



SCOUT 20 MILE DAY HIKE LAUREL HILLS DISTRICT

When: Saturday, August 28th, 2021

Where: Great Allegheny Passageway (Start point and end point TBD)

Start Time: 7:30 am; **End Time:** Approximately 6:00 pm



20 Mile Day Hike.

Are you working on the Hiking Merit Badge and/or do you just enjoy hiking? Are you ready for a hiking challenge? Laurel Hills District is offering ten, hike ready scouts the opportunity to hike 20 miles, in one day, along the Great Allegheny Passageway with a Hiking Merit Badge Assistant Scout Master and other qualified Assistant Scout Masters. The Hiking Merit Badge requirements "include taking the five following hikes, each on a different day, and each of continuous miles. These hikes must be taken in the following order: One 5-mile hike, Three 10-mile hikes, and One 15-mile hike." The sixth and final hike, which is being offered by Laurel Hills District, is "a hike of 20 continuous miles in one day following a hike plan you have prepared. You may stop for as many short rest periods as needed, as well as one meal, but not for an extended period (example: overnight)."

What Else Do You Need to Know?

Q: Is there a fee for the 20 Mile Day Hike? No, the hike is free for ten, hike ready scouts.

Q: What is the hike plan?

It is important that the hike starts on time so that the hike is finished prior to dusk. The hike end time should be around 6 pm. Scouts will call their parents/guardians when the hikers are about one hour from the hike end point for pick up. Parents/Guardians are responsible for dropping off and picking up their scouts at the hike start point and end point. Assistant Scout Masters will not be providing transportation for this hike.

Scouts should not plan to attend if they are not ready to hike 20 miles in one day on the Great Allegheny Passageway. The goal is to finish the hike while having a great experience. Scouts will be responsible for making sure they are physically ready. As the Hiking Merit Badge states, "Hiking is an aerobic activity. Develop a plan for conditioning yourself for the 10-mile hikes" and, "... increase your fitness for longer hikes." Unfortunately, many scouts and leaders underestimate their readiness for this 20 mile hike.

Q: What is the lunch plan?

The hikers will be stopping at a restaurant along the Great Allegheny Passageway for lunch. Hikers are to bring their own money for lunch and ice cream.

Q: What do scouts need to bring?

Minimum of two 1-liter water bottles filled with water (Two liters of water weighs 4.4 pounds), Small container of bug/tick spray (Do not bring a large container; Avoid Deet; Picaridin is better), Small container of sunscreen (Do not bring a large container; Buy unscented), Sturdy hiking shoes/tennis shoes (In good condition but worn in; Do not hike in newly purchased shoes; Avoid heavy boots), Thick pair of hiking socks, Rain jacket (Watch for weather), Prescribed meds/inhalers/EpiPen in pharmacy provided bottles (Only bring the pills needed for the trip), Comfortable hat with a brim, Sunglasses, Lightweight snacks (Cliff bars are a great option; Please bring snacks as we will be hiking close to or after dinner time), A lightweight backpack, Parent/Guardian contact information, and Part A and B of the BSA Physical Health Form.

Laurel Hills District; Westmoreland Fayette Council

Save the Date

Watch for Registration Information in Subsequent Smoke Signals

For additional information, contact Michael Hanawalt, Assistant Scout Master Troop 480 at jonellehanawalt@gmail.com