2	Straps to hold sleeping bag and/or pad on pack	_____	_____
1	Small sack to stuff fleece or clothes in for pillow	_____	_____
	<b>Clothes to wear Saturday morning</b>		
1	Hiking boots (Waterproof is best)	_____	_____
1 pair	Heavy wool socks	_____	_____
1	Underwear (recommend wicking type)	_____	_____
1	Long pants ( zip-off pants are great)	_____	_____
1	Short sleeve or long sleeve shirt	_____	_____
	<b>Clothes to pack</b>		
1 pair	Heavy wool socks	_____	_____
1	Underwear (recommend wicking type)	_____	_____
1	Fleece or jacket	_____	_____
1	Rain jacket or poncho (required)	_____	_____
1	Rain pants (highly recommended)	_____	_____
1	Bandanna	_____	_____
	<b>Optional Clothes for cold weather</b>		
1	Insulated underwear (polypro)	_____	_____
1	Gloves (wool or polypro)	_____	_____
1	Light weight fleece stocking cap	_____	_____
	<b>Equipment</b>		
2	Carabineers	_____	_____
1	Plastic bowl (small butter tub)	_____	_____
1	Spoon	_____	_____
4	One quart or liter water bottles (Nalgene or disposable)	_____	_____
1	Small pocket knife (can be shared with crew members)	_____	_____
1	Small flashlight	_____	_____
1	Map compass (shared at least two per crew)	_____	_____
1	Whistle	_____	_____
	<b>Hygiene/Smellables</b>		
1	Toothbrush	_____	_____
1	Travel size toothpaste (shared with tent mate)	_____	_____
	Prescription meds in original bottle clearly labeled	_____	_____